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November 19 - November 25, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 517

Teacher Wins \$50K in Jeopardy! Champions Tournament

BY RICK PEZZULLO

Hendrick Hudson High School science teacher Francois Barcomb took home \$50,000 after finishing third in the 2019 Jeopardy! Tournament of Champions.

The finals of the tournament, which started with 15 contestants, aired on Channel 7 last Thursday and Friday and pitted Barcomb, who won \$100,000 in May after winning the Jeopardy! Teachers Tournament, against James Holzhauer of Las Vegas, Nevada and Emma Boettcher of Chicago, Illinois.

Holzhauer, 35, a professional sports

gambler who won \$2.7 million during a 32-game winning streak that spanned from April to June, won the Tournament of Champions and the \$250,000 top prize with a two-day total of \$76,923.

Boettcher, 27, a user experience librarian who ended Holzhauer's streak, captured the \$100,000 second prize with a total of \$65,000, while Barcomb, 50, who teaches physics to juniors at Hendrick Hudson and lives in New Paltz, was only able to amass \$5,000 in the finals.

"James Holzhauer and Emma Boettcher were tremendous competitors and played

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Francois Barcomb (left) with Jeopardy! host Alex Trebek and fellow Tournament of Champions contestants James Holzhauer and Emma Boettcher.



PHOTO BY RICK PEZZULLO

Bantam Tools Celebrates Move to Peekskill

New York Lt. Governor Kathy Hochul (center) joined local elected officials, dignitaries and CEO Bre Pettis (holding scissors) at a ribbon cutting ceremony Monday for Bantam Tools, a light manufacturing company that relocated from Berkeley, California, to its new headquarters at 135 N. Water Street in Peekskill. Bantam Tools produces hardware and software to help designers and engineers explore the frontier of digital fabrication. The Bantam Tools Desktop PCB Milling Machine is the company's flagship product and is relied on by more than 150 university labs and makerspaces around the world. The business expects to employ about 50 designers, engineers, technicians, assembly workers, marketing and sales staff. "Thank you for choosing Peekskill," said Mayor Andre Rainey. "This is really going to change the future of our city and with the inventions here the future of our world."

Residents Learn Ways to Combat Climate Change

BY ABBY LUBY

Approximately 100 people braved frigid temperatures last Wednesday to learn what they can do about climate change. The event, "A Community Conversation on Climate Change," at Cortlandt Town Hall was hosted by Assemblywoman Sandy Galef (D/Ossining), who presented four experts on climate change adaptation.

For years the public has seen pictures of melting glaciers, polar bears balancing on a sliver of ice, droughts, towns and cities devastated by floods. According to NOAA (National Oceanic and Atmosphere Administration) 2019 was the hottest year on record with temperatures spiking to over 100 degrees in several countries, including the United States. The warming planet is caused by trapped greenhouse

gases, such as carbon dioxide (CO₂), which prevents the earth's heat from escaping. Burning fossil fuels such as coal and oil causes 40 billion tons of extra carbon to be dumped into the air every year.

In 2016, about 200 countries signed the Paris Agreement on Climate Change and pledged to cut greenhouse gas (GHGs) emissions by 2030. Although the Trump administration is withdrawing the United States from the Paris Agreement, cities, states and communities have assumed the agreement goals.

"Climate change can often feel like such an overwhelming issue," Galef told the audience. "And yet, in the past few years, we have seen a surge in community advocacy – and all of you here tonight are a part of that. We've also seen legislative action that continues to treat the problem on the scale required."

In July 2019, New York State passed into law the Climate Leadership and Community Protection Act, one of the country's most ambitious climate laws aimed to have 100 percent carbon-free electricity by 2040 and net-zero carbon emissions by 2050. Other states passing similar clean energy laws are Maine, Oregon, Washington, Colorado, New Mexico, California and New Jersey.

The first speaker was Chandu Viswewariah, Founding President and CEO of Utopus Insights, Inc. and former IBM energy and environmental science Research Fellow. Viswewariah noted the unseasonably cold weather. "That it's cold outside is absolute proof of climate change," he said. Viswewariah referenced how rising temperatures weaken the polar jet stream, allow-

Continued on page 2

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Residents Learn Ways to Combat Climate Change

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ing frigid, arctic air to reach further south.

Preventing the earth's average temperature from rising more than two degrees Celsius (35.6 Fahrenheit) is key to survival. "If we do nothing [to curtail Co2 emissions] and if we exceed two degrees Celsius, the danger is more dire than anybody imagined," Viswewariah said.

But solutions to cut carbon emissions are available. "For the first time in decades, economy is on our side," Viswewariah said. "The cheapest way of producing a unit of electricity anywhere in the world is by wind or solar. Not coal, gas or nuclear."

Most in the audience raised their hands when Donovan Gordon, Director of Clean Heating and Cooling for NYSEDA, asked how many heated their homes with fuel (oil, propane, natural gas).

NYSEDA (New York State Energy Research and Development Authority) has several residential programs with tax incentives that help homeowners use energy more efficiently and save on electricity costs.

"The typical life span of an HVAC boiler is about 15 to 20 years," said Gordon. "If your current heating system is 15 to 20 years old right now, I encourage you to talk to the Sustainable Westchester or Con Ed about their heat pump installation programs."

Today's improved air source heat pumps (ASHPs) have become a strong and viable alternative to conventional heating in colder regions. Wall mounted units are used in small



PHOTO BY ABBY LUBY

(L-R:)Donovan Gordon, Director of Clean Heating and Cooling for NYSEDA, Conor Bambrick, Air and Energy Director of the Environmental Advocates of New York, Assemblywoman Sandy Galef, Mark Lowery, Assistant Director of the Office of Climate Change for the DEC and Chandu Viswewariah, Founding President and CEO of Utopus Insights, Inc., at last week's Cortlandt meeting on Climate Change.

spaces for efficient heating and cooling. Geothermal heat pumps require drilling into the ground from five to 20 feet where the temperature is a constant 55 degrees. Because a heat pump doesn't burn fossil fuels to produce heat, there are no toxic carbon monoxide emissions known to cause serious illnesses.

Gordon said NYSEDA's free energy audits and written assessments by their "Home Performance" contractors are available as well as NYSEDA's Air Source Heat Pump Program that connect homeowners with ASHP installers. "You can reduce your thermal load by sealing or caulking your windows, or by getting high efficiency windows. That will reduce your heat

costs and that's a huge help." Gordon said educational programs are being planned that will bring the renewable industry and installation skills into a hands-on classroom. "This is about transforming our fossil fuel-based economy to a clean energy economy and creating new and sustainable, long lasting jobs."

New leadership in Albany has seen a number of climate change and energy saving bills passed into law. The Community Leadership and Protection Act (CLCPA) became a law in June 2019 and lays out a plan for New York State to become carbon-neutral by 2050. "What this bill will do is transition us off of fossil fuels in the next 30 years," said Conor Bambrick, Air and Energy Director of the Environmental Advocates of New York, a 50-year old organization that is the leading environmental government watchdog in Albany. "We plan to ask Governor Cuomo to dedicate a new climate implementation fund for at least \$1 billion."

"There's still a lot of work to be done," added Galef, acknowledging Senator David Carlucci (D-Rockland/Westchester) who was sitting in the front row.

Bambrick talked about Electrify NY, a coalition of environmental advocates working to transition public transportation fleets to electric vehicles and to build a clean energy workforce. Electrify NY, who partners with Sustainable Westchester, is working to put 800,000 zero-emission vehicles on the road by 2025.

"Most of us do not have the opportunity to participate in climate change at the international or national level or state level," said

Mark Lowery, Assistant Director of the Office of Climate Change for the DEC (the New York State Department of Environmental Conservation) formed in 2007. "But we all have the opportunity to participate at the local level."

The New York State Climate Smart Communities (CSC) program helps municipalities reduce greenhouse gas emissions with free technical assistance, grants, and rebates for electric vehicles. To date, 283 communities are registered with the CSC program; 35 of those municipalities are in Westchester.

In 2014 Climate Smart Communities initiated a certification program to "recognize every community that takes a pledge and has documented their completed actions," Lowery said.

Audience questions ran the gambit from recycling to methane gasses released from landfills, to installing solar panels, electric vehicle charging stations, education subsidies. Several organizations and utility companies, including ConEd, spoke briefly about new incentives for those wanting to install more efficient devices in their homes. Other organizations who spoke briefly included Scenic Hudson, Westchester Land Trust and the Nature Conservancy.

"Combatting climate change is not about making sacrifices or changing our way of life," said Chandu Viswewariah. "Your furnace, your car, your use of public transport, your diet, — when people ask me 'what can I do?' I tell them take a step in any one of these dimensions. Can your next car be a hybrid or an electric vehicle? Can you do a meatless Monday once a week? It's about the choices we make."



Do You Have Acid Reflux Disease? Get smart about causes, symptoms and treatment options...

Ask the Doctor

Darren I. Rohan, MD, FACS
Westchester Regional Director
Thoracic Surgery Program
Northern Westchester Hospital

Learn more about
Dr. Rohan, visit
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Q: Do I have acid reflux disease?

A: First, let's understand what this condition is. Your stomach produces acid in order to digest food. Normally, acid remains in your stomach, finally passing into your intestines. However, with acid reflux disease, also known as gastroesophageal reflux disease or GERD, stomach acid leaks backward and upward, "refluxing" into the esophagus.

The large spectrum of symptoms connected with acid reflux includes "heartburn," a sharp pain in the chest from acid irritating the esophagus; or mild pain in the chest or upper belly. Both typically subside in minutes. Less common symptoms are nausea, vomiting, GI tract upset, and bloating. Severe acid reflux disease can involve regurgitating acid and stomach contents into the throat, and sometimes into the lungs. That can cause chronic coughing, pneumonias or asthma.

Q: What causes it?

A: Backward movement occurs when the valve between the stomach and esophagus — the lower esophageal sphincter, or LES — weakens. Genetics can weaken it, as can smoking, and certain foods, such as coffee, chocolate and citrus fruits. A hiatal hernia can cause acid reflux by moving the LES from your

abdomen into the chest area. Long-term acid reflux can lead to Barrett's disease, a precancerous, chronic irritation of the esophagus, which must be monitored through regular endoscopies.

Q: What are my non-surgical treatment options?

A: Many people can manage symptoms with over-the-counter medications that reduce stomach acid. It's important to understand, however, that medications do not stop the refluxing action. All they do is reduce the amount of acid in your stomach. Because these can interact with other medicines or reduce bone density, you may not want to take them long-term. You may also find relief through lifestyle changes — avoiding coffee and chocolate, and losing weight — which can help strengthen the LES.

Q: Do I need surgery?

A: Severe acid reflux disease typically requires surgery. If you have a hiatal hernia, we fix it, and then wrap a portion of the relocated stomach to create a new strong valve. If there's no hernia, we only create a new valve. The procedure, called a *nissen fundoplication*, is performed at Northern Westchester Hospital using robotic surgery. Post-surgery, there's little chance your LES will weaken again.

Teacher Wins \$50K in Jeopardy! Tournament

Continued from page 1

so well in the finals. I wish I had been able to buzz in faster and answer more questions, but they were too good," Barcomb told Examiner Media in an email. "I felt like beating one or the other would be very difficult, but playing both made it near impossible. I feel like I played two of the greatest in the history of the show. Overall, I am grateful for being given the opportunity to live out a dream and compete against some of the best ever."

Barcomb said prior to being chosen for the Teachers Tournament he had interviewed twice but wasn't selected.

"I have been a fan of Jeopardy! since Alex Trebek took over hosting duties in 1984. My family has always enjoyed Trivial Pursuit and my siblings and I have occasionally competed in pub-style trivia contests," he stated. "When I settled down and started teaching at Hendrick Hudson some years ago, I started taking the online test. Last year I turned 50 and I told myself that if I don't get on this time, I would take the hint and stop trying. But they invited me to the Teacher Tournament, and the rest is history."

"The crew are so professional that everyone was put at ease while recording was happening. It was a whirlwind, as we played 10 matches in two days each time," Barcomb added. "The second time, I knew

what to expect and so I feel I had a small advantage over those who hadn't done a tournament. All of the competitors were fun to talk to and play against. Everyone was pleasant and seemed to enjoy the tournament. We got to meet most of the families and talk about our varied experiences with the show."

Hendrick Hudson Superintendent of Schools Joseph Hochreiter applauded Barcomb for his strong showing.

"Dr. Francois Barcomb made all of us proud, as he represented Hen Hud on a national stage," Hochreiter stated. "He provided us with some thrilling television moments as he advanced from last spring's

Teacher Tournament to the Tournament of Champions final round, going up against formidable competitors, including one of the highest winners in the show's history. Dr. Barcomb has demonstrated that hard work and perseverance pay off, which is a wonderful real-life lesson for his students, both past and present."

Board of Education Vice President Barbara Pettersen also praised the 14-year Hendrick Hudson educator, saying, "I think that Dr. Barcomb was up against amazing rivals and we are extremely proud of him and of his outstanding accomplishments on Jeopardy!"

Peekskill Band Rocks Thanksgiving Food Drive

"The Bluechips," a rock band based in Peekskill, are hosting a Thanksgiving food drive and concert at the Paramount Hudson Valley Theater on November 27 to benefit Fred's Food Pantry and CHHOP (Caring for the Hungry and Homeless of Peekskill).

The band's guitarist, Paul Beladino, is a third generation Peekskill native who will be celebrating his 23rd birthday that day.

All those who donate a can of food at the show will receive a free download of the band's debut full-length album, Illegal

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Health Food Business to Open at Croton-Harmon Station

MTA Metro-North Railroad has announced that a new tenant will renovate and reinvigorate an underutilized 321-square-foot space inside the former ticket office at the Croton-Harmon Train Station. A health food retail business, Pure-DC, has assumed the license for the space and will sell a variety of juices, smoothies, acai bowls, energy bars and vegan pastries. The station currently has a coffee

stand located within the overpass, that sells a variety of drinks, sandwiches and snacks, and Pure-DC will bring more dining options to hungry customers on the go.

Metro-North anticipates that Pure-DC will open in early 2020, and will operate six days a week from 9 a.m. until 5 p.m. The space was formally occupied by Emtee Cleaners, which has relocated to the north section of the station

building.

As part of the license agreement, Pure-DC will clean and restore all exposed brick walls, install new tile flooring and replace the entrance door frame and moldings. PureDC will also install a new three-compartment sink and a ductless HVAC rooftop condenser.

"Every week, about 14,500 customers use the Croton-Harmon

station, generating over 28,000 rides," said Catherine Rinaldi, President of Metro-North Railroad. "I'm delighted that we'll soon be able to offer these customers another spot to stop and grab a snack at the station. Pure-DC will help make the Croton-Harmon station a more inviting place for customers and enhance their daily commute."

After soliciting proposals for

this portion of the station building, the MTA Board voted to approve a license to PureDC. The MTA's criteria for selecting the tenant includes financial strength, management expertise, the business plan, track record of the proposer, compensation offered and the improvements proposed for the site. The selection process requires the completion of an extensive application.

Lakeland BOE Selects Firm to Lead Superintendent Search

The Lakeland Board of Education has selected School Leadership, LLC as its superintendent search firm. The vote took place at its board meeting on November 7 where the firm was approved unanimously by the board members in attendance. Current Superintendent Dr. George Stone previously announced that he will retire on June 30, 2020 after serving in his role for 10 years.

"One of the most significant responsibilities of a New York State school board is to hire and evaluate the Superintendent of Schools," explained Michael Daly, Board President. "At our July 11

meeting, the board determined that hiring a professional search firm would provide us with access to the quality of talent that

Lakeland has come to expect from its leadership. After careful evaluation and positive referrals from multiple references, we determined that School Leadership was the best fit for our district."

The search for a firm began on August 23, 2019 when the Board issued a Request for Proposals (RFP) to seven organizations. Responses to the RFPs were received from five firms and three were se-

lected for further research and evaluation. On October 15, the prospective teams from

each of these three firms were interviewed by all nine members of the board. Following the interviews, the board conducted background checks on each firm and contacted all references provided. Further vetting of School Leadership was conducted by Daly and Board Vice President Denise Kness, who contacted three local school board presidents to discuss their experiences with the firms, all of which were positive.

In early December, the board and School Leadership will conduct a planning meeting to discuss next steps and establish a timeline for the search. Following the meeting, School Leadership will solicit input from stakeholders identified by the board through a series of focus groups, open meetings and surveys. Information about the search will be communicated to

the public via email and social media posts. A future web page will provide a more detailed look at the process. The board also welcomes questions during the public comment section of its business meetings.

About School Leadership, LLC

School Leadership, LLC is one of the largest New York companies engaged in the educational leadership search process. It has access to many search consultants with knowledge of communities in this region of the country, as well as experience with suburban school districts across the nation. Since its founding, the firm has served the needs of more than a hundred private and public schools and districts in the metropolitan New York area. For more information visit www.leadschools.us.



DR. GEORGE STONE

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FOR THE WEEK OF NOVEMBER 25 - 29
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ATM



Discussion of Controversial Sewer District Plan Continues

BY NEAL RENTZ

As the engineering firm continues working on revisions to the plan, discussion of the controversial proposal to create Special Sewer District #2 for residents of Lake Lindolndale and Lake Shenorock in Somers continued at the November 14 Town Board meeting.

A referendum for residents of the two lake communities had been set for December 11 but it has been postponed with no new date yet set by the Town Board.

The project's Map, Plan and Report is being updated and the Town Board and residents have been discussing how to pay for the project.

If residents approve the referendum to create the new district, the Town Board would need approval from the Westchester County Board of Legislators to expand the county sewage treatment plant in Peekskill and the proposed sewer district plan would also need to be okayed the office of state Comptroller Thomas DiNapoli. Supervisor Rick Morrissey said the Board of Legislators supports Somers using the Peekskill plant.

The project would ultimately cost about \$62 million and town officials have said they are actively applying for grants to reduce the cost. Som-

ers 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 Lindolndale, 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 Lindolndale, 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 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 after speaking with the comptroller's office and

Westchester County officials he came up with two potential ways to fund the project, which both would average \$1,200 per property annually. The first option would be a "flat fee" method, which would have a range of between \$900 to \$1,660 annually, Robbins said, adding the fee would not be completely equal to all property owners in the proposed district because Westchester County has a formula for residents to use its sewage treatment plants. The other option, based on the assessed value of properties, would have a range of between \$460 and \$2,240 annually, he said.

Some of the options the town could consider in calculating its costs of maintaining the proposed sewer district are road frontage of a home, the square footage of the residence and the number of bedrooms in a house, Robbins said.

Robbins said his firm was seeking comments from the Town Board and residents that it can use in the process of revising the Map Plan.

Morrissey asked what the town portion of the cost of operating the sewer district would be. Robbins said the town cost would be the borrowing for the project and the operations and maintenance of the district.

Resident Lisa Healy said she was

concerned about the \$62 million price tag for the project and wanted to know if individual homeowners would be responsible to pay the fee of hooking up to the sewer pipe. Robbins replied that there would be no extra cost to homeowners to hook up.

Resident Mike Sullivan asked if zoning changes would be needed if the sewer district is created. Morrissey said the homes that would include in the district are in a residen-

tial district and no zoning changes would be needed.

Resident Robyn Anderson said she supported the creation of the sewer district, which would protect the lakes. "This is a big deal for Shenorock," she said.

Morrissey said an informational meeting on the sewer district proposal has been scheduled for December 3 at the Lake Lindolndale Property Owners' Association clubhouse.

Knicks Team Up with Stop & Shop in Fight Against Hunger

The Westchester Knicks recently joined Stop & Shop and Feeding Westchester in unloading 1,000 turkeys just in time for Thanksgiving. Stop & Shop generously donated the turkeys that Feeding Westchester will distribute to its network of more than 300 partners and programs throughout the county. Stop & Shop's Turkey Express program will deliver more than 18,000 turkeys to hunger-relief organizations throughout New York, New Jersey, Connecticut, Massachusetts and Rhode Island this holiday season. Stop & Shop donated more than \$28 million in product and financial support last year to fight hunger and support individual food banks like Feeding Westchester.



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Mitchell Kahn, DMD

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Obituaries

Joseph Turturro

Joseph Michael Turturro, a resident of Croton-on-Hudson, died November 10. He was 94.

He was born and raised in Croton and spent his life there among family and friends. He leaves behind his wife Dolores (O'Brien) Turturro from Philadelphia; his daughter Dr. Marion Schrank (Christian) of Ft. Myers, Florida and his son Michael Turturro (Virginia) of Croton; four grandchildren and five great-grandchildren, as well as several nieces and nephews.

Mr. Turturro enlisted in the Navy during WWII where he proudly served as a petty officer on the USS Sagittarius both in the Pacific and Atlantic theaters. He was awarded many medals, including the Navy Commendation for Outstanding Service. He was an active member of the American Legion and VFW and was inducted into the Veteran's Hall of Fame by Senator Greg Ball in 2013.

In Croton, he was a devoted parishioner of the Holy Name of Mary Catholic Church where he was an usher for many years. He also served his community for seventeen years as a volunteer fireman and was a founding member of the Croton Yacht Club.

Mr. Turturro was a talented mechanic and tradesman who spent his career utilizing his skills on the New York Central Railroad and at Tarrytown's General Motors Assembly Plant.

James Pulvermiller

James Charles Pulvermiller, beloved son, brother, husband, father, grandfather, great-grandfather and resident of Yorktown, died November 1. He was 92.

Known affectionately as Dad and Poppy, he is survived by a very large and very proud and loving family. He and his wife, Mary Veronica, were married September 9, 1950, and have lived together since. James and Mary raised seven children: Joanne, Carol, James, John, Thomas, Robert and David. Collectively, their children have blessed them with an amazing 16 grandchildren and an astounding 18 great-grandchildren.

He was born to Adolph James and Gertrude on February 22, 1927, in Yonkers. His twin sister, Mildred D. Maxfield, was born minutes later. Sadly, Mildred pre-deceased James in 2013. Mr. Pulvermiller attended Roosevelt High School in Yonkers where he met Mary and also lettered in both basketball and baseball. Immediately upon graduation in 1945, Jim entered the U.S. Army. He actively served our country through the end of World War II, receiving an honorable discharge in January 1947.

Following the war, he pursued educa-

tional and athletic careers. He attended Paul Smith's College in Saranac Lake and then Fordham University in the Bronx where he studied engineering. At Fordham, he starred in baseball. Following his success, he pursued a career professionally in the minor leagues with the St. Louis Browns. In truth, he realized his time commitment to the war effort lost him his window to realistically pursue a baseball career and instead, chose to enter a life as husband to his lifelong love and father to his grateful children.

James and Mary married at St. John the Baptist in Yonkers, then lived in Yonkers until 1957. They moved north and bought a home in Yorktown. After a few years in Yorktown, they added three more children. He worked tirelessly on the home, adding dormers and additions to accommodate their growing family. Dad's and Mom's first priority has always been providing a loving and stable home for their children and they have remained in their beautiful home to this day.

Mr. Pulvermiller enjoyed a long and successful career with the New York Telephone Company. He began as an outdoor repairman. Later, as technology progressed in the industry, he moved inside, working as a technician and line tester. His working career, however, was not without its trials. Through a seven-month strike in 1970, he remained steadfast with his co-workers and their cause. Without steady income, he worked long and hard hours, taking on many difficult and odd jobs. This is but one small example illustrating his deep love of family and his unyielding commitment to doing the right thing.

He has forever been the model of integrity, love and compassion in the family. He imparted his rich love of life, athletics, education and most of all, family.

A Memorial Mass in honor of James will be held at New St. Patrick's Church, 137 Moseman Road, Yorktown, at 11:15 am on Saturday, November 23.

Margaret Gunn

Margaret M. Gunn, a resident of Yorktown, died November 10. She was 74.

She was born November 27, 1944 in Brooklyn, to William and Kunigunda Martin. She married John Gunn on November 16, 1968. They lived in Lake Ronkonkoma for 34 years before moving to Yorktown in 2008. She was a communicant of St. Elizabeth Ann Seton Church.

She is survived by her husband John, daughter Lori Smith and her husband Tom, son William Gunn and his wife Ellen, sister Gertrude Millette and 6 grandchildren Kellie, Mia, TJ, Lucas, Emma and Rylee. Predeceased by a sister Barbara Kaider.

James Reilly

James Patrick Reilly of Elkton, FL, formerly of Montrose, died November 4. He was 80.

He was born October 26, 1939 in Mt.

Vernon, NY to Michael and Ann "Josie" (Quinn) Reilly. He grew up in Yonkers where his parents owned a bar called The 44. By the time he was 17 the family moved to Verplanck and he attended his senior year at Hendrick Hudson High School where he made lifelong friendships. He graduated in 1958 and a few months later, joined the Navy and served for two years. He was a member of the Carpenter's Union 608. His lifelong passion for building things kept him occupied well into his retirement years.

He is survived by his beloved children, Matthew and Loretta A. Reilly and his loving grandchildren, Jenna Reilly, Ryan, Ethan and Dylan Chan. He was predeceased by his beloved wife Ketty in 2012 and his brother Michael and sister MaryEllen Vargo.

Robert Renza

Robert L. Renza died peacefully at home November 13, surrounded by his loving family. He was 86.

He was the son of Constanzo and Josephine (Radassao) Renza and was born at home in Peekskill on September 9, 1933, the third of four brothers. He attended Peekskill schools, graduating from PHS in 1951. He was a 1955 graduate of RPI and went on to work at the Texaco Research Center in Beacon until his retirement in 1990.

Mr. Renza was a communicant and an active member of St. Mary, Mother of the Church. He was a choir member, a founding member of St. Mary's Players where he was Billy Jester in "Little Mary Sunshine" and Ito in "Mame", a 3rd Degree member of the St. Mary's Council Knights of Columbus, the men's group, the Parish Council and the Finance Committee.

On July 18, 1959, he married the love of his life, Barbara Morse. She survives at home. After the wedding, they immediately moved to Fishkill and have lived in the same house ever since.

He was the very proud father to Robert of Florida, Regina (Patrick) Crisci of LaGrangeville, Michael of Poughkeepsie, and Mary (Vincent) Ardovino of Virginia; his special Goddaughter, Roberta Theiss; and was blessed with five grandchildren - Sara, Matthew, Kassandra, Marissa and Nicole and two great-grandchildren - Lucas and Violet. He is also survived by his younger brother, Richard. He was predeceased by his brothers, Celestino and John.

He was an avid fan of the NY Yankees but more than anything loved spending time with his family.

Peter Savage

Peter Allan Savage died peacefully November 12. He was 87.

He was predeceased by both his parents and his twin brother Paul. He is survived by his wife, Joan Sheahan Savage, his loving son, Frank Savage, his stepdaughter; Sherry Flisser of Florida, and his two sisters; Lenore Savage of Dela-

ware and Justin Savage of Florida.

As a young man Mr. Savage proudly served his country in the Army during the Korean War. As a Private he was trained as an Engineer Leader. He was an insurance agent, dedicated mail carrier for the U.S. Postal Service for more than 32 years. He was also a dedicated lifetime member of the local Knights of Columbus. He also entertained his friends and colleagues with his wry sense of humor.

Scott Carey

Scott P. Carey, a longtime Yorktown resident, died November 10 in Beacon. He was 65.

He was born June 16, 1954 to Joseph J. Carey and Teresa A. (Coleman) Carey. He was a graduate of St. Patrick's Elementary School and John F. Kennedy High School. He later graduated from the College of New Rochelle with a degree in Food Science. He married Kathleen S. Dineen in 1975 and had five wonderful children while living in Shrub Oak.

Mr. Carey was very involved in the community; coaching with SOAC, volunteering with various Lakeland PTAs and was also a member of the Lakeland Board of Education for 10 years. He was an avid Chicago Bears fan his whole life!

He is survived by his children: Minnie Dineen-Carey (Bill Herzog), Melody Dineen-Oppedisano, Molly Dineen-Carey, Maxwell Dineen-Carey (Katie) and Ellie Dineen-Carey; and his grandchildren: Liam Dineen-Herzog, Maeve Dineen-Herzog, Cassidy Dineen-Herzog, Gabriella Oppedisano, Brody Dineen-Herzog and Christopher Oppedisano. He is also survived by his sister, Patricia Carey, and his brother, Thomas Carey, along with various nieces and nephews.

Bridget Cosgrove

Bridget Theresa Cosgrove, a resident of Yorktown, formerly of The Bronx, and Kiltimagh, County Mayo, Ireland, died November 10. She was 92.

She was born to James and Bridget O'Brien in Kiltimagh, Mayo, Ireland. She was one of five children. She was predeceased by Mary Nolan (England), Martin O'Brien (Ireland) Nancy Gallagher (Bronx). She is survived by her younger brother, Seamus O'Brien (Wales).

On April 7, 1956, she married the love of her life, Thomas Cosgrove, who predeceased her on February 8, 1996.

Together they raised their three children: Maureen (Robert) Forbes, Thomas (Caryn) Cosgrove, and Joan Cosgrove-Knoesel. She leaves behind her six grandchildren who called her Nanny: Patricia (John) Hammond, Susan Forbes, Thomas and Colette Cosgrove, and Kayla and Jacqueline Knoesel, and her great-granddaughter, Kaitlin Hammond. She is also survived by countless nieces, nephews, and many friends

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Guest Commentary

'My God...What Have We Done?'

BY CHARLES PALOMBINI

It was the 6th of August in the year 1945. Captain Robert A. Lewis boarded his aircraft that would embark on a five-hour flight to the Japanese City of Hiroshima. It marked the conclusion of an extremely carefully planned mission that required a group of people having complete commitment to a cause, and then executing the plan without question. While history would hail him as a hero, Captain Lewis admits to looking back at the city after "mission accomplished", and thinking to himself "My God...what have we done?"

After watching three years of a carefully planned mission unfold, designed to dismantle the office of the Presidency of the United States I can't help but speculate about the motivation behind the Democratic Parties thought process. As a country we are at a crucial crossroads that will determine the course of world history for at least the next several decades. It is a time for all citizens to set aside party allegiance and displace it with "American" loyalty. Much is at risk, yet some people either choose to ignore it or simply don't see the clear and present danger to our way of life. Many in the swamp tend to think our government, of, by, and for the people, is indestructible and will survive any crisis. They act like democracy, as we know it, is the natural order of things. History tells us otherwise. Tyranny is actually the natural order of things. You can go back to Genghis Khan, travel the sands of time to the 21st century, and find the story is always the same. When given a chance to take root, it is Tyranny, not Liberty, that wins out. More often than not the people's thirst for Liberty is crushed by the application of Tyrannical law. Be it Adolph Hitler, Joseph Stalin, Chairman Mao, or Kim Jang Un, the outcome is always the same. So, I ask you,

do our elected politicians know anything about history? Do they actually think our way of life is protected by our history? It's not...it's under attack every day. And when someone figures out how to topple us...they will. So while the North Koreans would like to bury us in ashes, and the Chinese would love to bury us economically, and when factions of the Middle East would love to terrorize us into submission, the Democrats feel it is more important to concentrate on overthrowing a duly elected President and solidify a division of Republican and Democratic ideologies rather than unite us to stand together against real worldly threats. The Democrats are hell bent on continuing down this dangerous path of self-obsession. It will ultimately imperil the survival of our government of Liberty.

Yes, we are at a crossroads. A crossroads that requires we embrace the difficulties of being an author, rather than pursue the easier path of being a critic. Why the Democrats fail us in this regard is a mystery and a shame. This country needs a strong two-party system so that all ideas are challenged thus guaranteeing that the best idea's always rise to the top. But in this regard the Democratic Party has become a dismal failure. What happened to that sacred plank of "authorship" in the Democratic platform? When was it replaced by the rotting plank of "criticism"? When did the Democratic Party become the party (club) of "critics only"? My God, I can remember the mesmerizing inauguration speech of JFK when he belatedly "ask not what your country can do for you, ask what you can do for your country". What happened to that sacred plank in the Democratic platform? I dare say JFK would not only be ashamed of the Democratic Party as it exists today, he would demand its change, and Adam Schiff would be the first change he makes. No room for Cardi-

nal Richelieu wanna be's. There is no pride in being the party that abandons authorship and heralds' critics while conspiring the overthrow of a government duly elected by the people in accordance with the Constitution. No one is beyond their distrustful reach, not even a Supreme Court nominee. Rings a bit like Joseph Stalin, don't you think? After all, why bother ourselves with trying to strengthening our economy, or improving our position in foreign affairs, or trying to find an adequate solution to securing our borders. No creative thoughts to any problems whatsoever. No nothing except to attack anyone that doesn't adhere to the program of overthrowing the duly elected government.

It is time the registered Democrats in this country take responsibility for this mess and bring down the old guard themselves. It is time to get serious and bring back the fundamental sacred planks of the Democratic Party that served the people so well in the past. This can only be done by cleaning house. It is in the hands of the Democratic voter, and their action is sorely needed by a country in distress. We need a strong "productive" Democratic Party. So, who will be the first among their elected officials to muster up the courage and stand up and say "sorry, I can't be part of this"! "I refuse to divide our country by supporting an unfounded impeachment initiative". "I refuse to slander and humiliate Supreme Court nominee's". "I refuse to spend millions of taxpayer dollars on wasteful investigations, and mostly I refuse to be part of a gang obsessed with the overthrow of our system of government."

My biggest fear is that none of them will, and in the end the worst of all things will happen to this great country. Only then I wonder which one of them will turn around, look at the devastation they have caused, and think to themselves "My God...what have we done?"

Charles Palombini is a resident of Cortlandt

Hudson Valley Turkey Trot Returning to Yorktown

One of the largest charity events in the Hudson Valley returns this Thanksgiving when hundreds of runners will join former Senator Terrence Murphy's annual Turkey Trot on Thursday, November 28 at 8:30 a.m. at 1520 Front Street in Yorktown.

Held in partnership with the Taconic Road Runners, Club Fit, the Yorktown Chamber of Commerce and other community groups, all funds raised at the event are donated to the St. Mary's Food Pantry of Mohegan Lake and St. John's Food Pantry in Mahopac.

"It has been an honor and a privilege to

sponsor this event every year and support organizations who provide critical services to our vulnerable neighbors," Dr. Murphy said. "Earn your extra mashed potatoes and gravy this year! I encourage everyone to join me in giving back to our community and sign-up online for this family friendly special event which we will continue to sponsor every year!"

Runners can sign-up for the 5k style race online, with each entrant paying a \$20 fee. Although the event is not scored, a clock is available to record finish times. Walkers and strollers are welcome. Dogs are not permitted.

Correction

An article published November 12 about the postponing of referendum to create Special Sewer District #2 for residents of the Lake Lindendale and Lake Shenorock sections of Somers misstated the position of Robyn Anderson. She is a supporter of the creation of the sewer district, not an opponent.

The Northern Westchester Examiner regrets the error.

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Dementia Care: Six Tips to Make Dementia Gentler on Everyone

BY NORTHERN WESTCHESTER HOSPITAL'S CHIEF OF PSYCHIATRY, DR. RICHARD CATANZARO, AND DR. SUMA SRISHAILA, ASSOCIATE DIRECTOR OF PSYCHIATRY

When Robert Harris was 80 years old, he began to experience dementia. Suddenly he accused his 79-year-old wife of having an affair. The notion was so real to him and his fury so great, that Robert became violent. The typical treatment for disruptive dementia-related behavior is medication to sedate the person. But the drugs normally used carry extreme medical risks for the elderly. What's more, increasing numbers of clinicians agree that a sedated life is not a life. Here, we'll discuss six newer approaches that are more effective, more humane, without risk of harm – and usable by family members.

1. Stop Overmedicating — Start Changing the Way You Interact

Elderly demented patients with no psychiatric diagnosis are often overmedicated when their behaviors become problematic. Atypical and typical anti-psychotic drugs are commonly used when a person with dementia acts out. Both drugs carry a warning that use with dementia patients increases mortality and the incidence of stroke.

Unintended consequences of multiple medications also include a higher risk of falls, with potentially more devastating results. Imagine someone on a walker getting up in the night to use the bathroom. They

are often on multiple medications, and they fall and fracture their hip or head. This can cause brain bleed or a fatal clot in the lung. Now surgery follows and therefore prolonged hospitalization – and the dementia can decline to the next stage. The person may never bounce back.

A growing body of evidence suggests that a low dose medication for a limited time coupled with ways of interacting that diminish the confusion and anxiety at the root of disruptive behaviors is best.

2. Rather than Trying to Fix, Accept Changes

Dementia is a gradual change of life. In medicine, usually the goal is to control or to improve; that can't always happen with dementia. Instead, you are managing some of the symptoms using the lowest effective dose of medication while helping the person maintain quality of life, dignity and caring relationships.

After the cognitive downslide, a person will arrive at a new normal that's different from the way they used to be. Though this is a difficult process for the person and caregivers, it is important to accept that new person.

Understanding why someone acts out helps you address those needs. In dementia, remote memories remain but new memories are eroded. So, the person sees a confused landscape that they're increasingly unable to navigate. In response, they can become agitated and overwhelmed. Some

retreat into silence. Others become aggressive, even violent. Such a person can feel: "I don't know what I need or how to ask for it. Once I have what I need, I can relax. But if I never get it – I can never relax."

3. Help Your Loved One Maintain Their Daily Routine

The antidote to an unfamiliar, threatening world is to maintain daily routines and structure, along with purpose and personal agency. A routine can be short walks at the same time of the day. Dressing and eating at certain times give the day structure. Helping a person request specific meals and giving them small tasks empower them.

4. Participate More, Correct Less

Many people with dementia express beliefs that are factually wrong. These can amplify into paranoid delusions that are extremely distressing, such as that a daughter plans to steal their wealth. You'll feel tempted to correct them, to explain things logically, to present evidence to the contrary. But the more you try to counter the belief, the more fixed it can become and the more agitated the person can grow. Instead, shift to listening and distracting. Something as simple as "Let's go to the kitchen to check on lunch!" can work.

5. There is Comfort in Talk About the Distant Past

As insight, judgment, logic, and understanding of the environment become

increasingly impaired, time and place confusion can also occur. Daily, a person may insist, "I need to leave now! I need to go to work!" Rather than replying, "But you retired 20 years ago," enter into their world by talking about their job, perhaps a memory from years ago — the more distant, the better-remembered. There is comfort in talk about the distant past.

6. It is Important for Families to Learn to Tolerate Their Own Distress as They Watch a Loved One Change

"But he's withdrawing..." or "Is she unhappy?" are typical anguished reactions. The reality is that dementia is a journey for the person going through it and for you. And there are calming, loving behavioral techniques that make it gentler for everyone.



HAPPY THANKSGIVING

from George "Gobble, Gobble" Ondek to all my friends and viewers!

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GET ON DECK

with George Ondek as he joins in the festivities of the grand re-opening of Giulio's Restaurant in Yonkers!

After closing almost a year ago because owner Giulio Notaro wanted to retire, Giulio's Restaurant, located on Park Hill, recently re-opened with Notaro's nephew Joey Fiorilli as the new owner. Come on by and enjoy authentic southern Italian cooking!



Yonkers mayor Mike Spano cuts the ribbon with new owner Joey Fiorilli on the left, former owner Giulio Notaro on the right, and George Ondek on the far left.

The George Ondek Show can be seen on YouTube by typing in "George Ondek" and the name of the guest, and on Altice/Cablevision Thursdays at 9pm and Saturdays at 10pm, on your local public access channel.

Look for a preview of upcoming shows at the Paramount Theatre in Peekskill!

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Business of the Week

BY NEAL RENTZ

Poughkeepsie resident Abigail Ottley-Cumberbatch started out her career in make-up but changed her work to help people with their skin by opening Abbeauté Studio a year ago.

The esthetician moved her business to Stowe Road about a month ago from Main Street to obtain more space for her studio.

A wide variety of skin care services are offered at Abbeauté Studio, Ottley-Cumberbatch said last week. Some of the services include corrective skin care, acne treatments, relaxation facials and chemical peels. Though most of her clients are women, her business also works with men, she said, adding most of her customers are between the ages of 25 and 45. "All are welcome," she added.

Though some customers come to relax, Ottley-Cumberbatch said most of her clients come to her business to "correct their skin." Some of the skin treatments offered by Abbeauté



NEAL RENTZ PHOTO

Poughkeepsie resident Abigail Ottley-Cumberbatch is the owner of Abbeauté Studio in Peekskill.

Studio include a deep cleaning and extractions for those with acne. "We put the clients on a daily home care regimen," she said.

Ottley-Cumberbatch recalled how she became interested in

changing her work from providing make-up services.

"I found that my clients were very interested in their skin. They used to ask me a lot of questions about skin problems and skin health," she said. "I

was able to answer certain questions intelligently but other stuff I would have to research for them. So, it got to a point where I was real intrigued and wanted to learn the skin better so I could answer clients' questions better than before."

Ottley-Cumberbatch attended aesthetics school. "It turned out that I have an absolute love for skin," she said. Though some make-up services are offered at the business, skin care is its major focus, she said.

"Just being able to help women who have skin issues or who are just not confident anymore with themselves and their skin" is gratifying, Ottley-Cumberbatch said. The goal is to get skin back to its healthy state, she said. "You see the light in their eyes. They're happy," following skin care treatments she has performed, Ottley-Cumberbatch said.

"Skin is very important," Ottley-Cumberbatch said. "After all, it's our largest organ." Skin cancer is a major health problem in America, she added.

Among the goals for her business are to keep learning new information about the skin. "Things are always changing" in the medical world, she said.

Ottley-Cumberbatch also wants to eventually turn her business to turn it into a medical spa, which would allow additional services to be provided including injections of such skin aids as Botox. She also is seeking to hire a message therapist and other staff.

Ottley-Cumberbatch thanked those who have assisted her in creating the business at its new location including her husband, Rohan, who found the new location and "brought this space to life," She also thanked her daughter, Ariella, and others, including her clients, for their support.

Abbeauté Studio & Spa is located at 2 Stowe Rd. in Peekskill in the Highland Professional Building in The Highlands. For more information, call 914 525-2934 or visit <https://abbeautesudio.com/>. The business is also on Facebook and Instagram.

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Latimer Introduces Plan to Limit County Executive to Two Terms

BY MARTIN WILBUR

County Executive George Latimer proposed on Monday limiting holders of the office to two terms to help ensure a greater balance of interest and power between the executive and legislative branches.

Under the measure that would amend the county's 2011 law that enacted 12-year limits for both the Board of Legislators and the county executive's seat, holders of the post would be restricted to two four-year terms. Latimer said if approved by the board and signed into law, the measure would apply to himself as well.

He said it is an important step as the executive branch continues to have enormous authority and the ability to exercise influence while the public has increasingly expected to have increasingly higher turnover for many of its officeholders. During one 52-year stretch, only four people held the county's executive's chair – Edward Michaelian, Alfred DeBello, Andrew O'Rourke and Andrew Spano.

"I think what we're watching now is the need for a more robust balance between the executive and the legislative branch

and that's the best way to ensure that decisions are made with the broadest possible input and with the greatest amount of thoughtfulness," Latimer said.

The proposal is expected to be sent to the Board of Legislators this week. Latimer said he is hopeful that a majority of lawmakers will see the value in limiting the executive's tenure. He said he has spoken to some legislators and believes there is consensus in support of the new limit, although there are those who are philosophically opposed to term limits.

"I think there's general support for it," Latimer said. "We're not changing legislative term limits and this is to allow a legislator to serve longer than the county executive can serve."

Legislators can now serve up to six two-year terms.

Latimer said that the most common limits for executive posts are eight years, including the governors in New Jersey and Connecticut.

"I think an eight-year period of time, given the concentration of power that belongs to the executive, it is a reasonable balance and what it does do is it turns over this position structurally more frequently," Latimer said.

One disadvantage to limiting county executives to two terms is a greater chance of having a lame-duck incumbent, he said.

Issues that may still have to be worked out is whether an executive who takes over following an incumbent's death or resignation should be allowed to run for up to two full terms of their own and whether to maintain a hard two-term lifetime limit for former county executives, Latimer said.

Currently, there are only two living former county executives, Spano and Rob Astorino. While he does not expect Spano to run for the office again, Latimer said he would not object to a special rule that exempts Astorino since the legislation would be passed after the

Several county lawmakers were called Monday afternoon to get their opinion on the proposal. Legislator Margaret Cunzio (C-Mount Pleasant) responded that while she hadn't yet read the bill, she supported the concept. Having more frequent open elections also spurs greater interest, she said.

"The forefathers did not want this to be a career," Cunzio said. "So I think it's important as a public servant that if you win, you do

as much as you can in the position you're in and then you pass it on to somebody else."

Outgoing 22-year Legislator

Michael Kaplowitz (D-Somers) said he had just heard about the plan earlier in the day and hadn't yet formed an opinion.



PHOTO COURTESY OF NEWYORK-PRESBYTERIAN HUDSON VALLEY HOSPITAL

Veterans in the Kitchen

On November 13, local veterans and their families came together at NewYork-Presbyterian Hudson Valley Hospital's Chef Peter X. Kelly Teaching Kitchen for an event designed to help them cope with the challenges of military experience. Teaching Kitchen Chef Emilie Berner and Sarah Cincotti, U.S. Navy Petty Officer Third Class and a student at the Culinary Institute of America, led the Breaking Bonds Culinary Program, whipping up fall recipes that put health and wellness first. They were joined by NewYork-Presbyterian Hudson Valley Hospital President Stacey Petrower, Caring for the Hungry and Homeless of Peekskill, Inc. CEO Cynthia Knox and Westchester County Veterans Service Agency Director Ronald Tocci.

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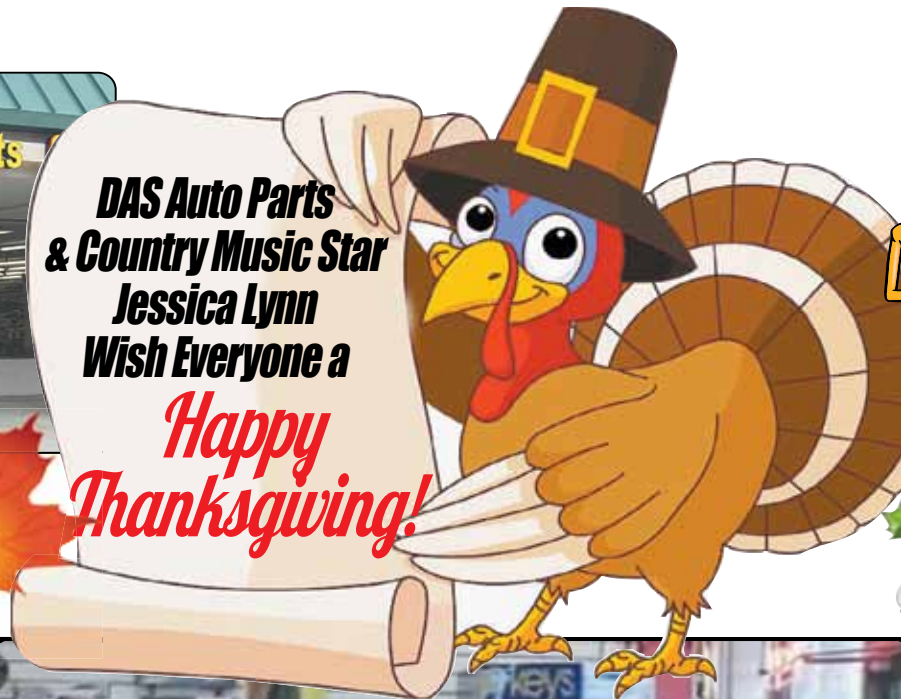


A Columbia-trained orthopedic surgeon, Dr. Hickernell specializes in advanced hip and knee reconstruction, including anterior approach total hip replacements, using the latest minimally invasive techniques. He performs partial and total knee replacements and treats orthopedic trauma injuries like fractures of the hip and lower extremity.

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Author Shares Bronx Logic for Building Strength in America's Youth

What could be more important than building up the youth of America? Debuting author, Gerard Azzari, a Somers resident since 1998, sees how the country needs strong parental involvement in order to build strength within the young in every community. He believes that societal unification depends on parental leadership and that parents should be arbiters of harmony in every spectrum of a society. This belief that a new tipping point needs to be created which centers on the essential requirement of parenting children into adulthood prompted him to pen "Meatloaf for Breakfast" (published by iUniverse).

Based on the author's life experiences and reflections, this family/childcare guidebook offers a sound approach and personalized Bronx logic for building strength in America's youth. In a personal portrayal of life in the Bronx during the '60s and '70s, Azzari gives readers a glimpse of the life and lessons learned by a child grow-

ing up in a low-income diverse housing project.

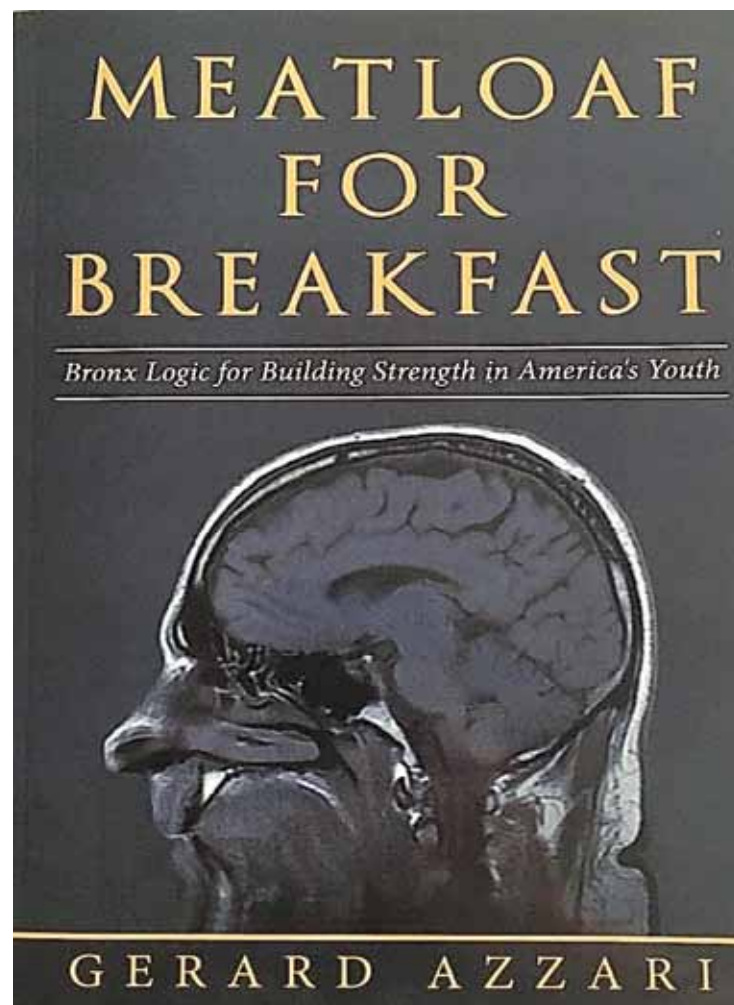
"Any success that I have achieved is a result of having the support of two loving parents, family, friends, educators, coaches, religious leaders, and community mentors, as well as, the environment I lived in," Azzari said. "Even with the challenges that surrounded us, we lived in balance and shared common beliefs rooted in treating others with respect."

At its core, "Meatloaf for Breakfast" is a clarion call and represents a sound and reasonable Bronx logic for the requirement of two parents guiding children to achieve success. The author emphasizes, the personal growth of children across America is dependent upon having a firm foundation rooted in the value of two parents living together, united, and committed to providing loving support and leadership to their children. This fundamental aspect of 'parenting' is a societal

mandate.

About the Author

Gerard Azzari, the youngest of five children, was born and raised in Gun Hill housing projects in the Bronx. He earned a bachelor's degree in biology from Fordham University, attended New York Medical College for basic medical science, and completed executive-level dynamic leadership training at Columbia University Graduate School of Business. Azzari has more than 30 years of experience in the social service and pharmaceutical arenas. He is a results-driven sales executive with extensive experience in United States and international sales, sales management, training, development and human resources. Azzari attributes any success earned as a direct result of childhood learning from his faith, family, education, mentors, friends and environment. He is a husband and father, and maintains an active schedule of community activities.



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For a Quicker Sale, Home Staging is the Path to Success

One of my most important jobs before listing a property is to help my sellers prepare their homes for showing to prospective buyers.

I was reminded during a recent presentation at my William Raveis office by home stager Susan Atwell who recommended engaging a home stager. Why? Because nobody can look at their homes objectively, even someone who's been in the business a long time.

Atwell didn't plan a career as a home stager. An English major in college, her true passions were science and math. After a few years in the business world, her love for logic first evolved into a successful career as a computer scientist.

So when she first heard that staged homes sell faster, it seemed to make sense. But she still wondered, how do they really know? In her mind, she figured there's only one way to prove that home staging works, and that's scientifically.

At her recent presentation, she said, "To perform this scientific experiment, it would be necessary to take two identical homes, one staged (or decorated to sell), one unstaged. Everything else being equal – the home's location, its price and promotion to potential buyers – and then see which one

sells faster.

"But, since we know this isn't really possible, we can still devise a comparable strategy. Not one that we recommend, of course, but one that many home sellers unwittingly end up trying."

Regardless, she stated, this technique will still prove true if staged homes really do sell faster than un-staged homes.

Here are the steps:

First, attempt to sell a home "as is." Then wait and see what happens. If there is no sale, stage the home. Clean, declutter, put away personal items, freshen up paint, add lighting, update bedding, remove old window treatments, put out fresh towels – anything that will show off your home's best features while making it feel both inviting and move-in ready.

Once staged, wait an equal amount of time, or until the home finally sells. Compare how long it takes to sell.

Atwell said that she unwittingly performed this experiment some years ago with a friend whose home was on the market for nine months with no sale and no offers. The market was beginning to cool, but when the home was originally listed, the market was still hot – proving that even in the best markets, some homes won't sell "as is."



By Bill Primavera

Its total transformation cost less than 1 percent of the listing price, Atwell said. Once staged, the home sold in just two months, with multiple offers and the beginnings of a bidding war. At the time the home was listed, there was a seven-month inventory of homes glutting the market. This means that under normal or average conditions, this home would not be expected to sell for at least seven months. Staging lowered that time to two months.

Even with her passion for decorating – and her acknowledged addiction to home staging television shows – it wasn't until Atwell saw firsthand the impact staging had that she was truly convinced that it worked.

The Real Estate Staging Association (RESA) has used a similar approach – but on a much larger scale – to prove that home staging is effective. Each year RESA compiles a report based on feedback submitted by hundreds of home stagers around the United States. Here's what they found in 2011:

–RESA studied 174 homes that were previously on the market for an average of 156 days before the homeowners gave up trying to sell on their own and called in a professional home stager. Those same homes were staged, relisted and sold on average in 42 days, a 73 percent reduction in time on the market.

–RESA also studied 410 homes that were staged before they went on the market and sold in 42 days on average. The study concluded that it doesn't benefit the

homeowner to list the property first to see if it will sell.

So even if a home hasn't been staged yet, Atwell said that's okay because evidence shows that it's never too late.

There are two variables not taken into account in RESA's study. It is not known if the asking price was adjusted or if the same real estate agent was used throughout the selling process. The influence of either could be significant.

It is also possible that anxious home sellers are not only more willing to properly prepare their home for sale, but may also be more willing to price the home to sell because there is no amount of staging or marketing that can make up for an excessive asking price.

Don't forget that even if a homeowner is planning to dwell rather than sell, there are great benefits to engaging a home stager for better utilization of space, furnishings and décor.

For more information about home staging, call Susan Atwell at 914-525-0454 or visit www.atwellstagedhome.com.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (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.

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Happenings

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ONGOING

Diaper Drive: Genesis Jewelers of Yorktown, 32 Triangle Center, is holding its fourth annual Diaper Drive to support the Westchester County Diaper Bank through December 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 December 14 and you do not have to be present to win.

WEDNESDAY, NOV. 20

IBM Retirees: The Tri-State IBM Retirees will meet at the United Methodist Church Hall, on E Main Street in Shrub Oak. This meeting is one week early to accommodate Thanksgiving. Following an open discussion on medical plan options, scheduled speaker, Lynda Nickelsen, an IBM retiree, will discuss 2020 medical plan choices. Social and coffee is slated for 1 p.m., with the meeting at 1:30 p.m. Contact info: Peg Ryan at 914-528-5916.

New York -Presbyterian Programs: Several programs have been scheduled at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd. Healthy Thanksgiving Side Dishes will be held on Nov. 20 from

noon to 1:30 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Wellness Series with NYP Hudson Valley Hospital & the Ossining Public Library will present Plant-Based Nutrition on Nov. 21 from 1 to 2 p.m. The event will be held at the Ossining Public Library, 53 Croton Ave. Registration: call 914-941-2416, Ext. 327. Moroccan Feast will be held on Nov. 21 from 5:30 to 7 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Plant-Based Soups and Stews will be held on Nov. 26 from noon to 1:30 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. The "Shine a Light on Lung Cancer" Vigil will be held on Nov. 26 from 6 to 7 p.m. RSVP: call 914-293-8474.

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.

Live Performances: Live ticketed performances are being held at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Tribute, theatrical, cabaret, independent and

famous acts perform. Info: 914-455-4272.

Somers Library Events: The following programs have been scheduled for the coming days at the Somers Library. The Power of Plant-Based Nutrition: how whole foods and common spices can prevent and reverse disease without side effects, will be held on Nov. 20 from 6:30 to 8 p.m. Winter/Holiday Art Using Acrylics & Watercolor will be held on Mondays, 11/25, 12/2, 12/9, & 12/16 from 10:30 a.m. to 12:30 p.m. We will use water colors, add salt & make glittery snow scenes and holiday cards. Info: 914-232-5717 or www.somerslibrary.org.

THURSDAY, NOV. 21

Support Connection Mahjong: Support Connection announces the next session of their free monthly program "Mahjong, Coffee and Camaraderie." will take place from 10 to 11:30 a.m. at the Support Connection office in Yorktown. It is open to people living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call 914-962-6402 or 800-532-4290.

Knitting Circle: Support Connection announces the next session of "Marge's Knitting Circle" will take place from 2 to 3:30 p.m. at the Support Connection office in Yorktown. The program is free of charge and open to people living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call 914-962-6402 or 800-532-4290.

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,

Documentary Series: At 6:30 p.m., the Ossining Documentary & Discussion Series will present its next film, which is to be announced; with a panel discussion his next film still has to be determined at the Ossining Public Library, 53 Croton Ave. For more information on the films and this series please visit www.ossiningdocumentaries.org. Admission is free.

Life Drawing: The program will be held from 7 to 9 p.m. at the Hudson Valley MOCA, 1701 Main St., Peekskill. The cost is \$15 for members and \$20 for non-members. Info: 914-788-0100 or www.hudsonvalleyMOCA.org.

FRIDAY, NOV. 22

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. For drop off locations visit www.toysfortots.org and click on drop off sites. On weekends only, unwrapped toys are being accepted 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.

WCT Programs: Westchester Collabo-

rative Theater (WCT) is ushering in the holidays with A Three-Course Feast, a trio of staged readings presenting never before seen plays by local playwrights to run on Nov. 22 at 8 p.m., Nov. 23 at 2 and 8 p.m. (talk-back after the matinee) and Nov. 24 at 3 p.m. Performances will be held at WCT's black-box performance space at 23 Water St., Ossining. Info: <https://www.brownpapertickets.com/event/4434225>.

SATURDAY, NOV. 23

Four Shooting Contest: The Peekskill Thanksgiving Foul Shooting Contest, sponsored by the City of Peekskill's Recreation Department, is open to all Peekskill residents' ages eight and up. Frozen turkeys are awarded to the male and female winners in each category. Participants in the 8-10 and 14-17 year old categories begin at 9 a.m. ages 11-13 and 18-25 start at 9:45 a.m. The final group, age 26 and up, will begin at 10:30 a.m. Admission is free. The event will be held at the Kiley Youth Center gymnasium, 709 Main St. For more information, contact Parks and Recreation Department at 914-734-7275 or visit www.cityofpeekskill.com.

Arts Fair: An Arts and Crafts Fair will be held from 10 a.m. to 4 p.m. at First Presbyterian Church of Yorktown, 2880 Crompond Rd. Info: <https://fpcyorktown.org/fpcy-craft-fair/>.

Holiday Bazaar: Saint Luke's Church Holiday Bazaar will be held from 10 a.m. to 4 p.m. Unique holiday gifts include heirloom Santas, vintage German hand-blown ornaments, hand-knit baby sweaters and blankets, plus festive gift baskets will be available. Coffee, tea and lunch can also be purchased. The church is located at 331 Route 100, Somers. Info: 914-277-3122, admin@slcsomers.org, www.slcsomers.org or on Facebook: Saint-LukesSomers.

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.

Westchester Rails: The History of Westchester Rails, a slide lecture presented by author Kent Patterson, will be held from 2 to 4 p.m. at the Field Library, 4 Nelson Ave., Peekskill. Info: peekskill.org.

SUNDAY, NOV. 24

Yorktown Thanksgiving Interfaith Celebration: The entire Yorktown faith community will come together to celebrate the value of Thankfulness and that we are "No Place for Hate" communities at 5 p.m. This year the service will be held at St. Mary's Episcopal Church in Mohegan Lake. Through Jewish, Christian, Muslim, and Buddhist prayers, we will gather to show our appreciation for all we have and all the blessings around us. Financial donations will be collected for the local food pantries. All are welcome.

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Crossword

ACROSS

- 1. Mahopac emporium for our furry, finned and feathered friends, ____ Value
- 4. Offspring
- 9. Medical provider grp.
- 10. Chateaux
- 11. Jeanne ____
- 13. Tropical lizard
- 14. Becoming hardened to
- 16. Candied, as fruits
- 17. Chimney black stuff
- 21. Helped cause, with "to"
- 22. Food in Exodus
- 23. Baseball's Blue Moon
- 24. Like dessert wines
- 25. New discount store in Mt. Kisco ____ Shoppe
- 28. Alehouse
- 31. California's Santa ____ Valley
- 33. Some are animated
- 34. Evidence collectors
- 35. Plant also known as heartsease

36. President after F.D.R.

DOWN

- 1. University conferral
- 2. Sent with a click
- 3. Transport to Oz
- 4. Indicator
- 5. Keeps at it
- 6. In the manner of
- 7. Pale
- 8. Government security agency, abbr.
- 10. Caesar's 7
- 12. Cylindrical fruits
- 15. Memb. of Congress
- 16. Shine, in product names
- 18. Mark on a ruler
- 19. Harmony
- 20. "I tawt I taw a puddy ____"
- 22. Canned soup additive
- 26. Overly ornamental
- 27. E.R. workers
- 28. Cooking meas.
- 29. Gotcha!
- 30. Middle of many German names
- 32. Promgoer's woe

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(Solution for puzzle on page 19)

1	P	2	E	3	T				4	S	5	P	6	A	7	W	8	N
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		14	I	N	U	15	R	I	N	G								
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				25	B	26	A	27	R	G	A	I	N					
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SMALL NEWS IS BIG NEWS
914-864-0878



The Blue Chips will be performing at The Paramount.

Peekskill Band Rocks Food Drive

Continued from page 3

Machine. The Bluechips are Jake Albi, Tom Davis and Paul Beladino, a three-piece rock band known for their melodic, catchy songs. The band draws inspiration from classic rock groups like The Beatles and Pink Floyd, but presents a modern sound that draws crowds across the tri-state area. Beladino is a Peekskill High School graduate who is fulfilling a lifelong dream of headlining a show at the Paramount. The quintessential Peekskillian, Beladino works at Division Street Guitars and has roots in Peekskill stretching back 100 years.

“I’ve been going to shows at the Paramount for as long as I can remember,” said Beladino. “Releasing an album there is a dream come true, especially if we can help the community at the same time.” “Homelessness and hunger affect thousands of people in Westchester, and hit

the young, the old, veterans and domestic violence survivors especially hard,” said CHHOP CEO Cynthia Knox. “We’re grateful that The Bluechips are collecting donations and offering their music to help our many clients, and we’re happy to have a Peekskill band as supporters!” “We hope this event will raise awareness and help bring smiles to people’s faces around the holidays,” said drummer Jake Albi. “We’re a Westchester band and we’re excited to help our local community,” said bassist Tom Davis, “Just in time for Thanksgiving.” Tickets available at the Paramount Hudson Valley Theater box office (1008 Brown Street, Peekskill, NY 10566) or online at <https://paramounthudsonvalley.com/>. Doors open at 7 p.m., show at 8 p.m. Food donations will be collected in the Paramount lobby on the night of the show.

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LEGALS

PLEASE TAKE NOTICE, the Putnam Valley Town Board will conduct a public hearing on **Wednesday, November 20th at 6:00 pm.** to hear comments on the use of Bubblers, De-icers and Aeration Systems in Water. **IMMEDIATELY FOLLOWING** the Putnam Valley Town Board will hold its public regular monthly meeting. **BY ORDER OF THE TOWN BOARD** Sherry Howard Town Clerk Dated: **11-14-2019**

NOTICE OF ADOPTION OF 2020 PUTNAM VALLEY FIRE DEPARTMENT BUDGET PLEASE TAKE NOTICE, that the 2020 Fire Department Budget was adopted as the final budget on November 13, 2019. Sherry Howard Town Clerk Dated: 11/14/19

Town of Putnam Valley Town Board Meeting November 20, 2019 6 PM
1. Pledge of Allegiance 2. Proclamation for Eagle Scout Josh Uchetel 3. **PUBLIC HEARING ON DE-ICER LAW** 4. Departmental Reports 5. Supervisor's Comments 6. Legislative Report 7. School Report Parks and Recreation 8. Refunds 9. Children's Center salaries for 2020 10. Accept resignation of Joseph Piechocniski from the Parks and Recreation Commission 11. Accept resignation of Phil Keating from the Parks and Recreation Commission Highway Department 12. Request to go to bid for materials Building Department 13. Daily Fee Report Summary Finance Department 14. Budget Transfers 15. Public Comment 16. Audit of Monthly Bills

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JAMES VANDEVELDE PHOTOS

Behind two goals from senior F Jenna McCrudden, Lakeland defeated arch-rival Garden City and snatched back the NYSPHSAA Class B title from the Long Island-based Trojans, the Section 8 champion that ended the Hornets' string of nine consecutive NYS titles last year. The Hornets reached the finals at Alden High School after defeating Section 5 champion Pittsford-Mendon, 3-1, in Saturday's state semifinals behind goals from Keirra Ettere, McCrudden and Emma Fon. Members of the Lakeland team 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. Daly, Fava and McCrudden were named to the All-Tournament team while the sportsman award went to Salazar, who set up both McCrudden goals in the championship game.

Sports

Volleyball Notebook

Ossining, Hen Hud, Haldane to Challenge for State Titles

By Tony Pinciario

The local volleyball circuit has witnessed a banner campaign, with three local teams – Class AA Ossining, Class A Hen Hud and Class D Haldane – each venturing north this week to Glens Falls, home of the state championships.

HALDANE faced a difficult task against Section 9's Mount Academy in the New York State Public High School Athletic Association Class D Volleyball Regional final.

The Blue Devils lost the first two games and were in danger of a quick exit. However, the two-game deficit did not make Haldane panic. Instead, an uplifting discussion with Coach Kelsey Flaherty between games two and three brought Haldane back.

The Blue Devils won three straight to take the match and earn a berth in the state final four, Saturday-Sunday, Nov. 23-24, at the Glens Falls Civic Center.

Haldane will be joined in Glens Falls by Hen Hud (Class A) and Ossining (Class AA). Hen Hud swept Union-Endicott (Section 4) and Ossining, trailing, 2-1, after three games, overcame Horseheads (Section 4), to earn the program's first trip to the final four.

"During the first two games, the Mount Academy certainly was outplaying us on offense," said Flaherty, who played on Haldane's 2011 state-championship team. "Their hitters exposed some open spots on our side of the court."

"After the first two sets I pulled the team in and talked to them about all of the intentions that we had for this game, and all of our goals that were in our reach for this entire season. I kept telling them that I believed in them, and that they needed to believe in themselves and in each other. When my team took the court in the third set I could tell that they had a different mindset, one that showed everyone in the gym that they were not going to give up. I



PHOTO SUBMITTED

Members of the Kennedy Catholic volleyball team pose with 2nd place plaques after losing to perennial CHSAA powerhouse St. Mary's.

reassured them that mistakes would happen because that's a part of this game, but to come out of the mistakes stronger, and try not to make the same one twice. In game three I think we started playing smarter volleyball. We started to expose their holes on defense which really took some of their stronger hitters out of system."

Flaherty noted that the senior leadership of captains Melissa Rodino, Grace Tomann and Olivia Monteleone was vital to Haldane maintaining its composure and rallying to the win.

"They were able to listen to me as I was giving them pointers and they were relaying the information to the rest of the team," Flaherty said.

Haldane, 20-2 this season, faced one more major hurdle, in the decisive game, as Mount Academy led, 20-15. Flaherty called a timeout and provided encouraging words.

"During that time out I told them not to look at the scoreboard. I told them to play every single volley with heart," Flaherty said. "I reassured them that they have to want it to win it, and want it more than the team across the net, and I could tell that they not only wanted to win, but they were not

continued on next page



JOSUE ACEVEDO PHOTOS

Hen Hud players are all smiles after hoisting the program's 9th NYS Region 1 title plaque Saturday.



Hen Hud's Caitlin Weimar, Mackenzie Calhoun and Madisen Lupica revel in glory of Sailors' 3-game sweep Saturday.

Sports

continued from previous page

Volleyball Notebook

going to accept defeat. After that timeout we kept our serves strong and dominated on offense. We were not playing scared and we were swinging away."

Flaherty won a state title in 2011 and now she has the opportunity to guide her alma mater to yet another state title, what would be the fifth in program history.

"To say I'm proud of the team is an understatement," Flaherty said. "I have never felt anything like this in my entire life. I was in their shoes back in 2011, also fighting to get into the state tournament. All of the emotions that I felt back then, I know they felt them too after that win."

"Going to the final four has been our goal from the very beginning of the season. I always believed that they could do it. All the talent in the world can win you games, but teamwork and heart can win you a championship, and I know we have that."

"It was my dream back then to win states, and it is now my dream as a coach for my players to do the same."

OSSINING, after rallying from a 0-2 deficit to defeat North Rockland in the Section 1 Class AA final, faced a familiar foe in the regional semifinal – Pine Bush.

Pine Bush ended Ossining's 2018 state-championship aspirations in a regional final. The teams met twice during the regular season, at the Panas tournament. Pine Bush beat Ossining in pool play, but the Pride prevailed in a semifinal.

Now, Ossining had the opportunity to end Pine Bush's season and make the Section 9 champion feel the sting of a state-playoff loss. And the Pride did it, in five.

"After we beat them, in the semis, we knew we could compete with them," said junior and Captain Ede Walker. "Last year, we were mentally psyched out. This year, we focused on what we can do and not be

intimidated by them."

Pine Bush did push Ossining to five games, but the Pride responded and are moving on.

"I think that was a highlight of our whole season," said Walker of eliminating Pine Bush. "We wanted to end their season. But, we also wanted to do this for Mychel (Vernon) for her senior year. She has helped us all become better players, from the start."

Vernon finished with 44 kills, four blocks, an assist and an ace.

Zoe Farmakopoulos added 19 kills, while Briana Culcay had 50 assists and two aces. Ossining remained undefeated at 22-0.

Horseheads and Ossining alternated game wins with the Section 4 champion taking games one and three. No problem for Ossining, trailing 2-1 after three games. The Pride had Horseheads right where they wanted it.

Deficits don't phase Ossining as evidenced by the sectional final against North Rockland. Walker credits Ossining Coach Lauren Riccardi with preparing the team for challenging situations.

"We've been mentally strong from the beginning of playoffs," Walker said. "Coach Riccardi has been preparing us for times when we are down. We've stayed mentally strong and we pick each other up like a



Members of the Hen Hud volleyball team pose with the programs 9th NYSPHSAA Region 1 title plaque after sweeping Union-Endicott Saturday at Corning High.

family. We work together for our greater good toward a common goal."

The decisive game went to a tiebreaker with Ossining's mental toughness and talent prevailing, 27-25.

"After winning game four, we realized what we can do when we play our game," Walker said. "We focused on fundamentals, being in the right place and getting it to the right people to finish out the game."

Ossining girls' sports has always been recognized for the powerhouse basketball team. However, the volleyball team has established itself as the other Pride girls' championship team and first-time state-final-four participant.

"It feels unreal and we're so excited to be going to the final four," Walker said. "We've worked our hardest to win. We've come so far from the beginning of the season. It makes us feel so proud of ourselves. Coach Riccardi pushed us, she believed in us and she made us believe in ourselves."

HENDRICK HUDSON found itself in an unfamiliar position in the regional semifinal against Cornwall after the Section 9 champion won the first two games.

It was the first time the Sailors lost the first two games in a match this season. No problem, though, for Callie Pidioriano and her teammates.

Hen Hud (23-0) stormed back to even the match at 2-2, then took the decisive game to eliminate Cornwall and exact revenge. Last year, Cornwall defeated Hen Hud in a regional semifinal.

"I think what really motivate us when Cornwall had a two-set lead on us was the fact that we knew this was our last chance to make it count," Pidioriano said. "And eight of us are seniors on the team and we all knew that this could be our last chance playing together and we didn't want to be done yet."

Pidioriano and her teammates felt a momentum shift after winning the fourth game to even the match.

"I think we all thought back to last year, and did not want a repeat of that game so we had to make it happen and fought

back," Pidioriano said. "I think our heart and composure as a team helped us fight back this game. Beating Cornwall, after losing to them last year made it all even sweeter."

Hen Hud returns to the state final four aiming to reach an eight state final and win a fourth state title for legendary coach Diane Swertfager, who has led the Sailors to nine NYS Region 1 titles. Pidioriano finished with 14 assists, two aces and six digs. Marist-bound Caitlin Weimer had 10 kills and 10 blocks. Ashanti Davis added eight kills and seven blocks. Julieta Antman contributed two aces while Natalie Urra had 18 digs.

"I am so honored to be a part of this team and I am so impressed that we never gave up," Pidioriano said. "We are so excited about making it to the final four and it means the world to our seniors."

KENNEDY CATHOLIC finished second in the Catholic High School Athletic Association State Championship.

The Lady Gaels lost, in three sets, to St. Mary's of Lancaster, N.Y. St. Mary's was representing the Buffalo Catholic schools.

Kennedy earned a berth in the final with a semifinal victory over The Mary Louis Academy (Brooklyn/Queens), 19-25, 25-21 and 25-19.

According to Kennedy Coach Tony Santora, this is the first time Kennedy was second in the Catholic State Volleyball Championship.

"St. Mary's had a lot of down time and we were pushing our sets beyond the usual limits all day," Santora said. "My ladies had a tremendous run. What we lacked in height we made up with in heart. I am very proud of what my ladies have accomplished this season. What coach wouldn't be?"

Santora cited Julia Costa, Madison Troetti, Grace Tompkins and Anna Cascapera with leading Kennedy's offensive attack. He credited Ginny Capellupo, Jaclyn Garbarino and Madison Cartisano with anchoring the defense. He also noted the contributions of Erin Brann, Joanna Longest, Shannon Harrison, Jasmine Henriques and Sophia Frantzeskos to Kennedy's successful tournament.



PHOTO SUBMITTED

Members of undefeated (21-0) Ossining volleyball team pose with NYSPHSAA Region 1 title plaque after 5-set win over Horseheads Saturday.

Sports

Soccer Notebook

Ossining Falls 1-0 to Brentwood in Overtime at NYS Final 4

By Ray Gallagher
Examiner Sports Editor@Directrays

Ossining High had never seen its boys' soccer team in this position before, so the NYSPHSAA Class AA Final was icing on the cake no matter the outcome of Saturday's Final 4. And, while the result didn't pan out

saves in the first half, 18 for the game, despite leaving for a spell after a nasty collision. The former academy star returned home to finish out a career that had many calling him the finest keeper in Ossining history, having notched 19 shutouts while posting a 34-5-2 record the last two seasons.

Chances were few and far between for Ossining at Twin Towers Middle School in Middletown, including right-wing forward Kevon Evans, who had a post-season to remember but was under the weather in the semifinals, and Ossining senior Nolan Lenaghan, who will go down as one of the program's purest scorers. Brentwood's defense was stifling and would eventually lead it to the state title with a 4-0 win over Section 5's Fairport.

But the well ran dry for the Pride, who played without the services of suspended M Juan Pablo Estupinan, who hit the golden goal in the Pride's Region 1 championship win over defending NYS champion Monroe-Woodbury, and Eric Monges.

From 2016 to 2019, the Ossining Pride have enjoyed the most rewarding four-year

stretch in school history, capping off 2019 with a league title, the first Section title since 1978 and the lone regional title in school history. And what this particular program has done for the Ossining sporting community – on and off the field -- cannot go unrecognized. This four-year stretch has changed the culture of Ossining soccer under Coach Joe Scamarone.



RAY GALLAGHER PHOTOS

Ossining wing Kevon Evans and the Pride left their mark on NYS Class AA soccer circuit despite falling 1-0 in OT in state semis to top-ranked Brentwood.

in the state-ranked (No.3) Pride's favor, the 2019 club will go down in history as Ossining's finest.

Ossining senior G Carlos Zabarruru did all he could to keep the Pride (19-3-1) in the game, but Section 11 champion Brentwood, the top-ranked team in the state, prevailed, 1-0 at 11:33 of the second overtime off a scramble in front of Zabarruru, who made 14



Ossining's Nolan Lenaghan will go down in Pride history as one of its most prolific scorers despite 1-0 OT loss in NYS Class AA semifinals.



NICK ABREAU PHOTO

Ossining players basked in the glory of their finest season, which concluded in the NYSPHSAA Final 4 Saturday in 1-0 loss to Brentwood.

Brewster Runners Brave Elements, Score High in NYS X-C Meet

Brewster's Elsa Neubauer placed 22nd overall in the New York State Class B Cross Country Championships, gutting out the final two miles without one shoe (see photo), doing so on a snowy/slushy SUNY Plattsburgh surface and 20-degree temps.



HAROLD TURK PHOTOS



Brewster's Finn Ratajack placed 20th overall and earned an All-NYS medal at Saturday's NYSPHSAA Cross Country Championships at chilly SUNY Plattsburgh.

Sports

Rescigno Calls it Quits at Yorktown; Sarsen Cops Another Crown



By Ray Gallagher
Examiner Sports
Editor @Directrays

Friday, November 8th. The desire to see his children excel in their respective sports/activities, coupled with the inordinate amount time it takes to be an exceptional varsity football coach, made it difficult but necessary to resign.

"I'm forever in debt to my coaching staff for their immeasurable sacrifice," Rescigno said. "To the extended Yorktown Football Family and The Crop (Yorktown fabled student body): It has been my sincere honor and privilege to be called your head coach for the past 15 years. You are the greatest fans in Section 1. Through a whirlwind of emotions, I am humbled by the incredible response of past players and families. These past 15 years have been the most fulfilling and rewarding years of my life, but I need to be there for my wife and kids. They are the cornerstone of my life."

Mike 'House' Rescigno -- the former Carmel High and Hofstra University standout -- is a giant figure, both literally and figuratively in the hallowed halls of Yorktown High, where he presided over all things football the past 15 years, doing so with no flare or fanfare... just productivity and class personified. His 100th win -- a 20-7 semifinal win over then-reigning Section 1 champion John Jay -- Cross River -- came at a time when his oldest son is just about ready for varsity action along the Class AA gridiron at Arlington High School, where they'd be nuts to not find a spot on the Admiral staff for the former Yorktown coach that produced three trips to the Section 1

finals since 2016 and a NYS runner-up status in 2017.

So, when this scribe broke the news to John Q. Public shortly after 2:00 p.m. Tuesday, phones were blowing up all over the place. Why would Coach Rescigno leave like this? Well, his family is of the utmost importance and his son, a legit two-player -- is ready to blow up, and, he's contemplated this before, knowing he would want and need to be at his son's games. Who will replace him? Yorktown A.D Rob Barrett assures the process to find his replacement will begin quickly; as the recent season has just concluded, and it's like Black Monday in the NFL with all the coming and goings on the Section 1 circuit. Who's interested? Who wouldn't be, outside of the most established coaches in Section 1? Yorktown, with five sectional titles, three state championship appearances and two state titles since 1993, has long been a football hotbed with its staunchly committed, multi-sport athletes.

We'll here names like former Yorktown standout Paul Santavicca, the current coach at Port Chester, kicked around, and Rob Cappelli, the former longtime Lakeland coach and current Cornhusker assistant, plus others on the current staff. Know this much: There will be no shortage of potential candidates, despite the pressure



BOB CASTNER/JAMES VANDEVELDE PHOTOS

Yorktown Coach Mike Rescigno (center) will miss days like these but family time is his main concern now, thus his sudden resignation Tuesday.

to succeed and the high expectations within the community. Yorktown has had just three head coaches since 1989 -- Ron Santavicca, Dan Callahan and Rescigno -- and all three have copped Section 1 titles, so yeah, there have been big shoes to fill before, but the Huskers have manned up each time and found a suitable replacement. Indeed, the show must go on.

"He's the best there is," Barrett said. "It's completely understandable and admirable to want to spend more time with the family, but it doesn't make it any less significant of a hit to our program. We'll open it up and hope to get the best possible replacement ASAP."

Twitter blew up last Tuesday, with no shortage of reverent commentary.

From @YorktownLacrosse: Congrats @House55Mike on a great career. You have helped to change lives for the better in Yorktown. Big shoes to fill my friend.

From the fabled student body @THE_CROP: @House55Mike has given the team, school and community a huge reason to be proud of the program. We ALL will never forget what he has done! #100thwin #ourhouse.

From @skenn13 (former Yorktown baseball coach Sean Kennedy): They don't come better than @House55Mike! He has done an incredible job during his 15 years and I completely understand the desire to spend more time with your family. Congrats my friend.

From @Saltyhistory (fellow Yorktown teacher Seth Altman): As a teacher in the building, I cannot say enough about how @

House55Mike has built a quality program that does things the right way. Happy for Mike, but a sad day for the entire Yorktown sports program.

From @KDJmedia1 (legendary local sportswriter & sports enthusiast): Mike Rescigno is a great coach and his son is soon entering high school. Think it's impossible for a dad to coach at a school while his son is playing elsewhere.

From @coachStevensBFH: Yorktown and Section 1 losing a great coach. All the best to Mike and his family.

Good luck, my friend, 'twas a hell of a ride...

OOPS, THEY DID IT AGAIN -- Can't think of another athletic program that I've covered across the last three-plus decades like **LAKELAND** field hockey. Winning one state title is hard enough, but 13? After Sunday's 2-0 NYSPHSAA Class B title triumph over rival Garden City, Coach Sharon Sarsen's Hornets won their 10th state title in the last 11 years, 13th overall, behind a pair of goals from senior Jenna McCrudden, set up by senior Lauren Salazar. Folks like to throw the term dynasty around like a rag doll these days, but I can't think of any program in the once-great state of New York that commands the respect that Lakeland field hockey and Coach Sarsen does. It's a next-level dynasty, plain and simple, and that was on full display at Alden High School in Western, NY.

You can argue with me all you want about New York still being a great state (and parts of it are) -- despite its governor and shabby treatment of law enforcement -- but there's no debating the fact that Lakeland field hockey is unrivaled in this neck of the woods.



Lakeland seniors pose with 13th NYSPHSAA Class B title plaque in program history after defeating Garden City, 2-0.

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