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12-13**



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

December 3 - December 9, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 519

Peekskill Elected Officials to Get First Raises in 17 Years

BY RICK PEZZULLO

Fresh off a Democratic sweep in the November elections, the seven members of the Peekskill Common Council will be receiving raises in 2020.

Last week, the council voted themselves salary increases—the first time councilmembers in the city have gotten a pay hike since 2003.

“I think that’s only the right thing to do,” said Deputy Mayor Kathleen Talbot, who was reelected to a new four-year term last month.

The increases were suggested

by Mayor Andre Rainey, who was reelected to a second two-year term. Rainey’s salary will jump from \$13,015 to \$18,000. The six councilmembers will see a salary boost from \$8,686 to \$12,000 apiece.

“The time and commitment I put in kind of speaks for itself,” Rainey said in justifying a raise. “In the City of Peekskill, we have shown our commitment to the community.”

Councilwoman Vanessa Agudelo said she would have preferred councilmembers be given the option to get health benefits from the city instead of a bump

in salary. She maintained health benefits could help “diversify” the types of candidates that run for office in the city.

“I’m just thinking long-term,” she said.

City Manager Richard Leins said the approximately \$25,000 needed to cover the raises would come out of the city’s contingency fund, which has a balance of about \$100,000. He noted it would not affect the projected tax rate increase in the 2020 budget, which was slightly more than one percent.

However, he stressed if coun-



Continued on page 2

Seven members of the Peekskill Common Council.



Hands-On Project

The Yorktown Teen Center held its 8th Annual Glove Decorating Event on November 22. Teen center members gathered to decorate gloves. The gloves were adorned with buttons and bling. These special creations were then delivered to those in need during the holiday season by Nicole Fasce, Teen Center Director. Some of those participating were (L-R): Maya Alexandre, Eva Monaco, Layla Sylvestri, Ava Vogt, and Nina Fasce. In addition, a special thanks goes to Carol Burke and Melissa Montaruli and their sewing talent!

Governor Urged Not to Make Changes to STAR Program

BY RICK PEZZULLO

A delegation of area state Assembly representatives is calling on Governor Cuomo to stop making changes to the popular STAR and Enhanced STAR programs that provide tax reductions for property owners.

During a gathering last week in Tarrytown with the Governor Mario M. Cuomo Bridge in the backdrop, Assemblywoman Sandra Galef (D/Ossining) and several of her colleagues said the programs have been modified every year for the last five budget cycles, which has created “unnecessary confusion” for constituents.

“We want to ensure the STAR program is maintained,” Galef said. “We cannot continue to negotiate away this vital tax benefit year after year in the budget. I have seen a steady increase in constituent outreach over the last few years from STAR and Enhanced STAR recipients who are sim-

ply unable to wrap their heads around the changes to their benefit.”

In last year’s budget, a zero percent cap was implemented, limiting annual growth in the programs. One major change was the STAR exemption was converted to a credit for many recipients, so they now receive a tax credit in the mail rather than having the amount automatically deducted from their school taxes.

In addition, Enhanced STAR, which offers additional support to senior citizens, now requires recipients to enroll in an income verification program in order for them to receive a rebate.

“It’s so complicated now,” said Assemblywoman Amy Paulin (D/Scarsdale). “We understand the state is in a predicament this year, but it should not be at the expense of our property taxpayers. In Westchester,

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Peekskill Elected Officials to Get First Raises in 17 Years

Continued from page 1

cilmembers received health benefits from the city "there's more money at stake there, but it's not overwhelming."

Councilmembers said they would address health benefits at a future work ses-

sion.

Meanwhile, at Rainey's request, the council tabled a resolution for two weeks to hire a firm to do a search for a new city manager.

Rainey noted Leins' contract with the city expires on December 31, but did not

elaborate, although reportedly Leins is planning to retire.

Leins, who has worked for Peekskill for more than four years, submitted his resignation in July 2018 and was slated to depart in mid-October of that year, but then had an apparent change of heart.

Leins, who previously served for more than a decade as village manager in Ossining, was initially brought in as interim city manager by former Mayor Frank Catalina after ex-city manager Anthony Ruggiero, who butted heads with Catalina, left for a job in the City of Beacon.



PHOTO BY RICK PEZZULLO

State assemblymembers at press conference in Tarrytown last week.

Governor Urged Not to Make Changes to STAR Program

Continued from page 1

it's a middle-class program. It's a program our school districts and taxpayers rely on."

Assemblyman Tom Abinanti (D/Tarrytown) said the STAR programs, which have been in place since 1990 and cost \$2.1 billion, are vital to maintain since the federal

government has severely limited property tax deductions.

"If it ain't broke, don't fix it, and don't break it," Abinanti remarked. "Every year there is less going into STAR. The governor has tried to reduce usage of STAR by making it confusing. It's very important for the suburbs that this program remain intact."



Turkey Trot Gives Back

Hundreds of runners took part in former Senator Terrence Murphy's annual Turkey Trot in Yorktown on Thanksgiving morning. Held in partnership with the Taconic Road Runners, Club Fit, the Yorktown Chamber of Commerce and other community groups, all funds raised at the event are donated to the St. Mary's Food Pantry of Mohegan Lake and St. John's Food Pantry in Mahopac.



Ask the Doctor

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Erectile Dysfunction

Find out about causes, signs and effective treatments...

Q: How do you recognize erectile dysfunction?

A: Erectile dysfunction is the inability to achieve or maintain an erection sufficient for satisfactory sexual performance.

Q: What causes ED?

A: When everything is working right, a normal level of testosterone sets the stage. The penis contains two tubes filled with vascular spongy tissue. An erection occurs when some stimulation excites the nervous system, causing extra blood flow into the tubes. There must also be an intact mechanism for preventing blood from immediately flowing out. Afterwards, blood drains from the two tubes and the erection disappears.

The immediate causes of ED all relate to conditions that impair the flow of blood into the penis. That includes blood pressure medications, a spinal cord injury, and especially diabetes, which damages small blood vessels and nerves. ED can also signal underlying heart disease from narrowing of the arteries in the heart and the penis. Smoking and excessive alcohol

can cause ED, and depression and anxiety can play a role. Being at your proper weight can lower your risk of ED. Regular exercise improves blood flow.

Q: Who should I see about possible ED?

A: Primary care physicians can initially diagnose and treat ED with pills such as Viagra. But if, after hormone tests, oral medications and perhaps an adjustment to blood pressure medication, the problem persists, you'll typically be referred to a urologist.

Q: What if pills don't work?

A: There are at least four other treatments. *Penile injection therapy* involves self-injecting a medication into the penis that dilates blood vessels. The *vacuum erection device* pulls blood into the penis. A *medicated suppository* inserted into the urethra dissolves into the tissues of the penis, causing an erection. Implantation of a *penile prosthesis* involves placing two cylinders within the penis, a pump in the scrotum, and a reservoir of salt water in the lower abdomen. A squeeze of the pump transfers fluid from the reservoir into the cylinders to create an erection.

A.C. Moore in BJ's Shopping Center in Yorktown to Close

BY RICK PEZZULLO

Another large retailer in the Town of Yorktown will soon be closing its doors.

A.C. Moore, which has been a longtime occupier of the BJ's Shopping Center on Route 202, will be going out of business in the near future as part of a companywide strategy.

Anthony Piperno, chief executive officer of A.C. Moore, made the announcement last week, noting plans for closing specific A.C. Moore locations will be shared in upcoming weeks on its website.

"For over 30 years, our stores have been servicing the creative community with a vast selection of art and craft materials, with one common focus, the customer. Unfortunately, given the headwinds facing many retailers in today's environment, it made it very difficult for us to operate and compete on a national level," Piperno stated. "During this process, we will continue to provide great customer experience, while still delivering quality and value on your favorite products. While we will stop accepting further online orders, we will ship any previously placed orders in the ordinary course."

The Michaels Companies Inc. will assume leases for up to 40 store locations and a lease on an east coast distribution facility plus purchase intellectual property which will allow the Company to enhance its position as the largest arts and crafts retailer in North America.

"This transaction enables us to further expand our presence in strategic markets and serve even more customers both online and in store," said Michaels CEO Mark Crosby. "We are looking forward to re-opening these stores under the Michaels name in 2020 and welcoming new team members."

Piperno added, "While it was a difficult decision for us, this transaction will result in a group of stores reopening under the Michaels banner subject to negotiations with landlords—allowing teams to continue serving the brand's loyal customers and employ our valued team members in those locations. We believe the transaction was the best option for our employees, customers, vendors, landlords, and other key stakeholders and thank them for their many years of support."

A.C. Moore is a specialty retailer offering a vast selection of arts, crafts and floral merchandise to a broad demographic of customers. The first A.C. Moore store opened in Moorestown, New Jersey in 1985. It has more than 5,000 employees in more than 145 stores from Maine to Florida.

The Michaels Companies, Inc. is North America's largest specialty provider of arts, crafts, framing, floral, wall décor, and seasonal merchandise for Makers and do-it-yourself home decorators. The company operates more than 1,260 Michaels stores in 49 states and Canada.

Michaels already operates a store at the

Cortlandt Town Center on Route 6 in Morristown, New Jersey.

Yorktown is already losing one of its ma-

jor downtown retailers, Big Kmart, which is expected to shut down by the end of the year.

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Brooklyn Gin 750ml	\$35.97
Lautrec VSOP Cognac 750ml	\$35.97
Glenmorangie Single Malt 750ml	\$39.97
Dalwhinnie 15 Yr	\$49.97
Talisker Scotch 10Yr	\$49.97
Balvenie 12 Yr	\$57.97
Balvenie Caribbean Cask 14 YR	\$64.97

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Bailey's Irish Cream 1L	\$30.97
Sambuca Romana 1L	\$34.97
Grand Marnier 1L	\$38.97

Ketel One Vodka

\$39.97 1.75L

Casamigos Blanco Tequila

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Non-Profit Groups Seek Higher Increases in 2020 County Budget

BY RICK PEZZULLO

More than 100 adults and children packed the Cortlandt Town Hall meeting room last week for a mini-public hearing on the proposed 2020 Westchester County budget.

For the first time in nine years and for only the second time in the last 19 years, a reduction in the county's property tax levy is being proposed by County Executive George Latimer in his \$2.1 billion spending plan.

If the proposed cut is approved by the Board of Legislators by December 27, the size of the tax rate decrease would vary based on the equalization rates and assessment roles of each municipality.

However, none of the speakers who addressed members of the board's Budget and Appropriations Committee last week mentioned the tax decrease or the hefty raises legislators are slated to receive.

Instead, the focus was non-profit childcare and arts organi-

zations that have contracts with the county and are proposed by Latimer to receive three percent increases. The budget also proposes to reduce the parent contribution for childcare from 27 to 25 percent next year.

Organization leaders, ranging from Open Door Medical Center to Arts Westchester to the Pace Women's Justice Center, all maintained a 10 percent increase in county funding was warranted for them to continue providing their necessary services.

Legislator Catherine Borgia, chairperson of the Budget and Appropriations Committee, explained December 2 was the last day legislators could add items to the budget. A public hearing before the full 17-member board is scheduled for Wednesday, December 4 at 7 p.m. in White Plains.

"We do try not to give people false hope," Borgia said.

Latimer explained last month a major reason for the ability of the county to cut the property tax levy was the Property Taxpayer Protection Act, which raised the sales tax on August 1 from 7.375 to 8.375 percent, equalizing the tax in all of Westchester's municipalities. The action had bipartisan support from local and state gov-



PHOTOS BY RICK PEZZULLO

Arts and childcare advocates were out in force expressing their concerns at a budget hearing in Cortlandt.

ernments, said Latimer, who had pledged to keep property taxes flat for 2020 and 2021 if the county was approved for the sales tax hike.

In addition to more sales tax revenue for the county, 20 percent of the sales tax will be shared among most of the municipalities

and 10 percent will be distributed among the school districts, he noted.

With the extra funds, Latimer is proposing to add \$10 million to the county's fund balance to bring the total to \$79 million, a 23 percent increase over the current year.



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Interim Superintendent Tapped for Garrison Schools

The Garrison Union Free School District has hired an interim superintendent to lead the district during the second half of the school year, while a search commences for a new chief.

According to a letter from the Board of Education, Dr. Debra Jackson will serve as interim superintendent from Jan. 1 through June 30.

"Having held superintendency positions for Highland Falls, North Salem and Bed-

ford school districts, Dr. Jackson comes to GUFSD with a breadth and depth of experience that will greatly benefit our district," stated board members in a letter to the community.

In 2015, Governor Andrew Cuomo appointed Jackson as compact commissioner for the Interstate Compact on Educational Opportunity for Military Children.

The school board has also hired District Wise Search Consultants to facilitate the

search for a permanent superintendent.

"The board will meet with their team, Bob Freier and Joann Kaplan, in the coming weeks to orient them toward our expectations for a successful, transparent and inclusive search," stated the board.

District members can expect to receive a series of communications detailing the process and a schedule of opportunities to meet the consultants in the near future.

"As we move toward achieving our

shared goal of making GUFSD a thriving community where we can work, learn and live, the selection of a superintendent is critical," stated board members in their letter to the community. "The board would like to underscore the importance of your participation in this process. Your voice is vital to help inform the pursuit of exceptional candidates."

Ossining Man Pleads Guilty to Sexually Abusing a Child

Westchester County District Attorney Anthony A. Scarpino, Jr. announced Segundo Nicolas Sanchez Gillen, 40, of Ossining plead guilty last week to sexual abuse of a child just as pretrial hearings were underway in Westchester County Court.

Specifically, during his plea, defendant admitted under oath that he committed the crime of Sexual Abuse in the First Degree, a class D violent felony, by subjecting a child who was less than

11 years old to sexual contact.

According to Scarpino, Sanchez Gillen sexually abused a child on the premises of a Village of Ossining restaurant. The offense occurred February 19. Following an investigation, he was arrested by Village of Ossining Police April 24.

Westchester County Court Judge Susan Cacace accepted the plea. Sanchez Gillen is scheduled for sentencing March 10, 2020.



Proven Leader

Cortlandt Town Supervisor Linda Puglisi discussed leadership and government during a recent visit to the Walter Panas High School Leadership class. She is one of the participants in the class' guest speaker series featuring community leaders from government officials to school administrators and members of the news media.

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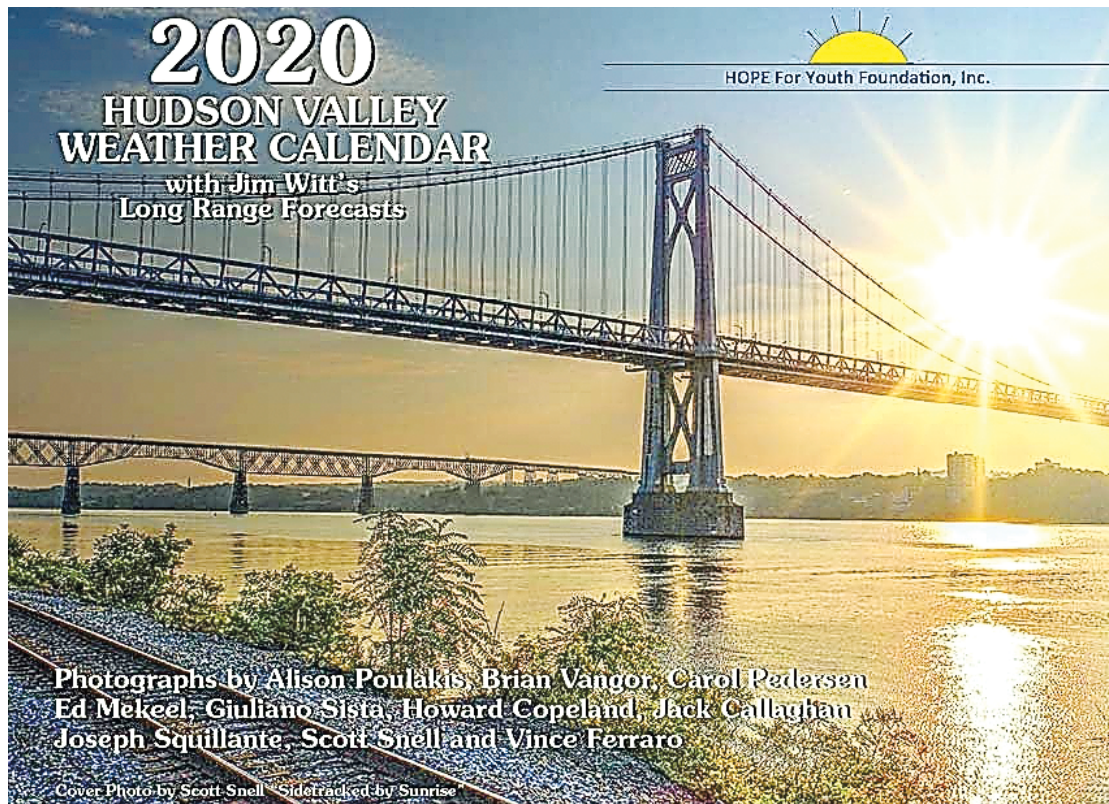
2020 HV Weather Calendar, Long Range Forecasts on Sale

Jim Witt's 2020 Hudson Valley Long Range Weather Calendar is now available for sale on line and at 70 selected locations throughout the Hudson Valley for \$10 and are also available for \$12 by mail through the HOPE for Youth Foundation website, www.hfyf.org.

Witt, a renowned meteorologist and popular high school science teacher, combines a complex system, centuries of data and computer models that rely on historic weather patterns in order to predict what the weather will be like years, even decades from now.

Witt is especially interested in identifying dates for major weather events like hurricanes, crippling snowstorms and Nor'easters. The precision of his forecasts over the past 40 years has made Witt a successful, charismatic and eerily accurate weather prophet. The calendars make great stocking stuffers and conversation starters for the holidays.

Proceeds from the calendar sales go to help children with life-threatening illnesses and children with physical and mental challenges. In addition, the HOPE for Youth Foundation gives scholarships to deserving



Cover of new weather calendar now on sale in many area locations.

graduating high school seniors. Recent beneficiaries include worthwhile regional children's organizations such as Make-A-Wish

Foundation of the Hudson Valley, Gilda's Club, Camp Horizons Inc., Friends of Karen, and The Ossining Children's Center.

"I turned my passion for weather into a fundraiser for kids who face life's challenges. The forecasts can help local and state gov-

ernment as well as everyday folks to be prepared for future adverse weather. Amateur and professional weather forecasters alike enjoy seeing my predictions," said Witt.

Since 1986, the Foundation has raised and distributed more than \$4 million. While the bulk of the fundraising efforts are focused on the sale of the calendar, the Foundation also conducts a variety of other fundraising activities and accepts online donations through PayPal at www.hfyf.org.

Calendars are available at 70 locations, including: Buchanan Hardware, 3119 Albany Post Rd., Buchanan NY; Club Fit, 584 North State St., Briarcliff Manor NY; Coles Market, 2147 Albany Post Rd, Montrose NY; Putnam Valley Library, 30 Oscawana Lake Rd., Putnam Valley NY; Rugged Boot & Shoe Co., 3256 East Main St., Mohegan Lake NY; Scott Camera, 12 Division St., Peekskill NY; Super Foodtown of Croton, 2005 Albany Post Rd., Croton-on-Hudson NY; Town of Cortlandt, Town Hall, 1 Heady St., Cortlandt Manor NY; Wilkens Fruit and Fir Farm, 1335 White Hill Rd., Yorktown Heights NY. Other locations are listed on the Foundation's website: www.hfyf.org.

Holiday Craft & Gift Fair

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Time: 10 am- 1 pm

Location: 62 Springvale Rd., Croton-on-Hudson

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Business of the Week

BY NEAL RENTZ

Brewster resident Jeff Aquilino said last week Catania's began selling pizza in 1925 almost by accident.

Catania's, which had its initial home on Arthur Avenue in the Bronx, was originally a bread store, Aquilino said. One day a customer was served a slice of pizza and through word-of-mouth people lined up in large numbers seeking to purchase their own hot pies.

Aquilino is continuing his family's tradition by owning and preparing pizza and other Italian favorites out of Catania's off Route 6 in Mohegan Lake, which he has operated for about a year after moving his restaurant from Yonkers.

"I around looked for a long time," he said. "It just looked like the right fit."

It took nearly a year to convert the former frozen yogurt shop into the restaurant, he noted.

Aquilino said the restaurant is named after the maiden name of his late grandmother, Antiette. Three previous generations of his family have worked to keep the restaurant in operation, he said.

Owning and operating a restaurant is not easy, Aquilino said. "You've got to be crazy to be in this business," he said, noting it takes long hours of work and dedication

Catania's Mohegan Lake



NEAL RENTZ PHOTO

Brewster resident Jeff Aquilino is the owner of Catania's in Mohegan Lake. He is holding some of his mini-calzones, which he said are his signature item.

to succeed in the restaurant business. "I fit the bill," he remarked.

The signature item at Catania's are the mini-calzones, which are stuffed with ricotta cheese, veal and peppers, chicken parmigiana or meatballs. "That's our main

gig," Aquilino said. "We have the same pan from 1955."

The trademark of Catania's is its rotating Italian brick oven powered by wood and gas, which is used for preparing such dishes as pizza and chicken wings. Aquilino

said he likes to set the oven between 650 and 675 degrees, though the heat could go as high as 900 degrees.

Pizza is served both as 12-inch individual pies, which take about three to four minutes to prepare, and by the slice. The most popular pizza is the Classic Margherita, which features fresh mozzarella, plum tomato sauce and fresh basil, Aquilino noted.

The wood fired wings are served in the barbeque, Buffalo or spicy maple styles. "They come out really good," Aquilino said.

Some of the other items on the Catania's menu are pizza rolls, wedges, salads, pastas and a variety of entrees.

Aquilino said local pizza restaurants such as his own offer a product the national chains do not. "The quality here is second to none," he said. "I know those chains aren't using fresh ricotta from Arthur Avenue. We get it right off the truck. It comes in on Wednesday from the Pennsylvania Amish country."

"Those chains don't have fourth generation hands," Aquilino said. "I'm the last incarnation of the old school type of pizzeria with kind of a new twist on it."

Catania's is located at 1821 E. Main St. (Route 6) in Mohegan Lake. For more information, call 914-528-1000 or visit <https://catanias.com/>. The restaurant is also on Facebook and Instagram.



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Guest Commentary

Why the Public Hearing on December 10th Is So Important

BY SUSAN SIEGEL
Advocates for a Better Yorktown

Let's get it done — on December 10th.

On December 10th, the Town Board will reconvene the public hearing on the long delayed new Tree and Woodlands Protection Law — a law designed to protect the town's trees and endangered woodlands while preserving individual property rights.

After 18 months of agreement that Yorktown needs a new, stronger tree law, it's time to act. It's time for a Town Board vote.

The proposed new Tree and Woodlands Protection Law that will be the subject of the December 10th public hearing has been reviewed, dissected and rewritten multiple times. The law has been held to a higher standard of scrutiny than any other town law in recent history.

Over 18 months, various versions of a new tree law have been discussed by the Town Board during at least 17 meetings. Versions of the law have been reviewed by the Planning Board, Conservation Board, Tree Commission Advisory Commission, Planning Department, Engineering Department, New York State DEC and New York City DEP. And Advocates for a Better Yorktown (ABY), the group of concerned residents that has been spearheading the effort for a new stronger tree law.

Based on the feedback and diverse opinions expressed by these groups, the Town Board took the unprecedented step of creating an Ad Hoc Tree Committee that included town staff and members of appropriate advisory boards. The Committee was tasked with preparing a revised draft that

incorporated the members' environmental expertise and knowledge of how things work, both in the Town and in the natural environment.

With minor edits from the Town Board, the December 10th hearing will be on the revised version of the tree law that was the final work product of the multi-disciplined Ad Hoc Tree Committee.

The proposed new Tree and Woodland Protection Law addresses the weaknesses and deficiencies of the current Tree Law in three critical areas:

- In contrast to the current law, the proposed law protects trees and woodlands on approximately 4,000 acres of Town-owned property.

- In contrast to the current law, the proposed law recognizes that woodlands are not just stands of trees, but rather consist of complex layers of vegetation that together create a functioning and stable ecosystem that provides multiple benefits to the Town and its residents.

- In contrast to the current law which makes mitigation optional, the proposed law requires mitigation for tree and woodland removal over specific thresholds and gives the approval authority the latitude to tailor specific mitigating actions to the significance of the tree and woodland loss and the characteristics of the site. This flexibility is often ignored by parties claiming the proposed mitigation requirements are too onerous.

Some history

In 2010, the Town Board passed an innovative Tree Law that protected the multiple

ecological and cultural functions of individual trees and woodland ecosystems. The law wasn't perfect and, as with all new legislation, time and experience showed where tweaking by amendment was necessary.

But, in 2016, instead of amending the 2010 law, the Town Board chose to repeal the 2010 law and replace it with the current law that ignores woodlands as valuable ecosystems, doesn't protect trees on Town-owned property and makes the requirement for mitigation merely optional, up to the discretion of the approval authority.

Advocates for a Better Yorktown has been lobbying for a new law ever since.

Now that the Town Board has agreed to reconvene the public hearing, adjourned since last July, we're cautiously optimistic that our campaign for a stronger tree law may, at long last, come to a satisfactory end on December 10th with a unanimous vote in favor of the new tree law.

After more than 18 months of patient emails, phone calls, memos, meetings and public hearings there can be no excuse for more delay.

That's what makes the December 10th public hearing so critical. And why it's so important for concerned town residents to speak up NOW and urge the Town Board to pass the new tree law on December 10th.

Attend the public hearing. Email members of the Town Board. igilbert@yorktownny.org; elachterman@yorktownny.org; tdiana@yorktownny.org; aroker@yorktownny.org; vishnuv@optonline.net. Leave phone message for them at 962-5722, ex. 200.

If you care about your quality of life in Yorktown, MAKE YOUR VOICE HEARD.

Letters to the Editor

Yorktown Chamber Eager to Sponsor Needy Families

To the Editor:

The Yorktown Chamber of Commerce received the following letter from a recipient who benefited from our annual "Cops Vs The Kids" baseball fundraiser this past June:

"Dear Yorktown Chamber of Commerce: We would like to extend special thanks to your organization as well as all the members for sponsoring our family to Camp Sunshine. We thank you very much for your extra-ordinary generosity. Please keep up the fire. Our angel was born with a very rare genetic condition which has confined her to a wheelchair since she was born. Her situation and ultimately ours, was made even worse when she was diagnosed with kidney cancer a few months ago. Coming to an environment such as Camp Sunshine has not only rekindled our hopes but it has also re-energized our re-

solve to fight this battle up to its very bitter end. Through you we can once again lift our beliefs, that the world still has people who possess good character. That of caring and putting smiles on the faces of the less privileged and crying faces of those in pain emotionally and physically. The people we met and all the staff and volunteers at Camp Sunshine presented a full force of inspiration. Thank You"

I am so proud of the work The Yorktown Chamber has done, is doing and will continue to do. The recipient and family were sponsored to a week at Camp Sunshine which helps children with life threatening diseases and their families. This letter and all the joy that our event has brought to their family could not and would not be possible without the help of Chief Robert Noble, The Yorktown Police and The Yorktown PBA whose participation year after year

is instrumental. I also want to thank Yorktown Parks And Recreation, Rodd Stein, Heather Sharp Marazita and of course the 12u Yorktown Sluggers. Each family costs 2500.00 for an all-inclusive week.

At this time and because of our successful event this past June, The Yorktown Chamber is prepared to sponsor 4 additional families. If you know of a family that can use some inspiration, recreation and hope please contact my office at 914-245-4599 and we will be happy to sponsor them in a private and confidential manner.

SERGIO ESPOSITO
President

Yorktown Chamber of Commerce

Are We Truly Being Kind To Our Teeth?

BY MITCHELL L. KAHN, DMD

Ever since we were young kids, it was constantly drilled into our heads that we needed to brush our teeth twice a day, watch our consumption of sweets and have dental checkups twice a year. When we matured, we were also instructed to floss, as well. Oh, joy!

So what went wrong? Why are so many of us all these years later still getting cavities and breaking teeth? Why do some

people have perfect dental checkups and others are continually informed at their checkups that they require treatment?

Of course, genetics can be a large contributing factor to dental health— as well as how our teeth are aligned, and if we are nose or mouth breathers. However, after decades of treating people's dental needs, there seems to be a consistent contributing factor that plays an important role in this regard. That factor considers what we are putting into our mouths between meals

and, even more critically, what we are drinking.

In my experience that includes patients from all age groups, I have observed that people who consume plain water during the course of the day seem to have either none— or the fewest cavities and fillings.

Conversely, people who tend to drink sweetened and acidic liquids have the most number of problems. What is even worse is that a lot of people with these habits are “cappers and sippers.” They tend to drink a few ounces at a time every fifteen minutes or so. Their can, bottle, or supersized coffee will often last them an extended period of time. This situation isn't much of a problem if your drink is taken with a meal or finished completely in a few minutes. Swishing with water afterwards can also be very beneficial.

The bottom line is that most delicious popular drinks happen to be very acidic and sweet. This combination of acid and sugar causes real havoc on enamel—the important outer protective layer of the tooth. I have seen teeth harmed so often from drinking sweetened coffee, tea, fruit juices, soda, sport drinks, lemonade, and iced tea. Recently, I've observed a rash of cavities caused by drinking small amounts of seltzer frequently during the day; flavored seltzers can cause even more issues. Even unflavored seltzer is acidic simply from the carbonic acid that forms from making it. I love drinking it, but on its own it is a red flag for enamel— though not as bad as it is

drinking soda. Sadly, vinegar in our salad dressings and wine do not fair well for our enamel either.

The acidic liquids on their own etch or dissolve enamel, especially on the sides of the teeth where they meet. Yes, that is the exact area that we are supposed to floss. This is where most cavities tend to form in teenagers and adults. Add in the bio-films— or the gooey bacterial plaque layer that lives on the surfaces of our teeth, their by-products are also acids that attack our enamel.

The bottom line is that we need to protect our enamel from acid attack. If acidic liquids are taken with our meals, when saliva is stimulated to flow, there doesn't appear to be as much pH lowering of the saliva. However,

the sugary acidic drinks sipped for a long time in between meals does seem to cause the most damage. My pearls of wisdom to share include advising everyone to drink water, almost exclusively. Teach your children to drink water especially between meals and at sporting events. If you must have a sugary or acidic drink, please drink it in a relatively short period of time— and swish with water afterwards. Finally, clean between your teeth— whichever method is your favorite.

Mitchell L. Kahn, DMD is located at 1940 Commerce Street in Yorktown. His office can be reached at (914) 243-7373

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Don't Understand Millennials? Maybe Reading This Will Help

My name is Erin, and I have a confession.

I'm a millennial.

We get a bad rap. And why wouldn't we? Generally, born between 1981 and 1996, ours is the first generation capable of ordering a meal, finding a job, video-chatting with our general physician and securing a date, all from the comfort of our bed. I get it, I'd be jealous of me too.

We vape instead of smoke, love our boozy, bottomless brunches and have become the champion of avocado toast, the ubiquitous millennial meal, which we probably munch on as we lounge on our parents' couch, as it takes us longer to move out compared to generations past.

By now, we've trashed those participation trophies from our youth, as we must rid ourselves of anything that doesn't "spark joy," under the pretense of cleaning maven/Netflix star Marie Kondo. And we'll probably dedicate a six-part Instagram post or an entire podcast episode on the process, as anything we do in life must be documented as a testament to our "personal brand."

We travel the world in lieu of regular careers, a marriage and a mortgage. Because a one-way plane ticket to a faraway land where Sallie Mae doesn't reside is much more affordable than scrounging together enough cash for the down payment on a house as we struggle to climb out of the oppressive weight of student debt.

Millennial Matters



BY ERIN MAHER

Any inconveniences in life we attribute to that pesky mercury retrograde. Especially if, heaven forbid, our Amazon Prime packages arrive late or that restaurant we just ate at did not match its Yelp review.

Work for millennials is not just confined to the usual 9-to-5. Instead, work permeates into other facets of our life, and more often than not, our employer name can be found in both our LinkedIn and Instagram bios, blurring the lines between professional and personal.

And now, I'd like to officially join that cohort. At 28 years old, I am what I'd like to call a "mid-level" millennial and proud of it, and I think it's time that I give all my Westchester neighbors a glimpse into the millennial milieu.

This is the first of eight monthly columns, exploring various topics, such as

money, love, education and other interests concerning the millennial generation. I am here to be the unwanted, and certainly unasked for, voice for my generation.

It's not like my fellow millennials need me, either, since we have upwards of 280 characters to tweet out into the universe our most inane thoughts.

A bit about me: I'm a native of Westchester and a lifelong resident. I was born in White Plains Hospital and then returned there, 27 years later, to get my appendix removed. What can I say, I'm brand-loyal. I'm a former Valhalla Viking and can confidently say that I led the Lady Vikings tennis team to no league, sectional or state titles. We lost,

and we did it well. I worked at the North White Plains branch of the North Castle Public Library throughout high school and college but the Dewey Decimal System still eludes me. It was at the library where I once accidentally locked a member of the North Castle Police Department in the men's room. Consider this a belated "my bad."

So welcome, my Westchester neighbors, to your crash-course in millennialism. Make sure to take notes, and yes, of course you can use your iPad.

Erin Maher is a writer in Westchester County. Find more of her musings at www.erinmaherwrites.com, or follow her on Twitter and Instagram @erinmaherwrites.

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LOVE IN ACTION

That Guy in the Commercial? He's Going to the Olympics

You may recognize Eric Holtz from the Montefiore testimonial about his shoulder surgery. But the story just got way better.

BY DANA WHITE

The 30-second commercial was in heavy rotation all summer. Closeup on a middle-aged guy, very fit, with a shaved head, a soul patch and serious swagger. He lifts weights, throws pitches, swings a bat, while his voiceover describes the orthopedic surgery that saved his baseball career 15 years earlier: "At 39, I had a SLAP tear and ripped off my biceps tendon. Never pitch again? Yeah, right. I went to Montefiore Orthopedics and begged Dr. Levy to get me back on the diamond. At 41, I was drafted to play pro ball."

While compelling, the TV spot left millions of viewers scratching their heads: Who drafted a regular guy over 40 to play pro ball?

That would be Israel. In 2006, after a year of rehabbing from the surgery with his typically insane work ethic, the 6'1" Holtz was drafted to play for the new Israel Baseball League (IBL). He was a baseball-obsessed married father of three from White Plains with a women's clothing business moonlighting as a hitting coach at Manhattanville College. The IBL lasted a year, but the connections he made in Israel paid off bigtime down the line. In 2017, he was named manager/coach of Israel's national baseball team. In September, the "blue and white" advanced to the Africa/Europe Qualifying Event in Italy—and won it all, earning a berth at the 2020 Olympic Games in Tokyo. The *Jerusalem Post* called it a "miraculous accomplishment.... Manager Eric Holtz brought old-fashioned baseball to life, playing games one at a time."

Life Lessons

Most days you can find Holtz behind his desk at Game On 13, his elite training center in Elmsford. Holtz's big personality is somewhat subdued. The soul patch has grown out to a salt and pepper stubble. That and his shaved head make him a double for Bruce Willis from certain angles. At 54, he's mulling over a big year—the commercial, the Olympics, the wedding of his oldest child Jordan—and perhaps wondering what his present "whole crazy world" holds.

"I had no idea I was going to be on TV every night," he says, mean-



PHOTO COURTESY OF MONTEFIORE HEALTH SYSTEM

While Holtz's commercial was airing last summer, he was leading Team Israel to the 2020 Tokyo Olympics.

ing it. "I had no idea I was going to be on 11 billboards and in magazines and newspapers. I get it every day playing baseball: Oh, you're the Montefiore guy! But I don't want to lose focus on what I do. I'm just Eric, head coach of Israel baseball. Owner of Game On 13. It doesn't change anything."

His jam-packed office reflects his 24/7 commitment to baseball—and his entrepreneurial know-how. There are jerseys for the Fury and Lady Fury, his 13-team youth league, and one of his signature Holtz wood bats, made in upstate New York. The wall behind his desk is covered in photographs and motivational sayings and a photo of Lou Gehrig and Babe Ruth, an homage to his late father, who told stories about watching the two legends play at the old Yankee stadium. Samson, Holtz's massive Bernese mountain dog and "best buddy," is collapsed on the floor like a small mountain to be stepped over. Samson is in the Montefiore footage as well, frolicking with Holtz in the cavernous batting cage area. Dozens of T-shirts and jerseys with college logos hang high on the walls, signifying schools where the kids that train here have gone on to play. Coaching and motivating young people to be their best is his favorite part.

"Not everybody's going to be a professional player, but the game teaches you to work hard and be part of something bigger than yourself—part of a team, a culture. It teaches you about life."

The Boy from the Bronx

Holtz calls his business Game On 13 because that's his lucky



PHOTO COURTESY OF ERIC HOLTZ

Team Israel celebrates the victory that won the squad an Olympic berth.

number, the one on his jerseys throughout his own playing career. It started in the Bronx, where Holtz was born. He lived in Co-op City with his parents, Philip and Rosalind Holtz, and his older brother Steven. His dad was an accountant who passed his love of baseball down to Eric. He played catch and got on the floor to hold his son's feet in the correct batting stance. But Philip Holtz also suffered from polycystic kidney disease and required dialysis three times a week. "I played catch with my dad until he got too sick to," Holtz recalls. "It was a lot to ask of

a guy to take me to the park and play with me, because he was exhausted. But he always did."

After Holtz's father passed away at age 51, baseball filled a void. Two of his Little League coaches, both Puerto Rican, "almost adopted me as their own," including him in holidays and family vacations, "to make sure I wasn't alone." (His brother Steven, a retired attorney, "is not a baseball guy.") His father had been religious, and at age 13 his mother and a relative took Eric to Jerusalem for his bar-mitzvah at the Wailing Wall "out of respect

for my father." Holtz went onto attend New Rochelle Academy, where he was a varsity shortstop and pitcher.

In college, he butted heads with his coach. During the season, he left school to attend the funeral of a close friend who died in a car accident. "When I came home, the coach told me to clean out my locker. I'd let my teammates down. He didn't want me. I didn't pick up a baseball again until I was 35."

Back in the Game

Fortunately, there were softballs to pick up. After getting a two-year degree in physical education, Holtz entered the apparel industry in marketing and sales. When he wasn't traveling the world for a women's clothing line — doing well enough to buy his own co-op in Hartsdale at the age of 21 — he was playing in several fast-pitch softball leagues in the city. He showed up for his own wedding in 1991 with three broken ribs from sliding into second. His fiancé told him to suck it up and smile for the photos.

"We should have frequent flier miles at the hospital," says Traci Holtz today. "He's always breaking something, coming home with a big raspberry on his leg." The two met in summer camp as kids and reconnected when working in the fashion industry. Traci now works as an administrator in the Mount Pleasant Central School District, overseeing student support services. "Being his wife is accepting that baseball is a big love of his life; it's part of the package."

Holtz honed his natural coaching talent on his own kids. All three were standouts at Valhalla High

School and have played in college: Jordan, 26, at Bucknell University; daughter Sydni, 22, at NYU; and Brett, 20, at Columbia University, where he's a junior. According to Holtz, all this diamond time kept his kids "away from video games and helped get them into great schools."

For Sydni, a pediatric oncology nurse at Memorial Sloan Kettering Cancer Center, playing ball was a given. "From the moment I can remember anything, we have been breathing baseball and softball. I don't think we had a choice necessarily. Baseball is important to my dad because of losing his father when he was young.... The bond between us with the sport didn't compare to any other sport we tried."

But Holtz's sour college experience gnawed at him. In the year 2000, at age 35, he signed up for the first of several trips to New York Yankees Fantasy Camp in Tampa, Fla., where regular people pay to play and hang out with real live retired Yankees. The experience "rekindled my love and my passion for baseball." He got into age-group open league baseball and started "killing it" as a third baseman/pitcher. "I'm making the All-Star game every year, playing against kids half my age. It came back quick. I got so enthralled with it, the more I did it, the more I wanted to do it. Before you know it, I was going to Florida and Puerto Rico with travel teams, looking for more and better competition. I was playing so much I hurt my shoulder. I was broken."

A Stitch in Time

For repairs, Holtz went to a good friend and softball teammate: Dr. Martin Levy, an orthopedic surgeon at Montefiore. "I talked him into fixing me. He said, 'Why don't you just stop pitching and play first base?' And I said 'Marty, I'm not ready for that! I've got a lot more life left in me!'" Levy did the surgery. Little did they know that years later, "I'd be contacted to do a feel-good story for Montefiore," says Holtz. Doctor and patient also starred in "Eric's Story," a short film that ran on the YES Network. "Without that surgery later in life, none of this would have happened."

Sometimes life takes a lucky hop. After his rehab, an old friend told Holtz about this new venture called the Israeli Baseball League. "I said, 'There is no baseball in Israel. None. Zero.'" The IBL was the quixotic dream of a millionaire Boston bagel maker who wanted to bring baseball to his spiritual homeland. They were having tryouts in the Berkshires. Holtz went "on a goof." He made the six-team league as a player/coach for the Bet Shemesh Blue Sox and spent two months playing in Israel, which has only one lighted field.

He got \$2,000 for the season



PHOTO COURTESY OF ERIC HOLTZ

"Eric is one of the most positive people I've ever met," says Team Israel pitcher Jonathan de Marte.



PHOTO COURTESY OF ERIC HOLTZ

The banner says it all.

and a wise-cracking star turn in a documentary about the league called *Holy Land Hardball*. But his pro debut paid off in other ways. In 2013 he was a hitting coach at Westchester Community College when a former IBL teammate recruited him as assistant coach to America's 18 and under team in the Maccabiah Games (a.k.a. "the Jewish Olympics"). Team USA won gold, and in 2017 Holtz returned as head coach. They won again, this time with son Brett playing first base. The next day, Peter Kurz, President of the Israel Association of Baseball, hired Holtz to coach the Israeli national team. "Eric is dedicated, a true mensch, high energy, a great motivator," says Kurz. "We needed a guy like him."

Ascending to a New Level

Baseball remains a tough sell in Israel, a country the size of New Jersey with only 1,000 players. "Baseball requires patience, and the Israelis are not a patient people," Holtz explains. "When you're a kid you could wait five innings and not have a ball hit to you. Soccer and basketball are nonstop. Israel is not the baseball mecca of the world, but we have proven a lot of people wrong so far. We can compete with anybody out there."

Most of Team Israel's players are American Jews who played college and professional ball. Because they have to be Israeli citizens for Olym-

pic competition, Kurz arranged for all of them to obtain citizenship in Israel, a process called Aliyah, Hebrew for "ascending."

"Eric and I met a year and a half ago and I laid out the plan," Kurz explains. "I told him how I intended to bring American Jewish players on Aliyah. How we needed to win three tournaments in eight weeks in order to reach the Olympic qualifiers. How we could do well if our pitching held up, and how we could reach the Olympic Games in Tokyo. He looked at me like I was crazy, but immediately bought in because he has that crazy streak as well." Combined with the addition of six former MLB players, Team Israel had never been stronger.

The roster includes local legend Jonathan de Marte, the 2010 and 2011 New York State Gatorade Player of the Year from Yorktown Heights. He played for the University of Richmond and for independent leagues before Holtz recruited him for Team Israel. "Eric calls and says, 'I've watched you play for years, but I had no idea you were Jewish!'" says de Marte, who calls Holtz "one of the most positive, uplifting people I've ever met. He reminded us every day what we were playing for, who we were playing for, how it's on the international stage with all these eyes watching us. Thanked us for the effort we were putting in. He makes you feel your worth."

Close to the Heart

Throughout their march to

the Olympics—Bulgaria, Lithuania, Germany, Italy—Holtz was flying back home to run Game On 13 and squeeze in his own game time. The training center has become a home base for Team Israel players like pitcher Gabe Cramer, a Stanford graduate who plays on an L.A. Dodgers' minor league team. Cramer says that for what Holtz lacked in professional baseball experience as a manager, he made up for in passion.

"Eric is very outspoken. He wears his emotions on his sleeve. He was able to rally the team and make us feel like we were all chasing a common goal."

Holtz wears his emotions elsewhere, too. In 2011, his mother's death prompted him to leave the apparel business and open Game On 13. "Her journey through pancreatic cancer is what made me change my career and do something I love every day, because you're not promised tomorrow." He pulls down his shirt collar to reveal two faces tattooed on his chest. "My parents are with me everywhere I go."

Philip and Rosalind Holtz were with their son as he led Team Israel to win after win in Europe. Holtz remembers how, "whenever the Israeli national anthem played, my hand was covering both of my parents." His voice breaks, his eyes mist up. "I was thinking of how proud they would be."

Echoes of History

In early September, Team Israel arrived in Bonn, Germany, for the European Championships days before the 47th anniversary of the 1972 Munich massacre, where Palestinian terrorists murdered 11 members of the Israeli Olympic team. They were the first Israeli athletic team to compete in Germany since 1976. One team member's grandparents had survived Auschwitz.

"The experience transcended baseball," Holtz recalls. "Looking

around and understanding that 70 years prior I would've been killed just for being there. To compete against Germany and beat them on their soil was kind of life changing for me." Israel won a close and emotional game 5-4, before appreciative German fans. Holtz holds up the game ball, the only one he kept.

With a gleam in his eye, Holtz recounts the pep talk he gave on the team bus in Italy, with the Olympic Games on the line. "I pride myself on being incredibly even keeled during the game. Now, pregame? Postgame? I'm a lunatic. Five minutes before we got to the stadium I stood up and said, 'Gentlemen, there's nothing left to say. If you take care of business today, we leave the hotel as a baseball team and we come back as Olympians.' And the bus erupted." They trounced South Africa 11-1.

Next Stop, Olympic Podium?

Holtz calls himself "a proud Jew, but I'm not religious. My religion is being good to people." He's fallen in love with Israel, and is thinking about living there someday, Traci willing. She is proud of her husband yet unfazed by recent events. "That's the way it's always been with Eric. You never know what's going to happen next." She attributes his success in part to his playful spirit. "He's still that boy on the street, ringing all the doorbells, saying, come on everybody, let's play!"

And doors are opening. Since winning a spot in the Tokyo Olympics, Holtz has met the Israeli ambassador and started a public speaking business, talking to synagogues and men's groups about baseball and life. The Jewish Broadcasting Service has invited him to a menorah-lighting for Chanukah. In November, Westchester Community College gave him an award for his contributions to its team. A few weeks ago, Peter Kurz gave him a call. "He said, 'Hey Holtz, you ever hear of the Washington Nationals?'" The World Series Champions had invited Team Israel to play a training game in Florida in February. With only six baseball teams playing in Tokyo, there's a good chance Holtz could add an Olympic medal to his memorabilia wall. Suddenly, that commercial needs a sequel.

"My whole life I've prided myself on being a good person and treating people the way I'd want to be treated. I think it worked in my favor this year, being hard-working and passionate and helping people set and achieve goals. I think some of mine came to fruition as well."

Writer Dana White lives in Ossining.

Obituaries

Gary White

Gary Clifford White, a resident of Montrose, died on his 79th birthday on November 18 at Northern Westchester Hospital during his third courageous battle with cancer.

He was born in Peekskill to Clifford Charles White, and Luella May (Hover) White. He had attended Scarborough Country Day School and Hendrick Hudson High School in Montrose and Brewster Academy preparatory school in Wolfboro, N.H.

Mr. White operated Gary White Enterprises in Montrose and was well-regarded as a mover of pianos and as a dealer of antiquarian books and ephemera. He also had been a member of the International Brotherhood of Teamsters Local 456 out of Elmsford, NY. He was an active member of the Yorktown Heights United Methodist Church in Yorktown.

He was preceded in death by his brother, Dr. Bruce David White, in 2015. He is survived by daughters Kristina "Tina" Heath and her husband, Mark Nix, of Wappingers Falls, N.Y.; and Devon White and her husband, Cameron Texter of Raleigh, N.C.; his companion and soulmate of 21 years Jean Urban Spadaccia of Yorktown Heights, N.Y. and her daughters, Meredith Spadaccia and her husband, Michael Kriegal, of New York City, and Jennifer Spadaccia of New Orleans, LA; his former wife, Juliet Lamar of Longs, S.C.; his grandsons Brian Heath and his partner, Gwen Ferrara of Poughquag, N.Y., Eric Heath and his wife Katie (Harty) of New York City, Sean Hickey and his partner Yvonne Pan of London, England, United Kingdom, and Stephen Hickey of Raleigh, N.C.; great granddaughter Addison Jean Heath of Poughquag, N.Y. important long-time family friend, Mike Hickey, of Fishkill, N.Y., and many cousins and friends.

Sister Mary Powers

Sister Mary Powers died November 22 at the Maryknoll Sisters Center in Maryknoll, NY. She was 102 and had been a Maryknoll Sister for 77 years.



SISTER MARY POWERS

She was born in Fall River, Massachusetts on January 23, 1917 to Irene (Moffitt) Powers and Ambrose A. Powers. She had one sister, Eustelle and one brother, Ambrose; both predeceased her.

From 1931-1934, she attended B.M.C. Durfee High School in Fall River, MA. She entered the Maryknoll Sisters Novitiate located in Maryknoll, New York (from Fall River Diocese, MA) on September 7, 1942. At her Reception she received the religious name, Sister Mary Ambrose Irene. She made her First Profession of Vows on March 7, 1945 at the Maryknoll Sisters Center, Maryknoll, NY and her Final Vows on

March 7, 1948, also at the Sisters Center.

In 1944, Sister Mary began her studies at Maryknoll Teachers College (located on the property of the Sisters Center) and earned a Bachelor's Degree in Education in 1948. After graduating, she received her first teaching position at St. Anthony's School in the Bronx, N.Y., where she taught 7th grade.

In 1949, she was assigned to Hawaii to teach Grades 7 and 8 in Kalihi - Kai, Puna-hou and Wailuku until 1967. From 1968-1970, Sister Mary served as Principal of St. Anthony's Elementary School and Coordinator of the St. Anthony Convent in Kalihi-Kai. In 1971, she was appointed Principal at St. John the Baptist School in Honolulu, where she served for 5 years before returning to the Sisters Center in Maryknoll, NY. She remained at the Sisters Center for Congregational Service from 1976-1981; during these years she worked in the Treasury Department and served as Supervisor of Direct Mail in the Development Department.

In 1982, she returned to Hawaii once again to serve as Regional Planning Coordinator and Guidance Counselor at Maryknoll High School in Honolulu until 1984. Sister Mary then became involved in community service and served as Project Director of RESPECT (an Interfaith Volunteer Program serving the elderly) until 1996.

She retired in Honolulu in 1997, but remained an active volunteer in the community. In 2009, Sister Mary returned to the Maryknoll Sisters Center, Maryknoll, NY.

John Williams

John E. Williams, a resident of Mohegan Lake, died November 26. He was 90.

He was born in Peekskill on June 22, 1929 to Irving and Elsie Williams. He served honorably in the United States Airforce during the Korean War. He married Wenda Rogerson on May 2, 1953 while stationed in England.

They came to the United States in 1954. John built a house for Wenda in Mohegan Lake where they raised their three children. He is survived by two daughters Claire Williams, Deborah Krauskopf and son John L. Williams. Also survived by nine grandchildren Corinna, Benjamin, Aileen, Erin, Chelsea, Emma, Kristen, Kylie, Katy and eight great grandchildren Ranae, Veronica, Harlie, William, Oliver, Luke, James and Kieran.

William Benedetto

William Benedetto, a resident of Mohegan Lake, died November 22 at Westchester Medical Center after suffering a massive stroke. He was 62.

Willy grew up in Inwood, NYC and went to Good Shepard School. After struggling with addiction for most of his life, he would've celebrated 15 years sober in 2020. It's a great life accomplishment that his family has always been very proud of. He also received a liver transplant in 2013 and knew how lucky he was

to have these "extra" six years.

He is predeceased by his parents Pasquale Benedetto and Margaret Lundy Benedetto. His brothers Patrick Benedetto, Vincent Benedetto, Michael Benedetto, sister in laws Mary-Ann Benedetto and Janet Benedetto and his beloved brother in law Harold (Hoppy) Staffu.

Willy is survived by his two sisters and caregivers Mary Benedetto Staffu and Gina Benedetto, his brother and sister in law Joseph Benedetto and Patricia Benedetto. He's also an uncle, great uncle and great, great uncle to many nieces and nephews who will miss him very much.

Robert McCaffrey

Robert "Bob" McCaffrey, a resident of Cold Spring, died November 27. He was 70.

Son of Lorretta Cloak and Edward McCaffrey, he was born on May 2, 1949 at Peekskill Hospital. He was a graduate of Croton High School and further went on to become a Con-Edison Lineman where he retired in December 2007.

He is survived by the love of his life Debby, whom he married on June 6, 1982. They went on to build a beautiful life together. Their love was evident in anything that they did.

Mr. McCaffrey was a diehard Yankees fan and equally loved the New York Giants and New York Jets. He was a selfless man who loved his family more than life itself. He enjoyed spending his time with his family, especially his granddaughter Sadie who referred to him as her "Pa". She was the apple of his eye. He enjoyed the outdoors and spending time with his dog, Romper.

He is survived by his wife of 37 years, Debby McCaffrey; their daughter, Breana-Marie and her husband Cory Rivera, along with their daughter Sadie; his daughter Heather and her husband Eric Fanelli along with their two daughters Victoria and Samantha; his Brothers, Edward McCaffrey and his wife Linda, Michael McCaffrey and his wife Peggy, and Patrick McCaffrey; and his sisters-in-law, Carla Doucette and her husband Gerry, Darlene Poulin and her husband Yvon, Michele Marina and her husband Richard. Bob is also survived by several nieces, nephews, great-nieces and great-nephews.

He was predeceased by his parents; his mother-in-law Rose Pierce and his father-in-law Carl Pierce; his sister-in-law Kathy McCaffrey; his great-nephew Baby Todd Lanthier; and his beloved Dog Co-Co.

Stanley Masaru Kaneshiro

Stanley Masaru Kaneshiro, a resident of Ossining, died November 22 in his sleep after a year-long illness. He was 77.

He was born on July 29, 1942 in Honolulu, Hawaii to Senkichi and Kamiko Kaneshiro. A beloved brother, he is survived by sisters: Linda Wong, Annie Low and brothers: Gary and Clyde Kaneshiro.

At the age of 10, the family relocated

to New York City where he continued his formal schooling with the NYC public schools. The family relocated to a Briarcliff Manor, NY address in 1957. Most of Stanley's social life centered around the Millwood community. He was employed by the Taconic State Highway Maintenance Dept. for a few years before enlisting in the U.S. Army. While stationed in Germany Stanley enjoyed touring Europe. His electronic background with the U.S. Army enabled him to find employment with Con Edison Electrical Company in Westchester County. He worked over 40 plus years with Con Edison as a high power tension lineman and enjoyed working outdoors.

He cared for his aging parents until they relocated back to Hawaii. After retirement he moved from his Briarcliff Manor address to a house next door located in Ossining. His favorite past time was fishing and making numerous trips to Hawaii and Okinawa to visit with friends and relatives. His Ossining home became the centerpiece for family gatherings and holiday celebrations where family members and friends would eat to their heart's content and talk story until the wee hours of the morning. He was a big fan of the New York Yankees and hardly ever missed any of their televised games.

Bruce Di Marzo

Bruce Allen Di Marzo, a resident of Ossining, died November 30 after a brief illness. He was 62.

He was born on August 11, 1957, and was a longtime resident of Ossining. He graduated from Stepinac High School and Fordham University, where he studied communications and was active with WFUV radio station.

Mr. Di Marzo worked in security and real estate in the 1980s before a nearly 20-year career at Radio Shack and 14 years at Summit Security. His passion was music, and he developed 1,200 videos of acapella groups for his YouTube channel BruceAllenNYC.

He is survived by his parents, five siblings, and 14 nieces and nephews. He was predeceased by his mother, Lydia Di Marzo.

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SMALL NEWS IS BIG NEWS

Mahopac Resident Inspires Assembly Resolution on CRPS

Assemblyman Kevin Byrne recently met with Mahopac resident Marianne DeMasi Chaluisan to deliver a resolution he passed in the Assembly raising awareness for Complex Regional Pain Syndrome, also known as Reflex Sympathetic Dystrophy, which Chaluisan battles.

CRPS is a rare disease characterized by acute pain, swelling and tenderness of a limb, and in extreme cases can result in loss of mobile use of a limb. With fewer than 200,000 cases in the U.S. yearly, there is limited research and awareness about CRPS/RSD.

Byrne's resolution declared November 2019 as CRPS/RSD awareness month in New York State. The resolution had strong bipartisan support and was adopted by the Assembly on May 6.

Each year, the Reflex Sympathetic Dystrophy Syndrome Association dedicates the first Monday of November as "Color the World Orange Day" to raise awareness for the condition.

"During this past legislative session, I was approached by a friend of Ms. DeMasi Chaluisan, who explained what Marianne was forced to endure on a regular basis," said Byrne. "After asking what our office could do to help, I was happy to introduce and pass this resolution by working with colleagues on both sides of the aisle to raise greater public awareness in our state about CRPS/RSD and those who suffer from it."

Chaluisan thanked Byrne for his advocacy for people who are dealing with this debilitating disease.

"CRPS/RSD is still not well known pub-

licly and we need further medical research to improve treatment and find a cure," she said. "It's an invisible condition. People on the outside cannot see the pain that people suffering from CRPS/RSD live through on the inside. By introducing a resolution and gaining support from his Assembly colleagues, Assemblyman Byrne is helping move our awareness campaign forward."

Assemblyman Kevin Byrne delivers a resolution he carried during the 2019 legislative session to Putnam County resident Marianne DeMasi Chaluisan, raising awareness for Complex Regional Pain Syndrome.



Peekskill's Annual

HOLIDAY TREE LIGHTING

Saturday,
December 7, 2019

at 4pm

HOSTED BY WHUD'S KACEY MORABITO

Downtown Peekskill, NY
At The Gazebo
Corner of Park and Division Streets

Presented by The Peekskill Business
Improvement District and the City of Peekskill

**FREE HOT CHOCOLATE
AND COOKIES
AT THE GAZEBO***

Sponsored by the Hudson Valley
Gateway Chamber of Commerce
and provided by Kathleen's Tea Room.

Free holiday gift to children under 14*
Meet, greet, and take photos with Santa**

*while supplies last
**after the show



LIVE PERFORMANCES BY: **DOUG FERONY**
ARTS 10566 / PEEKSKILL CITY SINGERS
KILEY CENTER S.T.A.R.S. / THE DANCE
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SPECIAL APPEARANCE BY **SANTA**,
ARRIVING ON STELLA THE TROLLEY



**SPCA
WESTCHESTER**
Patrick
Collie Mix
2 years old

Patrick, a Collie/Retriever mix, is a very handsome young lad with a glossy black coat and a gleaming white chest. Patrick can be shy at first, but has many dog friends and fans at the shelter that would love to show you his true goofy and loving personality. He is looking for a patient, loving family with a friendly dog to show him how much fun a family will be. If you are that family, then come on over

for a play date with Patrick! Email
shelter@spca914.org for more information.

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TUESDAY, DEC. 3

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

Ossining Library Events: The following events have been scheduled for the coming days at the Ossining Public Library, 53 Croton Ave. There are two art exhibits that are being held this month in the main gallery through December 28. "In Here I Remain" by Anthony Ibanez is being held. The opening reception will be held on December 14 from 2 to 4 p.m. In the hallway gallery. "We See the World through Language" by Les VonLosberg is being presented through December 27.

WEDNESDAY, DEC. 4

New York -Presbyterian Programs: Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd. The Living With Loss Support Group will meet on December 4 and 18 from noon to 1 p.m. Registration: 914-734-3330. Plant-Based Mediterranean Meals will be held on December 4 from 5:30 to 7 p.m. Cost: \$15 Registration: 914-734-3780 or hvh-teachingkitchen@nyp.org. The Breastfeed with Certainty Prenatal Class will meet on December 4 from 6:30 to 9:30 p.m. Registration: 914-734-3257. The Living with Cancer Support Group will meet on December 5 and 19 from 6 to 7 p.m. Registration: call 914-644-8844 Ext. 104. Physician in the Kitchen: Understanding the Immune System will be held on December 6 from noon to 1:30 p.m. Registration: call 914-734-3780 or hvh-teachingkitchen@nyp.org. The Cancer Support Group for Latina Women will meet on December 6 and 20 from noon to 1:30 p.m. Registration: 914-293-8424. Diabetes Education Classes will meet on December 6 and 20 from 2 to 3:30 p.m. Registration: 914-734-3998. Homemade Soups and Stocks will be held on December 9 from noon to 1:30 p.m. Cost: \$15 Registration: 914-734-3780 or hvh-teachingkitchen@nyp.org.

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. 5

Yorktown Jewish Center Courses: Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class is held on Thursdays at 10:30 a.m. The Rabbi's class will be held on Tuesdays at 7:30 p.m. The Talmud class meets on Thursdays at 10:30 a.m. The Rosh Chodesh class (for ladies only) is conducted on Tuesdays at 7:30 p.m. This class is for discussion and learning and no knowledge of Hebrew is required. This class is for discussion and learning, and no knowledge of Hebrew is required. Info: 914-245-2324 or www.yorktownjewishcenter.org.

Somers Library Events: The following programs will be held in the coming days at the Somers Library. The adult program Create a Winter Seasonal Wreath will be held from 1 to 2:30 p.m. on December 5. Registration is required; please go to our online calendar at www.somerslibrary.org or call 914-232-5717. Linda Spear's Writers' Group Open Mic will be held on December 7 from 10:30 a.m. to noon. As the workshop is ending, come and hear the results of the members' hard work as they read their stories, essays and more. Register online at www.somerslibrary.org or call 914-232-5717. Everybody's Reading "The Legend of Sleepy Hollow" will be held on December 7 from 1 to 2:30 p.m.

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. 6

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

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.

IBM Retires Event: The Tri-State IBM Retirees will hold their Holiday Luncheon at Frankie & Augie's, 3673 Hill Blvd, Jefferson Valley. There will be Individual lunch choice and checks. The next regular meet-

ing will be on Jan. 30, 2020. Info: Peg Ryan 914-528-5916.

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 services will be held at 8 p.m. at Temple Beth Am. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or email him at rabbiw@optonline.net. At 7 p.m. tonight there will be a Family, New Members', and New Learners' Shabbat.

SATURDAY, DEC. 7

Bagels and Bible: Temple Beth Am will host the program at 9 a.m. All are invited to study the Bible with our engaging Rabbi Robbie Weiner. Bagels and coffee are provided for all wishing to explore how the Bible is a mirror into our lives. No previous knowledge is required, and all backgrounds are welcome. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or email him at RabbiW@optonline.net.

Putnam Valley Shabbat Service: Looking for a modern Shabbat service steeped in Jewish tradition? Come to Temple Israel of Putnam Valley, a Conservative Egalitarian Synagogue situated on beautiful Lake Peekskill. Our inclusive, community-lead services start at 9:30 a.m. on Saturdays and are held in Hebrew and English. Enjoy a comfortable atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush lunch. Services are free; Family Memberships are \$250 per year and include High Holiday Services. The synagogue is located at 140 Lake Drive in Lake Peekskill. For more information call 845-528-2305.

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

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. The reception is slated for today from 2 to 4 p.m. Also, see artwork from Lakeland elementary school pupils in the showcases inside the library this month.

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.

Gift Fair: A Holiday Craft and Gift Fair will be held at the Bethel Springvale Inn on from 10 a.m. to 1 p.m. at 62 Springvale Rd., Croton. For more information, please contact Patricia Pelican at 914-739-4404 Ext. 2204.

Open House: The Christmas Open House at the Parsonage will be held between 11 a.m. and 3 p.m. at Yorktown United Methodist Church, 2300 Crompond Rd. No RSVP or sign-up needed. Info: 914-962-5749.

Support Connection Yoga: Support Connection announces a free program: "Yoga: A Path toward Wellness" will be offered from noon to 1:30 p.m., at Club Fit in Jefferson Valley on December 7, 14 and 21. It is open to women living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

Peekskill Annual Holiday Tree Lighting: Presented by the Peekskill Business Improvement District and the City of Peekskill, the annual holiday tree lighting will be hosted by WHUD's Kacey Morabito and feature live performances by Doug Ferony, Arts 10566, Peekskill City Singers, The Kiley Center Dancers, Cross Cultural Connection, The Brasiles Ensemble. At 4 p.m. Downtown Peekskill at the Gazebo (corner of Park and Division Streets). For more information, contact the City of Peekskill at 914-737-3400 or visit www.cityof-peekskill.com.

Taghkanic Chorale's Winter Concerts. The 50-singer Taghkanic Chorale, now in its 52nd year, will perform two programs of wondrous choral music. The program's centerpiece is "Frostiana" by Randall Thompson, which sets to music some of Robert Frost's most beloved poetry. The program also includes Benjamin Britten's "Hymn to the Virgin," Eric Whitacre's "Five Hebrew Love Songs," Howard Goodall's "Romance of the Angels" and two mesmerizing pieces by John Tavener, along with favorite songs of the season sure to warm the heart. A reception will follow both concerts. The concerts will be held at the Holy Name of Mary Church, 114 Grand St., Croton at 8 p.m. on December 7 and at 4 p.m. on December 9. Adult tickets are \$25. seniors and students are \$22 and \$12 for children under 12. Info and tickets: 800-838-3006 or visit www.taghkanicchorale.org.

SUNDAY, DEC. 8

Holiday Services: St. Andrew's Lutheran Church, 2405 Crompond Rd, Yorktown, invites you to temper the hectic pace

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and busyness of the holidays by attending a series of special Sunday Advent sermons by Pastor Dave Dockweiler. The sermons are entitled Slowing Down for Hope; Slowing Down for Peace; Slowing Down for Joy; and Slowing Down for Love. This Advent sermon series continues on December 8, 15, and 22. Services are at 8:30 a.m. and 10 a.m. Christmas Eve services will be conducted at 4 and 9 p.m. Everyone is welcome to attend. Please also visit us on the Web at www.standrewsyorktown.com.

Somers Library Exhibit: Paintings by Mike Russ are on display in December at the library. A reception is slated for December 14 from 1 to 4 p.m. Info: 914-232-5717 or www.somerslibrary.org.

Holiday Playdate: A Hanukkah Playdate for Tots with Rabbi Robbie and PJ Library will be held at Temple Beth Am at 12:30 p.m. Come for a great time for tots

and parents as we sing songs and tell stories celebrating the joy of Hanukkah. Additionally, there will be exciting age appropriate crafts for the little ones. The program is free. Temple Beth Am is located at 203 Church Pl. Yorktown. To RSVP or receive more information e-mail marissajlibrary@gmail.com.

Movie Sing-A-Long: At 2 p.m. the Yorktown Jewish Center, 2966 Crompond Rd. we will have a sing along with the movie, "Fiddler on the Roof." Popcorn will be provided. Info: 914-245-2324.

Winter Holiday Concert: The event will be held at 3 p.m. at the First Presbyterian Church, of Ossining, 34 S. Highland Ave. The Westchester Chordsmen barbershop chorus will perform. Info: chordsmen.org or 914-298-7464.

Art History With A Twist: Artist and art historian Marcy B. Freedman returns to

Hudson Valley MOCA from 3 to 4 p.m. to present three lectures that focus upon the ways in which art confronts human behavior. MDVC is located at 1701 Main S., Peekskill. Info: 914-788-0100.

World Agenda: Laudatosi: How Does the Agenda of the World Need its Wisdom? Will be held from 3 to 4:30 p.m. at Holy Name of Mary Parish Center, 114 Grand St, Croton. Park in rear of Parish Center. The free program is open to all concerned about Climate Change. For more information, contact us at contact@HNMCare4CreationMinistry.com. The program is part of the Sustainable Sunday Speaker Series. www.hnmcare4creationministry.com.

Healing Yoga: Yoga classes for women with breast cancer are held at 5 p.m. on Sundays at Hudson Yoga, 5 Old Post Rd. South, Croton-on-Hudson. Weekly classes are being conducted by rotating instruc-

tors. The suggestion is \$15. Info: Ellisha Simpson at 914-319-4010.

MONDAY, DEC. 9

Breast Cancer Treatments: Support Connection, Inc. announces a free national Webinar: Hormonal Therapies for Breast Cancer is scheduled from 8 to 9 p.m. To learn more or to pre-register, which is required, call 914-962-6402 or 800-532-4290.

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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Tracking the Evolution of the Closet in the Home

When my wife and I bought our first home in the suburbs, it was an historic structure built in 1734, and indicative of the times, it had no closets.

A makeshift place for us to hang our clothes was in our bedroom where a clothes bar had been placed between the outcrop of the fireplace and the corner of the perpendicular wall.

Considering that in my younger days I was somewhat of a clothes horse, I was concerned. My wife took a larger linear closet, and in my smaller closet, I immediately doubled the hanging space by moving the clothes bar up as far as I could comfortably reach and installing a second clothes bar beneath that.

While today a closet is a little room where you hang your clothes, for much of its history it had served a different purpose entirely.

In the Middle Ages having a bedroom was a rarity, even a bit of a privilege. Most ordinary people slept either on the floor of the great hall of the manor where they lived or in a single room that served multiple purposes as kitchen, living room, dining room and bedroom. Only very wealthy people had bedrooms, which were not just for sleeping but also for working and en-

tertaining important guests. The bedroom, at this time, was not a very private place, which created a need for another space, to be known as the closet.

By the end of the Medieval period, well-to-do homeowners began adding small rooms adjoining their bedrooms as a place to store treasured possessions, but it was also a place for prayer, reading and quiet contemplation. It was by far the most private place in the house, and to this day the word "closet" can carry a meaning of secrecy and privacy.

In Europe, the closet eventually disappeared as houses grew larger and other rooms afforded opportunities for privacy. But the Puritans took the idea of a closet with them to the New World, although their use of it by then was simply a place to store things.

In older houses, closets are not as prevalent; there might

not even be one in every bedroom because people then had a lot less clothing. It was much more likely that clothes were stored in a chest or armoire rather than hanging them in a closet. In fact, the coat hanger wasn't even invented until 1869. In that year, a shoulder-shaped hanger was invented by O. A. North of New Britain, Conn. An employee of the Timberlake Wire and

Novelty Company, Albert J. Parkhouse of Jackson, Mich., has also been credited with the invention.

Today the closet is enjoying a bit of a resurgence, primarily because most Americans own (what would have been considered by the Puritans at least) enormous amounts of clothes. And hangers have diversified. There are shirt hangers, which should have divots or rubber-tipped ends to keep tank tops and silky fabrics from sliding off, pants hangers, sweater hangers, skirt hangers and suit jacket hangers.

The mania for luxury closets, such as those offered by California Closets, has even led to closets outfitted with sofas, vani-

ties or desks, making them a sort of retiring room/boudoir in addition to a storage space.

Which means that these closets have, in fact, come completely full circle.

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



By Bill Primavera

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Holiday Toy Drive at Open Door Family Medical Centers

Local residents can support the Open Door Family Medical Center Annual Holiday Toy Drive and “Santa Days” by donating new, unwrapped toys (for newborns through 14-years-old) from now through December 15th.

“Every year we look to the communities to help us make the holidays a little brighter for low-income families throughout Westchester and Putnam Counties,” said Jane Levy, Manager of Volunteer Programs. “This is a chance to make a difference in the lives of so many families who struggle at this time of year.”

Open Door serves nearly 57,000 patients each year, many of whom would otherwise be unable to afford quality health care, living at or below the Federal Poverty Level of \$25,750 per year for a family of four. Despite the relative affluence of the region, for many families, these will be the only toys available to their children. Each year, the Open Door Foundation collects toys – which are handed out by Santa at six of Open Door’s service sites in the area. This year, Open Door hopes to distribute more than 3,000 toys.

Local residents who wish to donate are encouraged to bring toys for newborns through 14-years-old (valued up to \$20) to any of the six Open Door Family Medical Center Sites: Brewster at 155 Main Street, Suite 101 (lower level); Mamaroneck at 689 Mamaroneck Avenue; Mount Kisco at 30 W. Main Street; Ossining at 165 Main Street; Port Chester at 5 Grace Church Street; and Sleepy Hollow at 316 North Broadway

(Route 9). Donations are accepted through December 15th, when the toys will be distributed during a series of Santa Days at the centers. Residents can also make online monetary donations and Open Door team members will purchase toys on their behalf.

Open Door is also looking for volunteers to serve as wrapping elves, toy sorters, Santa Day helpers, decorators, toy drive pick-up helpers, and more.

For more information on toy donations

visit opendoormedical.org/join-us/volunteer/holiday-toy-drive. To learn more about volunteer opportunities, please contact Jane Levy at 914-502-1468 or jlevy@odfmc.org.

Open Door Family Medical Center is a Federally Qualified Health Center. Its mission has remained consistent since it opened in 1972: to provide high-quality health care that is affordable, accessible and efficient.

Across six locations in Ossining, Port Chester, Sleepy Hollow, Mount Kisco,

Brewster and Mamaroneck, a dental practice in Saugerties, as well as eight school-based health centers, Open Door cares for nearly 1,000 adults and children every day – regardless of ability to pay. In addition to Primary Care (including Pediatrics), Dental, Mental Health, Substance Use Services, Women’s Health, Optometry and Podiatry, Open Door promotes wellness, good nutrition, stress reduction and physical activity to help families stay healthy.

Holiday Season a Great Reason for Creating, Giving Apple Pies

BY JOANNE WITMYER

Today, December 3, is Giving Tuesday, which was initiated in 2011 on a global scale and intended to honor charitable giving during the holiday season.

Many individuals decide to donate monetary gifts to nonprofit organizations that mean something to them personally. Interestingly, December 3 also happens to be National Apple Pie Day as well, so I decided to mesh these two topics.

Part of enjoying the snowfall this past weekend involved me cooking an apple pie with a recipe that has been in my family for years. Baking truly helps make the home feel cozier and the scent of a pie cooking is delightful. I look forward to seeing the recipes you share with me about your own family’s apple pie recipes.

Please consider creating and giving an

apple pie to someone as a surprise this week.

INGREDIENTS

Pie dough for two dishes (create from scratch or purchase, whichever stresses you out less)

1/3 cup of brown sugar

1 TSB maple syrup

¼ tsp ground nutmeg

½ tsp ground cinnamon

¼ ground cardamom

3 to 4 Granny Smith or Cortland apples, peeled, then cored (and sliced)

¼ cup butter, diced into little cubes

1 egg, beaten lightly

INSTRUCTIONS

Preheat your oven to 375 F. Place one of the pie dough circles in your pie dish.

Mix together the brown sugar, maple

syrup, nutmeg, cinnamon and cardamom and set aside.

Place half of the spice mixture as a thin layer on the dough, then place half the apples. Repeat with the rest of the spice mix and the apples. Cover the apples, dot with the small butter cubes and top with the second pie circle. Seal the pie bottom and top together with a fork and cut a slit or festive design (such as a star) on the top layer. Brush the egg on the top of the pie.

Place in the oven for 35 to 45 minutes, let cool and enjoy.

Joanne Witmyer is the founder of Indigo Health and Wellness based in Croton-on-Hudson. She teaches group classes, offers wellness consulting to companies and helps private clients achieve their health goals – particularly during times of change and transition. You can reach Joanne at 914-208-1022 or Joanne@IndigoHW.com.

Crossword

ACROSS

- 1. Fed’s publisher
- 4. High school course
- 7. Rower
- 8. Zodiac sign
- 9. City map abbr.
- 12. Really funny
- 14. “Are you a man ___ mouse?”
- 15. Varied
- 17. The name of this White Plains dentist office is its goal
- 20. Hug and kiss, to a Brit
- 21. High, in combinations
- 23. Grouches
- 27. Mahopac sports bar, ___ Pub
- 28. Andes plant
- 29. A cord worn around the neck to hold a knife or whistle
- 33. ___ be nice if ...
- 34. Airline abbreviation
- 35. Fall month, abbr.
- 36. Deer’s mom
- 37. Danson of ‘CSI’

DOWN

- 1. Region of India
- 2. Dance step
- 3. Creature in “The Lord of the Rings”
- 4. “Smart” guys
- 5. Sphere
- 6. “As the World Turns” actress
- 9. Travel-guide listings
- 10. French, melancholy
- 11. Pocket-like structure
- 13. Type of eucalyptus tree
- 16. Elegant
- 17. Topeka’s state
- 18. Six-legged critter
- 19. Gadget
- 22. Exists
- 24. Irritated
- 25. Greek philosopher
- 26. Arm bones
- 27. French ‘king’
- 30. Bug in a colony
- 31. Salmon eggs
- 32. Commonly rented item

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(Solution for puzzle on page 19)

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Following Wine from the Vineyard to Your Glass

When we are enjoying a glass of wine, we invariably immerse our senses in its particular aromas, flavors, tannins and acid profiles. This is the crux of wine appreciation.

Yet while evaluating and assessing the wine at hand, we instinctively compare it to the same wine from a different vintage, or a different location within the region, or a different region. We discern the unique characteristics of a 2015 French Pinot Noir from a particular producer, as compared to one from the same producer but a previous vintage, as compared to one from a neighboring producer, or a producer beyond the next hill or a producer halfway around the globe. The same grape, grown and vinified in differing environments, may produce a unique wine.

The traits and characteristics of a wine are as much attributable to nature as they are to natural science. In the hands of a talented winemaker, that 2015 French Pinot Noir you enjoy is the result of personal choices made in the vineyard and in the winery.

Wine is a living, breathing organism, and as such, each vintage reacts to the ever-changing climactic environment in the vineyard and the direct influence of the winemaker's application of natural and man-created processes and procedures. It

is this interplay between man and nature that attracts us to one producer over another.

The evolution of wine as it ages in bottle is dependent on a number of factors. The compounds of wine interact with each other throughout its life. The effect of oxygen, tannins, acids and other elements continually change our experience of wine. Should we consume a bottle early in its development? Or let it age for several years, even decades, to provide for the ideal interaction of these basic elements?

There are a number of factors at work that will potentially influence each bottle of wine. Even as you open and pour the Nectar of the Gods, the evolution continues. Many wines improve when exposed to air; the aromas and flavors that have been tightly confined since bottling are released when they come in contact with oxygen. But most do not; they begin to deteriorate quickly.

Wine, in its most elemental form, is a fruit derivative and is perishable. It's just a question of time before oxygen accomplishes its dastardly deed – oxidation and spoilage.

This week we'll explore a wine's evolution from several additional influences.

Soil and climate affect the ripening and maturation of wine in varying manners. Each has an impact on the final product. However, once bottled, the natural chemi-

cal compounds in the juice and skins of crushed and fermented grapes continue to influence the wine.

1. Esters contribute to a wine's aroma. These compounds are created during fermentation from the chemical reaction of alcohol, acid, yeast and hydrogen. For example, the concentration of esters will influence the signature aromas of Cabernet Sauvignon, in its younger years in bottle and then again as it changes in its later years. The black fruit aromas may dominate initially, but over time may dissipate and earthy aromas may come to the forefront. Ester creation and evolution may differ greatly by vintage, vineyard or producer.

2. Phenolic compounds in the skins of red grapes affect the taste of wine throughout its life. They vary by grape, by fermentation method and by length of aging. One of the most influential is tannin. Simply described as imparting a bitter, mouth-puckering effect in a young wine, tannins change as they age. They combine with other tannin compounds, changing their chemical structure, losing their strength and thus creating a more supple, often silky, taste.

Wine aging is a science. Chemical compounds influence the ageability of a bottle of wine and its evolution. Understanding their impact on a specific wine – and the artful influence of a winemaker – will greatly assist a consumer in finding a palate-pleasing wine.

We'll explore additional factors affecting

the ageability and aging of wine in a future column.

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



By Nick Antonaccio

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continued from previous page

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LEGALS

Town of Putnam Valley Special Meeting Agenda December 4, 2019 5 PM 1. Pledge of Allegiance 2. Set Public Hearing for De-icer Law as December 11th at the Fire House, 5 PM. 3. Waive permit and building fees for the Fire Department building. 4. Waive all Building fees for the

Kasper Property sale. 5. Authorize the Supervisor to waive the \$17.50 fee for marriage license only for active members of the armed forces.

MISCELLANEOUS

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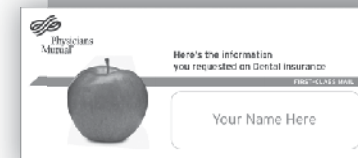
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