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February 19-February 25, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 478

Protestors Rally Against Trump National Emergency

By Rick Pezzullo

A President's Day message to President Donald Trump was sent loud and clear Monday by approximately 100 protestors who gathered outside Senator Chuck Schumer's district office in Peekskill.

Waving signs that read "Fake National Emergency," "Make America Sane Again," "The Real Crisis is in the White House," and "America is Not Reality TV," among others, the peaceful crowd denounced Trump declaring a national emergency



RICK PEZZULLO PHOTO

Protestors feelings were on display at demonstration in Peekskill Monday.

Friday in order to use more than one billion dollars to extend a wall on the southern border.

The demonstration was part of a nationwide effort to oppose Trump and what some feel are his dangerous and racist policies.

"Why do we need this wall? Because Trump is racist," said Courtney Williams, a resident of Peekskill and co-founder of the Safe Energy Rights Group "We have many real emergencies in the United

States right now. We are wasting our time on fake emergencies like building a wall. This is all one fight."

Among those at the protest were State Senator Peter Harckham (D) and Peekskill Councilwoman Vanessa Agudelo, both of whom criticized Trump for his actions.

"His emergency declaration is an abuse of power. It's repugnant because it's a power grab in an un-American way," Harckham said. "This is a humanitarian crisis brought

continued on page 2

Remembering Lincoln



RICK PEZZULLO PHOTO

The Lincoln Society in Peekskill held its annual Lincoln Remembrance Day events Saturday with Honest Abe making an appearance at the Lincoln Depot Museum a few days after what would have been his 210th birthday.

Lowe's Looking to Open New Store in Yorktown in Mid-March

By Rick Pezzullo

The much-anticipated new Lowe's home improvement store on Route 202 in Yorktown is looking to open its doors in mid-March.

Representatives of Breslin Realty Development Corporation, owners of the 25-acre site located directly off the Taconic State Parkway, appeared before the Yorktown Planning Board last week to address some issues that must be resolved before a Certificate of Occupancy (CO) can be issued.

Besides the 124,000-square-foot Lowe's, three other retail buildings are planned to be constructed on the property: one 9,000 square feet, one 6,300 square feet and one 2,100 square feet with a drive-thru feature. Breslin representatives told the Planning Board an agreement with a tenant for one of the buildings was close.

Last week, planners went into special session to vote to amend the site plan requirement for off-site tree planting, which would be satisfied by Breslin choosing either to submit an unspecified

cash bond or linking the condition to the issuance of a building permit for one of the three smaller retail buildings.

Planners opted to pass a condition involving landscaping to the Town Board, which has the task of deciding whether to issue a temporary certificate of occupancy for Lowe's.

Meanwhile, former Yorktown Supervisor Michael Grace, now serving as an attorney for Breslin, informed the Planning Board that four of nine homeowners on Old Crompond Road had decided to take a cash payout from Breslin instead of hooking up to sewers. He explained two other residents are working on resolving a construction issue involving a joint driveway, while four other homeowners are still negotiating. Regardless, Grace maintained the sewer issues should not stand in the way of Lowe's opening on or about March 15.

Chairman Richard Fon said the record on Breslin's commitment to sewer

continued on page 2

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Protestors Rally Against Trump National Emergency

continued from page 1

up by the President of the United States. We stand with the immigrant community. We all came from somewhere. 9/11 was a national emergency. Superstorm Sandy was a national emergency. He himself said he didn't have to do this."

Agudelo, who works as manager of Member Engagement Hudson Valley The New York Immigration Coalition, called the border wall Trump seeks to construct "inhuman" and "unwanted."

"We need to be able to have a conversation about immigration," Agudelo said. "We all come from families of immigrants. Every day we are coming

Lowe's Looking to Open New Store in Yorktown in Mid-March

continued from page 1

connections was clear.

It will be only the second Lowe's store in Westchester County. The store, which will include a garden center, is projected to create roughly 200 permanent jobs.

Costco was originally projected for the location, but Breslin Realty stepped in after that project fell through. Wilbur Breslin, Chief Executive Officer and Chairman of the Board for Breslin, said at a ground breaking ceremony in October 2017 getting Lowe's off the ground required a lot of patience with several delays at the state level.



caption



caption

closer to becoming a fascist nation. We cannot allow this to happen. It's not going to end with Trump."

Speakers were interrupted at times with chants of "No way, no wall," "Dump Trump," and "The people united will never be defeated."

Robert Kesten, a human rights activist who lost the Democratic nod to Harckham last year to challenge former State

Senator Terrence Murphy, talked about another threat with Trump's declaration.

"The most important thing we face is the fact we have a government that is allowing the Constitution to be torn apart," Kesten said. "This is about the destruction of the American Constitution."

A statement from Schumer was read at the demonstration, in which he stated, "This is plainly a power grab by a disappointed president who has gone outside the boundaries of the law. The president is not above the law. The Congress cannot let the president shred the Constitution."

However, Schumer wasn't spared criticism at the rally, which some, such as Williams, charging the minority leader wasn't doing enough to protect the people.

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Q: Why is it important to have routine screening mammograms?

A: Early detection with a screening mammogram can catch cancer years before it becomes discernible by touch. It is important to catch cancer earlier, because the size of the tumor and its stage influence treatment and prognosis.

Q: During what ages should I have annual mammograms?

A: Starting at age 40, this screening tool saves the most lives. There is no defined upper age limit to stop mammography. The incidence of breast cancer increases with age: 30 percent of invasive breast cancers occur in women over the age of 70. We recommend that annual screenings continue as long as the patient is in otherwise good health and willing to undertake additional testing if an abnormality is detected.

Q: How do I benefit from advanced breast cancer screening technologies?

A: The latest mammogram screening technology is the **3-D mammogram** (digital mammogram with tomosynthesis), which lets us see through tissue and find more cancers than does a standard digital

mammogram. Another newer technology is the **supplemental screening ultrasound** for dense breasts, which helps us evaluate dense breast tissue and masses seen on the mammogram by letting us distinguish between solid and cystic tissue. The **breast MRI** can be used to screen women at high risk for breast cancer due to genetic factors, family history or previous high-risk findings, or used as an additional tool to look for further abnormalities in women recently diagnosed with cancer. Advanced imaging technologies are offered at Northern Westchester Hospital's women's imaging sites in Mt. Kisco and Yorktown.

Q: Should women with dense breast tissue receive special screenings?

A: About 40 to 50 percent of women have dense breast tissue. There are two components of breast tissue: fatty tissue and fibroglandular tissue. Fibroglandular tissue appears white on a standard mammogram, as do tumors, so tumors can be obscured. If you have dense breasts, ask about supplemental screening with a breast ultrasound. This technology increases detection by a rate of approximately four cancers per 1,000 screenings over that achieved by a standard mammogram.

Police Blotter

State Police
February 5

State Police from the Cortlandt barracks arrested Howard J. Powley, 49, of Cortlandt, for Criminal Obstruction of Breathing, Menacing in the 2nd degree, Criminal Possession of a Weapon in the 4th degree, and Criminal Mischief in the 4th degree, all class A misdemeanors. At approximately 8:15 p.m., troopers were dispatched to a physical domestic dispute on Oak Road in the Town of Cortlandt by Westchester 911. Investigation found Powley choked victim, and then prevented an emergency call for help. Powley then released the victim who ran outside of the residence. Outside, Powley menaced the victim before smashing a lawn ornament on the victim's vehicle. Powley was arraigned in Town of Cortlandt Court, and released on his own recognizance by Judge Ragazzo. A temporary order of protection was requested on the behalf of the victim, and granted.

February 9

State Police from Stormville arrested Steven G. McClymont, 49, of Putnam Valley, for DWI. He was traveling on the Taconic State Parkway in the Town of Yorktown when he was stopped for a vehicle and traffic law violation. Investigation revealed that he was impaired by alcohol and was subsequently arrested.

February 16

State Police in Somers conducted an underage drinking enforcement operation in northern Westchester County. Numerous retail establishments were checked throughout the Towns of Somers, North Salem, Lewisboro and Pound Ridge by utilizing a 19-year old-volunteer to purchase alcohol under the observation of plainclothes investigators supported by uniformed troopers. One employee sold alcohol to the volunteer and was arrested. The following person was charged during the operation: Grace Surlack, 58, employed at Uncorked in Somers. New York State Police, with investigative support provided by the New York State Liquor Authority, routinely conducts underage drinking enforcement operations throughout the state in an effort to curb alcohol abuse and DWI incidents among teenagers

Ossining Man Arrested for Beating Puppy
February 13

The SPCA of Westchester announced an arrest has been made in an animal cruelty case involving an injured seven-month-old terrier puppy. Led by Ernest Lungaro, the Director of the SPCA of Westchester's Humane Law Enforcement Unit and with the assistance of the Ossining Police Department, Adam Jeffers of 16 Croton Avenue was arrested after witness reports were made stating that the puppy, who is now named Ocho, had been held down

and badly punched in the head as well as kicked by Jeffers. Video obtained by SPCA officials confirmed the reports which resulted in Jeffers arrest. Upon a medical examination by the SPCA of Westchester's veterinary team, Ocho was found to be suffering from swelling on his head and abrasions to his cheek which are consistent with forceful trauma to the head region. Old wounds were also found during his examination. He is now recovering at the SPCA where he'll be placed up for adoption.

"We are very grateful that the

community spoke up and reported this horrible and senseless act of abuse," said Shannon Laukhuf, Executive Director. "These poor animals cannot speak for themselves and need our protection. Ocho will receive the veterinary care and love he needs and deserves now that he's safe at the SPCA."

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Peekskill Councilman Launches Campaign for County Legislature

By Rick Pezzullo

Peekskill City Councilman Colin Smith became the first candidate last week to officially announce he was running for the Westchester County Board of Legislators seat being vacated by Legislator John Testa at the end of the year.

Smith, a Democrat, is currently serving the second year of a four-year term on the Common Council.

"I'm running for county legislator to make sure that our local leaders have a partner in county government who can get things done for Northern Westchester," Smith said to a small group of supporters at the Bean Runner Café in Peekskill. "It's a new day in Westchester, and that new day calls for new leadership for the working families of Peekskill, Cortlandt and Yorktown. This is a critical moment for our community. We need leaders who are focused on the future and focused on results. We need leaders who will bridge the gap that has sometimes existed between this corner of the county and elected officials in White Plains. I look forward to explaining why my style of leadership and my experience is right for our community."

District 1 on the Board of Legislators includes portions of Peekskill and the towns of Cortlandt and Yorktown. Testa, a Republican and minority leader on the board, has represented District 1 since



Colin Smith (center) surrounded by local elected officials and supporters at BeanRunner Café in Peekskill.

2010. Prior to Testa, Republicans George Oros and Timothy Carey sat in the seat.

A lifelong Westchester County resident and native of Peekskill, Smith previously served as a trustee on the Peekskill Board of Education and as an Assistant District Attorney in the Bronx. He is a member of the Hudson Valley Gateway Chamber of Commerce and has volunteered with the Peekskill Youth Bureau, Hudson River

Healthcare, the Rotary Club, and the Peekskill NAACP.

"Councilman Colin Smith is a man of his word who knows where to get help when needed. Colin keeps in touch with his constituents and always works to find the right solution to the right problem," said Peekskill Mayor Andre Rainey. "He is deliberate, he is reflective, he is tough and he is active in his community. I'm

certain he will be just as active in all the communities he will serve. I'm excited to support him in his run for county legislator. We need unbiased people who are for all the people, as he is, to represent the people of our communities."

"I support Colin Smith to be our next county legislator for District 1," said Cortlandt Supervisor Linda Puglisi. "Colin has been a dedicated public servant over the past decade serving on the Peekskill School Board and then as a member of the City of Peekskill Common Council. Colin Smith knows our area well and is well versed in issues that face our communities. I look forward to working with Colin Smith as our next county legislator."

Meanwhile, three Republican hopefuls were interviewed Saturday by the Westchester Republican County Committee. Former Peekskill Mayor Frank Catalina, Yorktown Councilman Tom Diana, and Yorktown district leader Robert Puff all made cases why they should be chosen to try to continue the GOP's stronghold on District 1.

Earlier last week, Yorktown GOP Vice Chairman Chris Arnold and Yorktown district leader Raymond St. John withdrew their names from consideration.

On Wednesday, February 20, Republican district leaders are slated to choose a candidate.

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Yorktown Resident Sees Breakthrough with Intermittent Fasting

By Martin Wilbur

For many years Ralph Milton cared about eating well and staying fit but like millions of people he struggled with his diet and maintaining an optimum weight.

One day in 2015, a customer came into his father's auto repair shop in Millwood, where he worked for 17 years, and started talking about the benefits and effectiveness of intermittent fasting.

It piqued Milton's interest, and a week or two later, he started researching to learn more. The simplest explanation is intermittent fasting allows for food intake for roughly an eight-hour window during the day.

"I started researching the science behind it, how it works on the body," said Milton, 43, now a chiseled, 200-pound Yorktown resident with four percent body fat. "I was blown away. This is going to be tremendous."

Today, it would be hard to find a bigger proponent for the increasingly popular approach. Milton, who now works at a Croton-on-Hudson car dealership, said that by limiting your meals to between 11 a.m. and 7 p.m. or noon and 8 p.m., roughly taking in the traditional lunch hour and dinner time, it helps the body use its fat as the primary energy source.

Furthermore, many health care professionals have agreed that the eating pattern is more effective at stabilizing



Yorktown resident Ralph Milton, an advocate of intermittent fasting, with his new product, Fit Body Fasting Fuel, a supplement that helps get him through the fasting periods.

a person's blood sugar by increasing insulin levels, reduces inflammation and increases natural growth hormone, he said. That results in higher energy and more sustainable weight loss.

Now, Milton has developed his own plant- and amino-based dietary supplement, called Fit Body Fasting Fuel, a powder that is mixed with cold or hot water and resembles green tea. It is taken in place of breakfast to take the edge off any morning hunger until lunch. He has a patent pending on the supplement.

"So, what I've done is basically create a

product that not only makes it sustainable and comfortable to fast, but also enhances biologically what's going on in the body," Milton said.

But Milton takes it another step – actually a few steps. He has developed three phases that slightly modifies the fasting routine as one begins to drop weight. Phase one begins with 16 hours of daily fasting that starts at 7 or 8 p.m. before the first day. Assuming the scheduled started on a Monday, that continues for 12 consecutive days. The second Saturday is a "refeed day" where you can eat what and when you want.

Following dinner on the refeed day, the 16-hour fast begins but each week should be extended to prepare for the next phase.

After about four to six weeks, Milton said most people are ready for Phase two, where exercise should be incorporated into the schedule three to five days a week for 30 minutes to an hour. Phase two is similar to Phase I for the first six days of the week, but there is the start of a 24-hour fast early in the evening on the sixth day of the week.

Following the 24-hour fast, there should be no carbohydrates consumed with dinner except those found in vegetables.

During all fasts people are encouraged to drink water, tea or black coffee, Milton said. He also uses his Fit Body Fasting Fuel up to three times on 24-hour fast days.

Phase three would be similar to Phase two, with the introduction of two days of

no carbohydrates in addition to the 24-hour fast day. This phase should remain in place until the weight loss goal has been attained.

The Maintenance Phase is designed to keep the goal weight. A 16-hour fast is done Monday through Friday with Saturday and Sunday regular food days with three meals each day.

Milton said what sets intermittent fasting apart is its impact on the body's hormones. He described it not as a diet or an eating regimen but "a lifestyle."

"The beauty of the lifestyle is that it's conducive and it's realistic to sustain for the rest of your life," Milton said.

The longer a person practices intermittent fasting, typically the less hungry they are, he said. He encourages it for adults who have been through the cycle of multiple diets and failed weight-loss plans.

For anyone with certain conditions or questions, Milton strongly advised speaking to their doctor.

"For anybody over the age of 25 to get in shape, to lose fat, lose stomach fat with a traditional pattern of eating, it's really a hard task," Milton said. "With this lifestyle, what it does to your hormones, what it does to the simplifying factor of whether you can sustain it, you can't compare it."

For more information on Milton's supplement and his approach to intermittent fasting, visit www.if4life.com.

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Jack Murphy, Editor of *The Evening Star*, Dies at 75

By Rick Pezzullo

A celebration of life is scheduled for Saturday, February 23 at 11:30 a.m. at Holy Spirit Catholic Church in Cortlandt for John L. “Jack” Murphy, former editor of *The Evening Star* newspaper and longtime chairman of the Peekskill St. Patrick’s Committee, who died peacefully February 14 at the age of 75.

“Jack had the ability to bring people together. He knew how to lead, step aside or follow--whatever was the most prudent and productive way forward. He was successful in keeping us together and spent many sleepless nights wondering if we could put on the parade one more year,” said Bill Powers, current chairman of the Peekskill St. Patrick’s Committee. “As we approach our annual celebration, we will keep Jack in our hearts and his family in our prayers.”

Mr. Murphy was born April 22, 1943, in New Castle, Pa., to John D. and Mary Louise Murphy. He grew up with three younger sisters, spending time in Pennsylvania and Iowa before moving with the family to Albany, at age 16.

He became a commuter student at Siena College and began a “real” journalism career as a part-time sportswriter for *The Times Union* in Albany. His first full-time newspaper job was at the *New Haven Register*, still writing sports. This was followed by a short stint at the *Schenectady Union-Star*, and then four years on the



Jack Murphy was chairman of Peekskill St. Patrick’s Day Parade for nearly 20 years.

city desk of *Albany Knickerbocker News*, where he rose to become the executive city editor.

In 1973, he was recruited to be the editor of *The Evening Star*, the Peekskill newspaper founded in 1922. During his 12-year tenure as editor-in-chief, he mentored many young journalists who went on to successful careers throughout the state. Active in several professional organizations, he was a member of the New York State Society of Newspaper Editors and served a term as president. He also belonged to the Associated Press Managing Editors Association, and the United Press International New York State Advisory Board.

He served as editor of the *Peekskill Evening Star* until 1987, prompting his “escape” from the newspaper industry for the greener pastures of public relations. He retired in 2005 after nearly two decades with the New York Power Authority, where he had been director of public relations.

After retirement, he remained in Peekskill and was actively involved in the community.

The St. Patrick’s Committee, though, stayed closest to his heart. In the mid-1990s, Mr. Murphy got involved with a group of men — most notably Dan Caffrey, Joe Brady and Eddie Hayes — who had spearheaded a movement to establish a St. Patrick’s Parade in the City of Peekskill. His formal connection with the parade began with his selection as an aide to Grand Marshal Jack Carey in 1996, and he has served as the chairman of this highly successful parade for nearly 20 years.

In 2006, he was selected Grand Marshal — an honor he said had no equal. “We don’t accept the role of Grand Marshal for ourselves, we do it for our family. And after it’s all said and done, you want to do it all over again!” he said.

He served on the boards of the Peekskill-Cortlandt Chamber of Commerce and the Paramount Center for the Arts. He also served two terms as president of the Holy Spirit Parish Council. When

the redevelopment of Charles Point was proposed, Mr. Murphy was asked to serve on Peekskill’s Industrial Development Agency.

Mr. Murphy stayed involved in myriad civic clubs and causes, including the BPOE Lodge 744 and Peekskill Lapolla Little League. He was a life member of the Cortlandt Hook and Ladder Co. No. 1 in Peekskill, and a dedicated volunteer and member of the Shore Line Trolley Museum in East Haven, Conn.

In 2010, he was honored as Hibernian of the Year by the Ancient Order of Hibernians in recognition of his work promoting Irish-American culture. One year later, he received the Field Library’s Chester Smith award in recognition of his decades of contributions to the City of Peekskill.

Due to health issues, he had recently relocated to Raleigh, N.C., but his heart remained in Peekskill, always longing to return to his reserved seat at The Quiet Man Public House, where he spent many an afternoon with his “gang” of close friends.

He was preceded in death by his parents John D. and Mary Louise Murphy; his wife Mary Alice; and sister Eileen Harter.

He leaves behind to cherish his memory six children, Lori Murphy of Creedmoor, N.C., Brian (Melisa) Murphy

continued on page 16

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Letters to the Editor

Taking Innocent Lives Shouldn't Be Celebrated

To the Editor,

While attending the February 5, 2019 Yorktown Town Board meeting, I was shocked to see Melvyn Tanzman, the Executive Director of Westchester Disabled on the Move, stand up and wildly applaud a speaker at courtesy of the floor, a Ms. Rothberg. Ms. Rothberg had just made a statement on how she supports the

poorly named "Reproductive Health Act" that was recently enacted by NY State.

I understand that we all have a stance on Pro Life and Pro Choice, but this law crosses the line of decency and literally changes the definition of a life to decriminalize the aborting of a viable life. As a powerful advocate for the disabled I can't understand how Mr.

Tanzman could applaud this as it targets babies with birth defects. Would my cousin, born deaf or others identified as not perfect be terminated because they would be a burden? Could Virginia Governor Northam's statement that a baby born with birth defects is still a candidate for abortion, or at this point euthanasia, after discussions between the mother and

doctor in New York?

All life is precious and we shouldn't celebrate the taking of innocent lives because of "imperfections" or inconvenience.

—Kevin Murphy, Yorktown

It's True: Murphy Didn't Get Us Tax Revenue from the State

To the Editor:

I appreciate Former Sen. Murphy confirming the accuracy of my recent letter. But I did not lie.

Murphy confirmed that he submitted Senate bill (S05481) requiring a study on the State's payments to localities for state owned land. That's what I said, and that's what he did.

That's ALL he did! That is my point!!

You can find Murphy's 2018 study at:

<https://www.tax.ny.gov/pdf/publications/orpts/state-owned-lands-ch222.pdf>

As I pointed out in my January letter, this study did not result in any money. It only confirmed what previous studies had already showed: The state compensates localities in an arbitrary way. The Murphy study didn't even recommend funding to compensate communities like Yorktown that have not been receiving any payments, while our neighbors have. Putnam Valley

receives money for its share of Trump Park; Yorktown receives nothing!

The study found that Yorktown could receive the following:

Yorktown, in lieu of property taxes: \$83,626/year

Yorktown School District: \$484,629/year

Lakeland School District: \$1,559,922/year

Imagine what the schools could be

doing with this money.

Nearly two years of lost revenue. Those are the undisputed facts.

But the Murphy study made no recommendations! Yorktown would have been well served to get the rate other towns are getting, instead of... nothing.

—Mark A. Lieberman

New Chapter in RHA Should Be Offensive to All

To the Editor:

A quick note is response to the several letters published last week in your paper regarding the Reproductive Health Act. The RHA isn't a codification of existing law. It represents a seismic shift in the law. The RHA amended the definition of a person under New York Penal law's homicide definitions. Prior to the RHA a homicide was defined as causing the death of a person which included an Aunborn child with which a female has been pregnant

for more than twenty-four weeks. The RHA amended the law by removing that language and thereafter defining a person as A a human being who has been born and is alive. Causing a death of a child in utero, no matter the gestational age, is no longer prohibited or a chargeable offense. The intent of the RHA has nothing to do with preserving access to abortion at late term when faced with a situation where the mother's health is at stake. Roe v. Wade had already required that exception

to restrictive abortion laws. Nor does it apply to the case of an in utero death, as the termination of a still born pregnancy does not result in the death of child, the child is already deceased. The RHA removed from personhood what science and prior New York law, not religious belief, held was a human being worthy of governmental protection. The RHA allows for late term, medically unnecessary, abortions of a viable human being. The right to access abortion through to 24

weeks and thereafter when the mother's life is threatened by the pregnancy existed under NY law prior to the RHA, so it was unnecessary to enact the RHA for those purposes. The RHA ushered in a new chapter in abortion rights; the right to terminate the life of another human being without medical cause or justification. This should be offensive to all of us whether pro-life or pro-choice.

—Michael Grace

Former Supervisor Wasn't Grandstanding about Reproductive Health Act

To the Editor:

According to some in a recent Yorktown News, Michael Grace, at a town board meeting, misrepresented the Reproductive Health Act as proposed by governor Andrew Cuomo and that he was grandstanding using scare tactics. Some don't like the word "infanticide." Infanticide is exactly what

this law ALLOWS!! Is there another more compassionate term that you would use for allowing a baby to be born into the world and then allowing it to die? What term would you use for going into the womb with scissors to stop the life of a viable baby at 6, 7, 8, or 9 months? (the word "abortion" is much too kind). The fact of the matter is that, if you cause something that has life to cease to live, you are killing it. No, Michael Grace wasn't grandstanding and did not misrepresent anything. This law ALLOWS a baby's life to be taken as late as nine months in the womb and after is out of the womb. And, because it may rarely happen, doesn't make it right or acceptable. (It was stated that less than 1.2% of abortions are late term. They are performed when the health of the mother is at risk and/or genetic or physical life-threatening abnormalities are detected in the fetus). Well, if the baby is born HEALTHY and the mother LIVES, this law ALLOWS the termination of the baby's life. And if the baby is born with some genetic or physical defect, the law ALLOWS the termination of the the baby's

life. In either case, healthy or not, killing, actively or passively, is ALLOWED. That is infanticide. And even if this occurs is 1 out of 100 times., it should not be ALLOWED. We, as compassionate human beings, should not snuff out the life of another innocent human being.

Here's some food for thought.

Both pro-lifers and pro-abortioners

make a choice. Both are pro-choice. "Pro" means "in favor of." Pro-lifers choose to let life continue. They are in favor of letting life continue. Pro-abortioners choose to end life. They are not in favor of letting life continue. Shouldn't pro-abortioners be called something other than pro-choice?

—Rich Insolia

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks.

Email letters to rpezzullo@theexaminernews.com.

The NorthernWestchester Examiner requires that all letter writers provide their name, address and contact information.

The Northern Westchester Examiner

Adam Stone

astone@theexaminernews.com

Publisher

Rick Pezzullo

rpezzullo@theexaminernews.com

Editor-in-Chief

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Letters to the Editor

Amazon Decision is a Huge Loss for Entire Region

To the Editor:

Today's announcement by Amazon indicating that it intends to cancel its plans to locate a second headquarters in New York City has repercussions beyond New York City. The Amazon proposal, that would have created 25,000 well-paying jobs, would economically benefit not just New York City but the area served by the Hudson Valley Gateway Chamber of Commerce (HVGCC).

Confronted with mounting opposition from a few local elected officials and

community groups, Amazon has reconsidered its decision to locate in New York City. Amazon should understand that this opposition is not widespread and certainly not shared by a vast majority of officials and residents in the lower Hudson Valley; a region with a talented, educated workforce that would have provided many of the 25,000 jobs to have been created.

When Amazon selected New York City, the HVGCC looked forward to eventually partnering with them in finding top notch talent, suppliers and support services that

many of our members could provide.

Beyond being a huge loss for the entire region, Amazon's exit sets a terrible precedent for other corporations looking to relocate or expand here. The message we should send is that New York State is open and welcoming to business. Certainly, Westchester County and the HVGCC region would welcome Amazon if it chooses to remain in our state but refrain from New York City.

In reaching this decision, Amazon noted the uphill task due to opposition

that "will not work with us to build the type of relationships that are required to go forward with the project." The HVGCC has always and will continue to cultivate positive relationships with business and focus on engaging businesses that want to relocate or expand to our service area.

Sincerely,

Deb Milone, President

Hudson Valley Gateway Chamber of Commerce

Why I Support a Green New Deal

By Rep. Nita Lowey

It's time to move past questioning the existence of climate change and begin debating the best way to combat the drastic and well-documented change in the world's climatic patterns. That is why I am a cosponsor of the Green New Deal Resolution.

The resolution, introduced in Congress earlier this month, acknowledges two major crises related to rising greenhouse gas emissions: a climate crisis and an economic crisis of income inequality, socioeconomic immobility, and wage stagnation. At the same time, climate change threatens U.S. national security and undermines environmental, social, and economic stability around the world.

The resolution proposes bold, common-sense goals, including investing in infrastructure, upgrading power grids, expanding clean manufacturing, overhauling transportation systems, and restoring ecosystems. Implemented in partnership with local communities, businesses, workers, and experts, the Green New Deal would transition the U.S. to a sustainable economy that expands financial security for all Americans, especially the most vulnerable among us, and promotes the health and safety of all communities.

The recent National Climate Assessment presented a grim picture of the future we will face if the United States continues on its current path. According

to the report, "Without substantial and sustained global mitigation and regional adaptation efforts, climate change is expected to cause growing losses to American infrastructure and property and impede the rate of economic growth over this century." Even with the expansion of adaptation efforts in recent years, "they do not yet approach the scale considered necessary to avoid substantial damages to the economy, environment, and human health over the coming decades."

Already we are seeing the consequences of inadequate action: more frequent billion-dollar disaster events, deteriorating infrastructure, increasing food and water insecurity, and displaced

wildlife. According to NASA, 2018 was the fourth-warmest year ever recorded, meaning that 18 of the 19 warmest years on record have occurred since 2001.

We have not only the opportunity but also the responsibility to match the scope and scale of the climate change crisis and to avoid irreparable harm to the environment, economy, and public health. The federal government must use every available tool to combat climate change to protect the environment and public health for Americans and future generations.

Rep. Nita Lowey, a Democrat, represents New York's 17th congressional district and is the chairwoman of the House Appropriations Committee.

Bill Volz Westchester



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Obituaries



Annette Leone

Annette C. Leone, a longtime resident of Yorktown, who later settled in Mahopac, died February 10.

She was born in the Bronx to Ethel and Ignatius Pagano. She grew up surrounded by a large extended family and graduated from Theodore Roosevelt High School. Her first job after high school was working at an advertising agency in New York City where she enjoyed a successful career. Later on, she worked as a teacher's assistant in Special Education at Brookside Elementary School in Yorktown. After more than two decades, she retired in 1996 to enjoy her expanding family. She was a parishioner at St. Patrick's Church and a volunteer at Putnam Hospital.

On August 15, 1964, she married Vincent "Jim" Leone at St. John the Baptist Church in Yonkers. She is survived by her children, Vincent (Remy) of Chesapeake, VA, Cindy (Matt) of Irvington, NY, and Steven (Anita) of Danbury, CT. She was blessed with nine grandchildren: Nikki, Juliana, Michael, Shannon, Steven, Matthew, Christopher, Daniel and Katie and one great-grandchild, Olivia. She also had many nieces and nephews. She was predeceased by her husband Jim in March 2010, and her grandson, Steven, in July 2018.

She enjoyed traveling and spending time with her friends and family, especially her grandchildren. She will be remembered for her legendary cooking, strong faith and generosity.

Ginette Blasso

Ginette M. Blasso (nee Petitpez), a resident of Cortlandt, formerly of Cherry Valley, NY and New Port Richey Florida, died peacefully surrounded by her loving family February 11. She was 96.

She was born in Foug, France to Henri and Berthe (nee Boudeuz). She met and married the love of her life in France, the late Peter A. Blasso, who died December 22, 1998. They were married for 53 years. From this union came three beautiful children Anthony, Marie and John. She will be remembered for her love and devotion to her family and love of knitting.

She is survived by her loving children Anthony (Cheryl) Blasso, Marie Frees and daughter-in-law Ann Blasso. She was the loving grandmother to Danielle (Jeff) Beck, Catherine (Frank) Rufrano, Erica Frees, Jason Blasso and Sean (Josephine) Blasso. Cherished great grandmother

to Angelo Barone, Senior Airman Paul Rizzi-Beck, Francis Rufrano, Evan Beck, John Rufrano, Rachel Moniz, Isabel Blasso and Allison Spagnolo. She was a beloved aunt to many nieces and nephews. She was predeceased by siblings Andrienne, Cimone, and Janot, husband Peter, son John Blasso, son-in-law Bob Frees and granddaughter Ginette Blasso.

Harold Bohlig

Harold J. Bohlig, an Ossining resident since 1925, died February 6, 2019 at The FASNY Fireman's Home, Hudson. He was 93.

Born on February 23, 1925 in Peekskill, he was the son of the late Melbourne and Adelaide (Barger) Bohlig. He was employed by New York Central for 25 years, for another 30 years he worked for Sisters of the Sick and Poor at Mariandale, and then continued to work until he retired when he turned 84. He joined the Ossining Hose Co 1 in 1943 and continued his fire service for 75 years.

In the spring of 1944, Mr. Bohlig married Betty Jean (Gaylord) (deceased). He is survived by his two daughters and one son, Donna L. Hart and Bob Hart (deceased) of Danbury, CT; Betty Anne Nolan and David Nolan (deceased) of Phoenix, AZ; Robert J Bohlig and Dana (Smith) Bohlig, Poughkeepsie; five grandchildren; eight great-grandchildren; two great-great-grandchildren; multiple nieces, nephews, and their children. He was also predeceased by his siblings Fred, Donald (twin to Harold), Melbourne and Dorothy.

John Migliaccio

John P. Migliaccio, a resident of Yorktown, died peacefully February 2 in Mount Kisco. His body could not sustain his heart, spirit and grace, and he succumbed to old age after a living a full and vibrant life.

Raised in The Bronx, he was a graduate of Evander Childs High School and Iona College. He served his country in the U.S. Army and then held several executive positions in accounting and purchasing with The New York Life Insurance Company.

He is survived by his wife of 66 years, "my beauty" Connie (Ernano) and five children: his dutiful and compassionate caregivers over the past two years, Claudia Santa Donato (Yogi) and Susan Cable (Ed) of Somers, and his dedicated sons, John Jr. of Mahopac, Stephen of Ossining, and Mark (Melissa) of W. Granby, CT, as well as six grandchildren whom he adored: Jessica, Emanuel Santa Donato, John III, and Andrew, David and William. He is also survived by two brothers Angelo (Anne) of Yorktown, and Donald (Ann) of Jefferson Valley.

He will long be remembered as a gregarious and loyal friend, a fun-loving and committed grandfather, a dedicated

and compassionate father, and a loyal and loving husband; words commonly used but rarely true to their meaning. John was nothing short of an ideal role model to be emulated.

Veronica Matonte

Veronica Picciano Matonte, a resident of Croton on Hudson, died February 11. She was 99.

She was born on July 10, 1919 to Filomena Cesare and Joseph Picciano in Croton-on-Hudson. She was a graduate of Croton Harmon High School Class of 1936. After graduation she worked for Picciano Bros. Inc. Perfume Company. She was married on September 16, 1945 to Michael Matonte at Holy Name of Mary Church in Croton. He predeceased her on February 13, 2001.

In 1951 she joined Muller Construction Company and retired after many decades of service as a bookkeeper and office manager. She was very active in many local organizations. She was a former member of the Ossining Women's Club, member of the Croton Seniors, Cortlandt Museum and an active parishioner at Holy Name of Mary Church serving on many committees. Veronica was a Patriot supporting her husband and brothers Carmen and Paul as they served overseas during WWII; she was active with the Servicemen's Committee, including "manning" the telephone at the police station to receive reports of suspicious aircraft which had to be transmitted to Headquarters.

She is survived by her daughters, Phyllis VonderHeide of Cortlandt, and Mary Jane Zimmerman and her husband Marc of Cortlandt; grandchildren, Rudolph M. Vonderheide and his wife Erin of Woodstock, GA, Michael J. Zimmermann of Wappingers Falls, NY and Mary Kate Lupfer and her husband, Daniel of Davenport, Fla.; several nieces, nephews, grandnieces and nephews. She was predeceased by her brothers, Vincent, Albert, Dominic, Michael, John, Carmen, Paul and sister Jeanie and their spouses.

Joseph Scordato

Joseph Scordato, a resident of Peekskill, died February 11. He was 93.

He was born on January 8, 1926, to Jacques and Katherine (Pinto) Scordato and was raised in Bronxville. He attended New York State Maritime Academy and graduated in 1946 with a Naval Reserve Commission as an Ensign and with a Third Assistant Engineers license where he worked on merchant ships. He entered New York University in 1946 and graduated valedictorian with a Bachelor of Arts degree. In 1952 he proudly enlisted and served his country in the United States Navy as a ship's engineer officer. He lived in Peekskill for 64 years where he followed his passion for bird watching, fishing and watched every Yankee game almost every

day during retirement.

He was predeceased by Elizabeth Mary (Carragher) Scordato his wife of 49 years, his brother Robert (Beverly) Scordato, his deeply missed son Thomas (Barbara) Scordato, and his stepson David Sitek.

He is survived by his children Joanne Scordato, Paul (Kathleen) Scordato, Betsy (Timothy) Cothren and John (Renee) Scordato. He also leaves 10 grandchildren Ryan Scordato, Leigh Scordato, Andrew Cothren, Emily Scordato, Libby Cothren, Michael Cothren, Katie Scordato, Patrick Scordato, Harrison Scordato, Addison Scordato and three great-grandchildren Braden, Luke and Caroline Scordato and step grandchildren Ken and Kristen Sitek.

Elaine Behling

Elaine Ceccarelli Behling, a lifelong Ossining resident, died February 14. She was 81.

She was born October 11, 1937, to Adeline and Silverio Ceccarelli at Ossining Hospital. She attended Ossining High School, Mary Washington University and the women's college of the University of Virginia, followed by studies at the American Academy of Dramatic Arts in New York City.

She was foremost a mother, not only to her three daughters but also to countless others who became a part of the family. No task was too great, no challenge too vast, no request too daunting for her to conquer. She was fiercely loyal, loving and competitive (for all the right reasons) and a friend anyone would wish for. She was a mother to all, a testament to her ever-loving spirit and inclusive nature.

A baker extraordinaire, she was known for her unbelievable repertoire of amazing desserts, especially her contest-winning cakes and brownies. The Behling pantry was a destination for every kid on the block, full of unimaginable treats.

An avid car enthusiast, she will forever be remembered for driving with the top down in her '58 190 SL. Her other great passions were her love for her many dogs throughout the years and her love of tennis.

Married to her husband, George, for 57 years, whom she met on a blind date, theirs was a love everlasting. They had an instant bond, as they both owned classic MGs, hers a '52 and his a '58. They opened the iconic Say Cheese in Ossining in 1976, an innovative cheese and gourmet shop, which introduced frozen yogurt to Westchester County and is fondly remembered by many to this day.

She was preceded in death by her parents and her sisters, Jovanna and Yolanda. She is survived by her husband, George; daughters Heather, Tiffany (Ian) and Tara (Eric); her five grandchildren, Trevor, Tristan, Carson, Ainsley and Maren; her great-grandchild Elowen; her brother, Sam (Joel); and her nieces, Sheri and Alisa.

North, South, East, West. Which Is the Best Way to Face?

The orientation of a home – which way it faces – is something to be considered when house hunting. My home buying history involves three purchases. The first was a wonderful town home in the historic district of New York City, Brooklyn Heights. The second was a large historic home in upper Westchester, and my current residence is in a high-rise building in the same town in which I have lived for more than 40 years.

In my first two purchases, I confess that I never considered the orientation of the front of the house. In my case, I just fell in love with both homes and wanted them, no matter which way they faced. As I think about it, both my home in Brooklyn Heights and my first purchase in Westchester faced south, while my current condo residence faces east. In my last purchase, I did consider its orientation, and being in a large building, I had only two choices, east or west. I chose east, preferring to have the morning sun and the afternoon shade. More importantly, I liked the views of woods offered by windows facing east.

The orientation of a home may not necessarily register with buyers as something of importance when buying or building a home, however, it is important to maximizing energy efficiency. And, as a realtor, I've learned that it can be much more than that.

My very first buyer client insisted that I show him only homes that faced east. That involved some extra consideration on my

part when researching listings. I just did as requested, but never considered the reasons why until recently. My research identified both the pros and cons of facing east. Here they are:

Pros: beautiful sunrises, lots of morning and early afternoon sunshine, rooms facing east in the winter mornings will be warmer, and windows facing west in the evening will have beautiful sunsets.

Cons: waking up early to sunlight if your bedroom faces that way, a lot of heat in summertime, rooms facing east will be darker in the late afternoon and evening so there would be a greater use of electricity.

If I were house shopping today, I would look for a home with a lot of windows in all directions, so I would be guaranteed good light and excellent cross circulation when windows are open. As I think about it now, when I was searching for a property in the country, I saw some homes that seemed dark inside, even with the lights on. Probably subconsciously I automatically rejected those homes. Now I know that orientation of the home can impact energy

and how big my heating and air conditioning bills will be and how I will enjoy comfort in my home.

As a realtor, I now know that a poorly designed and orientated house will have key living areas shrouded in darkness, increasing the cost of running the place with lights having to stay on longer during the day, and it will cost more to keep it warm in colder weather.

At the same time, a well designed home will decrease its energy costs by using as much natural light as possible, in other words using Mother Nature to her full advantages!

You can utilize the amount of natural light, which comes into your property through a number of ways including skylights as well as windows. All of which

makes it a very good idea to have double glazed windows to help reduce heat loss.

Something else to consider if designing a two-story house is to have the stairs located on the northern side and large windows on the other sides of the house to capture as much of the sun's natural heat.

When buying or designing a new home, always consider orientation and you will save on energy bills, increase lifestyle comfort and add value to your property.



By Bill Primavera

Other considerations:

- Some people prefer front doors that face east or west so the north wind doesn't directly hit the front or back door.

- If you want to wake up with the sunrise, you'd want your bedroom window facing east.

- If you sleep in (because you can or because you work nights), you'll want your bedroom windows facing west, or you'll want to install blackout curtains.

- Some people prefer homes that face east so their backyard faces west and can be used later into the evening.

- Others prefer the opposite, having the house face west so the backyard is facing east and benefits from the shade on a hot summer afternoon.

- You might prefer a house that faces an ordinal direction (NE, SE, NW, or SW) to avoid direct sunshine onto the front or back of the home.

- A tree line or berm can also help relieve the effects of direct sun or wind.

In summary, there are pros and cons about any direction a house may face, and each can be either enjoyed or mitigated.

Bill Primavera, while a publicist and journalist, is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To take advantage of these dual areas of expertise, you can engage the services of The Home Guru to market your home for sale. Just call (914)522-2076.

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Summer Camp 2019



The Ultimate Packing List for Summer Camp

Preparing a packing list for when you send your child off to summer camp is an extremely important part of going to camp. For parents who are sending their child to summer camp for the first time, it can even be a little overwhelming. This

is because the last thing a parent wants is to send their child to camp and worry about if they forgot to pack something important. Fortunately, preparing a packing list is a great way to give you peace of mind. The best way to organize

your packing list is to break it up into six different sections including: headgear, clothing, bedding, footwear, toiletries, and miscellaneous items.

Headgear

Headbands, bandannas, and hair ties are all good items to pack because they will keep your child's hair and sweat out of their face. Hats should be packed because they will keep sun out of your child's face as well as protect their skin from UV rays. Naturally, packing their prescription glasses or contact lenses is a given. Other headgear items include sunglasses, swimming goggles and headlamps for night time activities.

Clothing

The clothing you should pack should include a jacket, jeans, sweatshirt, sweatpants, raincoat, a swim suit, t-shirts, tank tops, and underwear. Pack for comfort and the climate of the camp. Remember, camp can be a grungy place, so things that don't show dirt/stains are a good choice.

Bedding

You are going to want to read the information packet about the specific park in order to learn what kind of bedding items you should pack for your child. This could include a bedroll, blanket, mattress

pad, pillows, pillow cases, sheets, and/or a sleeping bag. The packet from your camp should tell you what your child needs and what they do not need.

Footwear

The footwear you pack may include boots, water shoes, crocs, sandals (or flip-flops) sneakers, and socks. Make sure you pack a few extra socks. It is better for your child to have too many than to run out.

Toiletries

It is important to make sure you pack plenty of towels as well as plenty of insect repellent. Other toiletry items include: baby powder, a comb (or brush) deodorant, feminine hygiene items, lip balm, shampoo, body wash, and lots of sunscreen. Check your camp checklist for recommendations.

Miscellaneous Items

Items that do not really fit in a category, but should also be packed for your child include books, magazines, a camera (disposable ones are the best option), a fishing pole, a flashlight with extra batteries, a laundry bag, playing cards, a water canteen, and writing paper (with envelopes and stamps). If your camp allows electronic devices like phones or digital cameras, be sure to pack the

continued on page 16

July 1- August 16 By the Week or Season

Premier Camp

Ages 5-12
9am-3pm



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soccer, basketball,
kickball, free swim,
swim lessons & other
recreation activities!



July 1-August 30 By the Week or Daily

Tennis Camp

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The Tom Thumb Campus

1949 E Main Street, Mohegan Lake, NY

For information call: Nancy Brophy, Owner/Director 914-528-5600 (Cell #914-282-6602)

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(Cost till 4 p.m.- \$11 per day per child,
5p.m-\$18 per day, 6 p.m. -\$24 per day)

NYS OCFS Daycare License

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Before / After Camp

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4 days per week \$204

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Enrollment Open for Hoff-Barthelson Music School's Summer Arts Program

Enrollment for Hoff-Barthelson Music School's Summer Arts Program is underway.

Learn about the many facets of the program; enjoy students in performance; participate in a demonstration class to experience the fun first hand; and meet and mingle with students and parents. Attendees can also take advantage of a special open house registration discount.

The Summer Arts Program provides a joyous, transformative opportunity for artistic exploration for students in grades 1-10. Students form lasting friendships that help catalyze and reinforce learning. Each participant's program is individually tailored to his or her needs and interests.

Taught by top-flight faculty, offerings include instrumental classes, orchestra, chamber music, visual arts, world

drumming, music technology, chorus, piano for non-pianists, jazz, rock, musical theater and frequent performance opportunities.

Unfettered by schoolwork and the scheduling challenges faced during the school year, Summer Arts Program students have the latitude to try additional instruments, experiment musically, take lessons every day and perform each

week. Consequently, they're able to make tremendous progress over the program's five weeks (July 1-Aug. 2). Morning only, extended day and afternoon only options are available. Early bird discounts are available through March 29.

Learn more about the program by calling 914-723-1169, visit www.hbms.org or e-mail summerarts@hbms.org.

Risko Music School Offers Summer Rock Band, Musical Theater Camps

Since 2000, Mike Risko Music School has been offering the coolest summer camps around.

Children from kindergarten and up can choose either Rock Band Camp or Musical Theater Camp. All levels of musicians, actors and singers can participate – even if they are a beginner.

There are two weeks to choose from this year – the weeks of July 8 and August 19. The camps run from 9 a.m. to 3 p.m. with a showcase at 6 p.m. on one of the evenings.

Musicians in Rock Band Camp are placed in a band with children in their age range. Each band has a band manager who is one of Risko Music School's instructors. From concept to concert, they

create a band from the ground up, which includes writing original music, learning covers, coming up with a band name and marketing plan and working toward a concert at week's end.

Children in Musical Theater Camp are also placed in a cast of peers in their own age range with a director, who is also an instructor at the school. They work on creating a cabaret show of several of their favorite Broadway songs. They create skits and choreography to go with their songs and present their finished work at the concert.

Whichever camp a child chooses, everyone gets to take electives, including music lessons, master classes and more.



Hoff-Barthelson Music School in Scarsdale and Mike Risko Music School in Ossining both offer summer programs for the young budding musician.

They work on fun art projects geared toward their show, such as designing concert t-shirts and posters and create a promo video and design a program. Each day, there is lunch at the park and fun games such as band versus band kickball and other outdoor activities are planned. Participants can also do yoga and tai chi.

Both programs are \$599 for the week. Registration before February 28 results in a \$100 discount.

For more information and to register, visit www.mikeriskomusicschool.com. Space is limited to 30 children each week. Tuition must be paid in full. For any questions, call Mike Risko Music School at 914-762-8757.





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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.

Wednesday, Feb. 20

New York-Presbyterian Events: Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd., Cortlandt. Bariatric Supportive Cooking will be held on Feb. 20 from 5:30 to 7 p.m. To register call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Ethiopian Cuisine will be the subject of a program on Feb. 21 from noon to 1:30 p.m. The cost is \$15. To register call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Foods & Tips to Promote Lactation will be held on Feb. 22 from 1 to 2 p.m. To register call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Heart-Healthy Israeli Cuisine will be held on Feb. 25 from noon to 1:30 p.m. The cost is \$15 To register call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Physician in the Kitchen: Women and Heart Health will be held on Feb. 26 from 12:30 to 2 p.m. To register call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Lunch and Learn lecture: Heart Health – What You Need to Know will be held on Feb. 27 from noon to 1 p.m. To register call 914-734-3576 or e-mail hvh-marketing@nyp.org.

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

Seniors' Fitness Classes: Free fitness classes are being offered to seniors who reside in Peekskill. The schedule is: Monday, Tuesday, Wednesday – The

WorkOut – 10 to 11 a.m. Friday – Zumba Gold – 11 a.m. to noon. Call 914-734-4250 Ext. 1 for more information. Classes are conducted at 4 Nelson Ave., downstairs from the library.

Senior Exercise: Workout M-W from 10-11 a.m. and Zumba Gold on Friday 11 a.m. to noon. The programs are free to all seniors in Peekskill. Call Terri Dean to register at 914-734-4250 Ext. 5.

POUND Program: POUND™ 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.

Thursday, Feb. 21

Yorktown Jewish Center Courses: A wide variety of courses are being offered at the Yorktown Jewish Center, 2966 Crompond Rd. Family Tensions in the Bible, led by Rabbi Stanley Urbas, is held on the first and third Mondays of the month at 11 a.m. Rosh Chodesh Studies for Women--led by Marsha Sternstein, is held at 7:30 p.m. on one Tuesday evening per month. Talmud and Contemporary Issues-- led by Wendy Segal --is held on Thursdays at 10:30 a.m. Beginners

Hebrew--led by Cantor Isabel Kopstein-- is held every Monday at 1:30 p.m.; contact the office for details. Advanced Hebrew--led by Cantor Isabel Kopstein-- is held on Wednesdays at 10:30 a.m. Ten Minutes of Torah--led by Rabbi Sternstein--- is held on Shabbat mornings at approximately at 10:30 a.m. Mishneh Torah (Maimonidean thought)--led by Rabbi Sternstein- is held on Tuesdays at 7:30 p.m. Info: 914-245-2324 or yorktownjewishcenter.org.

Acting Classes: The 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, Feb. 22

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.

Online Health Information: Essentials of Online Health Information for Older Adults will be held from noon to 1:30 p.m. at the Somers Library. The snow date is March 15. Registration is required – visit www.somerslibrary.org or call 914-232-5717.

Temple Beth Am Shabbat: Temple Beth Am will "opens its doors to all who enter" for Shabbat on Fridays at 8 p.m. Our modern Sabbath service has a spiritually engaging and warm feeling while following traditional modes. All are welcome to our friendly sacred space. For more information, please call our Rabbi at 914-962-7500 or e-mail him at rabbiiw@optonline.net.

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 or yorktownjewishcenter.org.

Saturday, Feb. 23

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.

Incidents At Sea: "Incident at Sea," a book signing and presentation by Dr. David F. Winkler, will be held at the Hedrick Hudson Library, 185 Kings Ferry Rd., Montrose. Welcome and refreshments at 10:30 a.m. with the presentation to follow at 11 am. The Maritime Historical Society program is free and open to the public. Info: <https://seahistory.org/store/product/nmhs-seminar-series-sponsor/>, 914-737-7878 or nmhs@seahistory.org.

Yoga Program: Support Connection announces a free program Yoga: A Path toward. Wellness will be held from noon to 1:30 p.m. at Club Fit in Jefferson Valley. The program is open to people 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.

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Crossword by Myles Mellor

1	2	3		4	5	6		7	8	9
10				11			12			
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27	28	29	30			31				
32				33	34			35		
36								37		
38				39				40		

- Across

 - 1. Right away
 - 4. Cheat
 - 7. Triangle part, for short
 - 10. Lucy of "Charlie's Angels"
 - 11. Harsh and loud sounding
 - 13. Emirates, for short
 - 14. Strollers
 - 15. Three-time Masters champ
 - 17. Condense
 - 18. Preoccupations
 - 21. Starfish
 - 24. Dismissed
 - 27. Part of a nuclear arsenal, for short
 - 31. Dale Earnhart Jr. e.g.
 - 32. Kermit's favorite deli in Somers
 - 35. Man-mouse link
 - 36. Transparent, modern-style
 - 37. Reciprocal piece in a machine
 - 38. Over, poetically
 - 39. Internet provider, for short
 - 40. Bullfighter's cry
- Down

 - 1. Luxurious
 - 2. British princess
 - 3. New Peekskill daycare center, Little Kings and _____
 - 4. Developing little by little
 - 5. Orange tuber
 - 6. Suds source
 - 7. Worked the soil
 - 8. Cosmonaut Gagarin
 - 9. Hey! Over here!
 - 12. Largest OH airport
 - 16. Youthfulness!
 - 19. Good works ad
 - 20. Disturbs
 - 22. Org. for fillers and drillers
 - 23. Elaborate architectural style
 - 25. Born in the wild
 - 26. Set up
 - 27. In that case
 - 28. Manitoba native
 - 29. Dutch colonist in S. Africa
 - 30. Corp. leadership
 - 33. Phone trio
 - 34. Tree-ring meas.

Solution on page 16

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continued from page 12

charging cable and maybe extra SD cards to save more pictures.

Most parents are a little overwhelmed by the number of items that they should pack for their child when they go away to summer camp. This leads them to wonder if they are packing too much.

Generally, the camping information packet from your camp will make suggestions regarding what your child needs. However, it is always better for your child to have too much than for them to discover they need something that you did not pack.

1	P	D	Q		4	G	Y	P		7	H	Y	P
10	L	I	U		11	R	A	U	12	C	O	U	S
13	U	A	E		14	A	M	B	L	E	R	S	
15	S	N	E	16	A	D			17	E	D	I	T
18	H	A	N	G	U	P	20	S					
			21	S	E	A	S	T	22	A	R		
					24	L	A	I	D	O	25	F	F
27	I	C	B	M				31	R	A	C	E	R
32	F	R	O	G	33	G	Y	S		35	O	R	A
36	S	E	E	T	H	R	U			37	C	A	M
38	O	E	R		39	I	S	P		40	O	L	E



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Jack Murphy, Editor of The Evening Star, Dies at 75

continued from page 7

of Chattanooga, Tenn., Deidre (Marc) Pannazzo of Middletown, N.J., Sean (Michelle) Murphy of Covington, La., Dominick Pannazzo of Savannah, Ga., and Dan (Amy) Murphy of New Orleans; five grandchildren, Jacob, Rian, Alexis, Erin and Jackson; sisters Barbara Dragon of Colonie, N.Y., and Connie (George) McNally of Delmar, N.Y.; as well as many nieces, nephews and beloved friends.

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LEGAL NOTICES

DB PRINTING & PROMOTIONAL PRODUCTS LLC, Arts. Of Org. filed with SSNY 9/26/2018. Office loc: Westchester County. SSNY has been designated as agent upon whom process against LLC may be served. SSNY shall mail process to: LLC: **United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF CASA CORDOVA, LLC. Arts. of Org. filed with SSNY on 1/16/19. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **1251 Wilson Road, Yorktown Heights, NY 10598. Purpose: any lawful act or activity.**

NOTICE OF SALE SUPREME COURT OF THE STATE OF NEW YORK: COUNTY OF WESTCHESTER. CONQUISTADOR JY L.P., Pltf v. F & B FUEL OIL CO., INC. et al., Defts. Index No. 64165/2017. pursuant to the Judgment of Foreclosure and Sale dated November 26, 2018 and entered on January 15, 2019, I will sell at public auction at the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Blvd, White Plains, New York 10601, on February 26, 2019 at 10:00 a.m., prem. k/a 12 a/k/a 10 Ludlow Street, Yonkers, N.Y. 10705 (Section 1, Block 161, Lot 9) Approx. amt of judgment is \$427,401.90 plus costs, attorneys' fees and interest. Sold subject to terms and conditions of filed judgment and terms of sale. Barbara Lerman, Esq., Referee. JACOBOWITZ NEWMAN TVERSKY, LLP, Attys. for Plaintiff, 377 Pearsall Ave., Ste

C, Cedarhurst, NY.

NOTICE OF FORMATION OF NEW-CASTLE BUILDING INSPECTORS, LLC. Arts. of Org. filed with Secretary of State of NY (SSNY) on 1/7/2019. Office Location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at: **P.O. Box 99 Dobbs Ferry, New York 10522. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF THUMBS UP! ENTERPRISES, LLC. Articles of Organization were filed with the SSNY on 1/24/19. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to principal business address: **420 South Riverside Ave, Croton on Hudson, NY 10520. Purpose: Youtube Channel.**

FORMATION OF ETNA CAPITAL ADVISORS LLC FILED WITH THE SECY. OF STATE OF NY (SSNY) ON 1/25/19. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to **Richard Imprescia, 1821 Casey Ct., Mohagan Lake, NY 10547. Purpose: Any lawful activity.**

NOTICE OF PUBLIC HEARING The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday February 25, 2019, 8:00pm, prevailing time, 80 Wheeler Avenue, Pleasantville, New York to hear comments as it pertains to Local Law Introductory No. 1 of 2019 to amend Chapter 185 Article I, Section 3, Subsection B and create Chapter 185, Article IX, Section 45 of the Code of the Village of Pleasantville prohibiting the retail sale of marijuana in the Village of Pleasantville. *Eric Morrissey, Administrator/Village Clerk, Village of Pleasantville*

NOTICE OF PUBLIC HEARING The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday February 25, 2019 at 80 Wheeler Avenue, Pleasantville, NY, at 8:00pm to accept comments on the Manville Road Corridor Improvement Project and Memorial Plaza Civic Space Project. Information about the projects is available on the Village's website www.pleasantville-ny.gov. *Noreen Regan, Deputy Village Clerk, Village of Pleasantville*

NOTICE OF FORMATION OF DISTINGUISHED DESTINATIONS LLC Filed with SSNY on 9/12/2018, Office: Westchester County, SSNY Designated as agent upon whom process against it may be served. SSNY shall mail process to: **c/o Elli Travel Group, 1967 Palmer Avenue,**

continued on next page

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continued from previous page

Larchmont, NY 10538. Purpose: any lawful purpose.

Invitation for Bids for supplying Open Top Containers for the disposal of Bulk Items, White Goods, and Metals for The Town of Putnam Valley. The Town of Putnam Valley will be accepting sealed proposals for performing the work and furnishing the equipment required for the disposal of Bulk Items, White Goods and Metals for The Town of Putnam Valley in accordance with the specifications and related documents which may be examined. Copies of the Bid Proposal can be obtained at the Office of The Town Clerk, Putnam Valley Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York 10579. The Bids will be received by the Town Clerk, Sherry Howard until March 11, 2019 at 2 P.M., at the Putnam Valley Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York 10579. At this time, the Bids received will be publicly opened and read aloud at 2:00 P.M. on March 11, 2019.

NOTICE 2a/2019 Please be advised that the next meeting of the Planning Board will be held at Town Hall, 265 Oscawana Lake Road on Monday **February 25, 2019** for the purpose of considering the following applications: **Regular Meeting Start Time: 6:00pm AGENDA REVIEW1.**

Filho Residence, - 135 Bell Hollow Road(TM# 51.-1-4/File: 2019-0190)

The subject property consists of + 19.2acres of land and is located on 135 Bell Hollow Road and within the R-3 Zoning District. The applicant is proposing to construct a swimming pool, terrace and outdoor kitchen. A Site Development Plan, Major Grading and Wetland Permit is required. **APPROVAL OF MINUTES 2.Approve Minutes of February 11, 2019**

TOWN BOARD MEETING TOWN OF PUTNAM VALLEY FEBRUARY 20, 2019 6 PM

1. **Pledge of Allegiance** 2. **Departmental Reports** 3. **Supervisor's Opening Comments** 4. **Three proclamations:** Zach Kuttruff, a resident, and a fire fighter. 5. **Legislators' Report** 6. **School Report** 7. **Approve minutes** 8. **Discussion re: live streaming** 9. **Discussion:** Appointment of Assessor 10. **Approve NYSEG replacement of all Town-owned street lights with LED bulbs.** 11. **Continued discussion** of de-icers. 12. **Continued discussion** of Airbnb Districts 13. **District property grass cutting bid.** 13A. **Move to authorize the Supervisor to sign the Watershed and CSLAP Proposal contract for Roaring Brook Lake.** **Highway** 14. **Appoint snow plow riders.** **Building Department** 15. **Daily fee report for January, 2019.** **Parks and Recreation** 16. **Refunds** 17. **Budget Transfers** 18. **Public Comment** 19. **Audit of Monthly Bills**

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE, the Putnam Valley Town Board will conduct a public hearing on Wednesday, March 13, 2019 at 6:00 pm. to hear comments on a proposed local law to adopt the Natural Resources Inventory thereby enabling management and use of natural resources for present and future residents. **IMMEDIATELY FOLLOWING** the Putnam Valley Town Board will be conducting the regular work session Town Board Meeting. **BY ORDER OF THE TOWN BOARD** Sherry Howard Town Clerk Dated: 02-14-2019

NOTICE IS HEREBY GIVEN to interested parties that a Public Hearing will be held by the Putnam Valley Zoning Board of Appeals on Thursday February 28, 2019 at 6:30 at Town Hall, 265 Oscawana Lake Road for the purpose of considering the following petitions and requests together with all other matters that may properly come before the Board at this time. **AGENDA Held Over** 1. **Correia, Carlos, 1135 Williams Street-84.-2-48;** CD Request front yard setback variance and 280A variance for two lot subdivision. New Application 2. **Lash, Alan, 33 Chipewa Road- 51.73-1-7;** R-3 Request side yard and rear lakefront variance for steps, retaining wall and air conditioning unit. 3. **Bracken, William, 75 Floradan Road, - 84.9-1-28;** R-1 Request side, rear and lot coverage variance for proposed shed. 4. **Spinola, Anthony, 16 Hanson Street,**

91.26-1-40; LP Request variance under Section 165-27 I 2 of the Zoning Code for fence. 5. **Levy, Noah, 280 West Shore Drive-** 62.6-1-3; R-3 Request front yard variance for proposed generator and propane tank. 6. **Dosreis, John, 7 Geenhaven Road,-84.19-1-7;** R-1 Request side yard setback variance for generator and propane tank. 7. **Homeland Towers, LLC, 265-273 Oscawana Lake Rd.-72.16-1-23;** CNRequest variance under Section 165-61 I 1 setback from the property line 210 ft. Request variance under Section 165-61 I 12a2 setback 750 ft. from a dwelling and public assembly. **BY ORDER OF THE TOWN OF PUTNAM VALLEY ZONING BOARD OF APPEALS WILLIAM MASKIELL CHAIRMAN**

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Dos and Don'ts if the Flu Hits Your House



By Dr. Debra
Spicehandler,
Co-Chief of
Infectious
Diseases
at Northern
Westchester
Hospital

Fever. Body aches. Chills. When the flu hits, it zaps you of energy. Flu season starts as early as October and runs as late as April; the virus thrives in cold, dry weather. To minimize your exposure, follow these dos and don'ts:

DO: Take positive precautions. The best way to prevent the flu? "Wash your hands

with soap and water! Start washing from your wrist down and sing the 'Happy Birthday' song in your head three times," said Dr. Spicehandler. The second best way is to get the seasonal flu vaccine. "Washing hands prevents all infections from spreading. But if someone who has the flu sneezes in your face, there's not a lot you can do. That's why the vaccine is important."

Get a flu shot. During 2016-2017, flu vaccination prevented an estimated 5.3 million flu illnesses and 85,000 flu-associated hospitalizations. "It's never too late to get the vaccine. If you don't get your

flu shot, there's a possibility that you'll spread the flu to others, including those who are at high risk for complications, such as grandma and grandpa, your baby nephew, your pregnant sister, and those with chronic health conditions."

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

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

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

cancer or an autoimmune disease."

Drink alcohol. While your grandmother may have sworn by the hot toddy, alcohol may cause dehydration that can worsen flu symptoms.

For more information about the flu, visit the CDC at cdc.gov/flu

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Lakeland Senior Digs Up 1,000th Career Point in Hornet Win

2019 Section 1 Boys', Girls' Hoops Playoffs Analysis Inside



RICK KUPERBERG PHOTOS (PLEASE VISIT WWW.HVSPHOTOS.COM FOR MORE)

Lakeland Hornets swarm senior captain Alexa Cole (middle) after she dropped the 1,000th point of her sterling five-year varsity career at Lakeland, part of a career-high 31-point effort on senior night last Wednesday during a 54-49 win over visiting Horace Greeley. The 14th-seeded Hornets went on to post a 59-25 out-bracket win over No.19 Saunders Saturday to advance to the field of 16 Class A playoff teams... see Girls' Hoops Notebook

Sports

Girls' Hoops Notebook

Ossining, Panas, Put Valley Secure High Tourney Seeds in Class AA, A, B

By Tony Pinciario

OSSINING finds itself in an unfamiliar position as it begins the Section 1 Class AA Girls' Basketball Championship.

The eight-time reigning Section 1 champion Pride (14-6) are the second seed, behind top-seeded Ursuline, which beat visiting Ossining, 66-59, in the teams' regular-season finale. Ossining has historically entered the tournament as the top seed.

Ossining senior Aubrey Griffin said the Pride will improve off the loss and is prepared for the tournament.

"Our defensive effort was poor and we just couldn't get the ball in the basket," the UConn-bound Griffin said of the Ursuline game, "We took this game and learned from it and we won't let it happen again."

If the seeds hold true, Ossining and Ursuline will play a third time, in the Class AA championship game, Saturday, March 2, at Pace University's Goldstein Center. The Class A final is also slated for Saturday, March 2, also at Pace.

The Class AA and Class A semifinals are scheduled for Monday, Feb. 25.

Ossining opens defense of its title, hosting No.18 New Rochelle, Wednesday, 4:30 p.m. in a first-round game. A victory moves Ossining into the quarterfinal round where it will host the winner of No.10 Clarkstown South-No.7 Arlington, Friday. The Pride would then be on course to face No.3 Albertus Magnus



RAY GALLAGHER/BOB CASTNER/RICK KUPERBERG PHOTOS

The Yorktown basketball family gathers around senior captain Kat Severino after she scored her 1,000th career point in a 53-35 loss to Somers last Monday.

in a semifinal, should each team remain victorious.

"It's always good to play these kinds of teams," said Griffin of Albertus Magnus and Ursuline. "It always makes us better and pushes us a little harder every day in practice."

Ursuline did force the Pride into foul trouble during its most recent game. As a result, Kailah Harris and Griffin were held to season-lows with 14 and eight points, respectively.

"Yes, we were in foul trouble, but that just means we need to play smarter," Griffin said. "I think it will come down to us and Ursuline again. And, if we do what we are told and execute our game plan, we have a chance to win."

PANAS enters the Section 1 Class A tournament off one of the most successful regular seasons in program history.

The Panthers went 17-3 and earned the second seed, behind Tappan Zee. Panas will host No.15 Nanuet, Wednesday, 5 p.m., in a first-round game. Panas beat Nanuet in December. A victory would advance Panas into the quarterfinal round where it would host the No.10 Pelham-No.7 Yorktown winner, Friday.

Even though Panas finished the season with a loss to No.5 John Jay-Cross River, the Panthers know they are ready for the postseason.

"We definitely didn't have our best

game," senior Julia Araujo said. "We played well, but we missed multiple easy shots and didn't have our best day from the three-point line."

Panas did not worry about its seed, but Araujo and her teammates were pleased with being No.2.

"We were all thrilled and we're happy that all of our hard work this season paid off as we earned the No.2 seed," Araujo said. "We feel pretty good right now. Having a couple of days off and being able to practice and review everything is preparing us to hopefully play at our best during this postseason."

Panas began preseason with only one senior, Araujo, who noted this team has matured

"Everyone contributes in their own way to help our team work the way it works," Araujo said. "Throughout the season we have all grown and shaped the team into what it is today. We are a lot stronger mentally than we were in the beginning of the season, and we're ready to compete during the season."

Panas owns a 37-35 win over Pelham, the last week of the regular season, and two victories over Yorktown, 41-30 and 62-58.

"Before we get to Pelham or Yorktown, we're going to focus on the game vs. Nanuet," Araujo said. "Assuming we advance, it's a good feeling going into the game knowing that we are able to beat both Pelham and Yorktown. This being

said, it will be anyone's game. Both of these teams are talented and hardworking, and will most definitely not go down without a fight."

PUTNAM VALLEY showed its youth was not a hindrance as the Tigers concluded the best regular season in program history -18-1. The loss was to Irvington, 42-34, Jan. 7. Since then, Putnam Valley has won 10 consecutive, and under Coach Kristi Dini has now gone 51-10 with three-straight league titles the last three years.

Even with an outstanding record, the Tigers are seeded third, behind No. 2 Irvington and No. 1 Briarcliff, in the Section 1 Class B tournament, with perhaps the toughest road to hoe: Woodlands, Irvington and Briarcliff could be the path to a potential title.

"All of our hard work from the beginning to the end of the year really paid off and shows that through every game, no matter who we're playing, we never give up," PV sophomore Arianna Stockinger said. "We play with confidence all the time and never take anything for granted. We always strive to be at the top and the best we can be."

Putnam Valley hosts No.14 Bronxville (today) in a first-round game. The Tigers, with a win, would face the winner of No. 11 North Salem-No. 6 Woodlands, Thursday in a quarterfinal.

The semifinals are on tap for Monday, Feb. 25, at the final will be played Friday, March 1, at Pace University.

A trip to the semifinals would ensure Putnam Valley a rematch with Irvington.

"Irvington is a great team with an excellent coach, but we didn't play to our full potential (in the loss to them)," Stockinger said. "We know now how they play and with our momentum going into sectionals we are confident that we can play better."

Putnam Valley punctuated its regular season with a 71-33 triumph of Haldane.

YORKTOWN closed out the regular season with a loss to SOMERS (53-35), then defeated BREWSTER (56-47).

In the loss to Somers, senior Kat Severino finished with 17 points, including her 1,000th varsity point. Amber Bodden had 11 points.

"Despite the loss, it was great to see Kat get her 1,000th point," Yorktown Coach Brian Mundy said. "Something like that doesn't happen often and when it does, it's very special. Kat is such a driven competitor with a great head on her shoulders. She's top-10 percent in her class academically and is going to Michigan State in the fall. It has been such a joy to coach her. Kat is the definition of a true leader. She has meant so much to this program over the years and she has put so

continued on page 22



Panas senior Julia Araujo will lead No.2 Panthers into Class A tourney.

Sports

Boys' Hoops Notebook

Put Valley, Somers Are Best Bets to Survive, Advance

By RAY GALLAGHER
Examiner Sports Editor
@Directrays

And just like that, the field of 16 is complete in all classifications. Basketball season is just a few weeks away from its conclusion, perhaps a day or two for some, as the 2019 campaign unfolds at a gymnasium near you this week. Meanwhile, dudes are dusting off lax sticks and baseball gloves as we speak, but before we move on let's take a deep, speculative dive into what might or might not happen in the tournaments.

It's been a few years since any program from the Northern Westchester/Putnam County region hoisted a large-school championship, Walter Panas having done so when the Class A Panthers snagged just the second sectional title in school history back in 2014.

Class C Haldane three-peated in 2016, ending a 12-year small-school drought. Outside of that, you got to go all the way back to 2009 to conjure up the glory years; when Peekskill was Peekskill, winning five consecutive titles from 2005-09, and Kennedy Catholic – now competing in the CHSAA -- was a mainstay on the Section 1 circuit, winning three in a row between 2004-06.

History lesson aside, those were the glory days in this neck of the woods, and we're hoping like heck that one of the local



RAY GALLAGHER/TONY HUMBERTO/RICK KUPERBERG PHOTOS

Putnam Valley senior F Darnel Shillingford will be driving force in top-seeded Class B Tigers' potential post-season success.

programs can make good on a gold ball, but the challenges before them are vast and difficult...

Here's what we know going in. **PUTNAM VALLEY**, ranked No.11 in NYS, secured the No.1 seed in Class B and remains the region's best chance to hoist the coveted gold ball on March 1st at the Goldstein Center on the campus of Pace University.

No.6 **SOMERS** leads the parade of three local Class A teams to reach the field of 16 after **WALTER PANAS, BREWSTER, HEN HUD** were all eliminated in Saturday's outbracket round. No.15 **LAKELAND** reached the field of 16 after its 75-64 win over No.18 Lincoln and advanced to face undefeated, state-ranked (No.2) Tappan Zee in Wednesday's opening round. No.14 **PEEKSKILL** continued its ascent with a 67-47 shellacking on No.19 Yonkers and hopes to pull off the mother of all upsets in Wednesday's opening round against state-ranked (No.14) Horace Greeley, the No.3 seed.

Haldane, seeded No.2 in Class C, will face No.3 Hamilton on Feb. 21st in the Final 4 where top-seeded Tuckahoe will likely lie in wait for the finals.

CLASS B

Putnam Valley's route to the finals, when you consider the tradition of their opponents, couldn't be much tougher. After a likely opening-round walkthrough with No.16 Palisades Prep today, Coach Mike McDonnell's Tigers (17-3) will likely see No.8 Woodlands (12-8) – should the chalk prevail -- in the quarters. The Falcons



Hen Hud F Nick Hiltley drives baseline for two of 30 points scored in Sailors' 64-45 outbracket loss to John Jay-Cross River Saturday.

are known beasts come tournament time and their style of play poses fits for most. A move past Woodlands would likely set the Tigers up with No.4 Dobbs Ferry (16-4), the same Eagles team that most pre-season pundits predicted the Tigers would see in the finals. Dobbs, ranked No.13 in NYS, is nobody's slouch and, perhaps the toughest semifinal foe PV could encounter. The Tigers defeated both Woodlands and Dobbs in the regular season, but that was months ago.

Beyond that, the Tigers might see the survivor of No.2 Valhalla or No.3 Blind Brook, which eliminated PV in last year's semifinals, the fifth time in six years that the Tigers reached the Final 4 but failed to hoist a gold ball.

It's pretty much now or never for Putnam Valley, which has stamped itself as a prime-time Class B player over the course of the last six years, but hasn't got a thing to show for it. There will likely be a gap between 2019 and the next time the Tigers see a Final 4, considering all they graduate and the incoming class, so it's go-time, boys... time for All-Section seniors Darnel Shillingford, TJ Brescia and company to hoist the hardware and represent in the state tournament for the first time in program history...

CLASS A

SOMERS is the best hope from this coverage region, having put up 16 wins, just two short of the program record. Tusker Coach Chris DiCintio has turned Somers into a legit program, but we measure "legit" by Final 4's, championship appearances and titles around here, and Somers hasn't hoisted a gold ball since 1992. State-ranked Tappan Zee, (No.8) Poughkeepsie, Greeley and (No.19) Byram Hills are the chalk picks to advance. Does Somers have an eraser?



Hen Hud G Rafael Fasolino makes his move in Sailors' outbracket loss to host John Jay -- CR Saturday.

NWE/Putnam County Super 7 Hoops Poll

No.1 PUTNAM VALLEY – Coach McDonnell's Class B state-ranked (No.7) Tigers (17-3) are built for now and it's going to take an X-factor like Brandon Guerra or Ryan Soto to step up and provide the ultimate complement to Shillingford and Brescia.

No.1A SOMERS – Coach DiCintio's sixth-seeded Class A Tuskers (16-4) should be able to figure out a way past No.11 Beacon in the opening round, but it's going to take a full return to health from senior Max Germaine (mono) and a polished effort from senior Charlie Weissman for the Tuskers to match up against Greeley superb bigs in the quarters.

continued on page 22



Lakeland junior G Jack Kruse and No.15 Hornets will have to perform at other-worldly levels to win in No.2 Tappan Zee's hostile environment.



Tenacious guard play from Tusker guards Andrew Lasher (15) and Lucas Fecci will likely trigger any possible Class A post-season success for No.6 Somers.

Sports

Ossining, Panas, Put Valley Secure High Tourney Seeds in Class AA, A, B

continued from page 20

much time and effort into the game, she really deserves it. We are all so proud of her."

Severino finished with a game-best 24 points against Brewster and Melissa Severino added 12 points.

"It was nice to bounce back with a win after a senior night home loss," Mundy said, "Jesse Barer and Amber Bodden did a tremendous job defensively, keeping their shooters in check. That was an imperative win to lock in our spot in the sectional seedings."

The Cornhuskers finished with a 13-7 record and received the seventh seed for the Section 1 Class A Championship. Yorktown will host No. 10 Pelham in a first-round game, Wednesday. The winner moves on to play the No. 15 Nanuet-No. 2 Panas winner.

BREWSTER began the Section 1 Class A tournament with a 73-43 triumph over Riverside in an out-bracket game. The 12th-seeded Bears travel to Rockland County to play at No.5 Pearl River in a first-round game, Wednesday. The winner will meet the No.13 Harrison/No.5 John Jay-Cross River victor, Wednesday, 6 p.m., in the quarters.

Maggie DePaoli scored 18 points and had 11 assists in her final home game. Alexis Mark added 17 points and eight rebounds and Meagan Beal contributed



Sixth-seeded Somers G Dani DiCintio and Tuskers better have an answer for No.11 Hen Hud's Caitlyn

14 points and 11 rebounds.

"The girls played great and were very unselfish," Brewster Coach Mike Castaldo said. "The game plan was to get stops and just run and that's what we did."

"Meagan Beal and Alexis Mark did a tremendous job of running the floor and rebounding. Maggie DePaoli and Kristen Stefanick got the ball ahead and hit the open man all game. It was a great team win with all 12 girls contributing."

LAKELAND closed out the regular season with a 54-40 victory over Horace Greeley as Alexa Cole surpassed 1,000

career points, pouring in a game-best 31.

"We are so proud of Alexa," Lakeland Coach Miranda Lustig said. "It's such a significant accomplishment. She has worked so hard and deserves every ounce of her success. We are lucky to have her in our program. Alexa is an inspiration for all the future Hornet basketball players to come."

Lakeland, seeded 14th, crushed Saunders, in an out-bracket game and will play at No.3 Byram Hills in a Section 1 Class A first-round game, Wednesday. The victor moves onto the quarterfinal round to meet the winner of No.11 Hen Hud/No.6 Somers.

The Hornets, now 10-11 this season, played without Alexa Cole, who was out sick, according to Lustig. Tyler Hormazabal led Lakeland with 12 points six rebounds and five steals, Sofia Portante added 11 points and Amanda Cole contributed nine points and seven rebounds.

"It was a fantastic team win vs. Saunders," Lustig said.

SOMERS, the 2017 Section 1 Class A champion, drew the sixth seed and will host No. 11 Hen Hud in a Section 1 Class A first-round matchup. A victory would send the Tuskers to the quarterfinal round where they would play the No. 14 Lakeland-No. 3 Byram Hills winner.

"It won't be an easy road from game one, but I like where we are though, as a team," Somers Coach Marc Hattem said.

The Tuskers, who have two of Section 1's finest players in guards Hannah Angelini and Dani DiCintio, completed the regular season with a win over Yorktown.

"I thought we really played well against a very good team," said Hattem of Yorktown. "We shot the ball well and we defended well. It was nice to put the two together."

HEN HUD finished out the regular season on a five-game winning streak, including a league title, and is the 11th seed in Class A.

The Sailors were scheduled to play Sleepy Hollow in an out-bracket game, but the Headless Horsemen forfeited the game. As a result, Hen Hud will play at No.6 Somers in a first-round game, Wednesday.

MAHOPAC drew the 14th seed and plays at No. 3 Albertus Magnus, Wednesday, in a Section 1 Class AA first-round game.

Defending champion **HALDANE** is seeded third in Class C and will play No.2 Hamilton in a semifinal, Thursday. The winner faces the No. 1 Solomon Schechter-No. 4 Keio victor in the championship game, Saturday, Feb. 23, at Pace University.

Put Valley, Somers Are Best Bets to Survive, Advance

continued from page 21

No.3 MAHOPAC - Coach Simone's Class AA Indians (12-8) have truly put the program back on the map no matter what happens between the 7th-seeded Indians and No.10 Spring Valley in Wednesday's opening round tip-off (5:00 p.m.). That said, it's quarterfinals or bust for the Indians, who best be prepped for an up-tempo, high-pressure affair if they are going to advance and see state-ranked (No.17), second-seeded Suffern (19-1) in the quarters and Clarkstown South in the semis. The Indians have the athletes to survive Spring Valley and evoking a tight, low-scoring affair against Suffern might be their only hope to reach the first Final 4 since 2014.

No.4 PEEKSKILL - Coach Turner's Red Devils (10-11), seeded No.14, do not have the interior presence to slow down No.3 Greeley, but if Shion can go off, I mean completely off the hook, perhaps the Red Devs can hang around and make a game of it in Chappaqua this Wednesday (5:00 p.m.). Darby had 23 points, six rebounds and eight assists while Brennan Heaven had 20 points and Antonio Taylor added 13 points and 18 rebounds in Red Devils' 67-47 out-bracket stomp-down on No.19 Yonkers. Either way, this season is a step in the right direction for the former 17-time Section 1 champs. Section 1 hoops

just ain't Section 1 hoops when Peekskill is down for so long.

No.5 LAKELAND - Coach Fallo's Class A Hornets (11-10), the No. 15 seed, saw Augie Karaqi drop 22 points while Jack Kruse and Rob Nardelli added 21 and 16, respectively. Lakeland, which will visit bloodthirsty No. 2 Tappan Zee at 7 p.m. in Wednesday's first round, will have to find another gear to hang with the Dutchmen in one of the more hostile environments around.

No.6 PANAS - Coach Auerbach's Class A Panthers (5-16), seeded No.21, gave No.12 Nyack all they could handle for three+ quarters, but a rare down year ends in disappointment when the Panthers couldn't hold up down the stretch.

No.7 YORKTOWN - Coach Pavella's Huskers (7-14), the No.22 seed, saw 11 guys score points in a 62-47 loss to No.11 Beacon, but Husker senior F Joe Sgobbo (13 points) was the lone consistent force. Sgobbo will take the mound as a co-ace this spring and lax season ensures that all will be fine in Yorktown.

HM BREWSTER - Coach Nelligan's Class A Bears (6-15) saw Harrison Dignan lead the 23rd-seeded Bears with 22 points, but they were apparently no match for No.10 Roosevelt in a season-ending 71-53 setback.



No.14 Peekskill's best shot at scoring a Class A upset of No.3 Greeley is for senior G Shion Darby (No.3) to go off and Red Devs to play defense like 2009 and before.

HM CARMEL - Coach Brennan's Class AA Rams (6-14) were the first of the two Putnam County teams set to try and knock off No.2 Suffern and this might be a nice draw any other year, but the Mounties, ranked No.17 in NYS, are legit. Though don't be shocked if this bracket gets busted up by either Carmel or Mahopac, who have enough athleticism to pose serious problems should their A-game travel across the river.

HM CROTON - Coach Martucci's Class B Tigers (12-8), seeded No.10, draw a No.7 Briarcliff team today (6 p.m.) that has had their number in recent seasons, including a pair of wins this year.

HM HALDANE - In order to get back on top for the first time since 2016, Coach Virgadamo's Class C Blue Devils' (14-6) have to go through defending champion Hamilton, ranked No.7 in NYS, and arch-rival Tuckahoe; doesn't get much tougher than that. Solid season for a program that seemingly keeps on winning, nonetheless.

HM OSSINING - Coach Casey's 13th-seeded Class AA Pride (5-15) are quite familiar with No.4 White Plains, their opening round foe who defeated Ossining twice this season, including an 84-38 thumping. Will the third time be a charm for the O?

Sports

Ice Hockey Notebook

O'Shea's Hat Trick Propels Mahopac; Yorktown Upsets White Plains

By Alex Wendling

MAHOPAC's solid campaign in Section 1 D-1 continued last Friday night in the first round of the Section 1 playoffs when fifth-seeded Mahopac came away with a 4-2 win over the No.12 Cortlandt Rebels



RICK KUPERBERG PHOTOS

Cortlandt's Frankie Kowal (8) and Mahopac's Nick Biagini combine to take out ref in Rebels' 4-2 D-1 playoff loss to Indians last Friday at BIA.

at the Brewster Ice Arena. Leading the way for the Indians was senior Captain Brian O'Shea who had another three-goal night and added an assist to his stat line, which featured the game-winning goal. When asked about his star player, O'Shea, who is No.2 on the school's all-time scoring list, Mahopac Coach Tim Donaghy said, "Brian O'Shea has the nose for the net, he finds every little hole to put the puck right



Cortlandt's Joe Fareed and Mahopac's Ryan Caraher tangle in Rebels' 4-2 D-1 playoff loss to Indians last Friday at BIA.

there. It's amazing to watch."

Donaghy is confident in his team going into the next round of the playoffs. He noted that he felt good about the team advancing to the second-round after its big first-round win.

"At this point, it's just surviving and advancing," he said. "It wasn't the prettiest win, we didn't play our best, but the idea is to advance to the next round and that's what we did tonight."

Donaghy went on to talk about the quarterfinal round against the fourth-seeded Rye Town/Harrison (last night). "We split with them on the season," he said. "We beat them earlier in the year and then they beat us later in the year. It's going to be a tough battle, but as long as we play disciplined and set the pace and play at our level of speed I think we have a good shot of winning, but this game can go either way."

Mahopac senior TJ McKee also scored a goal for his 100th point on the season. He currently has 47 goals and 54 assists (program records) and now sits well atop the all-time Mahopac scoring list with 198 career points.

"TJ's had an amazing career," Donaghy said. "The best ever at Mahopac."

On the other side, the Rebels were led by senior Jack Tuite who had the opening goal of the game and senior P.J. Kowal also had a goal at the 6:48 mark of the second period. It got tough for the Rebels to score later on as Mahopac G Logan MacDougall had 20 saves and was a big factor in the Indians hard-fought playoff win.

No.9 **BREWSTER/YORKTOWN** (8-11-1) also advanced to the second round after posting a 4-1 upset over No.8 White Plains in the opening round at Brewster Ice Arena. Yorktown senior D Thomas Mark scored the game's first goal off a shot from the blue line with 3:21 to go in the second period, part of an overall sensational effort by Mark.

Connor Brooks scored the game-winning goal with 9:25 to play and



Mahopac F Nick Bricker (6) tries to slip one past Cortlandt G Jakob Banko, who stopped 36 of 40 shots on goal in Mahopac's 4-2 win over Quinton Evangelou and Rebels.

teammate Sava Makarenko made it a 3-0 lead when he scored with 8:07 remaining. Justin Groux added an empty-netter in the waning minutes.

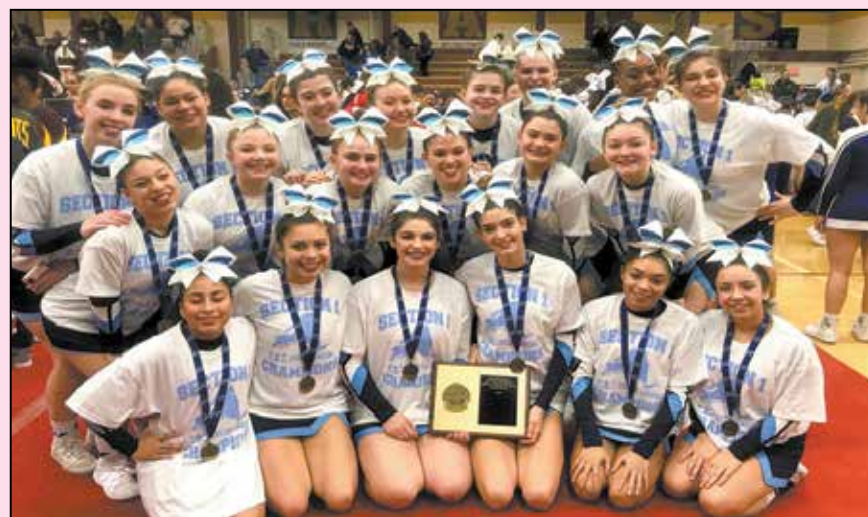
Next up was last night's quarterfinal against Suffern, the No. 1 seed in Division I, and, perhaps, the most consistent

program in NYS. Not too shabby for a Brew/Town team that opened the season up at 0-9-1.

No.11 **CARMEL** was eliminated from the playoffs after a 5-0 loss to No.6 North Rockland.

Ray Gallagher contributed to this story.

Four on the Floor! Putnam Valley Scores 4th-Straight Section 1 Cheer Title



In Saturday's Small School/Large Team Section 1 Cheerleading championships, Putnam Valley High was crowned the victors for a fourth consecutive year at Arlington High School where the team of Gabby Alvarez, Darianna Daley, All-Section Nia Givan, Rose Gencarelli, Alexandra Jacobs, Laura Jones, Shannon Lee, Leah Lundberg, Jianna Melikian, Daniella Milano, Angelica Ordonez, Makenzie Quick, All-Section Adriana Raus, Francesca Reyes, Jillian Rodriguez, Teresa Sigmund, Megan Stephens, Ashley Stockinger, Cassandra Tenesaca and Keiko Waters were all the rave. Stockinger and Gencarelli (inset) have been huge factors in the 4-peat at PV.

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