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December 31, 2019-January 6, 2020

SMALL NEWS IS BIG NEWS

Volume 11, Issue 523

Slater Ready to 'Hit the Ground Running' as Yorktown Supervisor

By Rick Pezzullo

Since he was elected Yorktown Supervisor on November 5, Matt Slater has been doing everything possible to ensure once he officially takes office Wednesday (January 1) he will be able to "hit the ground running."

Slater, 33, who made Democrat Ilan Gilbert a one-term supervisor with his convincing victory, admitted during



One challenge for Matt Slater will be juggling his time as a father of young children and town supervisor.

a recent interview at the Yorktown Coach Diner the reality of what he accomplished didn't "smack me across the face" until the moment he signed the book in the Town Clerk's Office.

"I'm really excited about it. I don't take the responsibility lightly at all," Slater said. "I think there's a lot of excitement for the town in 2020."

A lifelong Yorktown resident and former

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Honoring Mary Ann Roberts



Dozens of appreciative colleagues and friends paid tribute to Mary Ann Roberts earlier this month. The Village Board, with the enthusiastic support of the Town Council, unanimously passed a resolution naming the lobby of Village Hall "Mary Ann Roberts Entrance Hall" in honor of her distinguished public service to the Village and Town of Ossining. The action came as a surprise to Roberts as well as most of the meeting attendees. Roberts, who is retiring, has been an inspiration and a mentor to generations of public servants, and was the first woman to serve as Mayor of Ossining. The permanent recognition of her decades of admirable service to Ossining will be commemorated in a bronze plaque to be unveiled in the new year.

Ossining Town Justice Censured for Improper Conduct

By Rick Pezzullo

An Ossining town justice has been censured for invoking his position during a profane confrontation in a store and making an ethnically derogatory remark during a summation in a court proceeding as an attorney.

Michael Tawil, who has served as a part-time justice in Ossining Town Court since 2012, was publicly rebuked by the New York State Commission on Judicial Conduct on December 23, which ironically was the same day he was reappointed by the Ossining Town Board to fill an unexpired one-year term of Town Justice Nancy Quinn-Koba, who resigned, effective December 31.

Tawil, 52, ran unsuccessfully for a seat as a Westchester County Court judge in November and was slated to end his term in



Michael Tawil

Ossining at the end of this year. His annual salary as a judge in Ossining is \$47,152.

According to the Commission, Tawil, who has been a lawyer since 1992, was served with a formal written complaint containing two charges on May 22.

The Commission, which consists of 10 members, stated in 2016 Tawil entered a gift shop at an undisclosed location and publicly confronted store employees about a window display of smoking and/or drug-related paraphernalia. During the confrontation, Tawil allegedly used profanity and invoked his judicial office in an attempt to have the items removed from the display.

Meanwhile, in 2017, while delivering his summation to a jury in a personal case involving a car accident, the Commission stated Tawil said of a Hispanic defendant who he claimed was not paying attention to

the road, "For all we know, he could be frying up some platanos in the front seat."

When the trial judge said the remark was racist, the Commission stated Tawil invoked his judicial office by creating "the appearance that he expected special treatment and deference because of his status as a judge."

The Commission found Tawil's summation remark "showed an insensitivity to the special ethical obligations of judges and detracted from the dignity of judicial offices."

While accepting the jointly recommended sanction of censure, the Commission noted that Tawil chose not to appeal and acknowledged his conduct was "improper" and that he "expressed remorse."

Commission Administrator Robert Tembeckjian said in a statement, "On or off

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Ossining Town Justice Censured for Improper Conduct

continued from page 1

the bench, a judge's conduct must embody the integrity and dignity of the judiciary. A profane rant, a demeaning ethnic remark and gratuitous reminders to people that you are a judge, undermines respect for the bench. To his credit, Judge Tawil accepted responsibility and apologized for his behavior."

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Slater Ready to 'Hit the Ground Running' as Yorktown Supervisor

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soccer player and track runner at Yorktown High School, Slater served as chief of staff for former State Senator Terrence Murphy and most recently was employed as a project administrator for the Westchester County Board of Elections.

Slater emphasized that Gilbert "has been an absolute gentleman" in helping him learn the ropes of the duties of supervisor and making it as smooth as possible for him to ease into the position. "It really is a credit to his character," Slater said. "He's taken a lot of time."

Having also picked the brains of former supervisors Michael Grace and Linda Cooper, Slater has also relied heavily on the guidance and expertise of a transition team, comprised of a cross section of individuals in the community.

"I don't pretend to know everything," Slater said. "It's been incredibly positive. There's absolutely no finger pointing. It's taking a holistic approach of the entire town's

operations and making sure we're moving the town in the right direction."

The transition team has so worked well that Slater hopes to continue it, perhaps with quarterly meetings during his administration.

"It's been a great experience," he said. "You have people you can use as a resource. I didn't want to spend the first six months as an education process. Now it's just a matter of execution. We have a vision. We have a plan."

Slater said he is not advocating for any changes to the way Town Board meetings are conducted but indicated the Ethics Board needed to be revamped and the Parks and Recreation Commission should be restructured. He said no elected official, such as the current town clerk, or department head should be allowed to be on the commission.

"We need to take a holistic view of all of our boards, commissions and committees," he said.

Within his first 30 days in office, Slater said

he would have a Climate Smart Community Task Force in place and also plans to establish a Veteran's Council. In addition, he is looking at ways to improve communications with residents, such as revamping the town's website.

He is also keeping an open mind with the Economic & Business Revitalization Committee that Gilbert created. The Town Board recently hired Thompson & Bender to develop a branding for Yorktown and actively market it.

"I think they brought some interesting ideas to the table," he said. "They were very energetic and committed."

Slater mentioned the town will likely bring in a law firm on a short-term contract to represent the town while it searches for a permanent town attorney. He is also interviewing individuals to work side by side with him in the supervisor's office.

"I just want to make sure I make the right decisions for me and for the town," he said.

No Charges Filed in Death of Pedestrian Struck by Car in Peekskill

By Rick Pezzullo

An investigation is ongoing in the death of a 78-year-old Peekskill man who was struck by a motor vehicle Sunday at approximately 3:30 p.m. on the 400 block of Washington Street.

According to Peekskill Police Chief Donald Halmy, Peekskill patrol units found the unidentified man lying in the middle of Washington Street unresponsive with what

appeared to be a critical injury. CPR was started and Peekskill Volunteer Ambulance Corps transported the injured party to Westchester Medical Center, where he died from his injuries approximately two hours later.

Westchester County Department of Public Safety was asked to respond to assist with the accident reconstruction and investigation. Halmy said the driver of the vehicle has not yet been charged.

Peekskill Walks, a resident-led group working to make city's streets safer, more interesting and accessible for everyone, responded to the incident by calling for road improvements for pedestrians.

"We are heartbroken that a neighbor died while simply walking in our city," the group stated. "We're waiting for details, but we already know that Washington Street isn't safe or welcoming and needs to be redesigned for everyone, especially

our most vulnerable. We need better sidewalks, shorter crossing distances, more streetlights, improved sight-lines and additional crosswalks, along with increased traffic enforcement along Washington and elsewhere throughout Peekskill. We ask the city and county to move forward with these upgrades, regardless of the outcome of the ongoing police investigation into this incident. Some of these will take time and

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Cortlandt Man Arrested on Child Pornography Charges

By Rick Pezzullo

A Cortlandt man was arrested December 20 by criminal investigators from the Westchester District Attorney's Office for allegedly promoting child pornography on his computer.

Christopher Lynch, 33, was arraigned in Town of Cortlandt Justice Court on charges of Promoting an Obscene Sexual Performance by a Child, a class D felony, and Possessing an Obscene Sexual Performance by a Child, a class E felony. He was released on his own recognizance.

According to Westchester County District Attorney Anthony A. Scarpino, Jr., child pornography investigations often start with a report from the National Center for Missing and Exploited Children [NCMEC], which is sent to the New York State Internet Crimes Against Children (ICAC), manned by the New York State Police. The information relating to Lynch was forwarded from them to the Westchester District Attorney's Office Cybercrime Bureau, which launched an investigation.

On December 20, DA's Investigators and NYS Police executed a search warrant at Lynch's residence in Cortlandt and reviewed the contents of a computer belonging to him. The felony complaint alleges at least one image was sent through a Google server.

State Police

December 20

State Police from East Fishkill arrested Sean J. Ferguson, 31, of Cold Spring, for DWI. He was traveling on Interstate 84 in the Town of Southeast when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol and was subsequently arrested.

State Police from Brewster arrested Michael A. Verella, 44, of Somers, for DWI. He was traveling on Interstate 684 in the Town of Southeast when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol and was subsequently arrested.



Christopher Lynch

December 21

State Police from Cortlandt arrested Jeremiah I. Anderson, 29, of Peekskill, for DWI. He was traveling on Route 9 in the Village of Croton-on-Hudson when he was found relieving himself on the shoulder of the roadway. Investigation revealed he was under the influence of alcohol and was subsequently arrested.

December 22

State Police from New Lebanon arrested

Vanessa Lapolla, 48, of Peekskill, for Aggravated DWI. She was traveling on Albany Turnpike in the Town of Chatham when she was stopped for a violation of the vehicle and traffic law. Investigation revealed she was under the influence of alcohol and was subsequently arrested.

December 23

State Police from Cortlandt arrested Lee A. Borg, 31, of Croton-on-Hudson, for DWI, and Aggravated Unlicensed Operation

1st, a class E felony. She was traveling on Route 9 in Cortlandt when she was stopped for a violation of the vehicle and traffic law. Investigation revealed she was under the influence of alcohol and was subsequently arrested.

State Police from Cortlandt arrested German J. Pineda Leon, 26, of Peekskill, for DWI. He was traveling on Route 9 in Cortlandt when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol and was subsequently arrested.

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Peekskill Unveils New Electric Vehicle Charging Stations at Riverfront

Earlier this month, the City of Peekskill hosted a ribbon cutting ceremony celebrating its new ChargePoint electric vehicle charging stations. Made possible through \$32,000 in grant funding from the Department of Environmental Conservation's Zero Emission Vehicle Infrastructure Rebate Program, the two dual port Level 2 stations are prominently located at Riverfront Green Park (across from the playground) and in the Park Street parking lot.

"This is an exciting time for the City as we continue to make responsible environmental decisions for today and tomorrow," said Peekskill City Planner Jesica Youngblood. "With these charging stations, we are able to offer both residents and visitors the chance to 'charge up' while enjoying one of Peekskill's restaurants or entertainment, cultural, and artisanal establishments."

The environmentally conscious project aims to aid in the reduction of greenhouse gas emissions, improve air quality, and encourage alternative transportation choices for the residents and patrons of Peekskill.

"New York State is proud to be a funding partner for the City of Peekskill in helping install new electric vehicle charging stations in the city," said DEC Regional Director Kelly Turturro. "These efforts will make Peekskill more environmentally friendly and help the region and New York State reach our nation-leading goals to reduce greenhouse gas emissions."

The charging stations are available 24 hours a day, seven days a week and free of charge. Users are asked to limit their



Mayor Andre Rainey and Common Council members at unveiling of electric vehicle charging stations.

charge time to four hours maximum out of consideration for other customers.

"ChargePoint is excited to partner with the City of Peekskill to expand access to charging and help make the transition to electric vehicle easier," said Olivia Marcinka, Communications Specialist for ChargePoint. "As more electric vehicles hit the market, we are honored to be a part of this local initiative to establish interconnectedness across communities and help build a network throughout the state that supports

New York's commitment to the transition to electric."

"Strategically located at the confluence of several major transportation routes, Peekskill is an ideal location for EV drivers to 'refuel' before heading on a trip to the Catskills, upstate, NYC or beyond," noted Youngblood.

Marcinka continued, "EV charging is an important tool in helping governments and businesses meet their sustainability

objectives and reduce greenhouse gas emissions. Charging provides the added benefit of attracting visitors and encouraging people to spend more time and money at local businesses. ChargePoint applauds the City of Peekskill for its leadership and dedication to sustainability and looks forward to working with the City moving forward."

Additional information about the stations and how to use them is available on the City of Peekskill's website at <http://bit.ly/2Q58rKH>.

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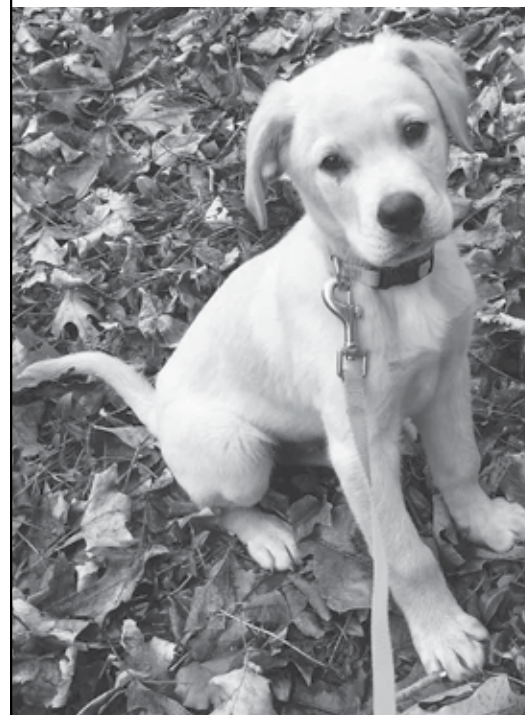
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Law Fulfills “Dream” of Mother and Daughter

On December 21, State Assemblywoman Sandy Galef and Senator David Carlucci, along with health advocates, presented 15-year-old stem cell transplant survivor Dream Shepherd and her mother, Diana Lemon, with a pen certificate in Ossining, officially recognizing that “Dream’s Law” was signed into law by Governor Andrew Cuomo.

“Dream’s story is one of strength in the face of adversity, but is also a story of the medical system failing New York families,” Galef said. “Senator Carlucci and I advocated for this bill because no family should be left in the lurch when dealing with a life-threatening illness. I am so pleased that the Governor is supportive of this bill and has expanded its coverage.”

“New Yorkers should be able to leave a hospital with the care they need when at home,” said Carlucci. “Central Venous Lines can easily cause infection, and thankfully because of Diana, Dream is here today. We cannot let insurance companies do this to another family. Dream’s Law will better protect New Yorkers, and I thank Assemblywoman Galef and the Governor for their support of the bill.”

“As a parent my goal is to raise my children up to be victors over any circumstances put before them and that’s what has been done. Four long years of lobbying Dream’s law, it’s my intention that this legislation will empower caregivers and give adequate care for patients that need it the most,” said Diana Lemon, Dream’s mother.

“I have no doubt this law will improve

health outcomes for children with pediatric cancer, sickle cell disease, children who have had transplants and any other child who is discharged home with a central venous line,” said Rhonda Ryan, Director of the Family Support Program for Friends of Karen. “I believe there will be a decreased risk of infections and fewer hospitalizations as a result of this law. We are grateful at Friends of Karen that this important law has been passed. Our professional staff will inform the families with whom we work that parents or guardians now have the opportunity for professional nursing care in the home if they so choose.”

In December of 2014, Dream had a stem cell transplant to battle Sickle Cell Disease and doctors put in a Central Venous Line that went to Dream’s heart to administer medication. Upon discharge, Dream’s insurance would not cover a home nurse to care for the Central Venous Line because they said it was not medically necessary.

Dream’s mother could not afford a caretaker and without the proper medical knowledge had to care for her daughter. In NYS Health facilities, only registered nurses



Dream Shepherd and her mother, Diana Lemon, with Senator David Carlucci and Assemblywoman Sandy Galef.

are allowed to administer medications with the use of a Central Venous Line, and according to the New England Journal of Medicine about 28,000 people die each year in Intensive Care Units due to blood stream infections from a Central Venous Line.

In the wake of this harrowing experience, Diana and Dream made it their mission to work with lawmakers so that no other family would find themselves in a similar position.

Westchester County Executive George

Latimer added, “I would like to extend my sincerest thanks to Governor Andrew Cuomo for his support of this legislation, that will truly help to give some of our most vulnerable patients the best possible care. Dream’s Law will ensure that all patients who are discharged from local hospitals will continue to have access to specialized treatment from a skilled caretaker,

continued on page 9

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Obituaries

James Ferris



James H. Ferris, a resident of Peekskill, died December 28 in his home with his family by his side. He was 64.

He was born April 11, 1955 to Anne and Leo Ferris in Peekskill. He attended Hendrick Hudson High School and after high school became a master carpenter and career firefighter for the City of Peekskill. He owned a contracting business, Ferris Carpentry for 30 years and was a career firefighter for 31 years.

Aside from being a fireman and contractor, Mr. Ferris enjoyed volunteering and coaching. He was an active member of Peekskill Lapolla Little League for many years.

He is survived by his wife, Gayle Lynette Ferris, three children Daniel (Tina) Ferris, Jenna Ferris and Nicholas (Jenet) Ferris Sr. and his two sisters Judy Curtis and Janet (Matthew) Balch. He is also survived by three grandchildren, Lamar Kingwood Jr., Nicholas Ferris Jr. and Noah James Ferris. Additionally, he is survived by his father and mother-in-law, Willie Gaskins and Emilie Gaskins, and brother-in-law Kenny Gaskins. He is also survived by a host of nieces and nephews as well as other relatives, close friends and "adopted sons."

He is preceded by his mother Anne Ferris, father Leo Ferris, brother Robert Ferris and brother-in-law Bill Curtis.

Mr. Ferris loved telling stories and meeting his friends for coffee in the morning. He loved to play golf and go fishing. He enjoyed being outside, working around his house and spending time with his grandchildren. He was loved by many people and will always be dearly remembered in our hearts.

Memorial Donations may be made in Jim's name to the National Fallen Firefighters Foundation, or The American Cancer Society.

A Memorial Service will be held at Joseph F. Nardone Funeral Home at 414 Washington Street in Peekskill on Sunday, January 5, from 2 to 4 p.m. and 7 to 9 p.m. A Chapel Service will be conducted on January 6 at 11:30 a.m.

Greg Bleakley

Greg Todd Bleakley, a resident of Croton-on-Hudson, died December 22 after a courageous battle with cancer. He was 54.

He was born January 16, 1965 and was raised in Buchanan. While attending Hendrick Hudson High School, he was an outstanding athlete, excelling in football and baseball and received the Con Edison award

for wrestling. Later moving to Croton-on-Hudson, he joined the Local 137 IUOE in 1990 and was a devoted union member. He lived life in the fast lane - if it wasn't fast and loud, he wasn't interested. Boating and fishing on the Hudson, riding down south on his motorcycle, camping with his family along the East Coast, and finding the biggest, baddest new "toys" was how he lived his life to the fullest. His love for the NY Yankees and Giants could be heard by the players from his living room chair. Attending the Super Bowl in 2012 and witnessing the Giants take home the trophy with his son Gregory was one of the best memories of his life. He was happiest when he was sitting on his boat on the river with family, friends and his two dogs, Tas and Tank.

Mr. Bleakley was surrounded, supported and loved throughout his battle until the end by his very close friends and beloved family. He is survived by his wife, Beth Bleakley; son Gregory; step-daughter Alexa; mother Carol and husband, John of Florida; brother James and wife, Susan of Pennsylvania; sister Pamela and husband, Timothy of Dutchess County; brother Timothy of Buchanan; brother Fred and wife, Lura of Buchanan; brother-in-law David and wife Stacey of Lagrangeville; and a very large extended family. He was predeceased by his brother Glenn; father James; step-son Tyler; and mother-in-law Sally.

Donations in his memory can be made to the Thomas D. Fitzgerald Memorial Fund, which helps support local families through their battles with cancer, and Mr. Bleakley was an honorable recipient: Thomas D. Fitzgerald Memorial Fund, P.O. Box 143, Buchanan, NY, 10511.

Barbara Picciano



Barbara A. Picciano, a resident of Peekskill, died December 25 with her adoring family at her side. She was 75.

To know Barbara is to love her. She was an amazing woman who loved her family more than herself. Her kids and grandchildren were her world. She welcomed everyone into her home as if they were family. She loved to cook and shop. But most of all she loved just spending time with her husband, kids and grandchildren. She will be missed by everyone she has touched in her life, and she made the best Pizzelle's.

She was predeceased by her parents Hanford and Margaret Chase, her sister Elizabeth Nasko, her aunt Bertha Sobr, and her stepson Michael Picciano. She is lovingly remembered by her husband

Rocco, children; Patti Mazza, Frankie Perrone, Barbara McCluskey (Mike), Rocky Picciano (Donna), Debby Picciano Marriott (Darrell); sister, Marion Johns, brothers; Herbert Chase (Cheryl), Hanford Chase, Jr. (Dana); grandchildren; Johnny, Margaret, Billy, Theresa, Will, Angela, DeannaRose, Jessica, Amanda, Rocky, Christopher, Nicole, Samantha, Joe, Jimmy, and Kristine; great-grandchildren; Brody, Kellan, Maveric, Jackson, and Jean; and many nieces and nephews.

Joan Gibbons

Joan F. Gibbons, a Somers resident for 48 years, died December 24. She was 89.

She was born February 4, 1930 in New York City. She had been employed by Minners Designs Inc of New York City for many years as their Accounting Manager.

She had been married to Donald G. Gibbons for 61 years and had four children, Donald G. Gibbons Jr. [previously deceased], Karen Jahn of Danbury CT. Maureen K. Cole [Thomas] of North Salem, NY and Robert Gibbons of Danbury, CT. There were 10 grandchildren, and four great-grandchildren.

Nicholas La Penna

Nicholas La Penna, a resident of Somers, died December 26.

He was the beloved husband of 40 years to Nancy La Penna, loving father of Patrick (Jennifer), devoted grandfather of Natalie, and dear uncle to many nieces and nephews. He served proudly for the U.S. Army during WWII, where he fought bravely with the 99th Infantry Division, during the Battle of the Bulge. He was a Purple Heart and Bronze Star recipient. After the war he had a 32-year career with the Metropolitan Museum of Art.

Mary Ann Lane Mattiola

Mary Ann Lane Mattiola died peacefully December 26 at Hudson Valley Hospital surrounded by her husband and three daughters, having lived and loved for 82 wonderful years.

She was born October 31, 1937 in New York City to John Fraher and Margaret Creehan Fraher. She grew up in the Washington Heights section of Manhattan where she attended Mother Cabrini School, and St. Elizabeth's Roman Catholic Church. At Mother Cabrini, she met many of the women who would remain her lifelong friends.

She lost her father when she was just five years old, and she and her brothers, Jack and Gene, were raised by their widowed mother and by their grandmother who was very involved in their lives. As a young woman, she met William Lane and they were married when she was 20 and he was 21. A year later, they had their first child, Ellen, and Jeannine and Laura followed shortly thereafter.

During her lifetime, Mary Ann endured numerous hardships but never bowed. Her tremendous faith in Jesus Christ and her devotion to the Blessed Mother were the bedrock of her existence. She also was blessed with great joy and a family that mattered more to her than anything

else on this earth.

For Mary Ann's 75th birthday, friends and family were asked to describe her in three words. Loving, faithful, generous, giving, strong, independent, determined, smart and funny were the words most often used.

One of the great joys of her life was marrying her lifelong friend, Francis Mattiola, and sharing the last two decades with him. Together, Frank and Mary Ann had many adventures, traveling to Alaska and visiting family and friends across the country. They enjoyed dancing, traveling, going to the races and spending time with family. They were always present at little league games, music recitals, art shows, plays and graduations for their grandchildren. Until Mary Ann's health faltered, she attended daily mass with Frank at St. Columbanus Church in Cortlandt. Frank was the love of her life.

She was an incredibly independent and resourceful woman. When the walkway needed tending, she got a book on masonry from the library and mixed the cement herself. When the house needed painting, she climbed a ladder and painted it. When her daughters had proms and formal dances, she worked two jobs to earn the money for the fancy dresses she wanted them to have.

In one memorable instance, she signed up for a beginner sewing class in order to make a prom dress for Jeannine. When she learned that all the participants were going to make was a pillowcase, she pled her case to the instructor and while others took home finished pillowcases, she created a lavish, pink confection for her daughter.

At the New York Athletic Club where she worked for her entire adult life, she rose from a switchboard operator using an old-fashioned board with plugs to the Chief Operator who researched computerized communication systems and chose the vendor for the Club. Making the transition to computerized communications required her to attend a school where she was the only woman, and the only person without a college degree, to master the complexities of the system.

Mary Ann loved completely, without reservation. Her love was fiercest for her daughters who had her unconditional support. But she also gave of her time, her prayers and her material possessions to anyone in need. She assisted young people in need of a place to live, newcomers to this country, families beset by illness. She never sought acknowledgement for these acts of kindness and charity and would brush off any suggestion that she was deserving of praise for them.

She is survived by her loving husband, Francis Mattiola; daughters Ellen Lane and her husband, Kieran O'Leary; Jeannine Lane and her husband, James Kane; Laura Monaghan and her husband Michael; grandchildren Juliann Kane; Jacqueline Kane and her partner, Arthur Zegers; Conor, Liam and Meghan O'Leary; and Michael and Stephanie Monaghan; and her great grandson, Arthur Zegers; her sister-in-law, Michaelleen Fraher; her niece, Brigid Sozzi; and her nephew, Thomas Fraher and his wife, Donna. She was predeceased by her first husband, William; her brothers, Jack and Eugene Fraher; and by her sister-in-law, Julia Lane.

Businesses of the Week

By Neal Rentz

Where do you go when you have a dental emergency on a holiday? A site that consistently has operating hours typical dental practices do not is Mohegan Lake Dental, which is located on Route 6 in Mohegan Lake.

Margi Patel, the practice's office manager, said in a recent interview Mohegan Lake Dental has been open for about four years, replacing the dental office that previously occupied the property.

The practice's dentist, Yorktown resident Dr. Ojas Shah, said, "The office before was kind of run part-time by another dentist and then we took it over. We're here full-time, weekends, weekdays," Shah, said. "We're usually open when everyone else is closed."

The practice is also open evenings, he noted. "We're trying to stay open when people are off," he said, adding the office is also open on most major holidays.

Patel said the dental practice has a good relationship with local urgent care facilities that refer patients to them.

Shah has been a dentist for 10 years. "I actually come from a whole family of dentists," he said. "It's a family tradition."

Mohegan Lake Dental offers a wide variety of services. "We're a full general dental office," said Shah, who is the facility's only dentist. "We provide routine hygiene, preventative care, along with restorative



NEAL RENTZ PHOTO

Yorktown resident Dr. Ojas Shah has been practicing at Mohegan Lake Dental for about four years.

care, fillings, crowns, root canals, bridges, implants. We kind of run the whole gamut."

Cosmetic dental services are also offered, he added.

The dental office provides services for adults and patients from as young as the

age of seven, Shah said. Most of his patients come from northern Westchester, Shah said. "We're family-orientated. We're local. Our patients are our neighbors, literally," he said.

Shah laid out his goals for the practice. "We'd love to expand. We're always accepting

new patients," he said. "We definitely want to increase our presence in the area and let people know what services we provide and that we're here for them."

Mohegan Lake Dental is located at 1719 E. Main St. (Route 6) in Mohegan Lake. To make an appointment during business hours call 914-528-2191. For after-hours emergencies, call 914-458-3384. For more information, send an e-mail to moheganlakedental@gmail.com or visit <https://www.moheganlakedental.com/>.

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The Artis Way of exceptionally personalized and respectful Memory Care is coming to Briarcliff Manor in 2020 in a brand-new, custom-designed community that honors and supports each resident as the unique individual they are.

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Presented by Jennifer FitzPatrick, MSW, LCSW-C, CSP

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Please RSVP by Monday, January 13th

Thursday, January 16th

11:30 a.m. - 12:00 p.m. Registration & Lunch
12:00 - 2:00 p.m. Presentation

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Adam Stone
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Rick Pezzullo
rpezzullo@theexaminernews.com
Editor-in-Chief

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Letters to the Editor

Top Goals for 2020/2021 From Supervisor Linda Puglisi

1). Financial: Continue our excellent financial record. Moody's upgraded our bond rating to Aa1 this year for our good record. Also, to keep the town tax increases very low. In 2019 the increase was only 0.9% (equals \$15 for the year) and overall for 29 years only on average a 1% town tax increase in total. I'm very proud of this record which includes very low town debt.

2). Veterans Banners on Albany Post Rd. along the corridor in front of the V.A. (contact my office @ 914-734-1002 to learn more or go on our town's website at www.townofcortlandt.com.)

3). To oversee the closure of the two operating Nuclear Plants at Indian Point (located in the Village of Buchanan and Town of Cortlandt). We work closely with the Buchanan Mayor and officials, as well as, the Hendrick Hudson School Districts both of which will be fiscally impacted

by the loss of revenue when the plants close in 2020/2021.

4). The town's new bathhouse at our town pool location will be completed this year and we just installed a new playground and a mini golf course in 2019.

5). Continue our economic growth in the right locations in the town to offset our upcoming loss of revenue from Indian Point (\$800,000 a year, 2% of our annual revenue) including on town property located in the hamlet of Verplanck.

6). More sewer projects in the town. We just received a grant from NYS to offset the costs for the properties along Albany Post Rd. in Montrose and other sewer projects are being developed, as well.

7). We had a fantastic new "Winter Wonderland" festival this December by our Youth Center. This event and all others including our "Cortlandt Family Fun Day" will continue.

8). Sustainability issues are

very important to us in this administration and we will continue energy programs (i.e. solar)

9). We have expanded our social media opportunities (i.e. Instagram) and will continue these important efforts for communication.

10). We've been successful in 2019 removing blighted structures and will continue to do so along with the removal of all billboards town wide. They have become outdated due to many other ways to advertise.

11). Cortlandt Waterfront Park along the Hudson River in the Verplanck hamlet has become a center of activity for our community (summer concerts etc.) and there are more plans to come.

12). We will work with the successful Cortlandt Community Rowing Association started by Councilman Frank Farrell to have a new hangar for storage of the crew boats and

in many other ways to promote this important program.

13). Many infrastructure projects and our extended paving plan will continue in 2020/2021. We are very pleased that \$3 million of resurfacing was completed in 2019.

14). We have many important programs and activities for our Seniors and youth at our centers and many recreational programs. (See our quarterly recreation brochures to learn more.)

15). As always, we support our Veterans and those defending our Country today and will continue our Veteran's committee and our many ceremonies.

"It is an honor to be Cortlandt's Town Supervisor. It is a privilege that I take very seriously to take care of our community and all of the wonderful residents of our town. Thank you."

—Linda Puglisi

Community Water Fluoridation in Yorktown is Safe

To the Editor:

As I was quoted in the recent Letter to the Editor on Fluoride and what was stated was wrong, I feel I should respond and try to assure the residents of Yorktown that Community Water Fluoridation (CWF) is safe.

The author quoted some studies calling into question the safety of CWF. In over 75 years since CWF began in Grand Rapids, Michigan and Newburgh, NY with over 6,500 published research papers on the naturally occurring mineral fluoride that meet the criteria as expert evidence set out by the United States Supreme Court in the 1993 landmark decision *Daubert v Merrill Dow Pharmaceuticals*, CWF has been proven to be safe, effective in reducing dental decay 20 to 40 percent and saving patients money over the lifespan. It occurs naturally in all water including water coming to Yorktown from the Catskills (Catskill plant) at 0.2-0.3 ppm (parts per million) per our Water Superintendent. Simply adding a minimal amount to reach the optimum cavity reducing level of 0.7 ppm allows everyone in the community regardless of age, socioeconomic status, race, ethnicity,

level of education or access to dental care to benefit from this safe public health measure.

A study was done on healthcare workers who were deemed to have a high health and oral health literacy, similar to the demographic of Yorktown residents, and it showed that there was only 50% compliance in using fluoride supplements (fluoride tablets, vitamins with fluoride, fluoride drops) which become systemic and incorporated into the developing enamel of adult teeth between birth and age 6. It is not topical as the author stated. Children under age 7 in Yorktown have been deprived of that fluoride during this critical time and will experience more dental decay over their lifetime.

No one scientist, physician, dentist, public health expert or resident of Yorktown has the knowledge to judge the body of evidence that appears in those 6,500 studies. Teams of experts have reviewed these 6,500 studies as to whether there are any links to such diseases as Alzheimer's disease, diabetes, kidney disease, cardiovascular disease, all forms of cancer, etc. and to date the body of evidence of those 6,500 studies that would meet the criteria of the Supreme Court as expert evidence concludes that CWF is

safe. One study cherry picked for a negative outcome does not cut it in representing the body of evidence. As the great Senator from New York Daniel Patrick Moynihan once said, "Everyone is entitled to their own opinion, they are not entitled to their own facts." The facts here are determined by that Supreme Court decision and the totality of the evidence presented in 6,500 studies on the safety of fluoride.

Supervisor Gilbert, the Council members and Town Engineer, Michael Quinn, are to be commended for seeing that this project will finally get completed with the needed funds that were appropriated assuring better dental health for all Yorktown residents in the coming years.

—Carl Tegtmeier, DMD

Yorktown Resident 38 years, full time private practice of general dentistry in Westchester 39 years

Chair New York State Dental Association Council on Dental Health Planning and Hospital Dentistry

Trustee New York State Dental Foundation Co-Chair New York State Office of People with Developmental Disabilities Task Force on Special Dentistry

Food Pantry at First Presbyterian Church of Yorktown Also Serves Needy

To the Editor,

Your recent article about food pantries in Northern Westchester (December 24) pointed out the struggles of many of our neighbors to have adequate food, and named a number of the resources in our area that try to fill the gap. We wanted to point out

another resource that was not mentioned. The food pantry at the First Presbyterian Church of Yorktown operates twice a month (usually the second and fourth Saturday mornings from 9 a.m. to 11 a.m.), with a full choice pantry as was described in the article, along with frozen meats, eggs, milk, and fresh produce once a month. We want your

readers to be aware of this additional site where food is available. More information may be found at <https://fpcyorktown.org/mission/food-pantry/>

—Sincerely,

Katharine Frase, Donna Gresh,
FPCY Food Pantry Volunteers



Happy New Year

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2012 HONDA CIVIC LX	106598	P8262	8,995.00
2008 ACURA RL	43782	19-424A	9,995.00
2013 FORD EDGE	102721	P8084	10,995.00
2014 FORD EDGE SEL	110070	F280-19A	11,995.00
2012 VW JETTA S/W TDI	98000	P9000	11,995.00
2016 FORD FIESTA SE	18069	P8095	11,995.00
2015 VW PASSAT SE	70703	19VW-129A	11,995.00
2015 FORD TRANSIT	69945	F134-19A	12,995.00
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Yorktown Needs to Strengthen Efforts to Conserve Water

By YHS students Leila Hudson and Kristen Ferguson and LHS students Julius Lagoa and Miranda Lopez

The Town of Yorktown needs to strengthen its efforts to conserve water. Water is becoming increasingly scarce as the population is exponentially increasing and more of it is being misused. There are many ways an individual can minimize the amount of water they use daily. If many individuals take action, it can positively affect the community as a whole.

One can reduce their daily water consumption through being more conscious of how much they use. One can take shorter showers, drink less bottled water, and maintain and repair any leaks around the house. Additionally, one can collect and reuse water where possible; for example, they can place a bucket in the shower and collect the cold water while waiting for it to turn hot. Furthermore, one can adjust their daily grooming routine through not letting the water run while brushing their teeth. Further, they can minimize the number of times they do their laundry. Moreover, if one has an outdoor garden, they can water early in the morning to reduce evaporation from heat and wind. In addition, one can reduce their wastewater and use water efficient appliances. Methods to conserve water are not limited to these - do whatever you can to contribute to the effort!

Additionally, one can electrically monitor how much water one uses with advanced technology. Water Watcher, a unit that has recently been introduced to the market, measures the amount of water being used and sends that data to an indicator and an app. The indicator gives in-moment feedback. Once the water stops running,



Lakeland High School students Julius Lagoa and Miranda Lopez.

the indicator briefly shows where the house is in its daily usage. Moreover, the Water Watcher app lets users see overall usage, long-term trends, and set water conservation goals. With Water Watcher, households will likely save thousands of gallons of water a year, and communities could save millions of gallons of this valuable resource. For this reason, more households in Yorktown should install this system.

Water is treated to remove sediment and is sanitized with chlorine to make it 99.9% clean of viruses and bacteria. Operating budget is about \$12 Million per year. Costs us \$6.25 for 1000 gallons of water from the town, costs \$1 for 16.9-ounce water bottle at school. We can fill over 1,211 16.9-ounce water bottles with \$1 worth of town water. Plastic water bottles are being found to contain arsenic and phthalates, town water contains neither. Sewage is taken straight

from our homes to treatment plants where solid waste is taken out and the water is processed until it is safe to be released to the streams. Operating budget is about \$4 million per year.

Need the townspeople people to use pipe friendly products. Have to conserve water. Do not flush anything but toilet paper. Especially medication like antibiotics that will not be filtered through treatment, causing them to be leaked into the environment. Install electric water meters that are more accurate and can be controlled from a distance. Be understanding when prices increase. Support motions to allocate funds for renovations

Renovating our current water is a must for Yorktown. Most of the systems that we use were built years ago, and their efficiency can be increased currently. Efficiency could be increased greatly if cement lining was used in the water and

sewer pipelines, and if water meters were put in as soon as possible. This would prevent accidental spending when water pipelines break and people are on vacation; this prevents the unnecessary spending when people don't know that their pipelines have burst or broken, and a stream of water is constant. Prices rise exponentially when this happens, and the prevention of costs that could hurt citizens. It would cause people to know how much they use and how much they pay, and could prevent people from stealing water from other pumps, and can be managed via the phone As well, sewers are much more beneficial to people than private pumps; they break less often and we need 51% of people to agree to put in people.

The four students shared a \$6,000 award for participating in a water, sewer and land use impact study on the environment



Yorktown High School students Leila Hudson and Kristen Ferguson.

Westchester Wedding & Bridal Expo January 4

On Saturday, January 4, the 20th Annual Westchester County Wedding & Bridal Expo returns to the Westchester County Center in White Plains, New York. The atmosphere will sparkle with glamorous wedding gowns, elegant formal wear, door prizes, entertainment, wedding photographers, videographers, limousine services, breathtaking floral designs and bridal bouquets, food samples from the finest caterers and reception halls in Hudson Valley. Come and see the latest dances performed live and listen to wedding DJ's, bands and classical music.

It's one stop shopping and planning at our bridal convention with many of the best local and regional wedding vendors and professionals. Whatever your taste and budget you will find everything you need to plan your wedding affair. A all NEW fashion show with Premier Designer Nicole Wzorek. New this year singing performance from Leme Nolan.

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- Distinctive Visions \$100 gift certificate
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- Wedding Expo Hours: Saturday 11am-4pm.
- Wedding Expo Tickets: \$8.00 Adult – purchase online or available at the door.

For more show information, floor plans, vendor lists and the latest information on show events and entertainment visit us online at <https://www.jenksproductions.com/event/westchester-bridal-expo/>

Register for the bridal show grand prize and get \$2.00 off your total ticket purchase.

Prospective wedding show exhibitors – fill out the online bridal show vendor registration form and we'll contact you about becoming a bridal show exhibitor.

Jenks Productions, LLC has more than 40 years' experience with exhibitions and trade shows and currently produces 22 shows a year in Connecticut, Massachusetts, Rhode Island, Pennsylvania, and New York.

Neutralizing a Home for Sale is No Longer Automatic

It's been just over 17 years that I've been an active real estate agent. It's always easy for me to remember how long I've been involved in the buying and selling of houses and commercial properties because it was during my first office Christmas party that my grandson Richard was born, and he just celebrated his 17th birthday.

A lot has changed in the real estate industry during that time and a lot has changed in my own head about how I conduct my affairs within it. Sometimes, I reverse myself about real estate matters. For instance, for many years I advised my sellers, as I was taught in the real estate courses I took, to "neutralize" their homes for sale so that buyers can more easily project their own taste into what they see. Nothing was to be too overstated.

Maybe I received an early lesson in that philosophy, if somewhat outdated today. When I was about 15 years old, I decided that my bedroom needed to better express who I was. Against the wishes of my parents, I painted the walls a bright blood red. I loved the results, which made me feel encompassed simultaneously by warmth and excitement.

But when it came time to sell that house, my mother reported to me that one

couple, upon entering that room, exclaimed "Wow!" My mother was convinced that the bold statement in my room turned off the prospective buyers. If my memory serves correctly, I believe my parents repainted that room a neutral beige.

During the many intervening years, I bought my own homes (two of them), both historic structures, one in Brooklyn Heights and the other in upper Westchester. In both cases, I wallpapered most of the rooms in highly personalized wallpaper patterns, and against realtors' advice at the time, I didn't bother to remove the wallpaper before I put the homes on the market. I don't think that decision deterred the sale of either home. Today, HGTV has educated the prospective homebuyer to look beyond the personalized taste of the current homeowners and to project in their imagination their own tastes in any property

they toured.

To me neutralize is equivalent to dull and I would never recommend it to my sellers. Why not present bold statements to the buyer that can present a more dynamic design for living? Over the past weekend, the real estate section of The New York Times coincidentally echoed the same sentiment.

That said, there are certain staging essentials that I would recommend. Chief among them is to declutter. Remove large pieces of furniture that tend to diminish the size of a room by placing them in storage and clear table surfaces of unnecessary items. If there are heavy draperies, remove them to lighten up the room. Arrange furniture in a way that looks most welcoming

when standing at the entrance to the room, as a prospective buyer would first see it. One caveat: remove photographs of family members. This tends to personalize the

house and shares with the prospective buyer information that should be private to the seller.

Remember to appeal to other senses, not only sight but smell. One thing that is difficult to discuss with seller clients is that sometimes there is a certain odor associated with a home that is unpleasant, whether associated with animals or spicy cooking. It is necessary to discreetly approach the subject and to suggest an air freshener.

While some advisers may suggest that a home for sale be neutralized to the point of eliminating all distinction and personality, I would strongly advise against it. Don't strive to make it too "stagey" as though it's ready for a photo shoot for a magazine feature. The family life you show may not be the same as the buyer's, but for lands' sake, show them that the house was a true home, both lived in and enjoyed!

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



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Happenings

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

Tuesday, Dec. 31

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

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

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

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

addictions to unhealthy foods. For more information, contact Diane at 914-843-8745.

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

Wednesday, Jan. 1

Hart Library Exhibits: Trans.form. art.ive - Art by Keath Bowman will be exhibited in January at the John C Hart Memorial Library, 1130 E Main St, Shrub Oak. An open reception will be held on Jan. 5 from 2 to 4 p.m. Also, see artwork from Lakeland/Panas High Schools in the showcases inside the library this month.

Senior Benefits Information: A Senior Benefits Information Center is available every Wednesday from 10 a.m. to 1 p.m. at the Somers Library. If you can't visit the library in person, you can leave a message on the SBIC helpline at 914-231-3260 or e-mail us at SBIC@wlsmail.org with your name, number, and a time to call between 9 a.m. and 5 p.m. and whether your interest is in Medicare services or other benefits. A counselor will return your call within two business days. SBIC will not meet on days the Somers schools are closed due to snow.

POUND Program: POUNDTM Fitness Program, a 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics isometric movements and poses, is offered at Theatre and Dance Arts 131 Bedford Rd. Katonah. Drop in or weekly discount rates are available. The program is being provided on Wednesdays at

7:30 p.m. and on Saturdays at 11:45 a.m. Call Peggy for more information at 914 960-4097.

Bingo Wednesdays: Come to First Hebrew for \$2,000 in total guaranteed bingo prizes, plus an average of \$1,000 awarded in specialty games. Doors open 5 p.m. and games begin 7:15 p.m. every Wednesday (except holidays - check First Hebrew's website calendar). First Hebrew is just west of the Beach Shopping Center at 1821 Main St., Peekskill. Info: 914 -739-0500 or www.firsthebrew.org.

Live Performances: Live ticketed performances are being held at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Tribute, theatrical, cabaret, independent and famous acts perform. Info: 914-455-4272.

Thursday, Jan. 2

Yorktown Jewish Center Courses: Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class meets on Thursdays at 10:30 a.m. Rabbi Sternstein's class meets on the second and fourth Monday of each month at 11 a.m. Rabbi Urbas's class meets on the first and third Monday of each month, at 11 a.m. The Rosh Chodesh Class (for ladies only) meets on one Tuesday a month at 2 p.m. The next meeting will be in January. This class is for discussion and learning, and no knowledge of Hebrew is required. Info: 914-245-2324 or www.yorktownjewishcenter.org.

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

Friday, Jan. 3

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

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

Jewish Center Services: At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services begin at 6:15 p.m. And Sabbath services on most Saturdays will be held at 9:15 a.m. on most Saturdays. After the services Rabbi Sternstein conducts a learning session based

on the Torah portion of the week. Light refreshments are served and everyone is invited to join us as we share in the warmth, knowledge and friendship within our congregation. Info: 914-245-2324.

Temple Beth Am Services: A Friday night Shabbat service will be held at 8 p.m. at Temple Beth Am. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or e-mail him at rabbibw@optonline.net. Tonight a family service for children in grade one and older will be held at 7 p.m.

Saturday, Jan. 4

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.


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.

Sunday, Jan. 5

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

Monday, Jan. 6

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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Thoughts on Pursuing New Lifestyle Paths in the New Year



By Nick Antonaccio

We've become polarized in many aspects of our social, political and even dietary viewpoints. In the new year, I recommend, and have personally resolved, to seek a more centrist viewpoint and conduct in my inward and outward lifestyle, all with the goal of seeking a more balanced perspective on life.

I encourage you to join me to experiment with changing select aspects of your personal life, whether you conduct yourself at either end of the social/political spectrum or closer to the center. It's always beneficial to hit the reset button on occasion.

A few recommendations:

1. Are you viewing and reading every news bulletin, e-mail, text and tweet as soon as they appear on your home screen banner? Experiment by spending one day a week with your smartphone at least 10 feet from your reach. Maybe begin with one hour a day.
2. Have you experimented with a Meatless Monday? Try a Meatless week. Over the past two years I've witnessed an undercurrent of dietary change in our country. The western diet of the baby boomer generation (high levels of fat, sugar, processed foods) has slowly been rejected

by younger generations. The Millennial and Generation Z population are shifting their diets to more plant protein based, grounded in natural foods. Anecdotal evidence of this is the growing number of restaurant menus and food markets featuring prominently identified vegetarian and/or vegan dishes or shelf items.

3. Enjoying a glass of wine with meals most evenings? Try consistently abstaining from any alcohol for several days or a week. Or join the growing ranks of consumers experimenting with the concept of a Dry January (and/or March or any months you select). Wine in moderation has always been my hallmark. For me, abstention for any prolonged period diminishes the joy and enhancement that a glass of wine brings to a meal. But I've noticed the growing trend of Dry January across multiple generations of adults.

This phenomenon began in Great Britain nearly 10 years ago and has gained popularity in the United States over the last two years. Health conscious adults are abstaining from alcohol during this month in an effort to curb their alcohol consumption and seek a healthier diet.

Anecdotal results I've gleaned are all positive. In Britain, the University of Sussex has been tracking the results of those who

practice Dry January. During and after the month-long abstention, they report a "host of health benefits, like improved sleep, more energy and weight loss." How to measure the effect of short-term abstention? Do you have more energy, feel more productive and healthier? Do you feel inclined to continue to follow this regime again?

How to cope with the temptation of alcohol during the month? I recommend multiple glasses of sparkling water, in place of sparkling wine, in a stemmed wine glass. And be sure to not engage in an excessively

Wet February.

I believe that alcoholic consumption (of any type) is intrinsically dangerous and unhealthy. I also espouse the volumes of medical evidence that, drunk in moderation, wine has long-term health benefits that seem to outweigh the obvious risks.

I endorse the USDA guidelines that moderate consumption is acceptable. Men should consume no more than two glasses per day; women one glass. But is the USDA's acceptable consumption definition valid for your physiological make-up? Try the Dry January experiment and measure the effects.

The bottom line for me has always been three principles: moderation in consumption,

drinking responsibly and consulting your medical professional before consuming alcohol. Somewhere in those maxims lies a reasonable approach.

But now I find myself getting caught up in the growing appeal of temporary abstention. As I'm at my desk penning this week's column, I've convinced myself it is appropriate that I too join the ranks of teetotalers for the month of January. And perhaps even cut back on my animal protein and my social media consumption.

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.



Crossword

ACROSS

1. You can't get angry when visiting this White Plains pastry shop, _____ Donuts
4. Sounds of hesitation
7. Sack
10. Bass, e.g.
11. Trim branches
12. "All Over the World" band
13. R.N.'s forte
14. Community chorus in Carmel, Putnam _____
16. Cable channel _____
17. Reputed Archimedes exclamation
18. Political change maker
20. DIY handicrafts site
21. Came down
25. TV teen detective Mars
29. Summits
31. Bordeaux perhaps
32. "Don't move!"
33. Electrocardiograph, abbr.
34. Music genre
35. Compass direction
36. The works

37. Unit of electric current
38. Sign of summer
39. Pipe joint

DOWN

1. Turn red, perhaps
2. Good to go
3. Unleaded coffees
4. Possible stress result
5. Blah
6. It may be blowing in the wind
7. Bill
8. Queen of scat
9. Anonymous litigant
15. Put on again
19. Words of dismay
22. Occupy
23. Roof hanger in cold weather
24. Snarl
26. Breathe out
27. Apply anew
28. Prefix meaning "bone"
29. Bit of physics
30. Founder of New York's Public Theater
32. It might make you sweat

1	2	3		4	5	6		7	8	9
10				11				12		
13				14			15			
16				17						
18			19							
20								21	22	23
				25	26	27	28			
		29	30						31	
32									33	
34				35					36	
37				38					39	

(solution for puzzle on page 13)

1	M	2	A	3	D		4	U	5	H	6	S		7	B	8	E	9	D
10	A	L	E				11	L	O	P				12	E	L	O		
13	T	L	C				14	C	H	O	15	R	A	L	E				
16	U	S	A				17	E	U	R	E	K	A						
18	R	E	F	19	O	R	M	E	R										
20	E	T	S	Y						21	A	22	L	23	I	24	T		
				25	V	26	E	27	R	28	O	N	I	C	A				
		29	A	30	P	E	X	E	S			31	V	I	N				
32	S	T	A	Y	P	U	T					33	E	C	G				
34	P	O	P					35	E	S	E			36	A	L	L		
37	A	M	P					38	L	E	O			39	T	E	E		




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The Northern Westchester Examiner Sports

Covering Putnam County and Northern Westchester Sports

Thanks to all for 3 Decades of Effort, Best of Luck in 2020



By Ray Gallagher
Examiner Sports
Editor @Directrays

I've just spent the last 30 years juggling the local sports circuit, working with and against BOE's/administrators (holding certain folks accountable when need be), while developing relationships with coaches and covering some of the finest student athletes in the nation. It's been both an honor and privilege to do so,

starting with 17 years at the now-defunct North County News and transitioning to the Northern Westchester and Putnam Examiners.

I once stamped my former hometown of Putnam Valley as "A Town Without Clue" for its 1992 budget cuts that slashed sports in more than half, and while that headline was regrettable, it had to be done: Point is, we've called it like it is; no matter who it helped or hurt, so long as the welfare of student athletes -- all students for that matter -- was atop the agenda.

It all started back in November of 1989 with a kid named Anthony Alberti, a two-time NYS wrestling champion out of Hen Hud who first impressed me when I initially joined the local sports beat, and it circled all the way back to Lakeland field hockey Coach Sharon Sarsen and her 11 consecutive Section 1 titles and 10 state titles in the last 11 years (14 overall), including another in November of 2019. When you work as hard as 'Sars' does, you can only wish more of the same for her in 2020. Sarsen may be the only person who was coaching in this region (N.West/Putnam) when I started and is still killing it now, so Happy New Year, girl! And Happy New Year to all!

In between Alberti -- one of Hen Hud's premier athletes -- and Sarsen, there have been so many mind-blowing athletes, too many, in fact, to recall, but that's what these end-of-year/decade-pieces are about. (Remember, my brain cells aren't what they once were, so folks may have inadvertently slipped through the cracks.)

Some schools have that clear-cut #STUD athlete that just about everyone who's been with me the last 30 years can agree with; the Ric Beardsleys (Lakeland), the Elton Brands (Peekskill), the Donnie McGraths (Kennedy) and the Ryan Mahoneys (Carmel). These were some of the finest athletes in NYS history, let alone Northern Westches-



RAY GALLAGHER PHOTOS

Golden era of Section 1 lax (circa 1991) when Lakeland's Anthony DiMarzo went right at Yonkton's Rocco D'Andraia in the rivalry game of the decade.

ter/Putnam.

Beardsley, a two-time Hornets lax All-American and football stud, who talked as much smack (but backed it up) as any athlete I've ever covered, went on to become a four-time lacrosse All-American at Syracuse and a two-time DI national champion, and is still giving back to the game as a high school coach at the Christian Brothers Academy (Syracuse). I'd put him up against any pole from our area over the last 30 years. He was that freakin' dirty.

Brand, the greatest basketball player in Red Devil history (NYS Mr. Basketball in 1997) and now the GM for the Philadelphia 76ers, went on to become an NBA All-Star after being the first Duke freshman in school history to leave the Blue Devils' nest after a bally-hooed year that led to him being the Chicago Bulls' No.1 overall pick in the NBA draft (he was also the most humble kid you'd ever meet despite his greatness). We've not seen anyone quite like the 'Big E', nor may we ever.

McGrath (or D-Mac) led Kennedy to the NYSPHSAA basketball finals in 2002, went on to have a long and prosperous career in Europe (which is still ongoing) and was one of the smoothest dudes I had the pleasure of covering. He's still killing it, by the way.

Mahoney, now the baseball coach at Iona Prep, was the best damn Ram ever: Dominant in baseball as a catcher, ran like an antelope on the grid, and could have dominated in hoops had he not decided to stand down and concentrate on baseball where he was drafted by the MLB Diamondbacks. My moles in Carmel suggest there is very little argument here, and I wish we could have seen more of him but the old North County News only covered Mahopac and Put Valley in those days, so we missed out on some incredible opportunities at Carmel, Haldane and the great run by Brewster in the NYS football tournament (more on that below).

Everywhere else within the region I've covered, it's not quite as crystal clear; not that it was straightforward between those four schools, and one could argue that till the cows come home.

Mahopac might have been the toughest to pick, though Yorktown was every bit as mind-boggling. Let's be clear: Mahopac's Dave Fleming predated my time on the beat by like one or two years, or the former MLB stud and basketball sniper would be the call. That said, I was doing a five-year penance on SUCO Island

in Oneonta when the Georgia-bound Fleming was twirling gems on the diamond and crippling scoring records without the benefit of a three-point line, which brings me to Ryan McClay (lax, football, hoops), Brendan Hynes (lax, football, hoops) and Joe Mazurco (among the finest wrestlers in NYS history). I pressed some pretty impressive minds within the Mahopac system and this is

continued on next page

Sports

continued from previous page

what they come back with, and the separation in terms of athleticism is razor thin between the trio (and there's at least five others in the all-time discussion).

Man, Yorktown is chock-full-of-choices, including its two most recent two-sport studs Brett Makar and Keith Boyer (lax All-Americans, football), plus throwbacks like Robbie Doerr (as great a coach now as he was a two-time high school and Hopkins collegiate All-American player in the wee 90's), to as far back as when I first hopped aboard the scene and spotted two-time Cornhusker and four-time Syracuse All-American Roy Colsey, the fair-haired wonder boy. But the kid that really stole my heart is no longer with us: Pound for pound, Don Weese (5'8" 165 pounds) was probably the best three-sport athlete from this neck of the woods: All-NYS in football, All-Section lacrosse, All-Section skier. His epic, three-TD performance in the 1994 NYS football championship at the Carrier Dome was unlike anything I've ever seen in person, and he seemed to be the best player on every field or mountain he conquered #RIPbro.

Yorktown might have the top overall family, too: Few gene pools can match the excellence of the Fusco family when it comes to lacrosse. Four All-Americans under one roof, including dad (Frank) and three siblings (Rilea, Frankie Jr. & Austin). That's just insane.

Yorktown might also have produced my favorite dad of all time, the late Tony D'Andraia #YorktownRoyalty #RIP. That cat had a silent command of situations and kept the whole place in check as he strolled the sidelines with mass respect



PHOTO COURTESY OF MCGRATH'S FACEBOOK

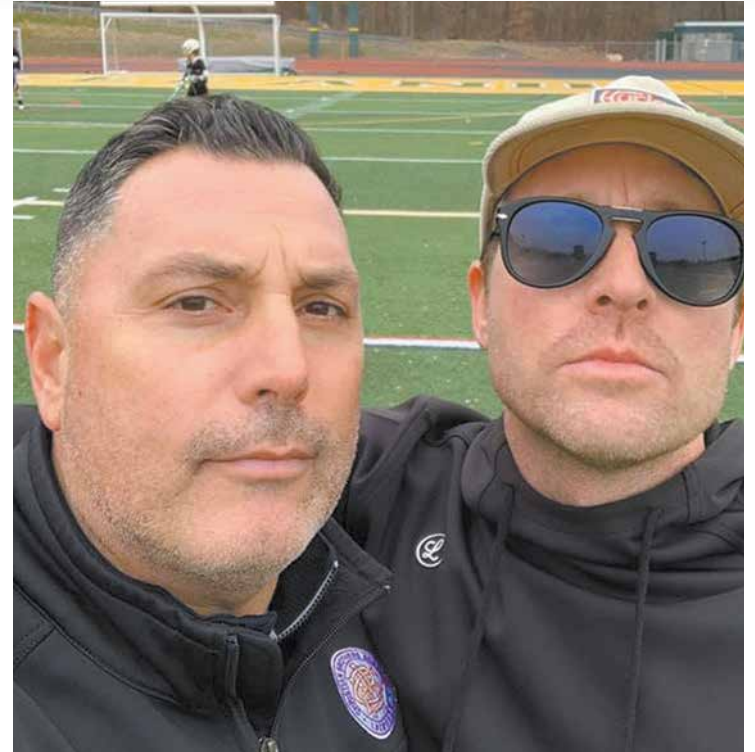
Former Kennedy and Providence standout Donnie McGrath is still hooping it up between Europe and Mexico.

for all.

Matt Pires of Somers quickly comes to mind because of his three-sport (football, hoops, baseball) prowess, but the Tuskers have been loaded with a litany of female and male soccer stars, not to mention the likes



Since the wee '90s Lakeland Field Hockey Coach Sharon Sarsen has built a dynasty while becoming the foremost field hockey coach in NYS.



Former Lakeland standout Ric Beardsley and Panas star Sean Lindsay -- both S.U. All-Americans-- mug it up as they 'Pay it Forward' last Saturday at Lakeland.

of Rob Smith (football, lax), Tom Wereny (soccer, lax) and Jordan Rabidou (football, lax), who pretty much put Somers sports back on the map after a slight skid before the turn of the century. Pound for pound, I loved Loyola-bound Rabidou (#JRab), and the Georgetown-bound Smith was a complete monster. Yeah, Somers has had some studs.

Panas might have the best set of twins; Tom and Tracy Cottrell, and they could easily be the best athletes hailing from Putnam Valley, but I'm not sure any Panther can hold a candle to Panas' Sean Lindsay, who, back in 2000, was a two-time lax All-American and All-Section signal caller before an All-American lax career at Syracuse. That said, Yvette Burcescu is right there with Lindsay, having secured first team All-State honors as a freshman, sophomore and junior before being named the NYS Gatorade Volleyball Player of the Year during her 2016 NYS championship season. The Tulane-bound swatter hit with more ferocity than any volleyball baller I've seen and her five-year varsity career speaks for itself.

Brewster had some fierce competitors before and after we started covering the Bears. the Jack Guidas, Zack Badaluccos, Will Santis, Perry Salvios and Harry Ericksons. But Dave Snyder was probably the most dynamic athlete in Bears history. The kid was a four-year starter at QB (1996-99) and led Brewster to three Section 1 championships, the only sectional football championships in school history (1996-97-99). He also has three Region 1 championships and two NYS finals in the Carrier Dome ('97 Class B; '99 Class A) on his resume, which shows a two-time All-NYS player, and football wasn't even his main sport. Snyder was a freak on the lax field, too, a five-year var-

sity starter, three-time All-Section player and two time All-American before accepting a full lacrosse scholarship to Syracuse. He was also a three-year varsity starter in hoops, so you'd have very little argument from anyone in Brewster if you called Snyder Brewster's all-time great.

I can go on and on with the Darnel Shillingfords and Zach Colemans, Kristi Dinis and Kim Kastuks (Putnam Valley) the Sam Giachintas and Brittany Shields' (Haldane), the Kurt Thomas' (Hen Hud), the Obi Toppins, Saniya Chongs, Aubrey Griffins and Scott Rowes (Ossining), and so many others, including the many terrific coaches -- too many to mention -- I've encountered over three decades.

But time and space are cutting this trip down memory lane short. Find me on Twitter @Directrays to let me know where I went wrong or who I left out, because, like I said earlier, 'all-time' lists and reflections like this are subjective and always open for discussion...

PS. It wouldn't be right for me to simply dismiss the regular contributions we get in this sports section from volunteers like Bob Castner (of Yorktown fame), Bill Kennedy ('The Man' in Mahopac) and the indelible Rick Kuperberg, who goes above and beyond the call of duty. I'm just one guy, overseeing a fairly young family of four, so I can't get out to as many games as I used to with my own kids' activities taking place, but these three guys provide photo coverage for scores of local athletes from nothing more than the good in their heart. I know the amount of time it takes to attend games, then choose and edit photos before hitting send. I know I speak for the countless athletes and families this trio touches on a weekly basis when I say Happy New Year, my friends, you deserve that and so much more.

Without their weekly contributions, this Northern Westchester/Putnam Examiner sports section is half the actual beast it is.

Sports

Girls' Hoops Notebook

Brewster Opens up 7-0, Tougher Tests Ahead for Young Bears

By Tony Pinciario

As preseason drew closer, **BREWSTER** was preparing to commence practice without all-everything players Maggie DePaoli and Meagan Beal.

The two graduated seniors were instrumental in the program's success during their careers. Coach Mike Castaldo would be welcoming back a young core, led by the trio of Alexis Mark, Carly DeLanoy and Grace Galgano.

"Losing our two key starters, Meagan and Maggie, left us with a young team so I was nervous to see how the team would gel on the court," Mark said.

Brewster came together quickly and went into the holiday break a perfect 7-0.

"After losing Maggie and Meagan, our captains, it was difficult to see where the team would be without their leadership," Galgano said. "I knew that it wouldn't be easy without them. We would need people to step up and everyone on the team definitely rose to the challenge."

Preparation began in preseason as the Bears used it to their advantage, acclimating themselves to playing without DePaoli and Beal and with their new teammates.

"As the preseason went on our team began to find a rhythm, especially as our new teammates gained confidence in themselves," Galgano said. "Our team is young, but everyone is contributing. I see this as a good sign of progression."

The returning trio of Mark, Galgano and DeLanoy also had to adjust their games as they became Brewster's go-to players. They were joined in the starting lineup by Madison Dakin and Sophia Alzuguray.

"This is my third year on varsity, but my role this year is much bigger," Mark said. "With Meagan not being here, I have big shoes to fill. Every game I work my hardest and play with aggression."

"Also, this year, as a junior and three-year returner, I encourage our team to stay positive and always keep the energy high even when things don't go our way."

Brewster began the season winning early and often. As a result, the Bears began to believe in themselves and what they were capable of.

"Our confidence grew with each win and it solidified that we are starting to come together as a team," Mark said. "We still knew we had a lot of work to do and things to improve on. None of our wins were easy. But being 7-0 sure feels good."

Galgano pointed to the Pleasantville game as the launching point for Brewster.

"The team has had a great energy and everyone has gotten along so well that we really have fun together," Galgano said. "I think that I really noticed it after our game against Pleasantville. Our team collectively started to play as one. Everyone contributes on this team -- on and off the court."

Castaldo agrees with Galgano, but also knows the rigors of League II-C lie ahead.

"We are not a team that relies on one or two girls," said the eighth-year coach. "We

are a team that shares the ball and recognizes who has the hot hand. On any given night, we feel any one of our starters can go off for 20-plus points."

Brewster, like many other teams, has enjoyed the lengthy holiday break. The Bears return to action, Friday, at Class B heavy Putnam Valley, which is 5-2, before beginning league play with Yorktown (Jan. 7) and Somers (Jan. 9). All three are road games.

While Brewster is very pleased with its record, the Bears are still concentrating on improving daily.

"One of our team's main goals was to be a tough and aggressive defensive team," Galgano said. "I could not be more excited about how well our team is playing. I never dreamed we would come out this strong and I'm so happy to see the chemistry in our team. Every player is working hard to work on our weaknesses and build on our strengths."

MAHOPAC owns a 4-2 record going into the new year as the Indians resume play Friday, hosting New Rochelle. Mahopac opens league play against Arlington (Jan. 7) then Roy C. Ketcham (Jan. 9).

"I was hoping to be at least 3-3, so being 4-2 exceeded my expectations," Mahopac Coach Chuck Scozzafava said. "But, looking back, we could easily be 5-1, but I am happy with our play. I'm really happy with how we keep working hard no matter the score and we had some nice comebacks. I think it gave us a little confidence, but we need to learn how to play with a lead and use the clock better."

Mahopac's major win of the season came against Panas, in overtime, of the Jack McGuire (Hen Hud) Tournament, but the loss to Hen Hud in the finals signals there's still work to do.

PUTNAM VALLEY won five of its first seven games even with some injury issues. The Tigers' losses were to powerhouses Irvington and Dobbs Ferry.

One Putnam Valley constant through its first seven game has been its ability to shut down teams.

"Even when our offense isn't going our way, which it hasn't been recently, our defense is always our strong point," Arianna Stockinger said.

Despite the two losses, Putnam Valley has used the break to refocus and prepare itself for the new year.

"We learned from these two losses that every play counts and that we can't take any possessions off," Stockinger said. "We have to execute well and just play ball. This week has definitely benefitted us. We got time to rest and recuperate, think about our losses and mentally prepare ourselves for the upcoming games."

SOMERS, a Class A finalist last year, was one of the few teams to play during the holiday break as the Tuskers traveled to Amsterdam (Section 2) for its tournament.

Somers split two games, losing to Section 2 Class AA power, Shenendehowa, but bounced back to beat Curtis (NYC-Public School Athletic League), 62-49.



RICK KUPERBERG PHOTOS

Grace Galgano and the Brewster Bears are off to a solid 7-0 start.

Taylor Penzo led Somers with 17 points against Curtis and Jordan May added 12 points and 10 rebounds.

"Shen was really good," Somers Coach Marc Hattem said. "Maybe the best team I've seen in my four years here, outside of the Ossining teams. They had a lot of D1 and D2 talent. We competed, though, at a high level and the effort was great."

"I thought we could play well against Curtis and we did," he added. "Taylor had her best game of the year. Jordan and Pooja (Rao) controlled the boards, and Amy Lasher and Emily Arena were everywhere defensively."

Somers returns to the court against John Jay-Cross River (Jan. 7) then faces Brewster

(Jan. 9), both league games.

"I always thought this team would hit its stride by mid to late January," Hattem said. "And if we continue to stay healthy, I think we will. The first month was tough so hopefully its behind us."



EXTRA! EXTRA!

30 Years Down Memory Lane

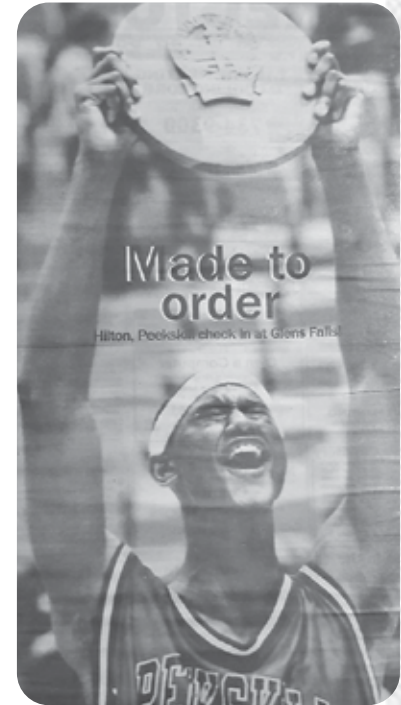
Three Decades of Fun, Friendship & Fierce Competition

From era to era to era, beginning in the winter of 1989, it has been my privilege to cover the local sports circuit, which has produced scores of Section 1 and NYSPHSAA championships coming from all over the Northern Westchester/Putnam County region, but equally important were the countless relationships formed with players, parents, coaches and school administrators who have provided 30 years of entertainment to a life blessed with competitive fun, a handful of feuds and many acquaintances enshrined in my heart

—Sports Editor Ray Gallagher
see Direct Rays



RAY GALLAGHER PHOTOS
Putnam Valley won the last of its four Section 1 lax titles in 2010.



Peekskill's Hilton Armstrong was second only to Elton Brand in terms of Red Devils hoops history.



Pound for pound, Yorktown's Don Weese is in the conversation of best athletes ever in this neck of the woods.



Yorktown's Pete Cariello was among the finest football players in Section 1



Ossining girls' basketball Coach Dan Ricci has built an empire that has been the envy of all the last 10 years.



Yorktown football Coach Ron Santavicca put the program on the state map with consecutive titles in 1993-94.

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