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December 24 - December 30, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 522

The NORTHERN WESTCHESTER Examiner



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Sports



A Groundswell of Local Food Pantries Serve Needy

BY ABBY LUBY

Last Saturday, in sub-zero weather, a long line of people with empty shopping bags stood outside The Community Food Pantry at St. Mary's Mohegan Lake. Many were eager to get inside where it was warm and they could select food to last the week. At one end of the overcrowded parking

lot, long tables were manned by several young volunteers handing out turkeys, fruit and vegetables.

The number of food pantries has multiplied in the last three decades in Westchester County, the second-wealthiest county in New York State. With a population of just under one million, Westchester's median household income hovers around \$92,000, accord-

ing to 2018 census statistics. Yet, many Westchester residents who are not among the affluent and upper middle class are going hungry.

Hunger is not unique to Westchester. Over the past 40 years, Feeding America, the nation's largest hunger-relief organization, has generated more than 200 local food banks throughout all 50 states. These food banks supply food pantries, soup kitchens, senior and children daycare centers, shelters and residential programs. Annually they feed 40 million people, including 12 million children and seven million seniors. Last year, Feeding America provided 4.2 billion meals to people in need.

Feeding Westchester operates under Feeding America's umbrella and is the county's leading nonprofit food bank with more than 300 partnering corporations, foundations

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PHOTOS BY ABBY LUBY

Volunteers of The Community Food Pantry at St. Mary's Mohegan Lake.



Food for the holidays was provided at The Community Food Pantry at St. Mary's Mohegan Lake last Saturday.

Somers DWI Bus Driver Probed for Unlawful Conduct

BY RICK PEZZULLO

A bus driver assigned to Somers Intermediate School who was charged last week with felony DWI for operating a school bus with children under 16 years old while under the influence is now under investigation for inappropriate conduct with students.

During a meeting with Somers parents last Thursday evening, it was revealed that the General Investigations Unit of the Westchester County Police Department is investigating an allegation of inappropriate contact with students by William Men-

dez. Anyone with questions or concerns can call that unit of the Westchester Police at 914-864-7916.

Earlier in the week, New York State Police reported on December 9 troopers responded to the Somers School District bus garage to assist emergency medical service personnel on a report of an individual suffering a possible stroke. The district had been notified by a parent that a bus driver, later identified as Mendez, 61, of Somers, was acting strange.

The district's Director of Transportation immediately called Royal Coach Lines' Somers Dispatch to have Mendez cease

operations and drove to the location, where he was met by two Royal Coach employees. Mendez was relieved of his duties, and later transported to Northern Westchester Hospital for evaluation by the Somers Volunteer Fire Department Ambulance Corps.

State Police then began investigating the incident with the cooperation of the district. With assistance of the Westchester County District Attorney's Office a search warrant was signed by the Town of Somers Court to obtain a biological sample from Mendez. Lab analysis was completed and revealed Mendez's blood alcohol content was 0.22%.

Mendez was subsequently arrested Wednesday for Aggravated DWI Leandra's Law, a class E felony. He was arraigned in Somers Court, and released on his own recognizance, to reappear in court January 6, 2020, at 5:30 p.m.

Somers Superintendent of Schools Dr. Raymond H. Blanch informed families of Somers students about the incident.

"I am so very sorry that our children and families in this community have been impacted by the unfathomable actions of one person," Blanch stated. "While it is impossible to prevent all criminal acts against

Continued on page 2

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New Year's Day Polar Plunge in Peekskill to Benefit Students

BY RICK PEZZULLO

Start the new year by taking a plunge—for a good cause.

The 8th Annual Polar Plunge in the Hudson River at Riverfront Green in Peekskill will send shivers up the spine and every other body part for the individuals who dare to brave the frigid waters to kick off 2020.

The event, which starts sharply at noon on New Year's Day, is sponsored by The Quiet Man Public House in Peekskill and benefits the This is Me Foundation.

All proceeds from the plunge will go towards college scholarships for local students who have faced adversity, or helped a friend through adversity, as well as national scholarships to students who have alopecia.

The This is Me Foundation, founded by Peekskill residents and sisters Caitlin and Lauren Brady, is a registered 501(c)(3) nonprofit organization created to raise

awareness about alopecia, an auto-immune disease that causes hair loss, while giving hope to any individual who faces adversity.

The This is Me Scholarship Fund was inspired by Ryan Risco and Cait Chivonne Polhill. The fund has awarded 56 \$500 scholarships locally and nationally since 2012 and the 2020 scholarship applications will be available later this month.

If interested in plunging or donating, please visit <http://www.thisismefoundation.com>. Plungers are required to register in advance by December 30. For more information, or to learn more about the This is Me Foundation and the This is Me Scholarship Fund, visit the website at <http://www.thisismefoundation.com> or Facebook page at <http://www.facebook.com/ThisIsMeFoundation>.

Participants don various swimwear when taking the plunge for This is Me Foundation.



PHOTO BY KRISTEN MARQUES

Somers Bus Driver Probed for Unlawful Conduct with Students

Continued from page 1

our district, our administrative team and the district's safety and security consultant, Altaris, have already initiated an internal investigation into the incident to verify compliance with safety regulations

and to determine what opportunities exist for improvement to our procedures. It is always our goal to be transparent regarding incidents that impact our district. We will follow the lead of the District Attorney's Office in sharing information

without compromising the ongoing investigation and its potential prosecution."

"As Superintendent, and more importantly as a parent, I fully understand the emotional impact that this incident has had on our

students, families and staff," he added. "We are committed to providing any and all resources to assist our school community in dealing with this incident and ensuring the safety and security of our students and staff."

Blanch also stated that the district was obtaining files from Royal Coach to further review an October 2018 bus accident apparently involving Mendez that was discussed at Thursday night's meeting.

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Ex-Trustee Arrested by FBI for Attempting to Lure Teen

BY HOLLY CROCCO

A former educator and public official in Cold Spring was arrested last week after allegedly attempting to entice a minor to engage in sexual activity.

Charles Hustis III, 36, was arrested December 16 following an investigation by the U.S. Attorney's Office, the Federal Bureau of Investigations and the Putnam County Sheriff's Office.

According to a report filed December 16 by FBI Special Agent Pao Mei Fisher and presented to U.S. Magistrate Judge Lisa Margaret Smith, Hustis used his Facebook Messenger account to send sexual images, including photographs of himself, to a 16-year-old male between December 8 and 16, and arranging a meeting with the victim to "perform various sexual acts."

Hustis is charged with one count of attempted enticement of a minor, which carries a mandatory minimum sentence of 10 years in prison and a maximum sentence of life in prison.

According to Fisher's report, the Putnam County Sheriff's Office notified the FBI earlier this month that it had information that a 16-year-old male had been contacted via Facebook Messenger by Hustis, who had previously served as the teen's substitute teacher at Haldane Schools.

Hustis told the teen he was "getting hit on by sugar daddies all the time" while working at Foodtown, where he claimed to be a manager, stated the report. He also indicated that he had seen the teen running on the school track team.

Subsequent communication from Hustis to the teen included "sexy boy" and "what do you wear under your running shorts? I wear thongs," as well as explicit language asking the teen about sexual performance.

"I'm looking to find a hot boy to serve me and settle down with," Hustis wrote the teen, according to Fisher.

After the teen alerted law enforcement, Fisher began messaging Hustis, posing as the teen. Hustis continued to send photos of himself and "described a variety of sexual acts he wanted to engage in" with the teen, and "acknowledged his understanding" that the teen was a minor, according to the report.

Fisher arranged to meet Hustis in the Foodtown parking lot, where he was instead approached by law enforcement officers and admitted to his actions, according to the report.

FBI Assistant Director William Sweeney Jr. thanked the agents and detectives who worked this case for the speed with which they acted once they had the information regarding Hustis' position as a substitute teacher.

"Predators who use their access to children for their own sexual gratification are a parent's worst fear come true, and their actions can cause detrimental impacts on the victims," he said.

Putnam Sheriff Robert Langley Jr. said this is another example of why all law enforcement agencies should continue to work together at the local and federal levels to better serve their communities.

"The Putnam County Sheriff's Depart-

ment looks forward to continuing our already good working relationship with the FBI and other federal agencies," he said.

Hustis served on the Cold Spring Village Board for two terms, from 2010 to 2014, and ran for Haldane School Board in 2015 and for Cold Spring mayor this November. Although unsuccessful this year, Hustis apparently planned to continue to pursue a political career.

On November 7 he posted the following message on a Facebook page titled Charles E. Hustis III for Mayor:

"Thank you to everyone for all your thoughts and support. I am in process of resting myself and beginning process of

a much stronger and well-funded mayoral campaign for 2021. I believe I've tapped into an electorate, even though I gathered 286 votes before absentees and the constructive criticism I've received has helped me see where I need to be stronger. Please keep on believing in a small village government where people look out for each other and I believe we will get to the promised Land."

Anyone in the community who believes their child may have fallen victim to Hustis is asked to call 1-800-CALL-FBI. The investigation is ongoing.

Charles Hustis III



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Gilbert Praised During Final Board Meeting in Yorktown

BY RICK PEZZULLO

Yorktown Supervisor Ilan Gilbert was widely praised by residents and fellow officials during his final Town Board meeting last week.

Gilbert, 63, a Yorktown resident since 1991, lost his bid for a second two-year term as supervisor last month. He previously served five years as a Yorktown Town Justice and spent 12 years as a member and chairman of the Yorktown Conservation Board.

"This is your night. The community is here collectively to say thank you," retiring Westchester County Legislator Michael Kaplowitz said. "There has never been a more decent, humane, integrity-filled gentleman who has gone into public service than you. You walk away knowing that."

"You are someone who puts a little more into it and that comes from the heart," state Senator Pete Harckham said. "New York and Yorktown and Westchester County are richer because of your service, sir."

Yorktown Democratic Committee co-chairman Ron Stokes said Gilbert excelled as both supervisor and town justice.

"Our town, our residents and



Yorktown Supervisor Ilan Gilbert (right) received a proclamation from State Senator Pete Harckham at last week's meeting.

Yorktown are better for your administration and your endeavors," Stokes said. "Thank you for all the contributions you have made."

Mark Lieberman, a 20-year resident, said Gilbert never put politics ahead of the issue facing the town.

"Lanny would dig into all the issues, listen to all parties and make the best decision for the Yorktown of today and for the Yorktown of tomorrow," he said.

Yorktown Councilwoman Alice Roker joined in the chorus of well wishes for Gilbert.

"I don't say goodbye to my

friends. I know you'll be back," she said. "It has been a lot of fun to work with you. There was a friendship that was heightened when you got here."

Gilbert issued a lengthy State of the Town Farewell Address near the end of the meeting, citing many accomplishments during his two years in office.

"I am proud of what my administration has accomplished in the short period of two years. I believe I have returned civility to the Town Board. In addition, I have listened to our residents by moving Courtesy of the Floor to the

beginning of Town Board meetings. I am also proud that I have maintained an Open Door Policy for all residents," Gilbert said.

"Financially the town is in better fiscal shape than it has been in years. This is the result of a number of steps that I took over the last two years. Negotiations with Enbridge resulted in an additional \$4.15 million in payments to the town," he continued. "By directing the town attorney to initiate actions against delinquent taxpayers for the first time since 2013, to make sure that all taxpayers pay their fair share, the town has collected over \$800,000 in delinquent payments. At the same time during my two-year tenure the town has made tremendous strides in addressing its infrastructure needs."

"My administration worked on behalf of all of our residents. In that regard, we acquired a grant of \$65,000 from the Field Hall Foundation for the purchase of a senior bus and a food serving table for use in the Senior Center, both of which are now in use. We also have received grant and are awaiting delivery of two additional vans for use by our seniors," Gilbert stated. "As further concern for the youth in our community I was

able to acquire grants from Enbridge/Spectra totaling \$7,500 for Alliance for Safe Kids and \$2,500 for the Yorktown Teen Center. At the same time, we negotiated additional Police/School Resource Officers for the Lakeland School District."

"I also established the Economic & Business Revitalization Committee, which brought a diverse group of individuals together, to provide innovative ideas to help our business community, including a proposal for branding and actively marketing Yorktown," he continued. "But business alone does not make Yorktown great. We also have to be concerned with our environment. In that regard I worked with members of our community, town staff and the Town Board to strengthen our tree law. We also started work on a solar law, which I hope the incoming administration will pursue to completion."

"I want to thank the residents of Yorktown for giving me the opportunity to serve you. It has been my honor and privilege to have served the town both as a town justice and town supervisor. I will continue to work, in one manner or another, on behalf of Yorktown," Gilbert concluded.

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"Giorgio" Ondek enjoying a slice of pizza as Councilman Patel and owner Jeff Aquilino look on.



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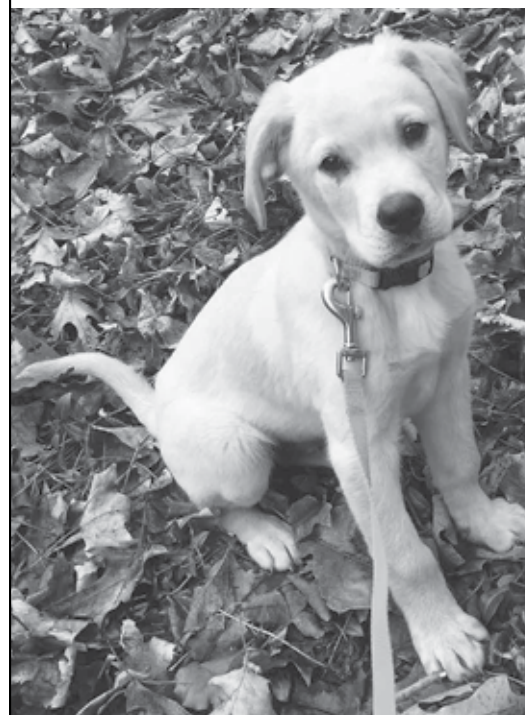
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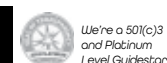


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Officials Urge Governor to Sign Bill to Benefit Indian Pt Workers

BY RICK PEZZULLO

With the closing of the Indian Point nuclear power plants in April 2021, approximately 1,000 employees and sub-contractor workers could be heading to the unemployment line.

State Senator Pete Harckham (40th District) and Assemblyman Sandy Galef (95th District), along with several local elected officials and business representatives, are looking to avoid that with legislation that would offer job protections and guarantees for workers at Indian Point after ownership changes from Entergy to Holtec International, which has been selected to oversee the lengthy decommissioning process of the plants.

Harckham and Galef co-sponsored bills in their respective branches earlier this year that would require Holtec or whatever company heads up the decommissioning to hire from the existing pool of Indian Point employees first, and offer a prevailing wage.

"There is a lot at stake here," Harckham said December 19 at a press conference at Buchanan Village Hall. "We need to give them (employees) as much protection as we can."

"For generations Indian Point

has been a facility for highly skilled workers," Galef said. "This bill is so important for those who work at Indian Point, their families, and those who live in this area."

In January 2017, Entergy, which purchased the Indian Point plants more than 16 years ago, announced, to the complete surprise of local leaders, its plan for the early and orderly shutdown of Indian Point by April 30, 2021 as part of a settlement with New York State and Riverkeeper.

Last month, Entergy Corporation and Holtec International, through their affiliates, announced they had jointly filed a License Transfer Application with the U.S. Nuclear Regulatory Commission, requesting approval for the transfer of the NRC licenses for Indian Point to Holtec after the last unit permanently shuts down.

Holtec plans to initiate decommissioning at Indian Point, following regulatory approvals and transaction close, as much as 40 years sooner than if Entergy continued to own the units.

However, Riverkeeper has launched a petition urging Entergy Corporation, owners of the plants, and Governor Andrew Cuomo to put the brakes on the transfer of Indian Point to Holtec International.



PHOTO BY RICK PEZZULLO

Press conference was held at Buchanan Village Hall Thursday.

"Holtec has never decommissioned a nuclear facility before, and its entire nuclear 'fleet' was acquired less than a year ago. Decommissioning is far more complex than just spent fuel management, especially at Indian Point, a site with known radioactive groundwater contamination," Riverkeeper stated. "Even in its area of 'expertise' Holtec's spent fuel management system at San Onofre nuclear power plant is proven to have serious design flaws, and Holtec has a history of risk-taking with spent nuclear fuel canisters, brought to light by whistleblower actions."

"Riverkeeper is fully vested in a quick and safe decommissioning of Indian Point once it closes. We de-

mand that decommissioning happen in a prompt, safe manner by a company with a long track-record of experience, something that Holtec does not have," Riverkeeper continued.

During last week's press conference, Harckham, Galef, Buchanan Mayor Theresa Knickerbocker and others urged Cuomo to sign their legislation before the start of the new session in Albany on January 8, or else new bills would have to be reintroduced and approved.

"This is a very important first step to help us weather the coming storm," Knickerbocker said.

William Smith, vice president of Local 1-2, NY, Utility Workers Union of America, AFL-CIO, which

represents workers at Indian Point, said, "Our union represents the professionals who are best trained to do this work. This is our business. Accepting anything less than fully trained professionals who know Indian Point inside and out to undertake this grave phase of work would endanger the community and add further insult to an economically devastated community."

Jerry Nappi, a spokesman for Entergy, attended the press conference and said the legislation could be detrimental.

"Entergy has treated its employees at Indian Point very well, offering those qualified employees who are willing to relocate a position within the company after the facility shuts down," Nappi said. "Entergy will also fill about 300 positions at Indian Point from current plant employees who will work for Holtec following regulatory approval and transaction close. As part of the sale agreement, Holtec is required to hire those first-phase decommissioning employees and honor their existing collective bargaining contracts. We feel the legislation is unnecessary and could have unintended consequences related to the timely decommissioning of the facility."

Bill Volz Westchester

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A Groundswell of Local Food Pantries Serve Needy

Continued from page 1

and businesses. According to their statistics, one in five people in Westchester are at risk of hunger. Last year, Feeding Westchester delivered more than 10.1 million pounds of food, the equivalent of 8.5 million meals.

Their sprawling, 30,000-square-foot distribution center in Elmsford is where food is inspected, sorted, stored and prepared for delivery. "We have about 11,000 volunteers a year and 19 full-time employees that work at the distribution center," said Monique McCoy, Manager of Agency Relations at Feeding Westchester. The organization has a fleet of eight refrigerated trucks that deliver food to pantries and centers in Westchester.

According to McCoy, most food comes from 60 or 70 local supermarkets throughout the county. "They donate excess food that is nearing an expiration date that normally would be discarded, such as too many cartons of milk," McCoy said. "Supermarkets also donate fresh produce or other perishables."

Every year the food bank recovers more than three million pounds of good, nutritious food that would otherwise go to waste.

Feeding Westchester has encouraged food pantries to use the "by choice" system to allow those to choose what they need as opposed to taking a pre-filled bag of food. From a psychological standpoint, it lessens the sense of being needy and empowers one to make selections.

The Community Food Pantry at St. Mary's Mohegan Lake is one of the first pantries in Westchester to be a 'choice pantry.'

"People come in and select from what we have available," said Terry Berardi, co-coordinator of the pantry. "We are set up like a grocery store and try to provide meals for three days that include three proteins and three vegetables."

The pantry has been in operation for almost 40 years and is staffed completely by volunteers. "When we first started, we had about 20 families a week," said Berardi. "Now we have about 104 families a week." This Thanksgiving the pantry gave out turkeys and fixings to 183 families.

The pantry offers frozen meats, poultry or fish; at least once a month, fresh produce is supplied by Feeding Westchester and during the growing season fresh produce is supplied by Hilltop Hanover Farms in Yorktown. Monetary and food donations come from a variety of organizations. One of the pantry's largest supporters is the Archdiocese of Episcopal Charities but they also partner and receive donations from other houses of worship such as the Grace Lutheran Church, St. Andrews and St. Elizabeth Ann Seton in Shrub Oak.

Among local markets participating in monetary donations and bag programs are ACME, Stop & Shop and DeCicco's Jefferson Valley. "We also have incredible food drives by groups such as the Girl Scouts and Lakeland High School," said Berardi. "We are

According to Data USA, 89,000 people in Westchester live below the poverty line. But many who show up at food pantries don't meet the federal requirements for

Food Stamps. "Many of the folks we see are the working poor making low wages," said Berardi. "So, what do you do? Do you put shoes on your kids? Do you pay your medical bills? Or do you come to us? Any one of us could be on the other side of the table at any point in our lives."

Last Saturday, Berardi checked in people as they bustled inside. Once they chose their food, some found their way inside the church where volunteers wearing Santa hats filled pews to the brim with toys and games while Christmas carols played over loud speakers.

The Ossining Food Pantry, operating for more than 30 years out of Trinity Church in downtown Ossining, serves residents of Ossining and Briarcliff Manor. Their "choice pantry" requires general information about residence, household size, and financial need.

"We escort them to the different food stations," said Marty Engelhardt, volunteer and spokesperson for the pantry. "We get to know their first names, recognize their faces and learn what they need. Eventually you become friends."

Engelhardt recalled when the pantry first opened its doors. "It was August 1988, and we were expecting hordes. One person came! Today we serve about 350 individuals every week." Most food comes from Feeding Westchester and ShopRite. Community funding is from numerous local organizations, houses of worship, service and civic organizations, school groups, scouts, and local businesses. Food drives for the pantry donate money and in-kind services. Fresh produce comes from Mariandale, Maryknoll's Pachamama Farm. The pantry's Ossining Farmers' Market Coupon Program offers coupons to buy fresh produce from the market's participating vendors.

The pantry runs a series of outreach programs that deliver bags of food where needed. Food is brought to the Ossining Children's Center and St. Matthew's Day Care as part of their Agency Delivery Program. For families in crisis, the pantry can provide food within 24 hours, seven days a week. The Mobile Pantry at Star of Bethlehem Church (304 Spring St.) distributes meat, dairy and produce two Wednesday afternoons each month and their Home Delivery Program delivers bags of groceries to sick, elderly and disabled clients unable to come to the pantry. There are about 150 to 200 active volunteers who help run these programs; there is no paid staff.

"We get help from the Boy Scouts and Girl Scouts and students from the church school," said Engelhardt. "What the youth of our community does here would knock your socks off. It's the community coming together to help neighbors in need — like spokes in a wheel. It's so beautiful to see."

Just about a year ago, the Pantry at Mt. Carmel was opened by Kacey Morabito and her sister Maria Morabito. Kacey Morabito, the pantry's executive director, recalled how she had a sudden calling to open a food pantry. The perfect place for it was in the lower level of Mt. Carmel Hall on 8th Street in Verplanck, close to where she lives.

"It all happened within hours," said Morabito. "We posted it on Facebook that

we were opening a food pantry at Mt. Carmel Hall and got terrific support. The community has been incredible. Everybody wants to take care of each other."

To initially set up the pantry, Morabito quickly connected with Feeding Westchester for guidance and learned the basics of running a food pantry. "We also learned a lot from other area pantries who showed us tremendous support."

Food comes from Feeding Westchester, food and cash donations are received by many local churches, Super Food Town of Croton, several local businesses, Verplanck Seniors, area schools, various drives, and races. "We have about 20 volunteers, some work out in the field collecting money, others work in the pantry," said Morabito.

At first, they opened once a month and about eight families showed up. But as word got out and more families came, they opened every second and fourth Saturday of each month. Today, the pantry provides a large bag of free groceries each to about 40 families living in Verplanck, Montrose, Buchanan and Cortlandt. Morabito said no identification is necessary. "We follow the shopper's model so there is a feeling of integrity and people in need can feel like they are going to the super market," she said.

Shoppers are paired with an escort who carries their bags. "It's that person to person contact that helps us get to know our shoppers and find out who is at home, who has food allergies and what their needs are," said Morabito, a radio personality on WHUD. "We know 90 percent of our shoppers on a first name basis."

The Pantry at Mt. Carmel has become more than a place to get food. Holiday celebrations see the pantry open its doors, especially for its first anniversary coming up in January 2020. "There's not a day that goes by when at least one of the volunteers sees something that moves them," said Morabito. "Not too long ago a mother and her little boy were shopping and the boy said, 'Look mommy. There are the ladies that like us.' He felt welcome. You see life at its best at this pantry."

Not too far from the Pantry at Mt. Carmel is the Croton-Cortlandt Food Pantry, which started operation in 1983 and serves some of the same communities as Mt. Carmel. The pantry is open every Saturday morning year-round and families and individuals can come once a month. In 2016, the pantry moved from Asbury Church in Croton where they had been for 30 years to the bigger, multi-purposed space at the Holy Name of Mary Church in Croton-on-Hudson.

"We needed a bigger space so we could offer a 'choice pantry,'" said Maria Rykowski, the pantry's treasurer and inventory manager who has volunteered there since 2005. Rykowski said about 40 families come to the pantry once a week. "So far this year we have served 1,430 families — 2,700 are adults and over 2,000 are children. A big percentage of those coming to the pantry are children." The size of a family determines how much food they are allowed.

The pantry is run by a core group of 50 volunteers along with high school students

who fulfill their community service by helping stock shelves and carrying groceries to cars.

"Food pantries are popping up all over," said Rykowski. "When I started 14 years ago, we gave away about 70 turkeys for Thanksgiving. Now we give away 160. Turkeys are donated by the Rotary Club and one of its members supplies his business truck to deliver the turkeys."

Rykowski said by the end of this year, the pantry will have purchased 40,000 pounds of food, most of it from Feeding Westchester. "We couldn't survive without them. They handle our grants." Food is also purchased from local stores and donations come from many local religious, educational, and civic organizations and numerous individuals.

Some volunteers purchase a \$500 share from Lineage Farms, a CSA (Community Supported Agriculture) in Copake, New York and donate their share of farm fresh vegetables to the pantry during April to October. "That produce is fresh and fantastic," said Rykowski. "It's a long way from canned spinach."

In the summer, fresh produce also comes from the Croton Community Garden and the Holy Name of Mary Church garden. Regular donations of baked goods come from Baggels on Hudson and Baked by Susan.

"You make your choices and many times the easiest thing to cut is your food," said Rykowski. "You want a roof over your head and heat in your home. No one would go to a food pantry unless they needed to. It's a big help."

Last week, the Trump administration and the U.S. Department of Agriculture announced changes to the federal Supplemental Nutrition Assistance Program (SNAP, also called food stamps). The change is expected to end benefits for hundreds of thousands of people ages 18-49 who don't have kids and are required to work at least 20 hours a week in order to get food stamps. If they don't work, those adults are limited to just three months of SNAP benefits every three years. The cuts will impact an estimated 107,000 New Yorkers in April when they go into effect.

Feeding Westchester has a SNAP Coordinator who deals with prospective governmental changes. Last year when the federal government shut down and SNAP funds were delayed, McCoy said they were able to add extra deliveries to their schedule and arrange for their emergency mobile food pantry to be at the Westchester County Center in White Plains to help those who didn't receive their food stamps.

Every 18 months, Feeding Westchester visits various food pantries. McCoy said the visits are required by New York State and Feeding America.

"People are so humble," said McCoy. "I was at a food pantry and met a woman who told me how grateful she was for the food. She said housing costs and medical bills were rising but because of the food pantry she was able to feed her family. There is a misconception that people on line are poor and on assistance. That is so far from the truth."

For a full list of food pantries go to page 15



Solaris Sports Clubs Yorktown

BY NEAL RENTZ

With a late fall and early winter that has included its share of brutally cold and stormy weather, there is a new place to play soccer and other sports indoor in Yorktown.

Solaris Sports Clubs opened on Veterans Road three weeks ago by Irvington resident Mike Friedlander, who is the facility's general manger, as well as other partners in the joint ownership.

Friedlander, who was a teaching tennis professional for more than 30 years, is also general manager and one of the partners of Westchester Turf & Tennis in Hawthorne. Influenced by the success of Westchester Turf & Tennis, he decided to open another facility in Yorktown, Friedlander said last week.

Solaris Sports Clubs offers two basketball courts, soccer fields, and space for pickleball, which Friedlander said is a popular participant sport. Pickleball is played on a badminton-sized court and a slightly modified tennis net. Participants, whether as singles or doubles players, use a paddle and a plastic ball with holes, according to the USA Pickleball Association Web site. Pickleball is a "very big popular sport" that is a combination of tennis and ping pong, Friedlander said. "It's a lot of fun and it's

very fast paced."

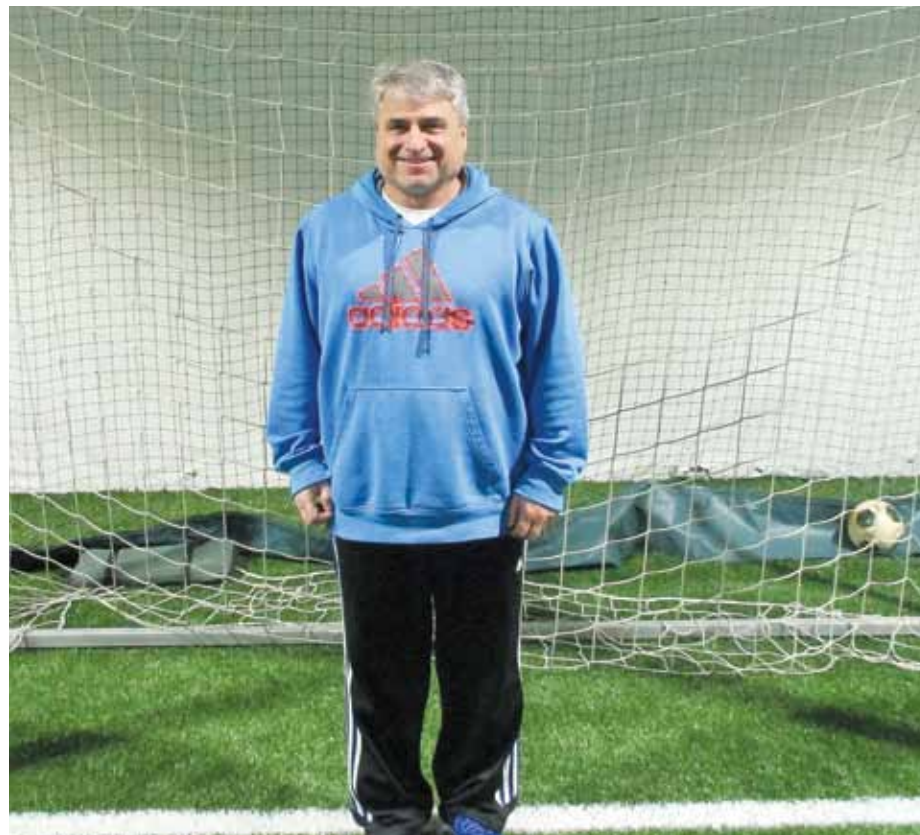
Other sports that will be played at Solaris include volleyball, soccer, lacrosse, field hockey, flag football, baseball and softball on new indoor fields. The tennis courts have been replaced with two artificial turf fields, Friedlander said. There will be youth programs set up in soccer, lacrosse and basketball. There are already rentals by many soccer clubs for practices, said Friedlander, who has served as a youth soccer coach. He noted it is not safe to play sports such as soccer outside in the cold weather months.

Friedlander is seeking to encourage adults from the local area to use the facilities at night after their working day is over from 9 p.m. to 1 a.m. "That's one of the things that we really want to stress because this is a place where people can come and socialize, not just playing sports," he said.

Though changes have been made, the new business is also continuing from the former owners of the business the gym facilities, Friedlander said.

"Our gym membership is still active and flourishing," he said.

Solaris Sports Clubs is located at 201 Veterans Rd. in Yorktown. For more information, call 914-962-4094 or send an e-mail to Mike@Soaris-sports.net. The business also has a Facebook page.



NEAL RENTZ PHOTO

Irvington resident Mike Friedlander is general manager and one of the owners of Solaris Sports Clubs, which opened on Veterans Road in Yorktown three weeks ago.

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We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to rpezzullo@theexaminernews.com. The Northern Westchester Examiner requires that all letter writers provide their name, address and contact information.



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Guest Commentary

Yes Virginia, There is a Santa Claus

We take pleasure in answering thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of The Sun:

Dear Editor—

I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, "If you see it in The Sun, it's so." Please tell me the truth, is there a Santa Claus?

VIRGINIA O'HANLON
115 West Ninety Fifth Street

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence.

We should have no enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all



the chimneys on Christmas Eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united

strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! He lives and lives forever. A thousand years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

"Is There a Santa Claus?" reprinted from the September 21, 1897, number of The New York Sun.

Letters to the Editor

Withholding OT for Putnam Sheriff's Dept is a Dangerous Move

To the Editor:

The Putnam County Legislatures' refusal to cover overtime for Sheriff's deputies is a dangerous politically motivated action. They started the year by refusing to hire new deputies and were warned straight out that it would result in a shortfall. The refusal to approve more deputies put Sheriff Langley in an impossible position and intentionally created a condition that would result in the existing staff of deputies having to work overtime.

Anyone who knows Sheriff Langley can attest to his even temperament and straight forward approach to law enforcement in Putnam County. He has used excellent judgement in appointing his Captains and staffed the entire force with seasoned professionals. Under Sheriff Langley's leader-

ship Putnam County remains among the safest Counties in New York State.

Sheriff Langley is an honest and open-minded man who puts the safety of the residents of our county first and refuses to play politics where the public welfare is concerned. There were no questions from the Legislative members except from Legislator Nancy Montgomery when it came to budget transfers for the Highway Department. Why is Sheriff Langley being held to a different standard while being asked to do so much more with a limited staff. Maybe the legislature should approve the release of some of our sales tax overage for use in law enforcement rather than playing politics in an upcoming election year. The public doesn't want to take a page from the national political scene; they want efficient,

fair and transparent law enforcement. With Sheriff Robert Langley that's just what we have.

Sincerely,

RICHARD SHEA
Philipstown Supervisor

Correction

In the Sept. 24 - Sept. 30 edition of *The Northern Westchester Examiner*, a Business of the Week article about Marine Diving Service misidentified the photographer of a picture accompanying the article. The photo of business owner Zdenek Ulman was taken by Maria Bele, not Neal Rentz. The Northern Westchester Examiner regrets the error.

Obituaries

Barbara Neff

Barbara J. Neff, a resident of Cortlandt, died December 16. She was 87.

She was born February 8, 1932 in the Bronx to Paul and Katherine (Peggy) Auffero. She married John Neff on June 15, 1957 and they enjoyed 57 wonderful years together. Mrs. Neff worked at McKinley Elementary and Blue Mountain Middle Schools as a teacher aide for more than 30 years. Upon retiring, she became the key administrator for the Living History Education Foundation, an organization she was truly passionate about.

She was beloved by her three daughters and son: Paula Baldwin and her husband Charles, Janet DeCoste, Valerie DeSilva and her husband Joseph, Christopher Neff and his wife Melinda. She was the proud grandmother of eight grandchildren: Matthew, Zachary, Ryan, Alexander, Joseph, Jenna, Emma, and Ella. She was predeceased by her loving husband John, and her sister Corinne.

Mrs. Neff enjoyed spending time with family especially her grandchildren. She was an avid traveler with her husband and close family and friends. She traveled to England, Ireland, and all around the U.S., including Alaska. Visiting the National Parks were among her favorites.

Gina Zanini

Gina Zanini, a resident of Putnam Valley, died December 19. She was 106.

She was born in Revo, Italy on October 9, 1913 to Thomaso and Gelmira Martini. She immigrated to the U.S. when she was 21 years old. She married the love of her life, Louis Zanini on May 31, 1937. They shared a life of love, faith and family for more than 50 years.

She is survived by her daughter, Irene Marinelli, five grandchildren, their spouses and 21 great-children.

Mrs. Zanini loved to sew. She was an accomplished seamstress until she "retired" at the age of 103. She helped many people look beautiful on their most special days. She rarely missed a Mass and could always be seen with her family at St. Elizabeth Ann Seton Church in Shrub Oak.

Her impact on her family is immeasurable. She will always be remembered as a teacher of love and grace.

Elizabeth Dillon

Elizabeth Marie O'Brien Dillon, a longtime resident of Ossining, died peacefully December 5. She was 86.

Born April 14, 1933 in New York, she

graduated from Traphagen School of Design. Her long, successful career in the fashion industry was marked by many roles: Ford model, copywriter, advertising agency owner, TV spokesperson, FIT lecturer, founder of the first Plus Size Designers Council, and producer of plus-size fashion shows across the country. Kind, generous, witty, and extraordinarily creative, she will be greatly missed by her friends and family.

Beloved mother of Brian and Carrie Dillon and grandmother of Carianne Dillon, Madison and Wyatt Yates, who will cherish her memory forever.

Harvey Davis, Jr.

Harvey C. Davis, Jr. (Bud), a resident of Somers, formerly of Katonah, died peacefully December 15 at home surrounded by his family. He was 88.

He was born December 27, 1930 in Mt. Kisco Hospital to Harvey Sr. and Margaret (Haynor) Davis. He attended Bedford Hills schools and graduated from New York Military Academy, in Cornwall, NY. He was a U.S. Marine Corps veteran, having served from 1951 to 1954.

He married Arlene Egging in 1953 and they had two daughters, Holly Davis Molis (Steve) and Corey Graber (Stuart). That marriage ended in divorce.

He later married Marguerite Suozzi, who survives. They have two children, Jennifer Davis Gold (Lawrence) and Mark.

Bud lived all his life in Bedford Hills and Somers. He was a longtime member of the First Presbyterian Church in Katonah, where he served as Trustee, Elder, Deacon and Stephen's Minister. He owned and operated Westchester Crane Service for more than 40 years while also a member of Local IOUE 137 (Operating engineers). He worked the Northern Westchester Toys for Tots program for many years and also delivered Meals on Wheels in Somers.

He had two sisters, Alice MacKenzie of Orlando, FL, who survives, and Joan (deceased). He was the devoted grandfather of Sarah, Michael, Cameron, Noah, Julia and Benjamin.

Preston Trusler

Preston Harper Trusler, a resident of Cortlandt, died December 13. He was 62.

He was born April 21, 1957 to Nelson Barnett Trusler and Anne Harper Trusler. Raised in Chappaqua, he graduated from Horace Greeley High School in 1975. He went on to study Communications and Speech at SUNY Geneseo. While there, he became a well-known radio personality in Geneseo and Toronto, Ontario. In 1979, he returned to Westchester. He worked as an Instructor/Registrar for Announcer Training Studios, in Manhattan. There he helped launch many new careers in radio; directing and producing audition tapes for his students. He also met Laura in 1979. The

rest as they say, is history.

Mr. Trusler joined the Voice of America, as a Studio Engineer; recording, editing, and transmitting programs in more than 40 languages around the globe, in 1984. Various international events led him to work with Radio Free Europe and TV Marti. By his retirement in 2013, he was a Tactical Analyst, producing and directing both Radio and Television. Preston and Laura married, at St. Patrick's Cathedral, in 1986. They lived happily in the West Village, and Hoboken, NJ. Their son Nelson's arrival, in 1994, completed their happiness. They decided in 1995, it was time to take Nelson to some greener lands. Cortlandt became home; where it took Preston all of two weeks to become a fixture of the neighborhood. An active member of the Lakeview Homeowners Association; he served several terms as both Vice President and President. When Nelson began school, Preston voluntarily coached Soccer and Basketball. He was also the Cubmaster of Pack 118, and later, an Assistant Scout Master/Committee Chairperson for BSA Troop 911, Yorktown Heights. Preston dearly loved his family, his friends, and his Quebec. He was happiest on a tractor cutting his lawn, or bringing in a harvest on "Da Flats."

He was certain good friends, good music, and laughter would sustain you through much in life. You always knew where he was in a room. It was the crowded spot; all the laughter was coming from. I'm certain it will be no different in Heaven.

Irving Grant, Jr.

Irving LaVern Grant, Jr. of Lagrangeville, a longtime resident of Peekskill, died suddenly December 5. He was 65.

Born in Peekskill on June 5, 1954, he was the son of Irving LaVern Grant Sr. and Rayella Grant. He was a longtime resident of Peekskill, where he graduated from Hendrick Hudson High School. Soon after, he started his lifetime career working at AT&T for 43 years. Over the course of his career, he worked many different positions throughout the company. He enjoyed spending time with friends, going to concerts, riding his Norton motorcycle, and living life to the fullest. He loved being outdoors and close to the water. His hobbies included boating, fishing, scuba diving, and

vacationing in Cape Cod, MA, and Myrtle Beach, SC. Everyone who knew him, knew he could tell a great story. Irving's contagious energy will be greatly missed.

He is survived by his two loving daughters, Chelsea Grant and Tamara Gutire; sister Jennifer Grant Miritello; and two granddaughters, Kaitlyn and Nicole Gutrie.

Sabatino DeRico

Sabatino DeRico, a resident of Peekskill, died December 16. He was 89.

He was born in Piano D'Orta, Italy to Pasquale and Lucia Massari DeRico. He is survived by his adoring wife Yolanda, whom he met in Peekskill more than 60 years ago, his son: Pasquale and his wife Tawnya, his daughter: Tinamarie, his grandchildren: Sabatino, Paul Michael, Christian, his sister-in-law Regina, and his daughter-in-law: Frances. He was predeceased by his son Paul, his brother: Giovanni, and his sisters: Anna, Giustina, Vergelia, Antoinette, Maria, Ida.

Doris Lipman

Doris D. Lipman, a resident of Somers, died peacefully December 18 with her family by her side at Northern Westchester Hospital. She was 90.

She was born October 1, 1929 in New York City to Albert and Ann Donn. She graduated from The University of Missouri with a bachelor's degree in journalism. She worked for The New York Times, where she met her husband, Walter L. Lipman. They lived in Rye Brook, NY for 33 years, where they raised two sons before moving to Somers in 1992.

Mrs. Lipman served for 17 years as scheduler and coordinator for two Westchester County Executives, Albert Delbello and Andrew O'Rourke, and for the Lieutenant Governor of New York. She was an avid reader, often polishing off one book per day and reading the entire The New York Times. She remained politically active throughout her life.

Mrs. Lipman is survived by her husband of 65 years, Walter; her sons Andrew and John of Orleans, MA; and grandson Aaron Lipman and his wife, Kiana Lipman. Doris was predeceased by her brother Richard Donn.



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Five Things I Was So Happy to Have When I Gave Birth at Northern Westchester Hospital

BY: HANNAH R.

My birth plan was simple. I expected to have a natural birth in the hospital with which my doctor was affiliated, without any real complications. After all, my pregnancy had been smooth. I was healthy, worked out five times a week, and hadn't experienced any unexpected symptoms or concerns. But if there's one thing I learned from my pregnancy experience, it's that childbirth is unpredictable. When I reached a week past my due date, a surprising reality hit me: I was most likely going to be induced. Now I started to grow concerned: What if there are complications during delivery? How can I get the best possible care for my baby? How can I make sure I am there for my child every step of the way?

That's how I found myself contemplating something that was definitely not in my birth plan: switching hospitals at 41 weeks pregnant.

As I faced induction, and the possibility of a cesarean section, it became increasingly important for me to be in a place where my baby and I could receive the best care should we need it. For me, that meant giving birth in a facility with a Level III NICU – a facility capable of caring for high-risk infants. A friend recommended Northern Westchester Hospital (NWH), and I reached out to Lorraine Owens, Mother-Baby Navigator for the labor and de-



livery team. Lorraine walked me through the induction process and gave me a tour of the hospital.

In the process, Lorraine introduced me to several things I hadn't thought about, but

which made all the difference in my childbirth experience:

1. A Level III NICU

When my doctor began talking to me about induction, I was scared. However, knowing that I was at a facility with a state-of-the-art Level III NICU, the highest level NICU a community hospital can offer, gave me a sense of comfort as I faced the unknown. I knew that whatever happened, my baby would have access to board-certified neonatologists and highly trained nurses who could provide 24-hour care if needed. It was also meaningful to me that, should my baby require medical assistance, my husband and I could be right by my baby's side every step of the way.

2. A Guiding Hand

Before contacting Northern Westchester Hospital, I had never heard of a Mother-Baby Navigator. I had no idea how much support Lorraine would provide. She prepared me for admission, delivery, and bringing little Henry home. She explained everything, from how my induction would work, and the security procedures the hospital uses to keep infants safe to the Hospital's newborn classes and all the other resources available to us for support after discharge. After meeting with Lorraine, I went from feeling frightened about my potential induction to feeling informed about the process. I began to relax and focus on the excitement of meeting my baby boy.

3. A Private Affair

Having a private hospital room gave my family time to bond after birth. I found this privacy especially important during breastfeeding. For a first-time mother, nursing can be difficult, and I appreciated the space to focus on feeding Henry. As my son and I adjusted to this new—and sometimes challenging—process, the peace offered by a private room helped to ease my nerves and make the transition into parenthood as smooth as possible. The room

was so relaxing, in fact, that my husband and I often joked that we felt like we were staying at a hotel instead of a hospital!

4. Boarding with Baby

I appreciated the options of having Henry stay in the room with us or be cared for in the nursery. Since I planned to breastfeed, I preferred my son to stay in the room. I also wanted him there so he could receive all the benefits of skin-to-skin contact, which is so important in those early days after birth. That said, it meant a lot to me to know that, if I were to experience any complications with my own recovery, he could go to the nursery and receive excellent care there as well. Fortunately, we were able to keep our son in the room with us, and the nurses repeatedly checked in to make sure we were all doing well.

5. Friendly Faces All Around

Perhaps the best part of my experience at NWH was the great care I received from the nursing staff. Not only did they do all they could to put me at ease and tend to me and Henry, but they also helped my husband. After almost 12 hours of labor and delivery, I was so exhausted that I fell asleep shortly after our son was born. Left alone to care for our hours-old infant, my husband was understandably nervous. The nurses continually checked on him and helped him adapt to his first Daddy moments. They showed my husband how to change our baby's diapers, and, later, how to assist with breastfeeding and rock Henry to sleep. As we cared for our newborn, the nurses made sure my husband and I didn't forget to care for ourselves as well, reminding us to eat, rest, and stay hydrated. We couldn't have asked for better care as we adjusted to our first days as a new and happily growing family.

My family and I couldn't be happier!

To learn more about the maternity experience at NWH, visit nwhe.net/maternity

ATTENTION STUDENTS & PARENTS



Opportunity is Knockin'!

**ARE YOU A COLLEGE STUDENT? ARE YOU THE PARENT OF A STUDENT?
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Hurry! Application deadline is **March 1, 2020.**

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FOUNDATION

Application forms available online at:
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click on **NYPA** click on **Internships**



TOMORROW ALONG THE HUDSON

WHAT THE SHUTDOWN AND DECOMMISSIONING OF INDIAN POINT ENERGY CENTER WILL MEAN FOR OUR AREA.

The nuclear power plants at Indian Point have powered New York City and Westchester County for nearly 60 years. Now, due to challenging economic conditions and an agreement with the state of New York, Indian Point will stop generating electricity and permanently shut down by April 2021.

After shutdown Indian Point will transition to decommissioning, a federally-regulated process that will ultimately return the land to a new productive use. Entergy has taken the first step by selecting a leading decommissioning company as our partner, Holtec International.

Here are a few things New Yorkers should know about the Holtec plan:

Decades Sooner — With Holtec, decommissioning will begin immediately, allowing the site to be repurposed as much as 40 years sooner than if Entergy were to remain the owner of Indian Point. Holtec's plan calls for completion of major decommissioning activities by the 2030s, decades sooner than it would take Entergy to complete decommissioning.

Decommissioning Expertise — Holtec and its expert team have decades of experience managing large decommissioning projects around the world.

Employee Retention — Holtec will begin the decommissioning process promptly upon taking ownership and will provide job opportunities for more than 300 of our current employees who want to remain in the region and continue to work at the site.

Spent Fuel Management — Holtec is the global leader in spent nuclear fuel storage technology and transport. Holtec will transfer all of Indian Point's spent nuclear fuel to secure canisters designed to withstand natural disasters such as earthquakes, floods, tornadoes, and other events within about three years of shutdown.

As we work toward an orderly shutdown, safety remains our top priority. Indian Point is ranked in the U.S. Nuclear Regulatory Commission's top column for safety and we fully intend to continue our strong safety record over our final months of operation.

The NRC will regulate decommissioning at Indian Point and a citizen's advisory board is already in place. As of today, more than 34 U.S. nuclear plants have safely completed decommissioning or are in the process of doing so. To learn more about Holtec's plan for prompt decommissioning, visit:

www.indianpointdecommissioning.com
www.holtecinternational.com
www.hdi-decom.com

Indian Point Energy Center



Happenings

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

TUESDAY, DEC. 24

Grace Lutheran Christmas Eve: Join us at Grace Lutheran Church, 3830 Gomer St., Yorktown on Christmas Eve. At 2:30 p.m. our worship is centered on the telling of the Christmas story to the younger generations and in a more casual setting. If a more traditional Christmas with carols, choir and communion is what interests you, come at 7:30 p.m. However, if you can do a late night, the Christmas Vigil (a time of waiting and watching) at 11 p.m. is a very festive, intimate and enriching collection of eclectic carols.

UMC Services: A Christmas Eve candlelight service will be held at 7 p.m. at United Methodist Church at Shrub Oak, 1176 E. Main St. Lessons and carols will be held on Dec. 29 at 10:30 a.m. Info: 914-245-4682.

Amawalk Friends Program: Silent worship, caroling and refreshments are slated for 4:30 to 5:30 p.m. at the Amawalk Friends Meeting House, 2467 Quaker Church Rd., Yorktown. Bring a flashlight and friends & family to gather around wood stoves.

Choral Singers: The deadline is Dec. 31 for choral singers who seek to participate in the Taconic Opera's "Esther" which will be performed in March. Rehearsals will begin on Jan. 4 at the Cortlandt School of Performing Arts, 24 Old Albany Post Rd., Croton. If interested or you have additional questions, please contact Mary Corda by sending an e-mail to divamaryc@aol.com.

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, DEC. 25

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 9 a.m. and 5 p.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.

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, DEC. 26

Yorktown Jewish Center Courses: Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class meets on Thursdays at 10:30 a.m. Rabbi Sternstein's class meets on the second and fourth Monday of each month at 11 a.m. Rabbi Urbas's class meets on the first and

third Monday of each month, at 11 a.m. The Rosh Chodesh Class (for ladies only) meets on one Tuesday a month at 2 p.m. The next meeting will be in January. This class is for discussion and learning, and no knowledge of Hebrew is required. Info: 914-245-2324 or www.yorktownjewishcenter.org.

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

FRIDAY, DEC. 27

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

Job Hunting Help: Free drop-in, hands-on assistance with online applications, resume writing, e-mail accounts and more is held on Fridays from 11 a.m. to 1 p.m. in the second floor conference room at the Ossining Public Library, 53 Croton Ave. Assistance is offered on a first-come, first-serve basis. This is not a computer class. Info: Cheryl at 941-2416 Ext. 315.

Jewish Center Services: At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services begin at 6:15 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 service 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 e-mail him at rabbii@optonline.net. There will a Chanukah Lighting tonight.

SATURDAY, DEC. 28

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



PHOTO BY NEAL RENTZ

Retiring Somers Highway Superintendent Honored

Retiring Somers Highway Superintendent Thomas Chiaverini (right) was honored by Supervisor Rick Morrissey and the rest of the Town Board on December 12. Chiaverini was presented with a proclamation on behalf of the Town Board and December 13 was declared Thomas Chiaverini Day in Somers. Chiaverini began working in the Highway Department 34 years ago. Chiaverini was appointed interim highway superintendent in January 1999 and was first elected to the post in 2000. He decided not to run for reelection this year.

When It Comes to Managing Emotions, Horses Teach the Lessons

Fox Meadow High School students learned a thing or two about 'horse sense' – and how they can benefit from it – when they visited the Pegasus Farm in Brewster recently.

Horses know a lot about reading an environment and regulating emotions, skills that helped them survive for millions of years in the wild.

Learning from horses' wisdom is the backbone of "the Equus Effect," a unique horsemanship program that the students were introduced to during a recent one-day visit to the farm, which houses the Pegasus Therapeutic Riding school. The program builds on a horse-human bond to help participants better manage their own emotions, see how their actions affect others and foster healthy relationships.

At the farm, students first learned that staying calm was important because horses are masters at reading emotions and intentions before deciding whether to bestow trust.

"Horses are living biofeedback machines," said instructor Sophia Rosenbloom. "They respond to our energy." The students interacted with a group of horses, brushing them, cleaning their hooves and leading them on walks.

During a break, Pegasus staff members discussed lessons horses teach, noting that they have flourished by quickly reading an environment and going on high-alert to escape predators when necessary. Yet, unlike



Fox Meadow High School students visited Pegasus Farm in Brewster.

most humans, horses can regulate their emotions so quickly that they can relax and start grazing moments after danger passes.

"Horses live in their body," Rosenbloom said. "They have this ability to go beautifully through their emotions and not get stuck in one place like humans do." The Equus

Effect program gives participants a chance to learn that from horses, enjoy the connection with another living being and reconnect with their own inner natures.

Students said they enjoyed working with the horses. "It was relaxing and I like that I got to hug the horse," said Sami Queen. DJ

Jacobs said he had never handled a horse before so the first moments in the corral meeting "Mr. Blue" were nerve-racking: "But then we just kind of chilled out and now I think we're kind of friends."

Program Manager Liz Fortes told the students that horses teach the value of being "present" in a situation and the importance of checking in to see how people around them are reacting to their body language. Perhaps the horses' most important lesson, however, is that negative emotions can be managed and moved past.

After the one-day introduction to the program, a group of students will return in the spring for the full five-week program, said Director of Special Education Lisa Hammel. She said the Equus Effect program holds promise for helping students learn better self-regulation techniques and the value of healthy connections.

"The program is designed so that students are building trust and relaxing into it, and hopefully they can then extend those lessons into other parts of their life," she said. A secondary value of the program, she said, was introducing students to working with animals, a field offering career possibilities.

Along with the Equus Effect, the non-profit Pegasus offers horseback-riding lessons and other equine-assisted activities to enhance the lives of individuals with a variety of challenges.

Happenings

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

more information, call 845-528-2305.

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

Lasdon Holidays: Holidays on the Hill is being held on weekends at Lasdon Park on Route 35 in Somers. The event is continuing on Saturdays and Sundays through Dec. 29 from 11 a.m. to 4 p.m. Tickets will be sold until 3:30 p.m. Admission is \$10 for adults, \$5 for children and free for ages 2 and under. The main house will feature Santa's workshop and office where he will be hearing wishes from the children. You'll be able to take a photo of your family with Santa during his scheduled appearances. The event also includes a model train exhibit. Visit <https://lasdon-park.org> or call 914-864-7268 for more information.

Hart Library Exhibits: Photography by David Rocco – construction of the new Governor Mario M. Cuomo Bridge and demolition of the old Tappan Zee Bridge

will be held in December at the John C. Hart Memorial Library, 1130 E. Main St. Shrub Oak.

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.

Somers Library Exhibit: Paintings by Mike Russ are on display in December at the library. Info: 914-232-5717 or www.somerslibrary.org.

JV Mall Chanukah Event: The Jewish community will celebrate Chanukah at the Jefferson Valley Mall. With singing, games and more, the different congregations in the area invite the entire community to enjoy the Festival of Lights. We will gather at 6 p.m. around the Menorah in the mall for songs which will culminate with the lighting. Info: 914-962-7500 or RabbiW@optonline.net.

.SUNDAY, DEC. 29

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, DEC. 30

Blood Drive: The Church of the Holy Spirit, 1969 Crompond Rd., Cortlandt, will hold its winter blood drive from 2 to 8 p.m. in the Parish Activity Center. To schedule

a donation, please visit www.nybc.org/donate-blood/ or call 914-737-2316. Walk-ins are also welcome.

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.

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SMALL NEWS IS BIG NEWS
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There's Good Reason to Be Particular About Mattresses

During the holiday season, my workload as a realtor slows down a bit and I get to spend more time cuddled up in my wonderful bed, featuring the most comfortable of mattresses.

That's exactly what I've been doing the past few days as I stretch my time in bed past my usual 6 a.m. wake-up call.

One of my favorite television commercials of all time, featured some years ago, was for Sealy, the world's largest mattress manufacturer. Its slogan was "No Matter What You Do in Bed, Sealy Supports It."

It reminded me of the first story I heard about mattresses, that of the princess and the pea. Even as a naïve child, I thought, "Yeah, right, she could feel that pea under 20 mattresses!"

But during my lifelong experimentation with mattresses, some delightfully comfortable and others deplorably torturous, I fashion myself somewhat an expert on them, and today I might run a close second to the princess about being finicky.

And why not?

Our relationships with our mattresses vie with any kind of personal liaisons we might ever have, considering that if you reach the average life expectancy, you will have spent

close to 30,000 nights with your body snuggled up to your most supportive companion.

When it came time for me to buy my first mattress as a young college student, however, I found that I was far from sensitive about comfort. To create both a modern sofa and a bed, I bought a six-foot long piece of foam rubber and laid it over a hollow door, supported by four cinder blocks. To keep my handyman special from looking primitive, I attached a pleated skirt to hide the cinder blocks. As a bed, it was torturous.

For my first apartment in New York City, I bought an inexpensive mattress from Macy's and, as I recall, it was the superstore's own brand. Even though it was inexpensive, it was dreamily comfortable. When my girlfriend – now my wife – came to my apartment for the first time, I showed her my antique sleigh bed, bragging that I probably had the most comfortable mattress ever.

"Why don't you give it a try?"

I asked. She refused. Things were different in those days.

There is evidence that people have been seeking softer sleeping surfaces for more than 10,000 years. Since the Egyptian Pharaohs had beds of ebony and gold, it is assumed that they devised something

soft to place in them, but common people simply slept on palm bows heaped in a corner. By Roman times, mattresses were stuffed with reeds, hay, wool or feathers. During the Renaissance, mattresses were made of pea shucks or straw and covered with sumptuous velvets, brocades and silks. Their filling, however, became a banquet for bugs.

In the 16th and 17th centuries, the term "sleep tight" was coined when mattresses were placed on a web of ropes that needed regular tightening to prevent sagging. The second part of that phrase, "don't let the bed-bugs bite," expressed a condition that was common then and seems to have recently returned with a vengeance.

By the late 19th century, cotton mattresses dominated, which were less attractive to vermin.

In 1900, James Marshall invented and patented the pocket coil. A coil was placed inside a pocket made of cotton and individually suspended, with materials placed on top that provided comfort. By the 1930s, innerspring mattresses with upholstered foundations gained the prominent position they still enjoy.

Futons were introduced in the 1940s, foam rubber mattresses appeared in the 1950s, followed by waterbeds in the 1960s and airbeds in the 1980s. But most of us still rely on innerspring mattresses to get our sleep.

In selecting a mattress, you might consider the suggestion of the International Sleep Products Association that you spend at least

15 minutes lying on it. The last time I bought a mattress I tried six different models but can't imagine that I would have spent an hour-and-a-half dozing off at the mattress store.

The primary choices in selecting a mattress are the degrees of firmness and the size. Much of the firmness debate is solved by the new options for adjustability, even for each side of the bed.

Then there is the question of how big the mattress should be. Widths range from 39 inches for a twin to 76 inches for a king, and lengths range from 75 to 84 inches.

While the square footage of homes and the size of bedrooms is shrinking, anyone sharing a bed may think twice about diminishing the size of the bed proportionately. Did you know that if you share your bed with a partner and it is a simple double bed, you have only as much personal sleeping space as a baby in a crib?

When my wife took her 88-year-old mother to buy a new mattress and the salesman noted that it came with a 20-year guarantee, her mother said, "At my age, I only need a five-year guarantee. Can I get a better price for that?"

Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. To engage the services of Bill Primavera and his team to market your home for sale, call 914-522-2076.

The Home Guru



By Bill Primavera

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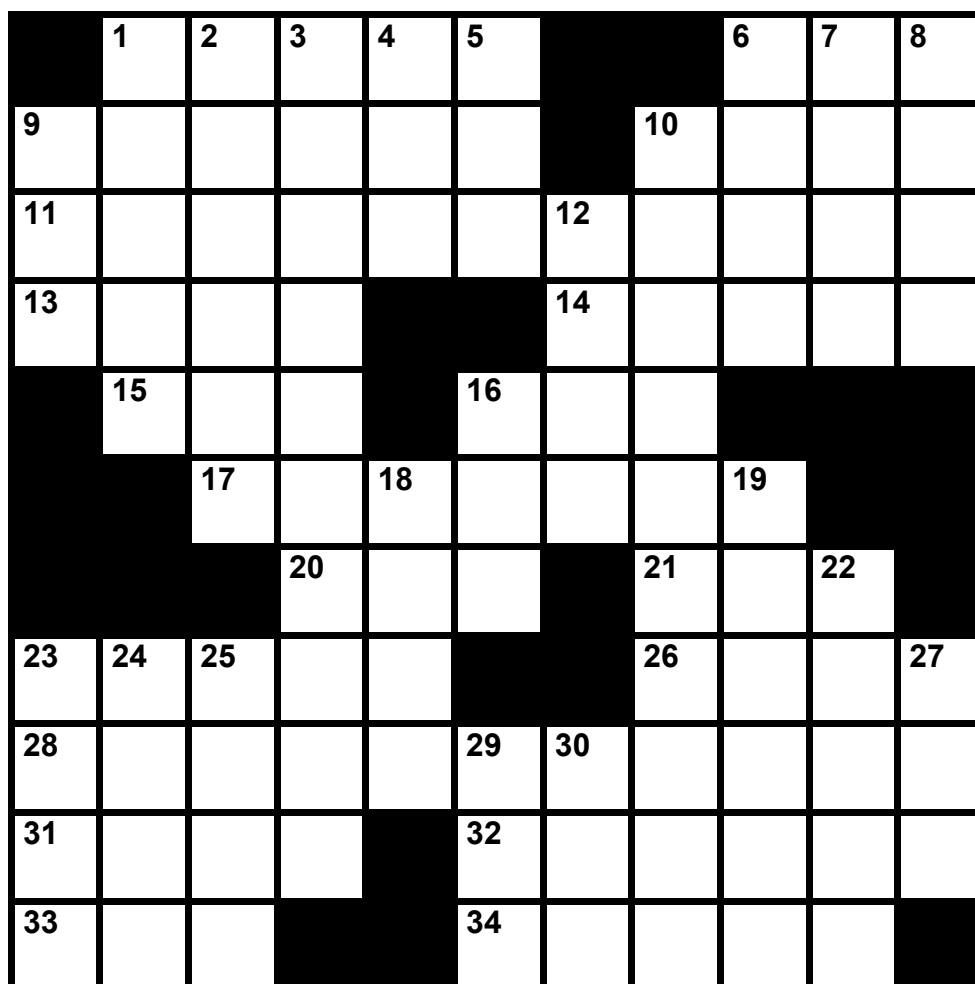
Crossword

Across

1. "Who's there?" response
6. Drone or worker
9. El Greco, for one
10. Female deer
11. Concur
13. Knowing, as a secret
14. New Mohegan Lake Chinese Buffet, _____ House
15. Propeller position
16. Clear tables
17. Concentrates
20. Traitor
21. The gods, to Cicero
23. Forest lane
26. Gave a buzz
28. Bun toppers
31. You will get no "wrath" visiting this Yorktown dentist, Mitchell L. _____
32. Declare
33. "Rocky" actor
34. Electric car maker

Down

1. Woman's name derived from peace in Greek
2. Irritate
3. Loud
4. Spring month
5. Ship's hdg.
6. "Très ____!"
7. Lord of the Rings singer
8. Tree of knowledge setting
9. Evidence collectors
10. It's work for chores
12. Suitably
16. On the other hand
18. Serene
19. Sushi offering
22. Chief of the Vedic gods
23. Sounds of disapproval
24. Factual
25. Whitish
27. Prime meridian std.
29. Chow down
30. Compass point



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Mohegan Lake, NY 10547
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www.cfpstmarysmoheganlake.com

Pantry at Mt. Carmel

155 Highland Ave., 8th Street
Verplanck, NY 10596
914 323 8343
2nd & 4th Saturday 8 - 10 a.m.
<https://olmcv.org/the-pantry>

Croton-Cortlandt Food Pantry

110 Grand St, Croton-On-Hudson, NY 1052

(914) 271-5309

Saturday mornings year-round, 10 a.m. - Noon.

<https://www.foodpantryincroton.org/>

Feeding Westchester

200 Clearbrook Rd, Elmsford, NY 10523
Opens 8:30 a.m. Mon
914 923-1100
<https://feedingwestchester.org/>

The Ossining Food Pantry

7 South Highland Avenue
Ossining, NY 10562
(914) 762-5510 or (914) 762-5857
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<https://ossiningfoodpantry.org>

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(Solution for puzzle on page 15)

	1	2	3	4	5			6	7	8					
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9	C	R	E	T	A	N		10	H	I	N	D			
11	S	E	E	E	Y	E	12	T	O	E	Y	E			
13	I	N	O	N			14	H	U	N	A	N			
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Digging Deep Into the Wine Tariff Wars With the European Union

We all deal with uncertainty in our lives. We all like to think we can overcome uncertainty.

When facing financial uncertainty, we tighten our belts and attempt to weather the storm. And a glass of Chianti Classico helps mellow our stress and tension.

When facing health uncertainty, we heed our physician's medical advice to minimize or eliminate the potential consequences. And a glass of Sancerre helps mellow our stress and tension.

When facing social uncertainty, we strive to interact with others to reduce family friction, mitigate career crises or minimize political upheaval. And a glass of Champagne helps mellow our stress and tension.

But what happens if wine is no longer the readily accessible crutch that gets us through uncertainty? How do we deal with uncertainty if wine becomes the uncertainty, not the comfort resource on which we rely?

Such an uncertainty has been in the news for several months, and now seems to be escalating.

In October, in response to a murky dispute over the European Nation's (EU) role in the Boeing/Airbus matter before the World Trade Organization (WTO), The

United States imposed 25% tariffs on select products, principally wine, exported to the United States from EU countries that historically have been subsidizing Airbus. Affected wines include those under 14% alcohol by volume from France, Germany, Spain and the United Kingdom. Higher alcohol wines and sparkling wines were inexplicably excluded from tariffs.

On December 2, in response to a French tax imposed on the largest American technology companies, In retaliation, the United States threatened to increase the October tariffs to 100%, on all French wines, cheeses and .

Then, on December 12, the United States, in response to a negative WTO report on EU compliance with adjusting Airbus subsidies, threatened to expand and increase tariffs on European products. The potential 100% tariffs, which are slated for mid-January of 2020, affect all wines from all 28 European Union members and are expanded to all European Union produced cheeses, olive oil, whiskey and other consumer products.

What does this convoluted, somewhat arbitrary, set of import taxes on the horizon portend for the American wine industry and ultimately, the American consumer?

Plenty.

The impact on the wine industry?

The impacts of the 25% tariffs were borne by the wine distribution chain. Importers, distributors and retailers absorbed the costs without impacting retail prices, in the hopes of maintaining market share. This is shielding the American consumers - for the time being. The immediate uncertainty of the tariffs and their duration will strain the financial wherewithal of those in the wholesale chain. Consumer resistance to price increases, made inevitable by prolonged tariffs, may drive many wineries, importers, and retailers out of business. American producers might seize on this change in pricing dynamics. Increased prices, without commensurate cost increases, would result in a boon for them. But would consumers resist the new price points for American wines?

The impact on consumers?

There is just so much the wholesale and retail chain can absorb. 100% tariffs are a game changer.

If they are imposed, all bets are off. Prices on European Union wines will increase exponentially. Consumers will be forced to make difficult choices. Pay prices beyond their comfort level? Beyond their resistance point? Or revert to lower priced wines they previously avoided? Seemingly, this

would make certain American wines more attractive.

Or not.

Consumers tend to be creatures of habit. Finding a wine they enjoy, they typically become loyalists. But price-point resistance is a powerful purchasing dynamic. Gravitating from European Union wines, will they invest in inflated American wines or seek out lower tier wines to the detriment of their (previously) favorite wines? Or join the growing wave of alcohol abstainers?

If you feel strongly about the tariff issue, I encourage you to communicate with the US Trade Representative's office (<https://tinyurl.com/wtpw2q4>) and/or your Congressional representatives (www.usa.gov/elected-officials).

We face uncertain situations each day of our lives. And each faces unpredictable impacts.

What will the outcome be? Only time - and fractious international relations - will tell.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years he has conducted numerous wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



By Nick Antonaccio

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RICK KUPERBERG PHOTO (PLEASE VISIT HVSP.PHOTOS FOR MORE)

Hendrick Hudson tournament MVP Caitlin Weimar, the Marist-bound senior forward, went off for a career high 34 points while snagging 11 rebounds and serving five blocks in the Sailors' 63-51 win over Class AA Mahopac and Shannon Becker (24) last Saturday in the finals of the Hen Hud tournament... see Girls' Hoops Notebook

Sports

Girls' Hoops Notebook

Weimar Leads Hen Hud to Tourney Title over Mahopac

By Tony Pinciario

Caitlin Weimar had a late start to the **HEN HUD** varsity basketball preseason, but with good reason.

The senior was in the midst of the volleyball team's state-title run as the Diane Swertfager-coached Sailors reached the NYSPPHSAA final four.

Weimar, who will attend Marist next fall and play basketball, made the quick transition to basketball season and has been instrumental in leading the Sailors to a 7-1 start.

Hen Hud raised its victory total to seven after winning its own Jack McGuire Tournament Saturday.

The Class A Sailors defeated **HALDANE**, 62-23, in the first round, then beat class AA **MAHOPAC**, 63-51, in the title game.

Weimar had a combined 56 points and 23 rebounds to earn Most Valuable Player honors. Teammate Grace Moretti, who scored a combined 23 points, was selected to the all-tournament team.

"I did try to practice every once in a while,

but since volleyball took up so much of my time and went longer than usual with states, I wasn't able to practice as much as I would have liked to," said Weimar, who is averaging 23 points, 14 rebounds and four blocks per game. "I think I was able to acclimate quickly to basketball practice because I train year-round and have been playing for so long that I'm always ready for basketball season. It's my favorite season so I'm always eager to start it."

Hen Hud came into preseason with a young team, but Weimar and classmates – Mylene Smith, Jacky Kenny, Faith Pugh and Heather Reifenhauer – were quick to help their younger teammates.

"It's always hard, at first, having a younger and less-experienced team, but the key is to communicate and help each other learn as we go," Weimar said. "We play with a lot of energy and effort, especially on defense, helping us keep teams from scoring easy points."

Teams always strive to win their own tournament. Weimar said the team was happy, especially beating a Class AA team in the final.



RICK KUPERBERG PHOTOS

Hen Hud's Kira Varada and Mahopac's Caitlyn O'Boyle mix it up in Sailors' tourney title win over Indians Saturday.



Hen Hud's Caitlin Weimar takes a swipe to the kisser from Mahopac's Lauren Beberman in Sailors' tourney win over Indians Saturday.

"It is amazing winning our own tournament, especially against a bigger team like Mahopac," Weimar said. "We set that goal, of winning our tournament, at the beginning of the season so being able to achieve it was a big step for our team."

Hen Hud will enjoy the holiday break before returning to action, Jan. 8, at Ardsley. The Sailors could not have asked for a better start.

"Going into Christmas break our goals were to win both the Sleepy Hollow tournament and our own tournament," Weimar said. "Doing this helped us feel accomplished and created a good feeling to keep on working hard during this break so we continue to win and get better. This year has been a lot of fun, so far, and the team is looking stronger every day. I'm very excited to see how far we can go this year."

In the victory over Mahopac, Smith added six points and five rebounds and Kira Varada grabbed seven rebounds.

Varada added 10 points and six steals against Haldane. Smith contributed eight points and Colleen Ryan finished with a team-best five assists.

A young **BREWSTER** team is coming of age after wins over Nyack (56-40) and East-

chester (49-44) gave the Bears a 7-0 record going into holiday break.

Grace Galgano was ferocious against Nyack with 21 points, 15 rebounds and seven rejections while Alexis Mark added 15 points, eight rebounds and three blocked shots.

"We did a great job of jumping out from the start and never letting up," Brewster Coach Mike Castaldo said. "This was our first complete game of the year where we played for four quarters and everyone that stepped on the floor contributed. We did a great job of rebounding, taking care of the ball and taking quality shots."

There was no letdown against Eastchester as the Bears surged in the second half, fueled by Carly DeLanoy's hot shooting.

"The first quarter Eastchester outworked us and brought more energy," Castaldo said. "We were sleepwalking through the first 12 minutes of the game, taking poor shots and not playing smart basketball. Sophia (Alzugaray) did a great job of keeping us in the game with her shooting. She was on fire from the outside and was the spark that we needed. Carly DeLanoy continued the hot

continued on next page

Sports

continued from previous page

shooting in the second half. We were able to build a lead and hold on to it. Eastchester did a great job of making us work for everything. Leaving there with a win was a huge accomplishment for our team."

Alzugaray led Brewster with 14 points and DeLanoy contributed 11 points.

MAHOPAC went 2 for 3 on the week, beating **PANAS**, in overtime, 73-68 in the first round of the Jack McGuire (Hen Hud) Tournament, and followed it with a 63-29 win over Mamaroneck.

Hen Hud got the best of Mahopac in the McGuire championship game, 63-51.

The overtime victory was forged with Mahopac making nine free throws after Panas' Cailean Nolan sent the game into extra time. Mahopac Coach Chuck Scozzafava said the combined 13 overtime points all came via free throws.

"It was a tight game with multiple lead changes," Scozzafava said.

Mia Klammer led Mahopac with 19 points and eight steals, Caitlyn O'Boyle added 15 points and eight rebounds and Kristina Rush chipped in 14 points.

O'Boyle led the way with 17 points against Mamaroneck and Rush added 11 points as the Indians surged to a 16-point lead after the first quarter.

In the Jack McGuire Tournament final, Mahopac found itself trailing Hen Hud by 17 at halftime.

"We were just unable to fully recover from

the 17-point hole in the first half," Scozzafava said.

Rush led Mahopac with 18 points and Klammer finished with 11 points. Both were named to the all-tournament team.

LAKELAND won its only game of the week, 65-42 over Peekskill. The Hornets are 3-3 going into the new year.

Sophomore Tyler Hormazabal poured in a game-high 25 points and Hannah Devane added nine points.

"Tyler stepped up big time and led us offensively and defensively," Lakeland Coach Miranda Mangan said. "As a team, we didn't play our best game, but it is always nice to go into the new year with a win. We are currently 3-3 and are looking forward to reflecting on the first few weeks of the season, and putting in the work over vacation to get better."

SOMERS broke its four-game losing streak to open the season with its first win -- a 41-39 victory over Pelham.

Jordan May finished with 11 points and nine rebounds and Pooja Rao also collared nine rebounds.

"We came out and played great, going up 15 in the first half," Somers Coach Marc Hattem said. "We struggled in the second half. It's the same thing we did against Pearl River. We need to put full games together."

Hattem is taking Somers to the Amsterdam (Section 2) Holiday Tournament this weekend. The Tuskers are scheduled to play



Mahopac G Lauren Beberman is checked by Hen Hud G Jacklyn Kenny in Indians' tourney loss to host Sailors Saturday.



Mahopac junior D Caitlyn O'Boyle and Hen Hud senior F Caitlin Weimar get tangled up in in Indians' tourney loss to host Sailors Saturday.

Shenendehowa (Section 2), Friday, 1 p.m., and Curtis (NYC-Public School Athletic League), Saturday, 11:30 a.m.

OSSINING opened the season with two wins, then followed with an uncharacteristic five-game losing streak.

The defending NYS champion Pride don't lose five games in a season, let alone five consecutive so it was a shock to the team.

"It was different for us, but we are continuing to figure out who we are as a team and how we work best together," senior Julia Iorio said.

Ossining regrouped against Northport, with a 73-59 victory at the KSA Tournament at Universal Studio (Orlando).

Iorio finished with a game-high 25 points. She also collected six steals and five rebounds. Brooke Weeks added 14 points, five rebounds and three assists and Adriana McFadden also had 14 points along with six rebound, six steals and three assists.

"Every game, whether it's a win or loss, is important to us because we are always learning and improving our skills," Iorio said. "In the game against Northport, we worked together, played with intensity and, most importantly, had fun doing it."

PANAS had a difficult week, dropping games to Mahopac (73-68 in overtime) and Byram Hills (49-44). Cailean Nolan forced

the overtime in the Jack McGuire Tournament first-round game with a basket in the final seconds. She finished with a career-high 32 points, including eight 3-pointers. Nolan scored 14 points in the fourth quarter, enabling Panas to rally from a 13-point deficit.

Kristen Cinquina added 18 points, six assists and five steals and Erijona Rraci contributed 12 points and nine rebounds.

Nolan had a team-leading 13 points against Byram Hills in the Slam Dunk Tournament challenge game.

Kristen Scrobola added 12 points and seven rebounds. Scrobola sparked a Panas comeback. Rraci had eight points and six rebounds.

PUTNAM VALLEY is yet to find its groove for four quarters against top-flight competition. The streaky Tigers (5-2) squandered a 29-13 lead and lost 49-44 to Dobbs Ferry in a Slam Dunk Challenge game Friday at the County Center. PV freshman swingman Eva DeChent had 23 first-half points, but the Eagles adjusted after the break. She finished with 25 on 9-of-18 shooting, including five 3's. Kelli Venezia added 10 points while Arianna Stockinger had five points and eight rebounds for the Tigers, who, uncharacteristically failed to make the big stops down the stretch.

Sports

Boys' Hoops Notebook

Lakeland's Karaqi Combines for 50 in Pair of Hornet Wins

Haldane Hammers Tuckahoe

By Ray Gallagher
Examiner Sports Editor@Directrays

Just about a full month in to the 2020 campaign and one thing is certain: **LAKELAND** is flat-out fun to watch. Playing with a frenetic pace last Wednesday, Coach Steve Fallo's Class A Hornets blew away visiting Lincoln, 93-65, behind 24 points from senior G Augie Karaqi. Senior swingman Jack Kruse and senior G Rob Nardelli each put up 14 points while senior G Jeffery Owusu added 11. That victory preceded a 76-72 win over host Albertus Magnus, which had no answer for Lakeland's perimeter game (15 3's for the Hornets). Karaqi (26 points), Nardelli (career-high 23 points) and Kruse (17 points, 15 caroms) were stroking.

When you come to play Lakeland this season, you best bring your best defensive effort. The Hornets push the ball and score in transition better than any team in League II-C, and that action will heat up after the holidays when the Hornets host rival **WALTER PANAS** on Tuesday, January 7th (4:30 p.m.), in what should/could be a doozy if the Panthers (4-2) come to play.

The Panthers suffered a disappointing 48-44 setback to Nanuet, which held Panas to a dreadful five-point second quarter while building a 26-18 halftime lead. Panas fresh-

man G Alex Tavarez continued his ascent with a team-high 13 points. Caleb Evans added seven points, all in the fourth quarter, but he needs to show up sooner if the Panthers are going to hang with Lakeland...

SOMERS is tough to figure right now. Coach Chris DiCintio's Tuskers (2-6) gave Class A powerhouse Tappan Zee fits one day – in a 44-40 loss – then lost to Class B host Briarcliff, 41-33, the next...

HEN HUD's Nick Hiltzley can be a scoring machine when he gets going and get going he did with a double-double (30 points, 10 rebounds) in the Sailors' 65-43 win over visiting Roosevelt last Thursday. Josh Gillison added a second double-double for good measure (19 points, 10 boards), propelling Hen Hud to Saturday's championship round of the Jack McGuire Tournament where the Sailors would fall 57-45 to Pearl River. Hiltzley led the Sailors (1-3) with 14 points and Tommy Fuchek added 11.

"I was very proud of the inspired brand of ball our guys played," Sailor Coach Jordan Hirsch said...

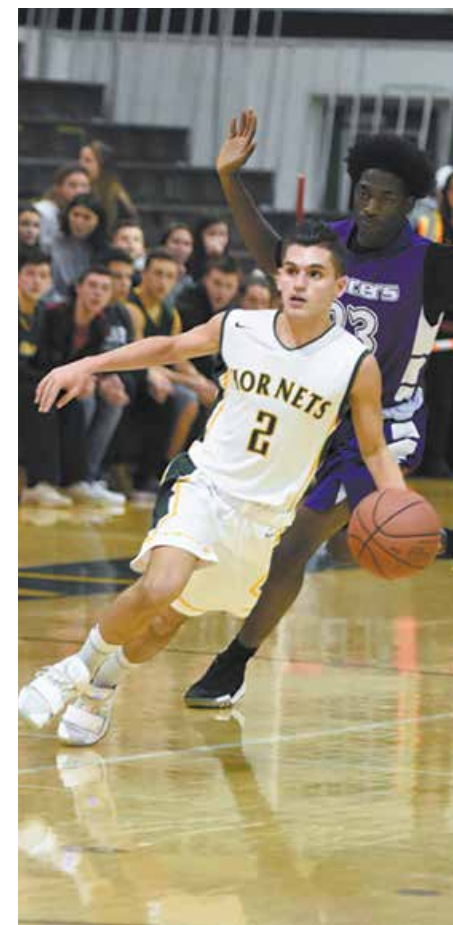
YORKTOWN chalked up a second win in a row after a 52-45 win over Pelham behind the Brucaj brothers. Roni Brucaj dropped 16 points, snagged six boards and dished four assists while Eddie Brucaj added 11 points and five rebounds for the Huskers (3-6).



Lakeland swingman Rob Nardelli gains lane in Hornets' 93-65 win over visiting Lincoln Wednesday.



Lakeland G Jeffrey Owusu hauls in rebound in Hornets' 93-65 win over visiting Lincoln Wednesday.



RAY GALLAGHER PHOTOS

Lakeland G Augie Karaqi blows past his man in Hornets' 93-65 win over visiting Lincoln Wednesday.

go down (Cole Durocher) with an injury and it was my turn to step up." PV will need to step up big time upon its return from the holidays as the Tigers will take on Class B heavyweight Valhalla out of the break...

CLASS C

HALDANE made a major statement last Friday in the Blue Devils' 80-65 road win over rival Tuckahoe, doing so behind 25 points apiece from swingman Matt Champlin and G Daniel Santos. Mame Diba added 14 points for Haldane (4-1).

"It was awesome," Champlin said. "The energy in the gym was unreal. I feel like my team and I play better when both the opposing crowd are into it along with ours. Feeding the hot hand was something we emphasized in practice, and that's what we did getting the ball to Daniel and myself. This was a great team win..."

CLASS AA

MAHOPAC notched a quality win against Scarsdale, taking a 55-39 decision at home Friday. The Indians (3-3) were led by John Cosentino, who dropped a career-high 21 points. Indian G Matt McMahon added 16.

OSSINING was defeated by Clarkstown South, 55-49, despite a solid effort from Khy Hawkins (22 points). Zay Goodson (12 points, 7 boards), Jaeden Carr (11 points, 5 assists) and Griffin Dahle (4 points, 9 re-

continued on next page

Tony Granitton chipped in with eight points for the Huskers...

PEEKSKILL's Brennan Heaven went off for a career-high 23 points, including five 3's in the Red Devils' 77-39 win over Yonkers. Antonio Taylor (16 points) and Jayson Tinsley (15) were equally effective for the Red Devils (3-3), who saw eight different players score...

CLASS B

CROTON-HARMON is quietly going about its business at 4-1, including a 48-41 win over Class AA Fox Lane. Ryan Windrum led the Tigers with a solid all-around game, scoring 18 points (5 3's) and snagging six boards. Coach Dave Boykin has the Tigers roaring in his first season...

PUTNAM VALLEY (1-1) notched its first win of the season, a 52-39 League III-E win over visiting Pawling. Sophomore G Tommy Calicchio dropped a career-high 20 while junior F Mike Doebbler with tossed in 11 and snagged seven boards.

"I just came off the bench and did what I had to do," Calicchio said. "We had a guy

Golisano Scores Thrice, Carmel Completes Sweep of Rival Mahopac, 7-4

RAY GALLAGHER PHOTOS



Mahopac's Ryan Caraher (L) gives chase to Carmel's Gavin Golisano (1 A) in Indians' 7-4 loss to Rams Friday at BIA.



Carmel sophomore F Luke Golisano gains zone against Mahopac's Danny Schum in Rams' 7-4 win over Indians Friday at BIA.



Mahopac's Matt Luczkowski (1G) and Carmel's Brendan Murphy (1G, 1A) battle for 50-50 puck in Indians' 7-4 loss to Rams Friday at BIA.



Mahopac's Matthew Luczkowski (1G) and Carmel's Chris Frey exchange pleasantries in Indians' 7-4 loss to Rams Friday.



Carmel's Steven Mount (1A) is denied by Mahopac G Mike Horan (34 saves) in Rams' 7-4 win over Indians Friday.

continued from previous page



Mahopac junior G Vin Bastone led Indians with 15 points in 59-38 loss to visiting North Rockland

bounds) were also big factors for the Pride (2-4).

CARMEL (3-4) did not defend well in its 83-56 loss to visiting Ramapo, which ended the Rams' three-game win streak.

Tip of the cap to Lou DeMello, one of the nicest guys you'll ever meet, on his forthcoming induction into the NYS Basketball Hall of Fame this coming March. DeMello's basketball IQ is off the charts, and



BOB CASTNER PHOTO

Yorktown G Sam Pincus goes strong to hoop in Huskers' non-league win over Pelham Friday.

thousands of players across Westchester and Putnam County, the Bronx and Manhattan have benefitted from this hoops genius.

Mahopac's Roa Records 100th Career Win



Mahopac wrestler Tyler Roa is flanked by family, coaches and administrators after recording his 100th career win Thursday against Fox Lane.

Don't Snooze on Kruse!

Lakeland Senior on Rise, Surging Hornets No Surprise



RAY GALLAGHER PHOTOS

Lakeland senior swingman Jack Kruse attacks the rack in the Hornets' 93-65 trouncing of visiting Lincoln last Wednesday when Kruse (14 points) was one of four Hornets to reach double digits as Lakeland (4-2) won its fourth game in a row. Kruse also dropped 17 points and snagged 15 boards in a 76-72 win over Magnus earlier in the week.. see Boys' Hoops Notebook