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November 5 - November 11, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 515

Swastika, Racial Slur in Ossining High Bathroom Probed

BY RICK PEZZULLO

The Ossining Police Department and Ossining School District officials are investigating the discovery of a swastika and a racial slur on a bathroom wall at Ossining High School on Halloween.

Ossining Police reported a staff member found the defacement late in the school day and contacted police.

"Actions aimed at creating fear or intimidating others will never be tolerated. We're committed to finding the person or people responsible for this and holding them accountable," police stated on Facebook. "The faculty and staff of the Ossining Union Free School District strive to make our educational facilities the safest, most welcoming places in our community. We're proud to be

a part of that mission, as are so many municipal, civic, and business organizations in our community."

The incident occurred just three days after the Ossining Village Board issued a press release announcing at a recent legislative session the board joined its Ossining Town Board colleagues in unanimously supporting a resolution urging Albany legislators

to pass proposed bills requiring instruction on symbols of hate in New York State public schools.

The proposed bills were brought to the attention of local leaders by members of the Ossining chapter of the NAACP. In response to an incident at a town park in August where a rope tied like a noose was found hanging from a tree, Aaron Moore, President of the local NAACP chapter,

along with fellow members of the group, spoke at a Town Board meeting.

When casting her vote on the town's resolution urging state legislators to pass the proposed bill, Supervisor Dana Levenberg stated, "We are excited to pass this resolution in support of what I believe, and what I think we all

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PHOTO BY MIKE DELUCA

Local Veteran Visits Area School

Peekskill resident George Ondek, a Vietnam War veteran, visited students at Buchanan-Verplanck Elementary School last week to discuss his experiences and the importance of saluting the American flag.

First Female Peekskill Mayor Dies at 93

BY RICK PEZZULLO

Frances S. Gibbs, the first woman elected mayor of the City of Peekskill, died October 30 at her home. She was 93.

Peekskill Mayor Andre Rainey requested flags in the city be lowered to half-staff through Sunday of in recognition of "this tremendous loss to the City of Peekskill."

"The City of Peekskill has lost a pioneer who helped lay the foundation for the successes of this city over the last 20 years," Rainey said. "If not for the commitment and hard thought out work of Mayor Gibbs in reimagining this City as a hub for the arts and an opportunity for artists to open more affordable studios and galleries than they could in New York City, the destination Peekskill has become, would not have been possible. I considered her a friend, who regardless of political party, was always willing to work with whoever was in city hall or occupied the Mayor's office, in benefit of the city she loved. She also made history as the first woman mayor in our great city and has certainly opened the path for others."

A lifelong resident of Peekskill, Gibbs graduated from NYU where she was the



FRANCES S. GIBBS

University's first woman to hold the position of Class President and was also editor of the school paper. She has been acknowledged for her dynamic leadership role with an outstanding legacy of public service paired with her experience as a small business owner, educator and participant in a wide range of community

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Swastika, Racial Slur in Ossining High Bathroom Probed

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believe, is a great idea to better educate the children in our community, and help to raise the next generation of socially aware adults here in Ossining, and beyond."

Levenberg later commented on the incident on the town's website, stating, "We have a community that works every day to celebrate all that we share, but also the differences that make our world that much more interesting and rich. In Ossining, all our many cultures, religions, skin colors, languages and choices make us the desir-

able place to live that we are. Our schools, more than anyone, always showcase this diversity in the most incredible way each and every day, making this horrific anomaly even that much more troubling – and it is an anomaly, in Ossining. These types of symbols have not appeared in our schools in any time recently in our collective memories."

Town and village officials have reached out to leaders in the Ossining School District regarding the incorporation of hate symbols into the curriculum, regardless of any action taken in Albany. The local governments

are working to partner with each other and groups like the NAACP on an initiative to address issues of racism proactively.

Town Councilmember Jackie Shaw, who also serves on the School District's Equity Task Force, suggested that their goal of reaching out to the broader community beyond the schools might be an avenue for furthering this shared goal.

State Senator David Carlucci (D/Westchester, Rockland) has co-sponsored legislation that requires instruction regarding symbols of hate to be incorporated into

the curriculum for grades six through 12.

"Nothing can be changed if it's not faced head-on. Our children must be taught in school about symbols like the swastika and the noose because throughout history these symbols were used to hurt and intimidate people," Carlucci said. "If our children understand their significance, then they will be more likely to practice tolerance."

Anyone with information about the incident is asked to call (914) 941-4099 and speak with detectives. All calls can remain anonymous.

First Female Mayor in Peekskill Fran Gibbs Dies at 93

Continued from page 1

activities. A featured speaker at seminars and for panels on economic development, she was the recipient of numerous civic awards both locally and nationally.

After enjoying years teaching in the Peekskill schools, she served for eight years on the Peekskill City Council. She was elected as Peekskill's first woman mayor, serving for three terms (1994-1999). Her administration received state, national and international recognition for its vision, development and expansion of the Artists District including the construction of Art Lofts and Westchester Community College Digital Arts Center located in downtown Peekskill. Important community quality of life enhancements included creating Charles Point Pier Park and the Peek-

skill Landing concept as an expansion of the Riverfront Green Park by working with Scenic Hudson and the NYS Greenway plan.

Other accomplishments of her administration included establishing the Business Improvement District (BID), Peekskill Youth Bureau, historic restoration of Drum Hill School as a senior assisted living facility, the Park Street Flats Historic affordable housing and so much more. As charter board members, she and her late husband Ed played an instrumental role in the development of the Paramount Center for the Arts and its impressive restoration. Together, they also operated Mill Run Summer Day Camp in Shrub Oak from 1950-1987. Throughout the years, she continued to be an active member of the Peekskill Indus-

trial Development Agency (IDA) and was appointed to other important governmental agencies.

Cortlandt Supervisor Linda Puglisi fondly remembered Gibbs, saying, "I had the pleasure of working with former Mayor Fran Gibbs when she was mayor. She was the first woman Mayor of Peekskill and I was the second woman Supervisor of Cortlandt, so we always had that in common. She and her late husband, Ed Gibbs, who I also knew and worked with, were strong advocates for the City of Peekskill and the area. Fran was involved in many community and civic organizations even when she left public service. She will be truly missed in our communities and will always be a role model of how to be a public servant."

Gibbs is survived by her sons Donald,

Stuart and Peter; daughters-in-law Kathleen and Lisa; grandchildren Rachel, El-lery and Brandon; her brother Norton and sister-in-law Eve Schneps; and sister-in-law Lucia Schneps. She was predeceased by her devoted husband of more than 50 years, the Honorable Edward M. Gibbs, and her brother Jacob "Jack" Schneps.

She was the daughter of Elias and Rose Schneps, who operated the Top Notch Bakery after moving to New York from Debica, Poland in the early part of the 20th century.

A private graveside service will be held at Arlington National Cemetery. In lieu of flowers, contributions in memory of Frances S. Gibbs may be made to Friends of the Field Library in Peekskill or the United States Holocaust Memorial Museum.

Dos and Don'ts During Flu Season

What you need to know...



For more information about the flu, visit the CDC at [cdc.gov/flu](https://www.cdc.gov/flu)

Fever. Body aches. Chills. When the flu hits, it zaps you of energy. Flu season starts as early as October and runs as late as April; the virus thrives in cold dry weather. To minimize your exposure, follow these dos and don'ts from Dr. Debra Spicehandler, Co-Chief of Infectious Diseases at Northern Westchester Hospital.

Do:

Take positive precautions. The best way to prevent the flu? Wash your hands with soap and water! Start washing from your wrist down and sing the 'Happy Birthday' song in your head three times.

Get a flu shot. The second best way is to get the flu vaccine. Washing hands prevents infections from spreading, but if someone who has the flu sneezes in your face, there's not a lot you can do. That's why the vaccine is important.

If you don't get your flu shot, there's a possibility that you'll spread the flu to others, including those who are at high risk for complications, such as grandma and grandpa, your baby nephew, your pregnant sister, and those with chronic health conditions.

Disinfect your home. "Influenza can be transmitted when someone sneezes, coughs, or even talks; or if you touch an object that someone with the virus has just handled—a computer mouse or doorknob, for example. Wear disposable gloves when cleaning surfaces, throwing away used tissues, or handling other items, such as laundry, that a sick person has touched or worn.

Don't:

Don't go to work or school with the flu. Even if you think the flu has come and gone, play it safe. Stay home for 48 hours after you stop sneezing and coughing and only return to work or school when you've been fever-free for 24 hours.

Don't rush to the hospital. Call your doctor before heading to the emergency room. Hospitals get overwhelmed during flu season and in most cases they can't eliminate your flu. However, seek immediate medical attention if you have severe symptoms such as a fever that won't break with medicine or an inability to hold down fluids—or if you have an underlying condition such as cancer or an autoimmune disease.

Don't drink alcohol. While your grandmother may have sworn by the hot toddy, alcohol may cause dehydration that can worsen flu symptoms.

Catalina Perturbed with Smith Over Campaign Mailings

BY RICK PEZZULLO

It appears the friendship Frank Catalina and Colin Smith shared prior to the two attorneys going head-to-head for a seat on the Westchester County Board of Legislators this year may have been fractured by campaign mudslinging.

Catalina took to Facebook last week to chastise Smith for reneging on a handshake agreement that the pair would not engage in any negative campaigning. The former two-term Peekskill mayor said Smith, currently in his second year on the Peekskill Common Council, has sent out five "very negative and personally offensive mailers" against him, while he has not returned the favor.

"The past eight+ months have been cordial as a local race should be but I guess he just couldn't hold out for four more days," Catalina wrote. "To say I'm disappointed would be an understatement. I saw a well-reasoned endorsement in this week's *Northern Westchester Examiner* and I guess that was the straw that broke their will and spirit because the negative hit pieces came flowing this week. Very sad because Colin was a friend, a colleague and someone I respected."

"Don't get me wrong, I'm no political virgin and political ads are standard but when they contain nothing but lies and when provably false claims are made including attacks on my personal integrity and even

dragging my daughter into this, that is beyond the pale," Catalina continued. "It's a sad day when the voters get this garbage. Sad day when a candidate lacks the campaign to play or try to win fairly; sad day when he can only make these attacks from the offices of the Democratic Party in Albany or White Plains and approving their smut while lacking the courage to even show up for a debate and making such allegations directly to my face while blowing off the voters."

"Well there is a way to win and a way to lose, with honor and dignity. Colin will do

Continued on page 17



FRANK CATALINA



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Veramonte Cabernet	\$8.97		Joel Gott Sauvignon Blanc	\$10.97	
Red Newt Circle Riesling	\$9.97		Bogle Old Vine Zinfandel	\$10.97	
Bousquet Red Blend	\$9.97		Lucignano Chianti	\$11.97	
Charles & Charles Cabernet / Syrah	\$10.97	Mondavi Bourbon Barrel Cabernet	\$11.97	<h2 style="color: red;">SPIRITS ON SALE</h2>	
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Union Sacre Le Confident Cabernet	\$23.97				

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Gilbert Budget Under Fire For Being More 'Tricks Than Treats'

BY RICK PEZZULLO

Yorktown Supervisor Ilan Gilbert released his 2020 tentative budget last week and was quickly met with criticism from the two Republican councilmen on the board and his GOP opponent in this year's election.

As is required by law, Gilbert submitted his budget before the October 31 deadline with a tax levy under the state mandated two percent tax cap and increases in the general, highway and library funds of 2.53%.

"Highlights of this budget are much needed increases to the drainage, paving, and salt lines in the Highway Department, four new vehicles for the Police Department, additional funding for street light repair, a generator and backhoe for the Water Department, as well as a long overdue needed packer truck for the Refuse and Recycling Department," Gilbert said. "I emphasize these additional items were all included in this 2020 budget and we remain well below the tax cap limitations set by the New York State Comptroller's Office."

However, councilmen Tom Diana and Ed Lachterman, both of whom are up for reelection, specifically took Gilbert to task for including a nine percent increase in the budget for legal professional services, including a 63% hike to the Oxman Firm, which represents the town, despite the objections of Diana and Lachterman, who voted against the hiring.



PHOTO PROVIDED

Supervisor Ilan Gilbert delivered his 2020 tentative budget to Town Clerk Diana Quast last week.

"The public was told that our current legal team, which has been embroiled in ethical conflicts, would save us money," Diana remarked. "This budget does more for Supervisor Gilbert's cronies than it does for the hardworking taxpayers of Yorktown."

"I will not vote for a budget that gives

a raise to our legal team," Lachterman insisted. "They are ethically challenged and there is clear evidence of a pay-to-play scheme that Supervisor Gilbert seems happy to participate in. It is just wrong."

Gilbert countered that the legal costs to the town next year reflect an approximate

\$100,000 savings as compared to the prior administration's legal representation.

"I am surprised and chagrined to hear Mr. Lachterman and Mr. Diana's criticism of this tentative budget which they know they will be able to weigh in on when we ultimately submit a preliminary budget," Gilbert said.

Matt Slater, who is looking to oust Gilbert, said the first-term supervisor did not include any increase in the projected sales tax revenue for Yorktown despite Westchester County officials raising the sales tax rate from 7 1/2 to 8 1/2 percent.

"Either Yorktown stands to gain from a 14% sales tax hike or it doesn't. The same can be said for the revenue Supervisor Gilbert is so eager to take credit for but can't be found in his own proposal," Slater said. "If Yorktown stood to gain all of this money then there should be no reason to hit local homeowners with another property tax hike."

Gilbert explained "it was unwise for me to speculate how much money we would actually get in this year's budget, so we were conservative."

"I guess my opponent and his supporters are getting desperate," he said. "This time it's not just the Republican Party putting out lies and untruths. Now my opponent Slater and his immediate supporters are doing the same. It seems that these disseminators just don't understand how the budget works."



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Get On Deck with GEORGE ONDEK!

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And look for George's forthcoming show featuring upcoming events at the Paramount Theater!

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.

Puglisi Remains Focused on Tackling Challenges Facing Cortlandt

BY RICK PEZZULLO

Cortlandt Supervisor Linda Puglisi will not be among the host of candidates sweating out the results on Election Day as she has a free ride to claiming her 15th two-year term.

The face of town government for the last 32 years, Puglisi first burst on the political scene in 1987 when she was elected councilwoman. Four years later, she became only the second woman in the history of Cortlandt to be elected supervisor. She has never looked back, and is currently tied with Greenburgh Supervisor Paul Feiner as the longest serving town chief executive in Westchester County.

"I'm very happy, pleased, honored to be town supervisor," said Puglisi, whose Town Board running mates, Dr. Richard Becker and Frank Farrell, are also running unopposed. "I do love the local, grassroots level of government. You can really get a lot of tangible things accomplished. There's always more to do. I appreciate the support of the community that I have had all these years."

Having often aspired to explore higher levels of government, Puglisi quickly ruled out be in the growing mix of hopefuls scrambling to replace retiring U.S. Congresswoman Nita Lowey.

"I don't think I would want to be down in Washington with what is going on there," she said. "I like the executive branch."

Puglisi, a grandmother of two (ages 12



CORTLANDT SUPERVISOR LINDA PUGLISI

and 15), said one of the biggest challenges she has had to face during her three decades in office is the pending closure of the Indian Point nuclear power plants in Buchanan, which contribute \$800,000 annually to the town's budget. She is over the shock of when the news broke on January 9, 2017 that Entergy was bowing out only in the third year of a 10-year pilot agreement with Cortlandt.

However, the sting of losing the town's largest taxpayer and largest employer is still felt as the region prepares for the final

shutdown in April 2021.

"I wanted to be here to help navigate that with my partners (Cortlandt Town Board, Buchanan Mayor Theresa Knickerbocker)," she said. "We need a federal cessation fund."

Holtec has been chosen to head up the decommissioning efforts at Indian Point and Puglisi is going to keep a close eye on the company, which hasn't been embraced in other communities in similar situations.

"I have to see more from them. They shouldn't have a monopoly," Puglisi said.

"I will continue to ask the hardball questions. We have to see the plan. The plan is not complete yet. I have to have trust in the NRC (Nuclear Regulatory Commission) that they know what they're doing."

The hallmark of Puglisi's administration continues to be the town's stellar property tax record, which she often publicizes, showing an average of one percent increase annually. Next year, Puglisi is proposing another miniscule tax hike.

She explained the town has always been under the state's two percent tax cap, resulting in tax rebate checks for some residents. She stressed the town's reserve fund has increased from \$5 million to \$17 million under her watch and Cortlandt has never had a deficit. The town was recently upgraded by Moody's to Aa1.

"You have to really achieve that," Puglisi said of the Moody's rating. "The finances is the foundation."

Over the next two years, the town has big plans for a 100-acre site in Verplanck that was once a rock quarry. In the works is an aquatic park, including zip lines and a boardwalk, a new town DPW, recreational fields and possibly an indoor soccer facility that was formerly proposed in Mohegan Lake.

In addition, Puglisi is actively pushing for an indoor ice skating rink at the former ShopRite location on Route 6.

"I'm an optimist," she said. "I love waking up in the morning knowing I'm town supervisor. I'm blessed."



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Local Officials Demand State DOT Fix Aging Route 9A

BY ABBY LUBY

Cars and trucks speeding along Route 9A in Briarcliff last Tuesday was the backdrop for state and local officials who publicly gathered to demand the state make the road safer. The dangerous and aging parkway experiences several tragic accidents yearly.

Briarcliff Manor Mayor Steven Vescio, who is spearheading the effort, addressed a crowd of more than 50 people that included local businesses, residents and a host of emergency responders. "We have suffered with a roadway that is almost 90 years old. It is time for an upgrade and a complete reconstruction of this important corridor," he said.

Route 9A is used by more than 40,000 passengers and commercial vehicles daily. Vescio called on the New York State Department of Transportation (NYSDOT) to immediately study the Briarcliff/Ossining corridor and enact a plan to improve the road's rapidly deteriorating infrastructure.

Joining Vescio were Village of Ossining Mayor Victoria Gearity, New York State Senator David Carlucci (D/Westchester, Rockland), Town of Ossining Supervisor Dana Levenberg, and Westch-



PHOTO BY ABBY LUBY

State Senator David Carlucci at press conference last week.

ester County Legislator Catherine Borgia (D/Ossining).

Route 9A was built in 1933 for passenger cars only and later converted for general highway traffic to include large vehicles and trucks. The road's three narrow and low-height clearance stone-arch overpasses force trucks to precariously move to the left lane to clear underpasses at Pleasantville Road in Briarcliff and Ryder Road and Hawkes Avenue in Ossining.

Emergency personnel, includ-

ing volunteer firefighters and police, responded to nearly 120 accidents along this stretch in 2018 alone, averaging one accident every three days, said Briarcliff Manor Police Chief Donald Goery, who oversees a 3.4 mile stretch of 9A. He told the crowd a majority of accidents happen at the traffic light on 9A and Chappaqua Road, the traffic light on North State Road and 9A, and the intersection at Route 100. "It's a distance of one mile where most of these accidents occur," Goery

said.

The DOT oversees 110,000 miles of state and local highways and 17,000 bridges. Any construction or rehabilitation is considered a capital project and can take several years from planning to design to community outreach before construction even begins. Repair work usually happens more quickly when handled by local DOT maintenance staff.

Gearity said major DOT roadways needing upgrades necessitates that the DOT should work with local governments. "State roads crisscross through every town and village. Local governments do not have the authority nor the funding to do necessary repairs or upgrades. We are the people on the ground every day who see how unsafe these roads are," she said.

Past accidents have resulted in severe injuries, amputations and even death – including, tragically, Briarcliff resident Michael Knight Jr., 44, this past June and Peekskill High counselor Lenroy Stevens, 27, of White Plains in 2014. Incredibly, multiple fatalities were narrowly avoided in 2004 after a tanker truck carrying 4,700 gallons of gasoline collided with a small car, setting off a fire-

ball six stories high and trapping the drivers of both vehicles inside.

"We're here today to say in one collective voice 'enough is enough!'" said Carlucci. "We demand action and we demand it now. The reality is our governor and legislators take a lot of pride in the state's infrastructure. We've built one of the largest bridges in the nation, the Mario Cuomo Bridge. We have the ability to fix Route 9A, but we have to do it immediately. We can't wait."

"It's extremely frustrating that we aren't able to get the attention that we need [from the DOT]," said Levenberg. "I don't know about you, but when I drive on these roads at night and its wet, I can't see the lines in the roads. DOT — we want you to listen. We know it's not an overnight fix, but it has to be the right fix."

Borgia said, "The DOT does pay attention when a lot of voices show that communities are united in their demands to have safety on this road." Borgia said a meeting next week was scheduled with the Westchester County Head of Operations, Joan McDonald, who is a former DOT employee. "We're hoping that will get the ball rolling," Borgia added.



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Guest Commentary

Committed to Imagining a Better Ossining

BY DANA LEVENBERG,
Ossining Town Supervisor

Thank you so much for the opportunity to share some of the accomplishments of the Town Board and myself over the last four years in my service as Ossining Town Supervisor. It is such a pleasure to serve the people in the Town, including the Villages of Ossining and Briarcliff. As many of you know, I am committed to imagining an even better Ossining!

We have been working hard over the last few years to improve our community's overall health-economic, environmental, and physical and mental. We have looked in all areas available to us to bring in additional revenue to help reduce the tax burden. That includes bringing in over \$1 million in grants to improve our parks, modernize our senior nutrition and records retention programs, maintain roads and infrastructure, install green infrastructure whenever possible, develop a new Comprehensive Plan with Sustainability Elements, adopt a complete streets policy,



DANA LEVENBERG

and consider smart growth in the Town using North State Rd. as a pilot. We have partnered with the Greater Ossining Chamber of Commerce to attract people to spend money here through our expansion of our big events like Green Ossining's Earth Day, Independence Day Fireworks, Concerts at Engel Park (now with Food Truck Fridays), the Forest o' Fears Haunting at Cedar Lane Park, and more. In addition, we have improved and expanded our permitted park spaces so more of them can be utilized by those wishing to host events. I con-

tinue to serve as ex officio board member on the Sing Sing Prison Museum project, with plans to open the preview center in 2020 and to break ground for the full museum in 2025. This project will be transformative for Ossining and the region and as a center for criminal justice, bringing in more economic opportunities for our local businesses and institutes of higher education as well.

I am so proud of our partnerships with Open Door, Club Fit, and UMAC Briarcliff, among others, to offer Mind Body Spirit Ossining to promote our local wellness businesses while offering free opportunities for our community to learn how to use our Town parks and public spaces to exercise mind, body and spirit.

We have also worked on other sources of non-property tax revenue. By partnering with the county, and supporting their bid to the state, we are now receiving a portion of the additional sales tax revenue so that those who shop here or on the internet at Westchester establishments also help our bottom line. While we are budgeting conservatively,

this kind of revenue is able to help offset large capital projects while still allowing us to stay within the 2% spending cap set by New York State, which we have done for the last few years, following in the footsteps of my predecessors.

Last night, I attended a forum hosted by Teatown on climate change. Almost all their recommendations for how local communities can contribute to the carbon reduction goals we need to meet by 2050, are ones we have addressed already, or are in the process of addressing. We have utilized grant money to introduce electric vehicle charging stations, to increase walkability and bikeability via the MOGO bicycle and pedestrian plan, to add electric vehicles to our town fleet, to develop programs to encourage recycling and better manage refuse, and to pilot a food scrap collection program. We have also introduced a solar code to incentivize options for community solar to be developed in our Town, while ensuring it is done thoughtfully. This alternative type of development will have little impact on schools or traffic, and would allow new sus-

tainable energy supply options for residents. We introduced a tree bank, and a tree bank fund with a fee for tree removal to encourage smart development. We passed leaf blower legislation to improve quality of life throughout our Town, as well as air and soil quality. We changed our street lights for LEDs. We started benchmarking our own energy consumption. We have promoted residential and commercial environmentally conscious building upgrades. And, we offered green Community Choice Aggregation to our community to drive demand for alternative sustainable energy sources while offering stable predictable pricing to electricity customers. The Sierra Club recognized us for being one of the first communities to declare our commitment to 100% green and has included us in their brochure to be shared with other communities to encourage them to do the same. Many of these actions were achieved using grant financing. We are not finished, though, and cannot be if we plan to sustain our planet.

I have also been invited to join

Continued on page 17

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Letters to the Editor

Conversation on Climate Change in Cortlandt

To the Editor:

In March of 2019, The United Nations projected that we only have twelve years until the damage done by climate change becomes irreversible. Many feel helpless in the face of this looming catastrophe. How does one individual amongst billions create change? Truthfully, one person alone will not be able to solve our climate crisis. However, many people working together, combined with bold legislation will be able to make effective, positive change.

In New York State, we have committed to this concept with the Climate Leadership

and Community Protection Act: an historic bill that promises to drastically reduce New York's carbon footprint. The bill, signed into law on July 19th, promises to reduce greenhouse gas emissions in New York State by 85% by 2050, along with requiring New York to get to "net-zero" carbon emissions, meaning that all carbon emitted must be offset by other means of carbon reduction. In addition to this initiative, directed by the Climate Action Council, the Act requires that at least 35% of clean energy investment goes to disadvantaged communities and establishes a Climate Justice Working Group in order to

provide specific help to these communities.

With this bill, New York is not only moving towards making a healthier planet, but leading the way. Nevertheless, there is still much work to be done. To find out more about how we can all reduce our personal carbon footprints, please come to Community Conversation on Climate Change on Wednesday, November 13th at 7 p.m. at the Cortlandt Town Hall (1 Heady Street, Cortlandt NY, 10567). Together, we can make a difference in our environment.

SANDY GALEF
95th Assembly District

Thank You for Voting

To the Editor:

Whatever your party affiliation, whatever your views, we thank everyone who voted this year. Please keep up the good work.

Your vote is the single most important responsibility you have as a citizen of the United States. Free and fair elections are the singular distinction of a modern, func-

tional democracy. Would-be dictators and autocrats work first and foremost to degrade and destroy citizens' voices by corrupting elections.

Our country would be a better place if every citizen regularly exercised their right to vote, the most important right that we have – a right that men and women of our

country have fought and died to establish and defend. This right is the foundation of all the other rights we have in this great nation. It's our democracy. To keep it, we must participate in it.

DREW CLAXTON,
Chairwoman of the Peekskill
Democratic City Committee

Veterans: Show Potential Employers You Are a Team Player

If you're a veteran, you have proven you can work on teams and, in many cases, lead them. Yet corporate recruiting experts say it's crucial to properly frame your experience to maximize your chances of getting hired.

"Veterans bring many valuable skills and qualities to the corporate environment," said Jerry Quinn, head of Military & Veteran Talent External Recruiting and Enterprise Military & Veteran Initiatives at Wells Fargo. "These include traits like strategic planning, critical thinking, problem-solving, communications and adaptability. In my experience, however, veterans sometimes have trouble conveying their unique contributions and effectiveness on teams."

The post-9/11 veteran unemployment rate is at an all-time low of below four percent, according to the Bureau of Labor Statistics. This figure may not paint the full picture about the transition to civilian life. Many veterans remain underemployed or in jobs that do not use the full range of their skills.

So, what's the best way to approach your job search? Consider these tips from Quinn

and Wells Fargo's Hands on Banking program:

Make the Conversion

While in the military, people often speak in terms of what "we" did together. In the corporate world, it's more important to be able to clearly state what "you" did to help the team succeed.

So look through your resume, converting "we" to "I," citing specific, measurable criteria where possible. And remember that potential employers may not always be familiar with military jargon and acronyms, so use language any civilian recruiter will understand. For example, "I was a leader of a team of 100, with seven direct reports," or "I was responsible for maintaining more than \$2 million worth of specialized government equipment."

Use Keywords

Remember to customize your resume each time you apply for a job. Most job descriptions provide clues that you can use to figure out what role on the team the company is seeking to fill – whether it be a leader,

a manager or an individual contributor. Use these clues to determine what attributes and teamwork experience to highlight on your resume.

Get Ready

Practice answering some of the most common interview questions – succinctly. You can count on getting questions like, "How do you demonstrate you're a team player?" or "Give an example of a time you had a conflict with others and how you handled it." In a brief and organized way, be ready to highlight your personal contributions.

For career opportunities and other tips and resources, visit www.wellsfargojobs.com/military.

"Teamwork means getting things done and trusting that you can count on others," said Quinn. "Being able to show that teamwork is inherent to your own values and experience will put your job candidacy at the top of any stack."

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

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Game USA New York Jefferson Valley

BY NEAL RENTZ

Lifelong Mahopac resident Robert Ponte said last week he chose to create Game USA New York in the Jefferson Valley Mall because "I had a huge passion about it."

"Ever since I was a little kid, I've always told my parents I wanted to play video games," Ponte said. "They said well, you've got to learn something else because you can't make a living off of playing video games. I kind of pushed that right back in their faces now that I'm 28."

Game USA New York, which opened on October 5, has 30 game stations featuring various brands. "People can come in with a group of friends and jump right online and all be connected simultaneously," Ponte said. "Or you could have one or two people walk in with their mom or their dad or their family and they can sit on the couches and enjoy some family fun gaming."

Game USA also hosts three to four tournaments a week, with a capacity of 120 people, Ponte said. In addition, the business hosts birthday parties and other special events.

Ponte is seeking to hold fund raising events to benefit the local food pantry and also to assist local student athletes to obtain new jerseys and equipment. "I'm a kid from the community so I want to do whatever I



NEAL RENTZ PHOTO

Lifelong Mahopac resident Robert Ponte opened Game USA New York in the Jefferson Valley Mall on October 5.

can to help the community out," he said.

Video gaming has grown significantly in recent years, Ponte said. "It's amazing

how much this has taken off just in my lifetime," he said. Over the past 20 years gaming done online has allowed game players

to compete with others from around the world, he said. "These kids love to be on the Internet and love to be as close to technology as possible," he said.

Ponte explained why he opened his new business in the Jefferson Valley Mall. "I wanted give them (youths) a place where they could go and meet people with the same interest," Ponte said. "Malls should move toward the community center type of atmosphere where you do have 10 or 15 businesses that are giving you an experience or proving a service rather than a product because products you can get on Amazon."

Ponte said he decided to name his business Game USA because "I wanted it to be a franchise name because eventually I want to expand into multiple different states. So, I figured that USA gives me a national brand."

Ponte said he will seek to have his business be an arena for tournaments and to sponsor youths "to get them onto the national circuit" and lead them to ultimately become professional gamers.

Game USA New York is located on the first floor of the Jefferson Valley Mall, 650 Lee Blvd. For more information, call 914-272-9771 or visit gameusany.com. Game USA New York is also on Facebook and Instagram.

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Business Owner Outlines Challenges of Running a Preschool

BY ABBY LUBY

Running a daycare facility and nursery school is not for the faint of heart. The growth of this multi-billion-dollar industry requires many layers of regulatory oversight — the eyes and ears assuring children are dropped off in the morning at a place that is safe, nurturing and educational. Success in this field doesn't come easy, but if your business plan favors a child's welfare above all else, then you will prosper and grow.

Lisa Montalto has been the operating owner of Once Upon a Time Preschool in Putnam Valley for eight years. At a CEO Chat recently held in Peekskill by the Hudson Valley Gateway Chamber of Commerce, Montalto shared her own story of how she held to her concept of what a preschool should be and made it a profitable reality.

In her presentation, "How Do You Define Success?" Montalto was very frank and down-to-earth about what inspired and encouraged her to take on the challenges of professional childcare. Montalto's history reflects a steadfast belief that wherever you are, you treat any and every child as one of



PHOTO BY ABBY LUBY
Lisa Montalto, owner of One Upon A Time Preschool, spoke to HV Gateway Chamber of Commerce members recently.

your own.

"Everything I have done has always revolved around children," she told the audience.

As a mother, educator and community leader, Montalto highly valued all her experiences. "No experience you have in your life is a bad experience," she said. With

three young sons, she worked at home on payroll for another company which taught her about business accounting. She said her advanced education in teaching and in speech pathology has been invaluable in dealing with children with special needs. Her known dedication to volunteering put her on the educational map when she became a PTA President at a Lakeland elementary school and eventually president of the Lakeland Board of Education for six years.

Montalto knew that more and more, both parents were working to make ends meet and there was a need for a good local preschool and daycare. At first finding a building suitable enough for what she envisioned, meant an in-depth search. A serendipitous tip-off about a more expensive space led her to check it out. It was exactly what she was looking for and the preschool is in that building today.

MONTALTO said some things were learned “on the fly” and with the help of friends. “Surrounding yourself with good people is key. I had to create a business plan for a small business loan. Luckily, I knew a parent in marketing who helped me. Another friend’s son-in-law knew digital design and

he helped with the logo," she explained.

Getting to opening day wasn't without pitfalls. The first year, opening in time for the school year, was held up by the Small Business Loan process and the school staff that had already been hired had to be paid for a full year before any youngster first stepped inside the school.

"The biggest fear when you first start a business is that you have to make it work that first year. But I learned that fear is crippling and if you know your worth, you will stick to it. You have to trust your gut," Montalto said.

Sitting in the audience was Joanie Sirefman, a former chamber member who has known Montalto for years. "We never saw that fear, Lisa. You are a testament to your goals and how hard you work."

The second year at the Once Upon a Time Preschool saw a more promising enrollment and every year since, those numbers continue to grow. Today, the preschool has programs for six weeks old to 12 years old for either full or half day care. All staff is CPR trained and the facility has a closed-circuit monitor system and a keyless entry system for

security. The staff has a working knowledge of Spanish and Italian and they offer services in both Portuguese and Sign Language.

"And we don't have any entertainment screens, no TV or other types screens in any of the spaces. I tell all the parents that right up front," said Montalto, whose programs include outdoor play and hikes. For older children there is a math and science curricula. Meals are served family style where students dine together to encourage conversation and socialization.

Starting Once Upon a Time and keeping it going presented opportunities for Montalto to reach out to different groups, such as the Hudson Valley Gateway Chamber of Commerce. "Your best reputation is put out there by word of mouth. It's about establishing your business as a community resource," she said.

Montalto started to hold educational workshops for parents every month, which are free and open to the public.

"Being a business owner means you have to be cut-throat while being compassionate. While I care for my staff, my first responsibility is to every child," Montalto stressed.



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Chabad of Yorktown to Offer Course on Dealing with Life Challenges

This fall, Chabad of Yorktown will offer Worrier to Warrior, a new six-session course by the acclaimed Rohr Jewish Learning Institute (JLI), to help people deal with life challenges by accepting themselves and finding meaning in adversity.

Beginning Wednesday, Nov 13, 7:30 to 9 p.m., participants in the course will take on life's challenges by examining factors that prevent us from achieving a more positive outlook—guilt, shame, and fear of inauthenticity—in light of the notion that a purposeful life provides the key to well-being.

"Everyone faces challenges in life, whether physical, professional, familial, social or otherwise," said Rabbi Yehuda Heber, the local JLI Instructor in Yorktown. "How we deal with these issues is crucial for our ability to achieve lasting satisfaction in life. By finding meaning in personal troubles—seeing them as opportunities—we come to accept ourselves and are emboldened in finding the path forward."

Worrier to Warrior combines positive psychology with Jewish wisdom to explore questions such as: Is there a meaning to

life that makes even our difficulties meaningful? Am I just what happens to me, or do I have a deeper core? How can I get off the "Hedonic Treadmill," the sense that even life's successes ring hollow?

"All too often people are thrown off their path in life by hardships that sink them into negative emotions or anxiety," explained Rabbi Naftali Silberberg of JLI's Brooklyn, New York headquarters. "In this course, we learn to face our challenges by understanding our lives in a deeper context."

Professor Steven M. Southwick (MD) of the Department of Psychiatry at the Yale University School of Medicine has endorsed the course: "It is well-known that positive emotions rest at the heart of overall well-being and happiness. But how to effectively enhance positive emotion remains challenging. Worrier to Warrior approaches this challenge from an insightful perspective grounded in contemporary psychology and Jewish literature. This is an exciting and very impressive course unlike any I have seen."

Worrier to Warrior is accredited in NY

for mental health professionals seeking to fulfill their continuing education requirements (CEU). Like all JLI programs, this course is designed to appeal to people at all levels of knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may visit www.ChabadYorktown.com for registration and for other course-related information, or call 914-962-1111.

JLI, the adult education branch of Chabad-Lubavitch, offers programs in more than 800 locations in the U.S. and in numerous foreign countries, including Argentina, Australia, Belarus, Belgium, Brazil, Canada, Colombia, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Guatemala, India, Israel, Italy, Japan, Kazakhstan, the Netherlands, Panama, Russia, South Africa, Sweden, Switzerland, Turkey, Ukraine, the United Kingdom, Uruguay, and Venezuela. More than 400,000 students have attended JLI classes since the organization was founded in 1998.



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Democrat Eyes Nomination for 17th Congressional Seat

BY MARTIN WILBUR

A Chappaqua resident is on the verge of becoming the next candidate seeking the Democratic nomination to vie for Rep. Nita Lowey's congressional seat.

Jo-Anna Rodriguez-Wheeler, who has volunteered on campaigns stretching back to the Senate runs of Geraldine Ferraro and Hillary Clinton and was a Bernie Sanders delegate in 2016, said she will likely make a formal campaign announcement within the next two weeks.

"I just thought it's time for me to actually give voice to a lot of the stories on the campaign trail," said Rodriguez-Wheeler, 49, who moved to Chappaqua with her husband about a year ago and has three sons between 12 and 25 years old.

If she officially declares, Rodriguez-Wheeler would be the fourth Democrat to line up to contest the nomination. Assemblyman David Buchwald, state Sen. David Carlucci and Rockland attorney Mondaire Jones are already in the field.

Rodriguez-Wheeler said she had previ-



Jo-Anna Rodriguez-Wheeler is looking to join the field of Democrats vying to replace Rep. Nita Lowey.

ously been contemplating a primary challenge against Lowey, primarily because of her early hesitancy as to whether to support an impeachment inquiry into President Donald Trump. Once Lowey announced on Oct. 10 that she would not seek

re-election to the seat she's held since 1989, Rodriguez-Wheeler consulted her family and thought it was the right time to enter the fray.

She also said she was inspired after reading the book "Represent: The Woman's Guide to Running for Office and Changing the World."

Rodriguez-Wheeler, who started out as a receptionist and now owns a small business with her husband, said the issues people cared about while she was on the Sanders campaign trail are still relevant a few years later – protecting the environment, education, healthcare and jobs.

She estimated that she would need to raise about \$3 million to run a competitive race.

"I have been very methodical about rolling out because I think it's more important to build a base of support rather than going out there to make a huge, splashy announcement," Rodriguez-Wheeler said.

Born and raised in Manhattan, her mother immigrated from the Dominican Republic at 19 and her father came to New

York from Puerto Rico. Rodriguez-Wheeler is familiar with Westchester and the areas that currently comprise the 17th Congressional District, having visited Playland as a child during summers and FDR State Park in Yorktown with school groups.

Last week, Westchester County Democratic Chairman Reginald LaFayette said that he is aware of Rodriguez-Wheeler's interest but knows little more about her. There are likely to be additional candidates who may announce their intentions to run for the seat as well, he said.

"There's still time for that, for people to lay out their options," LaFayette said.

Other Democrats who have filed with the Federal Election Commission (FEC) but have not formally announced their candidacies are Luz Awilda Morena-Casanova of Yonkers, Lola Osoria and David Katz.

On the Republican side, Josh Eisen of White Plains has also filed with the FEC.

The primary for congressional candidates in New York is next June. The presidential primary in New York is scheduled for April 28, 2020.



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Presented by Heather McKay, PhD, OT/L, Dementia Care Specialist

Alzheimer's disease and other types of dementia are challenging conditions for both the person with the disease and their caregivers. Even in early stages of the disease, communication between caregivers and the people they support is difficult as the person's brain changes. This seminar is designed to help caregivers better understand why communication changes with dementia. Heather and family caregivers share real stories and offer new ideas to improve interactions when communication is a challenge.

Please RSVP by Friday, November 15th.

Tuesday, November 19th

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Obituaries

Ralph Martinelli

Ralph Martinelli, an Ossining resident and the longtime publisher of Westchester Magazine, died November 2. He was 57.

Mr. Martinelli was a legendary Westchester figure, and his magazine's events attracted the county's business, political and social elite.



RALPH
MARTINELLI

With more than a quarter century of experience as publisher of Westchester Magazine and Hudson Valley Magazine, Martinelli's company, Today Media, is widely admired in the industry for its innovative approach to publishing in print and online.

Today Media, which has more than 150 employees, also manages Delaware Today, Hudson Valley Magazine, Main Line Today, Westchester Magazine, 914 INC, Westchester Home, Westchester/Hudson Valley Weddings, among others.

Mr. Martinelli was a supporter of the Food Bank for Westchester and sat on the Board of Directors for Arts Westchester.

The Martinelli family has contributed to political life in Westchester for a long time. Mr. Martinelli is one of six brothers, including a city court judge and a former city council president. His father, Angelo

Martinelli, was a longtime Yonkers mayor. Mr. Martinelli attended Regis College from 1980 to 1982 and before that went to Iona Prep.

Alisa St. John

Alisa M. St. John, a lifetime area resident, died October 27 at home, surrounded by her family. She was 61.

She was born and raised in Peekskill, a graduate of Peekskill High School. She worked as an accountant for Walmart in Mohegan Lake for more than 21 years. She spent many enjoyable times camping, making trips to Lake George, Mohegan Sun, and collecting her signature frogs.

Most dear to Alisa are her survivors; daughters Bonnie Felder and Laura Dumoit-Cuomo, son Brandon St. John Dumoit, her partner James Dumoit, eight grandchildren, Sade St. John, Isaiah Evans, Imani, Olivia, and Madison Felder, Damien Dumoit-See, and Paityn and Dakota Cuomo, and her two siblings, Deanna Dorsi and Mark St. John.

Lillian Macdonald

Lillian Eira Macdonald died October 27 in her home in Yorktown. She was 101.

She was born February 27, 1918 in Tarrytown, to James and Eira Calli. She graduated from Pleasantville High School in 1935. She married Godfrey James Mac-

donald on July 11, 1942. He predeceased her in 1998.

She worked as an administrative assistant for the Bank of New York in Pleasantville and retired in 1980. After retirement she spent more than 30 years in Fort Pierce, Florida enjoying golf, bowling, and the activities of the community she lived in.

She is survived by daughters Sandra Baron (Kenneth) of Mamaroneck, Jean Macdonald of Vero Beach, FL and two sons Alan (Roseann) of Croton-on-Hudson and Bruce (Marcy) of Wilton, Ct.; four grandsons Keith Baron (Julie) of Denver Co. and Cory, Ian, and Noah Macdonald of Wilton, Ct.; and a great-granddaughter Lilliana Baron.

Joseph Tamagna

Joseph F. Tamagna, a resident of Brewster, formerly of Boca Raton, FL, and Cortlandt, died October 28. He was 81.

He was born June 9, 1938 to Vincent and Sarah (Restuccia) Tamagna in the Bronx. Mr. Tamagna was a retired Director of Display for Alexander's Department Store in New York City. He was also a parishioner of St. Columbanus Church in Cortlandt, and St. Nicholas of Tolentine in the Bronx. As a decorator, he was known for his flair of making life stunning. To meet him was to love him; because to him, everyone was exceptional, and the world was a beautiful place. He was an honest, loving, and dedi-

cated family man who had a way to make life extraordinary.

In addition to his wife, Caterina (Iudica) Tamagna, survivors include two sons, Vincent Tamagna (Joseph Cook) of Cold Spring, and Michael Tamagna (Monica Travis-Tamagna) of LaGrangeville, NY; two daughters, Delia (Donnie) Farrell of Brookfield, CT, and Sarina Tamagna (Duncan Hawes), of Cold Spring; seven grandchildren, Nicholas Tamagna, Daria Trombetta, Lauren Sambucci, David Valcich, Travis Tamagna, Rebecca Tamagna, and Molly Hawes; one great-grandchild, Megan Trombetta. In addition to his parents, he was predeceased by two sisters, Sarah Tuttle and Grace Bianchini.

Charles Holt

Charles P. Holt, a resident of Croton-on-Hudson, and recently of Naples, FL, died October 29. He was 73. He was born to Charles J. and Mildred (Lawnsen) Holt on August 3, 1946 in the Bronx. He spent 25 years working in the pharmaceutical industry and then began his own business venture in the .com industry, until finally retiring from Intralinks as their Facilities Management Director. He was a member of the Country Club of Naples where he served on the Audit Committee, past President and Director of the Homeowners As-

Continued on page 20

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ACL Injuries Growing Occurrence: How to Prevent and Rehabilitate Them

BY RACHEL AMAROSA

With the growing popularity of and participation in adolescence sports, there has been a substantial increase in the occurrence of youth athletic injuries nationwide.

Anterior cruciate ligament (ACL) injuries are one of the more devastating and frequent injuries that occur in our athletic youth population today. The ACL is one of four major ligaments that provides stability in the knee joint. Ligaments are non-stretchable, strong fibers that hold bones together.

Often when the ACL is either damaged or torn it is common to have an injury to the medial cruciate ligament (MCL) and/or the meniscus structures as well. The MCL is another one of the four major ligaments

of the knee that provides stability and the meniscus is soft tissue that acts like a cushion within the knee joint, between the tibia and femur bones. An injury to the MCL or meniscus in association with an ACL injury can make the overall return to action slightly more complicated and usually longer.

Here comes the shocking news: Nearly one in 60 adolescent athletes will suffer an ACL injury during their athletic participa-

tion. Many of these athletes will then undergo an ACL reconstruction, which is a 6- to 12-month recovery. In adolescent athletes, females are up to eight times more likely to tear their ACLs compared to their male counterparts.

There are several studies that indicate anatomical, physiological and behavioral factors between males and females that are the reasons for such a large ratio difference. The differences in strength, landing mechanics, cutting mechanics, hormone levels and training programs have all been identified as possible risk factors for ACL injuries in adolescent females. Furthermore, most of those ACL injuries occur with little to no contact.

Most non-contact ACL injuries occur from a sudden change in direction, sudden deceleration or by landing incorrectly from a jump. All these movements happen across most sports, making it all the more important to learn what you can do to help reduce the risk.

Many well-designed sports training programs will create comprehensive workouts to prevent several types of sports-related injuries. For an ACL prevention training

program, it must include balance, proprioception, strengthening, endurance, conditioning, agility, proper landing mechanics and sports specific exercises. A key is to make sure you are doing exercises properly with a focus on quality of movement.

In addition to learning general prevention of an initial ACL injury, it's important to consider how athletes return to sports following an injury. After ACL reconstruction, an athlete can expect at least six months of physical therapy and possible upwards of a year. Physical therapy will help you regain full range of motion, stability and strength. They will also address proper movement patterns, landing techniques and sports specific training.

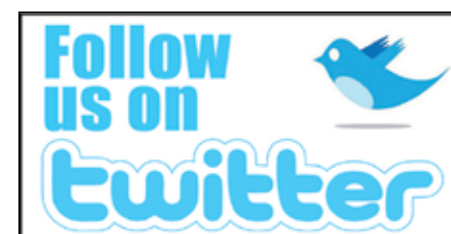
It is essential to continue a comprehensive training program because adolescent athletes with an ACL injury have a 15 times greater risk of sustaining a second ACL injury of either the same or opposite leg after returning to sports. Research has shown that even though an athlete is cleared to return to their sport, there often continues to be some residual muscle weakness and asymmetry, along with compensatory movement patterns. This not only shines a light on continuing a training program after sustaining an ACL injury but should make you do whatever you can to initially prevent an ACL injury.

Understanding the need and timing of certain interventions is hard for an adolescent athlete to do on their own. It can require some help from their families,

coaches and local professionals. Physical therapists and certified athletic trainers are healthcare professionals that can perform extensive functional assessments and screenings to help determine where the weaknesses, imbalances and concerns can be for your athlete.

For the female adolescent athlete there is a hyper-focus on assessing their proper landing mechanics, form when squatting and lunging and general testing of their overall lower extremity strength. They then use the information to provide a comprehensive training program designed to help prevent the risk of an unwanted ACL injury along with many other types of injuries as well.

Rachel Amarosa is a certified athletic trainer and the marketing and communications director at ProClinix Sports Physical Therapy & Chiropractic with locations in Armonk, Pleasantville and Ardsley. For more information about this article or about ProClinix, Rachel can be reached at 914-202-0700 or at ramarosa@proclinix.com. You can also visit www.ProClinix.com.



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

TUESDAY, NOV. 5

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

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

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

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

WEDNESDAY, NOV. 6

Senior Benefits Information: A Senior Benefits Information Center is available every Wednesday from 10 a.m. to 1 p.m. at the Somers Library. If you can't visit the library in person, you can leave a message on the SBIC helpline at 914-231-3260 or e-mail us at SBIC@wlsmail.org with your name, number, a time to

call between 9a.m. and 5p.m. and whether your interest is in Medicare services or other benefits. A counselor will return your call within two business days. SBIC will not meet on days the Somers schools are closed due to snow.

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

Ossining Library Programs: Several programs have been scheduled for the Ossining Public Library. On Nov. 6 at 7 p.m. there will be a special reading by voice actor Alan Sklar. Free. On Nov. 7 at 1:30 the Thursday Afternoon Book Discussion Group will discuss "The Library Book" by Susan Orlean. Copies of the book can be found behind the Information Desk. Free. On Nov. 7 at 7 p.m. there will be an author event with CBS2 co-anchor Mary Calvi. She will discuss her first novel "Dear George, Dear Mary: A Novel of George Washington's First Love." Free. On Nov. 9 at 1 p.m. the Ossining Public Library Ancestry Group presents, "Before the Great Migration - Our Families Lives Through the Lens of Indian Woods, Bertie County, N.C.", featuring the expertise of Arwin D. Smallwood, Ph.D., who will lecture on a pivotal time in history. Free. On Nov. 10 at 2 p.m. the Sunday Afternoon Concert Series presents free jazz concert featuring Kristina Koller. K For more information about Koller visit www.kristinakoller.net. The library is located at 53 Croton Ave. Info: 914-941-2416.

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.

THURSDAY, NOV. 7

Yorktown Jewish Center Courses: Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class is held on Thursdays at 10:30 a.m. The Rabbi's class will be held on Tuesdays at 7:30 p.m. Info: 914-245-2324 or www.yorktown-jewishcenter.org.

Women's Torah and Tea: The Chabad Jewish Women's Circle invites you to join together for inspiring discussions, camaraderie, and hot tea. The feminine Spirituali-tea will be held today at Chabad of Yorktown, 2629 Old Yorktown Rd., from 10:30 to 11:30 a.m. For more information and to register visit www.ChabadYorktown.com, e-mail: Hadasah@ChabadYorktown.com or call 914-962-1111.

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

FRIDAY, NOV. 8

Coloring For Adults: It's not just for kids, and it's the latest craze. Join our adult coloring book club at the Somers Library Meetings will be held in the conference room every Friday from 10:30 a.m. to noon. Relax, color, and socialize for free. Materials are provided or you may bring your own color pencils and coloring books. Registration is not required. Info: 914 232 5717.

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

Temple Beth Am Services: A Friday night Shabbat services will be held at 8 p.m. at Temple Beth Am. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or email him at rabbiiw@optonline.net. Tonight, Shabbat services will be preceded by a Welcoming Shabbat for Tots at 5:30 p.m. Filled with movement, music, and ruach (spirit), Rabbi Robbie and Rebbetzin Ellen help bring in the Shabbat with that special "Shabbat Spirit" followed by a Shabbat dinner. The only cost of the dinner is a Shabbat Shalom smile. To RSVP or for more information, please e-mail Rebbetzin Ellen at RebbetzinEllen@gmail.com.

SATURDAY, NOV. 9

Putnam Valley Shabbat Service: Looking for a modern Shabbat service steeped in Jewish tradition? Come to Temple Israel of Putnam Valley, a Conservative Egalitarian Synagogue situated on beautiful Lake Peekskill. Our inclusive, community-lead services start at 9:30 a.m. on Saturdays and are held in Hebrew and English. Enjoy a comfortable

atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush lunch. Services are free; Family Memberships are \$250 per year and include High Holiday Services. The synagogue is located at 140 Lake Drive in Lake Peekskill. For more information call 845-528-2305.

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

Christmas Fair: The Troll Lodge, Sons of Norway's Annual Scandinavian Christmas Fair will be held from 9 a.m. to 4 p.m. at Drew United Methodist Church, 28 Gleneida Ave., Rte.52, Carmel. The event will feature many vendors, a café w/homemade foods, Scandinavian baked goods and gifts, with fresh waffles all day and a Viking auction. For more information and directions call KARI at 914-736-0784.

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

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

Pottery Show: The Hudson River Potters Pottery Show and Sale will be held from 10 a.m. to 4 p.m. on Nov. 9 and 10 at the Bethany Arts Community, 40 Somerstown Rd., Ossining. Info:

<http://www.hudsonriverpotters.net/>.

Holiday Craft Fair: Please join us at Grace Lutheran Church, 3830 Gomer St., Yorktown from 10 a.m. to 4 p.m. for a Holiday Craft Fair which will include handmade gifts, white elephant sale, baked goods, gift baskets and much more. For further information contact the church at 914-245-5737.

Path Toward Wellness: Support Connection, Inc. announces a free program: "Yoga: A Path Toward Wellness" will be offered from noon to 1:30 p.m. at Club Fit in Jefferson Valley on the following Saturdays in November: 11/9, 11/16 and 11/23. It is open to women living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required to attend, call Connec-

Happenings

tion at 914-962-6402 or 800-532-4290.

Lotus Flower Lantern Workshop: The program will be held from 1 to 2 p.m. at the Somers Library. Info: 914-232-5717 or www.somerslibrary.org.

Maryknoll Film Screening: At 2 p.m., Maryknoll Fathers and Brothers will present "Called and Chosen", a documentary on the life of the Rev. Vincent R. Capodanno. Admission is free. Maryknoll is located at 55 Ryder Road, Ossining. Info: 914-941-7636 Ext.2261 or <https://maryknollsociety.org/>.

Gun Safety Discussion: Searching for Common Ground: Christian Perspectives on Gun Violence will be held from 7 to 8:30 p.m. at the First Presbyterian Church, 2880 Crompond Rd. A respectful treatment of 'gun control' and 'gun rights' perspectives will be led by the Rev. Donald Gaffney, a Sandy Hook alumnus and gun owner, including a guided, in-depth discussion of diverse views on this topic among members of the audience.

SUNDAY, NOV. 10

Costs of Food Waste: The Sustainable Sunday Speaker Series at Holy Name of Mary presents Marth Elder, executive director of Second Chance Food, who will address humanitarian and environmental costs of food waste and opine on why food is the single strongest lever to optimize human health and environmental sustainability. Free. The event will be held from

3 to 4:30 p.m. at the Holy Name of Mary Parish Center, 114 Grand St, Croton. Park in rear of Parish Center. For more information, contact us at contact@HN-MCare4CreationMinistry.com or at our website hnmcare4creationministry.com.

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

MONDAY, NOV. 11

Peekskill Veterans Day Ceremony: The city's event will be held at 10 a.m. at Memorial Park, located at the intersection of N. Division Street and Highland Avenue. For more information, contact John Donohue at 914-739-1560 or visit www.cityofpeekskill.com.

Cortlandt Veterans Day Ceremony: The town's event will be held at 12:30 p.m. at the Muriel Morabito Community Center on Westbrook Drive. Refreshments will be served.

Musical Munchkins: The Yorktown Musical Munchkins meet on Mondays from 9:30 to 10:15 a.m. at the Yorktown Stage Theater in room 12. The program is for older babies up to the 1's. Free trial classes are offered. Info: 914-771-7000 or www.musicalmunchkins.com.

Guest Commentary Committed to Imagining a Better Ossining

Continued from page 7

many boards such as Sustainable Westchester, the Westchester Municipal Planning Federation, Historic Hudson River Towns, and Energize NY. I continue to work closely with regional organizations to carefully consider how the Town moves forward. That includes looking for new opportunities to make government more efficient and nimble, while balancing the needs of the taxpayers with the needs of our environment, our schools and our businesses, and the impact it all has on our infrastructure, including our water and sewers, our highways and parks and the amazing culture of our community. All of the different inputs that make our local government so important need to be carefully considered in a holistic fashion to ensure that decisions we make will improve our lives.

We are about to embark on a grant funded Comprehensive Plan with Sustainability Elements with our entire community, which will take place alongside the work we do on our grant funded project to look at smart growth utilizing the Planners4Health toolkit, as well as results from the Climate Adaptive Design studio we are participat-

ing in with the Village of Ossining and Cornell University and the NYSDEC. There is no doubt that development is an emotional and controversial issue which is why we are looking forward to working closely with the public and our professional partners on these plans, so we can all work together to set a responsible course for our future.

Finally, ballot initiatives before the public take advantage of recent retirements in key elected positions in the Town (Receiver, Clerk and Highway Superintendent) to ask the public to vote to change them to appointed ones. We offered these up to the public in an effort to save taxpayer dollars, modernize our offices, ensure we can hire professionals into these administrative roles, and make our service delivery more efficient, much as both our local Villages have been doing with comparable positions for decades. I hope the public will support these changes. We believe they will allow us to reduce overhead and streamline operations so we can move forward productively for the people in the years ahead.

I would like to thank the community for all your past support. I certainly hope we can continue to work together for the best of Ossining now and well into the future.

Catalina Perturbed with Smith Over Campaign Mailings

Continued from page 3

neither," he concluded. "Bad conduct from lousy politicians can be predicted most of the time but not from one I always thought was a good honorable man I respected. Sadly, I found out, he is neither."

When asked for a response to Catalina's comments, Smith did not back down.

"If Frank Catalina is ashamed of having his record publicized, he shouldn't be running for office," Smith stated. "Catalina raised property taxes repeatedly and then helped sue Peekskill - while he was Mayor! - to force it to hike taxes even further. He defended a proposed 8% property tax hike as just pennies a day. He represented developers with business before his city while he was Mayor. And he ignored New York State Campaign Finance Law for months by fail-

ing to file any financial disclosures all year - until we called him out."

Smith noted Catalina complained about similar lines of attack to the Westchester County Fair Campaign Practices Committee in 2015, and the claims were ruled within the bounds of political discourse.

"It was fair then and it's fair now to attack Frank's bad record of advocating for big tax hikes," Smith stated.

Catalina, 62, and Smith, 45, are vying to replace retiring 10-year Legislator John Testa representing District 1 on the Board of Legislators, which includes Cortlandt, Peekskill and Yorktown.

Catalina has secured the Republican, Conservative and Independence lines, while Smith will appear on the Democratic and Working Families lines.

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The Evolution of the Dining Room and Dining Table

As a realtor who writes about homes, as a writer who sells homes, I am always curious about various features of a home, specifically their history. My curiosity recently focused on the dining room, and in particular, the dining table.

I remember my first dining room set, which looked more like a kitchen set since it was made of chrome, was purchased from Macy's for \$35. That was more than a half-century ago. In 2019 dollars, that would be \$297, but still a bargain. A modest start, but considering that I never could cook and never sat at the table for a meal when I was a bachelor, there was no need for anything more substantial.

Today my dining table is a massive slab of beveled glass set upon two truncated Ionic columns, with six modern chairs, all purchased wholesale 30 years ago from a Chicago furniture mart for \$10,000.

It's hard to imagine a time when the dining room table wasn't the focal point of the dining room. Through most of history, people dined on small tables or stone platforms rather than large dining room tables. Tables were used for writing and playing games, not for dining.

The Greeks were the first to design

rooms specifically designed for eating – or in their case – feasting. These rooms featured couches of stone or wood which accommodated only men, chauvinist pigs that they were, while women stood by and youths sat on the ground.

Ancient Romans also ate their meals in a special room, and obviously liked the company of women a bit better than the Greeks, accommodating them on the same kind of couches where the men ate.

It wasn't until the 16th century that dining room tables became popular. Although many types of tables had been around since ancient times, they were not the dining room tables we know today, which are smaller and more feminine in style, embracing the furnishing styles of their various periods.

By the Victorian era, well-to-do consumers spent lavishly on their dining rooms, outfitting them with upholstered chairs, mahogany sideboards, beautiful bone china and expensive linen napkins and tablecloths.

Mealtime for them was an event, and they staged their meals as comfortably as they could afford, which included a table substantial enough to support its lavish offerings.



By Bill Primavera

PLAN TODAY FOR TOMORROW
SALVATORE M. DI COSTANZO, ESQ.
a partner with the firm Maker, Fragale & Di Costanzo, LLP

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In most homes the dining room table was in or near the kitchen. However, that was not always the case. Historically, the dining room and kitchen were far from each other, on a different floor and sometimes even in a different building. Since kitchens could get hot and were sometimes the cause of house fires. That can be found in restorations such as Colonial Williamsburg and nearby at Van Cortlandt Manor in Croton-on-Hudson and the Roosevelt home in Hyde Park.

Through the years, the dining table has shrunk from long trestle tables with benches in the Middle Ages, designed to seat everyone in the castle. The dining table became smaller as the nobility began to prefer more intimate gatherings in parlors off the main hall.

At the beginning of the 18th century, it was not uncommon for the ladies to withdraw from the dining room after dinner. Because gentlemen would stay to enjoy drinks and cigars, the dining room became more associated with men, and its décor and furniture reflected this more masculine bent.

Amusingly enough, in Victorian times, any suggestion in décor of the female shape was considered risqué. This included table legs. Therefore, unseemly table legs were kept out of sight and covered up to avoid inciting men's imaginations.

Before the late 18th century, it was difficult for American families to dine together regularly, in part because dining rooms

and dining tables were not yet a thing. Rooms and tables had multiple uses and families would eat in shifts, if necessary. If there weren't enough chairs for all family members, the men would sit and the women and children might stand, coming and going from the table.

The rise of the American family dinner depended upon the arrival of the dining table and the dining room from Europe, where they had been embraced since Elizabethan times. One of the first American homes to have a room specifically meant for dining was Thomas Jefferson's Monticello, built in 1772. The dining room, with the dining table at its center, began to be incorporated into wealthy homes across the country, eventually trickling down to the middle class.

My home may not be Versailles or Monticello, but as I sit at my dining table with family and friends, I indeed feel like the king of my castle.

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There is so much good wine being produced today. A good portion of it can be found on your local wine retailer's shelves.

Yet there are a growing number of wines from lesser-known regions and/or lesser-known producers. These wines lurk in the shadows of the wine world, waiting to be discovered and brought into the United States for the consideration of the increasing number of wine lovers (many of whom are millennials) seeking the next great wine to enjoy, to taunt their friends and to assert their wine geek status.

The latest generation of winemakers across the globe – whether generational on family plots or hired by wealthy patrons smitten with the allure of producing esteemable wines – has access to the latest techniques and technology. They are combining each to produce what I consider the greatest era of quality, affordable wines in recent history.

If you have been following my recent columns, I had the opportunity to enjoy the rewards of this renaissance at the Cantine Ciani winery in the Campania region of Italy. Last week's column focused on my first visit last month to the winery. There, I enjoyed the wines of Cantine Ciani, including three whites, two sparkling wines

a rosé and a red. The website describes each offering in detail. I enjoyed each of the seven offerings, but my opinion may be construed as a bit biased, so I'll leave such opinions to others.

I also witness this new world of wine-making in my frequent forays to eclectic retail wine shops and sponsored tastings in New York City. One of these forums, the Wine Media Guild, recently held a tasting and luncheon, featuring the wines of Campania. This week's column focuses on the wines I sampled there, including Ciani.

The Wine Media Guild is an organization of professionals whose mission is to inform and educate others in the dynamics of today's global wine markets. At their October event, 17 Campanian wineries were represented, with 31 wines offered spanning nine grapes. Several of the Cantine Ciani wines were included, notably Fiano di Avellino, Greco di Tufo, Aglianico and rosé of Aglianico. To my palate, all of the wines exemplified the unique characteristics of these ancient grapes.

On a broader scale, the wines presented were a smattering of the wines produced in the broader region of Campania. But here's the rub: many of these wines are being consumed in-country, without the benefit

of marketing in the United States. I expect many more will be imported into the New York region in the next 12 to 18 months. Ask your local retailer to expand their offerings.

The quality and affordability of Campanian wines are squarely aimed at the United States market – and the producers are aggressively knocking on the doors of importers and distributors.

My favorite producers included:

Falanghina: Marisa Cuomo Furore Bianco, 2018, Costa d'Amalfi, DOC.

Fiano: Tenuta Sarno 1860 Di Maura E Adele, 2016, Avellino, DOCG.

Greco di Tufo: Donnachiara Aletheia, 2017, Tufo, DOCG.

Aglianico: Contrade di Taurasi (Cantine Lonardo), 2013, Taurasi DOCG.

One further note on my personal favorite grape of the event: the Aglianicos were well represented by vintner and by vintage. From 2017 to 2019, a tasting journey through the aging potential of this age-worthy grape included three from the highest regarded Campanian sub appellation of Taurasi. As might be expected, each of the eight Aglianicos presented were of differing terroirs and styles, including those from Taurasi. Each of these intense wines, rich in red fruit aromas, high in acid and tannins in youth, should continue to age well.

For the opinions of these Campanian wines from other Wine Media Guild members, visit the guild's website and Insta-

gram accounts.

The opportunities abound to experience new wines of excellent quality at affordable prices. Begin your search in Campania. It promises to be highly rewarding.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive



By Nick Antonaccio



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Crossword

ACROSS

- 1. Break
- 7. Keaton flick: "Mr. ____"
- 10. Low point on a director's resume
- 11. Dredge (up)
- 12. Metaphor
- 13. Pulls the plug on
- 14. Belonging to actor Griffin or White Plains pub
- 16. Political pundit Bill
- 19. Middle East chieftains
- 22. Muscat resident
- 23. Member of a wolf pack
- 24. Father Christmas
- 25. Copier substance
- 26. Grunted
- 28. Material for a volcanologist
- 30. Baltimore member
- 34. Olympics jump
- 35. Looked suggestively
- 36. A pop
- 37. Part of the total
- Down
- 1. Football positions
- 2. Film distributor and record

- company
- 3. Goes with dot
- 4. Relating to crime investigations
- 5. Age of the first air breathing mammals
- 6. Spotted
- 7. Stately residence
- 8. Authorized
- 9. Spanish for month
- 11. In the next life
- 15. Fixed by a vet
- 16. Criminal patterns, for short
- 17. Physician's org.
- 18. Indiana college or Yorktown electric contractor
- 20. Corinne Bailey ____ 2007 Grammy nominee
- 21. Orch. section
- 27. Caffeine source
- 28. Baby seat
- 29. Paul Bunyan's tool
- 31. Great Lakes cargo
- 32. Spy novelist, Deighton
- 33. Outfielder Roush

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36					37					

(Solution for puzzle on page 23)

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12	S	I	M	I	L	E							13	E	N	D	S		
					14	D	U	N		15	N	E	S						
16	M	17	A	18	H	E	R			19	E	M	I	20	R	21	S		
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34	A	X	E	L					35	L	E	E	R	E	D				
36	P	E	R						37	A	D	D	E	N	D				

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Obituaries

Continued from page 14

sociation at Hawksridge, and he loved to golf. Mr. Holt authored the fiction novel, The Briefcase, which was published in August 2017.

He was predeceased by his wife Frances (Ganci) Holt in 2009. He married his wife Barbara (Hahn) Holt in August 2010. He was the loving father of Debbie Coyne (John), Jackie Core (Andy), and Carlitos Holt (Alison), and the caring grandfather of Mary Kate Coyne, Meghan Coyne, Elizabeth Coyne, Eliana Core, Maddison Core, Mason Holt, Reese Holt, and Emily Holt, and the adored great grandfather of Harley Coyne. He is also survived by his sister Dorothy Negron, brother Russell Holt, and several nieces and nephews.

Josephine Papula

Josephine A. Papula, longtime resident of Buchanan, died October 29. She was 88.

She was the daughter of the late Mary and Joseph Uninsky of Buchanan and the sister of the late Helen Burress. She was married for 46 years to the late Rudolph Papula, who died September 17, 2010. She was employed for more than 20 years at the General Motors plant in Tarrytown. Though coping with many physical challenges throughout life, she continued to enjoy traveling, taking cruises and caring for others. She was an active member of St. Christopher Church in Buchanan, the Cortlandt Seniors and the Sokol Slavic Club

in Tarrytown. She will be sadly missed and lovingly remembered by her nephew, Stephen Burress, as well as by all whose lives she touched.

Adma D’Heurle

Adma D’Heurle, a psychologist beloved for her inspired teaching, her scholarship, her humanity, and her tabbouleh, died October 19 at her Teatown-area home. She was 95.

She was one of four founding faculty members at Mercy College; 40 years later she was named a Distinguished Professor and honored as an Outstanding Mentor. Born in Lebanon, she earned a BA degree at American University in Beirut, an MA in psychology at Smith College, and a PhD at the University of Chicago.

She was the widow of François d’Heurle IBM emeritus scientist at T.J. Watson Research Center. Survivors are sons Amal (Muriel Antoine) of Ormy-la-Rivière, France; David (Jan) of Atlanta, GA; Alain (Jenny) of Colfax, CA; six grandchildren; devoted care-giver Sarah Young; and steadfast aides Cecilia Matailo and Suzanne Edwin.



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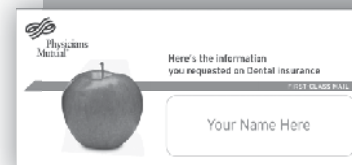
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Factors for Families to Consider Before Adopting a Dog

BY SUSAN MARIE

How many times have you heard someone declare, "I really want to get a dog!" and thought to yourself, "Really? You're never home."

Or you look around their home and see all of the dying plants and wonder if they could take care of a dog.

Getting a dog is a responsibility that not everybody is ready to take on. In theory, it sounds great to add a furry family member but sometimes the reality of someone's lifestyle can get in the way.

Once you get all of the logistics in order, then it might be time to start looking around for the perfect pup for you.

1. The first thing to think about is what is best for your family and your new "forever" friend. Do you have children? If so, maybe an active dog who enjoys running, playing and swimming would be ideal. Are you a senior citizen? Maybe a smaller senior dog who would enjoy cuddling with you on the

sofa would be best.

It is important to keep in mind the pup's size, breed, temperament and what your home and lifestyle can reasonably accommodate. Remember that you are looking to give your pup a home and that your local shelter or rescue can help you choose which pup is best for your home and family. It is important to plan and prepare for your new pup because this is a lifetime commitment of unconditional love.

2. How much time will you be able to spend with the pup? Who will look after them during the day if you are working or the children are in school? If for any reason you or your children will be away from home it is recommended that you hire a professional pet sitter to visit your home in the morning and afternoon for bathroom breaks and exercise. Recognizing that a pup is a family member that needs lots of love and attention will ensure that your pup will thrive in their new surroundings.

3. If you plan on getting a puppy, what do

you know about training? Oftentimes, people become exasperated with their puppy's behavior and may give up on the new member of the family far too soon. Keep in mind a puppy relies on training from their pet parent to learn house rules and what they can or can't do.

Prepare yourself by researching your puppy's breed and temperament – identifying potential behavioral issues and what should be done to teach the pup in the proper way to behave in their new home.

Some pet parents feel that crating is not a good thing for their puppy, but canines feel secure having a den-like space of their own. Crate training takes time and effort in order to have it be a positive experience. Please remember the pups are not meant to be left in their crate for long periods of time; the ASPCA advises puppies less than eight weeks old should be crated no longer than an hour and crate time should be increased gradually.

As they grow older pups should ultimately be given a bathroom and play break after three or four hours. If you have ques-

tions or concerns about training your puppy please contact a professional dog trainer.

4. What if you have a cat or a dog and you're looking to add to your family of four-legged friends? How much does the shelter/rescue know about the pup you want to adopt? Don't be afraid to ask questions. Questions are expected and encouraged from prospective pet parents. Do they know what the dog's previous living situation was? Do they know if the dog gets along well with other dogs or if they are aggressive towards cats?

Check ahead of time to see if they have a play/neutral area where you can introduce your current pup with the one you wish to adopt.

For more than 15 years, Susan Marie has been spreading the word about puppy love through her nationally syndicated weekly radio show, "The Doggy Diva Show." Susan is also the author of the award-winning children's book, "Miss Olive Finds Her Forever Home."

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continued from previous page

LEGALS

NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Thursday November 14, 2019, 8:00pm, prevailing time, 80 Wheeler Avenue, Pleasantville, New York to hear comments as it pertains to Introductory Local Law No. 9 of 2019 to amend Chapter 173, Article VII, Section 60, of the code of the Village of Pleasantville, as it pertains to parking on Martling Avenue. **Eric Morrissey Village Administrator/Clerk, Village of Pleasantville, NY**

NOTICE OF ADOPTION OF LOCAL LAW #1 of 2019 - Adoption of the Septic Pump Out for Protection of the Lake Oscawana Water Body Amendment to Section 90.1 **PLEASE TAKE NOTICE** that the Town Board of the Town of Putnam Valley duly adopted RESOLUTION # R19-286. **Sherry Howard Town Clerk Dated: 10-30-2019**

Town of Putnam Valley Town Board Meeting November 6, 2019 6 PM Pledge of Allegiance **Public Hearing** Public Hearing on the Preliminary Budget and the Fire Department Budget. **Regular Pre-Meeting 1.** Resolution to set November 13th at 5 PM as the Public Hearing on Proposed Local Law #2 to override the tax levy limit if necessary. **2.** Authorize the Supervisor to accept the Town Board minutes from September 11, September 18,

October 2, and October 16. **3.** Discussion on the de-icer law

MISCELLANEOUS

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Rollin' on the River!

Hen Hud Wins 15th Section 1 Volleyball Title Since 2000

Members of the second-seeded Hen Hud volleyball team pose with the dynasties 15th Section 1 championship plaque since 2000 after sweeping top-seeded John Jay-Cross River in Saturday's Class A title tilt, 25-20, 27-25, 25-23, at Pace University... see Volleyball Notebook



Ossining Boys Crowned Section 1 Class AA Champs for 1st Time Since 1978

Members of the Ossining boys' soccer team pose with the program's first Section 1 Class AA championship plaque since 1978 after the top-seeded Pride knocked off No.2 Mamaroneck, 2-1, last Saturday at Lakeland High School behind a pair of goals from Pride hero Kevon Evans... see Soccer Notebook

