



Yorktown Authors Greet Readers

At a "Meet the Authors" book talk at the Jefferson Valley Mall on March 16, Connie purchased a signed copy of Susan Berliner's collection of short stories, "The Sea Crystal and Other Weird Tales," while her daughter, Rachael, selected Larry Berliner's award-winning humor book, "You Can't Be Serious: An inner-city teacher a-muses about school and life." The authors are longtime residents of Yorktown.

Threats Involving Walter Panas Students Raise Concerns

By Rick Pezzullo

Lakeland School District officials tried to assure parents and students that there was no reason to worry about safety at Walter Panas High School following two separate threats made by students.

Many alarmed parents were allowing their children not to attend classes at Walter Panas High School following an incident Monday, March 18 where a male sophomore allegedly threatened other students.

There was increased police presence at Panas last Thursday after social media erupted about a reported additional threat made by the same student, who received a two-day in-school suspension for his alleged actions, which according

to a source, occurred in the cafeteria.

Westchester County Police spokesman Kieran O'Leary said Thursday county police were made aware of the rumors circulating in the community and investigated the situation which he stated stemmed from a dispute between two students.

"Westchester County Police, including our School Resource Officer assigned to Panas, had investigated that original incident and also conducted additional investigation last night after the social media postings. It was determined that there is no credible threat to the school," O'Leary said. "To alleviate any concerns that students or parents may have, addi-

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Man Indicted on Attempted Murder for Christmas Stabbing

By Rick Pezzullo

A Peekskill man was arraigned last week on charges related to an attempted murder and assault on Christmas Day at a deli in the city.

Westchester County District Attorney Anthony A. Scarpino, Jr. announced that Antonio Alvarez, 48, was indicted March 18 by a Westchester County Grand Jury on attempted murder in the second degree and assault in the first degree, both Class B violent felonies, along with two counts of assault in the second degree (Class D felonies) and criminal possession of a weapon, a misdemeanor.

On December 25, 2018 about 10 p.m., Alvarez, was in a deli on South Street in Peekskill when he attacked another man. The indictment alleges he stabbed his victim in the neck with a knife. The victim was rushed to the hospital for emergency surgery.

Alvarez is currently in jail. His next court appearance is scheduled for March 27.

Westchester County Police

Westchester County Police arrested two men, one a former priest, March 17

after they were found in possession of methamphetamine in Peekskill.

Officers were traveling on John Walsh Boulevard shortly before 1 a.m. Sunday when they observed a suspicious vehicle parked in the vicinity of Charles Point Park. Two men were found inside the vehicle and after further investigation officers recovered half an ounce of methamphetamine, two scales and other materials used for packaging narcotics.

A former priest, Michael O'Leary, 50, of Arlington Avenue, Bronx, and Alberto Calderon, 27, of Hinsdale Avenue,

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Antonio Alvarez



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Threats Involving Walter Panas Students Raise Concerns

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tional county police officers are at Walter Panas today along with the SRO."

Lakeland officials also downplayed fears of any security issues at the school and maintained no weapon was displayed by the male student.

"There are a number of rumors circulating regarding an incident at Walter Panas High School on Monday. This matter has been fully investigated and handled by administration and the police and there is no existing threat to the school or community," officials stated on the district's website.

"As the public is aware, we cannot release the results of student investigations, however we can emphasize once again these reported incidents were fully investigated by the school and by the police. We understand the concerns that continue to be raised, but they are simply not grounded in facts, and spreading false accusations, only makes matters worse," the statement continued. "We respectfully request that the public trust the school and police to handle all matters of safety in an appropriate way and refrain from further comments or accusations."

An assembly with students was held at Panas last Wednesday, according to several posts from parents on Facebook, and

students were reportedly advised not to speak publicly about the incident or they could face disciplinary action.

"I strongly feel we all have to stand up to protect our kids if the school will not," Michele Moore stated on Facebook. "This is really serious and I'm questioning even letting my daughter go to school until something is done. Like will all parents it's my worst fear not being there to protect her if something should happen..."

At a Board of Education meeting Thursday night at Van Cortlandtville Elementary School, a few parents informed the board they were perplexed by the light punishment the sophomore received.

"It doesn't seem like the right consequence for his actions," said Jennifer Edwards, whose daughter is a sophomore at Panas. "I find it very, very disheartening that this is the outcome for our students. I don't feel safe sending my student back to school."

Superintendent of Schools Dr. George Stone issued an apology at the meeting for not immediately communicating to the school community about last Monday's threat, but insisted "while a threat was made, it was not credible. The threat was never intended to be carried out."

"Safety and security of students and

staff is our number one priority," Stone said. "We take safety and security very seriously."

A few hours after that meeting, a new threat was posted on Facebook

"Shortly before midnight, the district was alerted to an Instagram post made by a teenage male holding what appears to be a molded plastic gun. The post made reference to 'finishing what another person started,'" Stone stated on Facebook. "The Lakeland School District was not specifically referenced in the post. The Westchester County Police

were immediately notified who launched an investigation into the incident. The subject was subsequently identified as a student of Walter Panas High School and is currently being questioned by the police. The district is collaborating with the County Police on further investigation. While there is no danger to the Walter Panas High School, additional County police officers will be on hand to assist with security. We will follow with additional information this morning as it becomes available. Again, there is no danger to the school."



Two newly minted BSA Troop 165 Eagle Scouts, Joseph Falcone and Matthew Robledo, were honored March 16 by Yorktown Supervisor Ilan Gilbert and Councilman Vishnu Patel. Falcone's project involved sprucing up the grounds at St. Mary's, while Robledo created and placed 15 insulated dual layered shelters for the usage of feral and stray cats in the region.



Could You Have A Kidney Stone?

Learn about symptoms, treatment and prevention...

Ask the Doctor

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Chief, Urology Division
Co-Director, Institute for Robotic and Minimally Invasive Surgery
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Q: What are the symptoms of a kidney stone?

A: You might feel waves of severe pain in your back or side below the ribs. Pain might spread to your groin and lower abdomen. Nausea, vomiting and blood in the urine are possible. If you experience extreme pain, vomiting, or fever, go to an urgent care facility, or your hospital ER. Otherwise, have your symptoms evaluated by your primary care physician.

Q: What actually is a kidney stone?

A: A stone is rock-like material formed within the kidney. Most stones have a calcium component, and are caused by inadequate fluid intake, an overabundance of calories, and excessive salt intake. Stones with a uric acid component are caused by an excessive meat intake. When a stone passes out of the kidney and enters the ureter, the tube becomes blocked, urine backs up, the kidney swells and pain results.

Q: What are my treatment options?

A: A small stone may "pass" from your body naturally. If necessary, your physician can provide medication for pain and nausea and allow natural passage of the stone. Uric acid stones can sometimes be dissolved

with medication. A large stone blocking a kidney, or a stone associated with an infection, can be life-threatening and must be treated urgently. For stones that cannot pass on their own, a urologist may advise one of three outpatient procedures, depending on the size and location of the stone.

- (a) External shock waves to shatter the stone, turning it to smaller stones that can then pass on their own.
- (b) Inserting a small telescope to laser the stone into tiny fragments.
- (c) If the stone is very large, a telescope is passed directly into the kidney through ones back to fragment and remove the stone.

Q: Can I help prevent kidney stones from forming?

A: Yes, however, once a kidney stone is removed, if a person does not change his or her diet or fluid intake, there's a 70 percent chance another will form. Help prevent calcium stones by remaining well-hydrated. Avoid consuming large amounts of dark leafy vegetables, peanuts, Vitamin C tablets and chocolate. To avoid forming a uric acid-type stone, limit meat, including red meat, chicken or fish.

Man Indicted on Attempted Murder for Christmas Stabbing

Continued from page 1

Brooklyn, were taken into custody. They are each charged with Criminal Possession of a Controlled Substance 3rd Degree (Intent to Sell) and two counts of Criminal Use of Drug Paraphernalia. O'Leary was also charged with Criminal Possession of a Controlled Substance 4th Degree, also a felony.

Both were held overnight at Westchester County Police headquarters in Hawthorne before being arraigned in Peekskill City Court.

Westchester County District Attorney

Westchester County District Attorney Anthony A. Scarpino, Jr. announced March 19 that Julian Montgomery of Cortland pleaded guilty to charges related to a string of burglaries in Greenburgh and surrounding areas in August and September 2018.

Westchester County Court Judge Michael Martinelli accepted Montgomery's plea to three counts of Burglary in the Second Degree, class C felonies.

During the summer of 2018, a series of burglaries were committed in Ardsley and Edgemont in the Town of Greenburgh and other parts of Westchester. It became apparent to investigators there were similarities in the incidents. The District Attorney's Office and the Greenburgh Police initiated an investigation in August based on a vehicle observed near multiple crime scenes. By tracking the defendant's cars, Greenburgh PD followed Montgomery to a residence in New Castle Sept. 18, 2018, and observed the defendant running from the house with a bag of jewelry in his hand. He was arrested near the scene.

Further investigation led to the execution of search warrants at the defendant's residence in Cortland, his vehicles and a rented storage unit. Recovered stolen property was identified by various burglary victims around the county.

During the investigation, with help

from other local police departments and the District Attorney's Office, Montgomery was found to have committed over 15 burglaries in 10 municipalities. Montgomery was remanded into custody until his scheduled sentencing April 17.

State Police

March 17 - State Police from Cortlandt arrested Clarence O. Bolton, 42, of Peekskill, for DWI. He was traveling on Route 9 in the Village of Croton-on-Hudson when he was stopped for a vehicle and traffic law violation. Investigation

revealed that he was impaired by alcohol and was subsequently arrested.

State Police from Somers arrested Ram J. Balani, 67, of Somers, for DWI. He was traveling on Mahopac Avenue in the Town of Somers when he was stopped for a vehicle and traffic law violation. Investigation revealed that he was impaired by alcohol and was subsequently arrested.

March 21 - State Police from the Cortlandt barracks arrested Diego F. Aucapina Jarama, 34, of Ossining, for Aggravated DWI, a misdemeanor, and Aggravated

Unlicensed Operation in the 1st degree, a class E felony. At approximately 3:25 a.m., troopers conducted a traffic stop on a 2016 Chevrolet Silverado on Route 9 in the Village of Croton-on-Hudson for a violation of the vehicle and traffic law. Investigation found Aucapina Jarama was driving while intoxicated. His license was also found to be suspended due to a previous arrest for DWI. Aucapina Jarama was arraigned in Town of Cortlandt Court and remanded by Judge Daniel McCarthy to Westchester County Jail in lieu of \$10,000 cash bail or secure bond.

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Puglisi, Farrell, Becker Running Unopposed in Cortlandt

By Rick Pezzullo

The Democratic stronghold on the Cortlandt Town Board will remain intact for at least the next two years with three seats being unopposed in November.

Cortlandt Supervisor Linda Puglisi, who first was elected to town government as a councilwoman in 1987, will earn a 15th two-year term and continue her streak as the longest serving town chief executive in Westchester, equaled only by Greenburgh Supervisor Paul Feiner.

"I am so very proud to be the Town of Cortlandt Supervisor. It's been an honor and I'm seeking re-election this November," Puglisi said. "I'm very proud of our accomplishments over the years and looking forward to our goals we've set for the next few years. One of the reasons I'm asking to be re-elected is to be here for the upcoming closure of Indian Points' two nuclear plants in 2020 and 2021. This announcement took place in January 2017 by the Governor and the CEO of Entergy, who owns these plants. Even since I've co-chaired a local task force and been a member of the state task force to discuss the impacts both of the loss of tax revenue and jobs. I want to continue to be part of this important discussion for our community."

The Indian Point nuclear power plants in



(front row:) Councilmen Dr. Richard Becker and Frank Farrell and Supervisor Linda Puglisi, flanked by Town Justice hopeful Maritza Fugaro-Norton, will head Democratic ticket.

Buchanan contribute \$800,000 annually to the town's budget and is Cortlandt's largest taxpayer and employer. Entergy was in the third year of a 10-year pilot agreement with Cortlandt when it announced its plans to stop operating the plants.

Cortlandt has hired an economic consultant to look at properties that are zoned commercial or industrial that could be developed and pick up some of

slack of the lost \$32 million Indian Point revenue to the community.

One of the hallmarks of Puglisi's administration has been the town's property tax record, which she often publicizes, showing an average of one percent increase annually. She has stressed the town has always been under the state's two percent tax cap, and the town's reserve fund has steadily increased, stand-

ing currently at about \$16 million.

Appearing on the ballot this year with Puglisi is veteran councilman and deputy supervisor Frank Farrell, who is in line to secure a sixth four-year term on the board. Councilman Dr. Richard Becker will earn a fourth four-year term.

The last Republican to serve on the town board was Councilman Joseph Cerreto.

There will be a race for Cortlandt Town Justice in November as the Democratic Committee endorsed newcomer Maritza Fugaro-Norton to challenge incumbent Republican Daniel McCarthy.

Democratic district leaders also backed Peekskill Councilman Colin Smith to run for the District 1 seat on the Westchester County Board of Legislators being vacated by Republican John Testa. Former Peekskill Mayor Frank Catalina is the GOP choice for that position.

Meanwhile, incumbent Legislator Catherine Borgia was endorsed in District 4. She is being challenged by Republican Robert Outhouse.

The Cortlandt Republican Committee had hoped to field a ticket this year for the three seats on the Cortlandt Town Board but apparently fell short. Repeated emails to GOP Chairman Daniel Pagano were not returned.



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Candidate Slater Vows to Tackle Health of Mohegan Lake

By Rick Pezzullo

Yorktown supervisor candidate Matt Slater said Monday the town is failing to take advantage of millions of dollars of funding by not completing a Local Waterfront Revitalization Plan (LWRP).

Standing on the edge of Mohegan Lake with Republican councilmen and running mates Tom Diana and Ed Lachterman, Slater, who is seeking to unseat first-term Democratic Supervisor Ilan Gilbert, said the environmentally troubled lake became eligible for the LWRP more than six months ago but the Town Board has failed to act.

"There is no issue more than important than protecting our water supply," Slater said. "Lake Mohegan is in dire need of help. This is going to be one of my top priorities. We should not be waiting a year to draft a plan to protect New York's most endangered lake."

Slater, who served as chief of staff to former State Senator Terrence Murphy, said in 2018 Murphy championed legislation to authorize Yorktown to participate in the state's inland waterway program to help Mohegan Lake, which has been forced to close for parts of each summer since 2012 due to unhealthy water conditions.

Nearby municipalities Peekskill and Somers are pursuing LWRPs and last week Murphy's successor, State Senator Peter



PHOTO BY RICK PEZZULLO

Matt Slater (center), flanked by councilmen Tom Diana and Ed Lachterman, held a press conference Monday in front of Mohegan Lake.

Harckham (D/Mount Kisco) passed his first bill that would authorize three other lakes in Yorktown, Junior Lake, Mohansic Lake and Sparkle Lake, to have LWRPs.

"In the Senate, I helped secure \$80,000 for a new weed harvester in Mohegan Lake and secure special permits from DEC to combat algae and invasives, but these are minor victories," Slater said. "Issues in the hamlet and greater watershed including failing septic systems, traffic, and pollution at the town's only public access point, the Holland Sports Club, will cost millions of dollars to remediate. A local waterfront revitalization plan can provide those dollars."

While conceding they have not been in the forefront of pushing for the LWRP, Diana and Lachterman said it is the responsibility of Gilbert as the town's chief executive to lead the way on such issues.

"This is not only about cleaning the lake, but cleaning the areas around it. There is a lot of grant money available, we could work on sewers and do a lot of projects that have been a priority that our current supervisor says,

'Hey, we're going to work on,' but we're not working on them. I hope we can get the ball rolling on this," Lachterman said. "It's not only a financial issue, it's a quality of life issue. There has to be a plan."

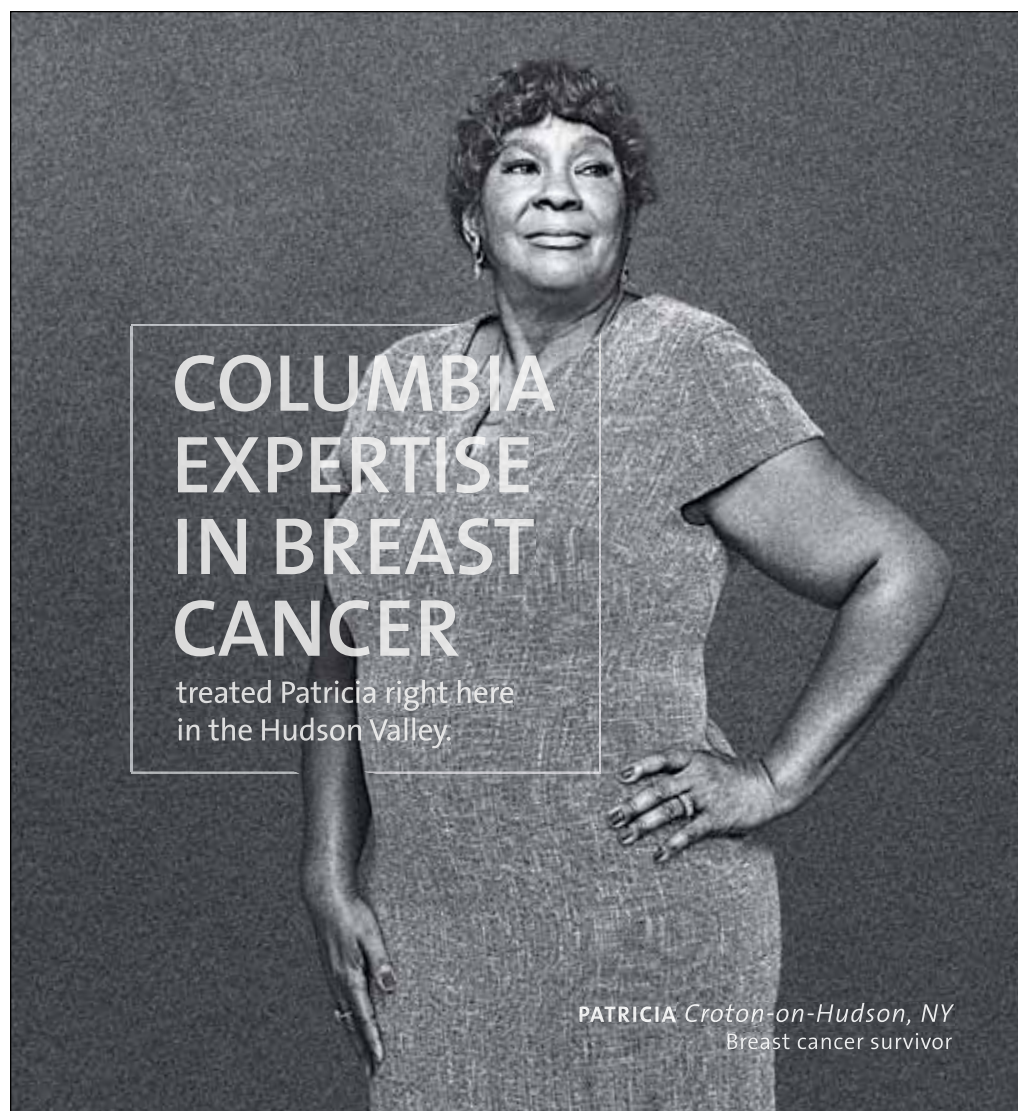
"With an inland waterway designation, we would be able to get the help we need to keep this lake a viable resource to the community," Diana added.

Gilbert, who claimed his predecessor, Michael Grace, did not focus on cleaning up Mohegan Lake during his six years in office, maintained his administration has been working on many projects to protect

the water quality within Yorktown's borders.

"We have been working with the Mohegan Lake improvement District and its President, Ken Belfer, on a Pilot Project through the New York State Department of Environmental Conservation," Gilbert stated. "DEC had a consultant doing research on Lake Mohegan since last summer, which in fact demonstrated to DEC that confirmed that Lake Mohegan was a good subject for a pilot project to reduce harmful algal blooms through inactivation of the excessive levels of phosphorus in the lake using Alum (aluminum sulfate). DEC's Albany office filed permits with Region 3 in New Paltz in early March for a treatment in April. The public comment period ends April 5th, after which we hope Region 3 will issue the permit."

He also said Yorktown has granted wetland permits to allow the New York City Department of Environmental Protection to control Hydrilla, an invasive plant threatening the New Croton Reservoir, and mentioned the town is currently working on a \$14.2 million project, utilizing \$ 10 million in grant funds, to remove approximately 315 homes from septic systems and connect them in the Hallocks Mill Sewer District.



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Hen Hud High Receives Project Lead the Way National Recognition

For the second year in a row, Hendrick Hudson High School has been named a Project Lead the Way (PLTW) Distinguished School. The school was recognized for providing students with broad access to transformative learning opportunities through PLTW programs in computer science, biomedical science and engineering.

While 223 high schools in New York State offer PLTW programs, Hendrick Hudson High School is one of just four in the state to receive the distinction this year, and one of only two high schools in the state to receive it the past two years in a row. The school is also the only high school in the state receiving the title that offers all three PLTW programs (computer science, biomedical science and engineering).

PLTW is a nonprofit organization that serves millions of K-12 students and teachers in over 10,500 schools across the U.S. The Distinguished School recognition honors schools committed to increasing student access, engagement, and achievement in their PLTW programs.

Through PLTW programs, students develop STEM knowledge as well as in-demand, transportable skills that they will use both in school and for the rest of their lives, on any career path they take.

"Hendrick Hudson High School is a model for what school should look like and should be very proud that it is ensuring students have the knowledge and skills to be career ready and successful on any career path they choose," said Vince Bertram, President and CEO of PLTW.



Students in Hendrick Hudson High School's PLTW Biomedical Science program dissect a cow's eye in class.

Teacher Receives Highest Honor from National Organization

Project Lead the Way (PLTW) has recognized Hendrick Hudson High School teacher Jeanine Hall as the PLTW Biomedical Science Teacher of the Year -- the highest recognition given to the program's Biomedical Science educators.

Approximately 11,500 elementary, middle, and high schools in all 50 states and the District of Columbia offer

PLTW programs that empower students to develop in-demand, transportable knowledge and skills through pathways in computer science, engineering, and biomedical science.

PLTW President and Chief Executive Officer Dr. Vince Bertram presented Hall with the prestigious award last month, in front of an audience of nearly 1,000 teachers from across the country

during PLTW's national conference in Indianapolis, Indiana.

"We are proud to work with outstanding educators across the country who are inspiring and empowering our students to develop in-demand knowledge and skills," Dr. Bertram said. "Jeanine Hall is an exemplary teacher, and we are



Jeanine Hall PLTW Teacher of the Year at the PLTW Summit in Indianapolis, IN on February 19.

Continued on page 7

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Obituaries

Patricia Soravilla

Patricia Ann Soravilla a long-time resident of Yorktown, died March 23. She was 64.



Patricia Soravilla

Mrs. Soravilla was born in the Bronx to Walter and Fay Thompson in 1954. She had a long career in banking working with First Federal, Sound Federal, Hudson Valley Savings and was the Manager of M

& T Bank, in Baldwin Place, before retiring in 2017.

She graduated John F. Kennedy High School in 1972. In 1974, she married Kevin J. Soravilla in St. Elizabeth Ann Seton Church in Mohegan Lake. She will be remembered for her generosity, kindness, the many lives she touched and for her strength as a rock for her family and community.

She is survived her husband, Kevin J. Soravilla, her beloved son Kevin D. Soravilla, her brothers Walter, Robert and Steven Thompson and many nieces and nephews.

Vincent Mocerino

Vincent J. Mocerino, a long-time resident of Yorktown, died March 21. He was 86.

Mr. Mocerino was born in 1933 in the Bronx to Vincent and Julia Mocerino. He graduated from Lehmann College, later earning a Master's Degree in Business from Cornell University.



Vincent J. Mocerino

Mr. Mocerino served in the U.S. Army from 1952-1954, in the Military Intelligence Division. In 1962, he married Theresa Dellecave in a private ceremony

in the Bronx. Mr. Mocerino worked as a brand manager for Labatt USA in Darien, CT, before retiring in 2007. After retiring, he consulted for Manhattan Beer and Oak Beverage.

Locally, he was a parishioner of St. Elizabeth Ann Seton Church in Shrub Oak. Mr. Mocerino will be remembered as a devoted husband, father, grandfather

and great-grandfather. He loved spending time with his very large extended family, and especially with his great-grandson.

He is survived by his wife Theresa, daughter Susan, son Vincent, grandchildren Maria and Vincent and great-grandson Colton. Also surviving is his extended family – three sisters, brothers-in-law and many nieces and nephews.

Victor Paolantonio

Victor D. Paolantonio, devoted husband, father, grandfather, proud WWII veteran and a resident of Ossining, died peacefully March 18. He was 96.



Victor Paolantonio

He is survived by his beloved wife of 66 years, Emily Scarano Paolantonio, two daughters, Angela Lowy of Wilton, CT, and Lucille Murray and her husband, Joseph, of Norwalk, CT and two granddaughters, Tory Lowy and

Sarah Lowy. He was predeceased by his son-in-law, Donald Lowy.

Born and raised in North Tarrytown, he was one of five brothers born to Vincenzo and Lucia Paolantonio. He is survived by two brothers, Frank and Angelo Paolantonio, and predeceased by Tony and James Paolantonio. He lived in Ossining for 60 years, where he and his wife raised their family. They were parishioners of Saint Theresa's Church in Briarcliff.

Mr. Paolantonio was a devoted family man, and his family was his greatest joy. He was a cherished Poppy to Tory and Sarah as children, and later on, as their biggest cheerleader in school and activities alike. He took sincere interest in absolutely every aspect of his children's and grandchildren's lives. His love for his family, and his pride in their accomplishments, was obvious to anyone who knew him. It was his gentle nature and kind heart that drew people to him. He always greeted others with a warm smile and was quick to laugh. He will be deeply missed not only by his family, but by the lifetime of people he touched with his generous spirit and joy for living.

He was employed by David Bogdanoff Builders for more than 40 years as a construction foreman, overseeing the building of residential properties. One of his early projects was Torbank, a new suburban development in Ossining. He chose

a lot adjacent to Torbank on which to build his own home, bordering a rolling brook.

Charles Sharrock

Charles N. Sharrock, a resident of Peekskill, died March 14. He was 67.

He was born May 16, 1951 to Charles Sharrock, and Harriet E. Johnson in Tarrytown. He was predeceased by both parents and his sister Cheryl Sharrock and nephew Jerome M. Hatch.



Charles N. Sharrock

He was born in Tarrytown and raised in Peekskill, where he attended Peekskill schools. He enlisted in the

Army in the early 70's. After completion of his military service, he returned home and began working at Con Edison for a brief time before joining the Metro North family. Mr. Sharrock enjoyed his job very much and he loved his crew. He started as a lineman and after so many years, he became a foreman. He retired in 2012.

He was married to the late Eleanor Newton of Peekskill in the early 80's which ended in divorce. He loved life, family and music but his passion was fishing and he became a pro Bass Fisher. He was also a huge sports fan, his beloved teams were NY Giants, NY Mets and NY Knicks, a true fan to heart. He also was on a bowling team for many years and he enjoyed playing cards with his friends. He loved spending time with family and friends. He was always the life of the party. He also enjoyed his pets, Chase and Sankey.

Mr. Sharrock is survived by his son Charles Norrell Sharrock of Folk Polk, Louisiana, his sisters Vickie David of California, Valerie Johnson-Henry (Michael Henry) of Peekskill NY, his brother James T. Johnson Jr of Peekskill; his longtime love and companion Iris Sabater of Cortlandt and her daughter Teela Sabater Cortese (Louis Cortese), Alexia Cortese and lil Lou Cortese of Putnam Valley, his lifelong best friends Danny Bush of Peekskill, Darryl Barber of Georgia and many nieces, nephews, cousins and close friends.

Joseph Cervone

Joseph C. Cervone, a 41-year resident

of Yorktown, died March 17. He was 69.

Mr. Cervone worked as a courier for Technical Metal Finishing in Wallingford, CT. He was a teamster in the Soft Drink Worker's Union.

He was born in 1950 in Bronxville, to Pasquale and Sophie Cervone. He graduated from Eastchester High School in 1968. He earned a Bachelor's degree in Elementary Education from Central Connecticut State University.

In 1977, he married Christina Bosco at St. Augustine's Church in Larchmont. He was a longtime member of St. Patrick's Parish in Yorktown Heights.

Mr. Cervone will be remembered as a gentle and caring man who devoted his life to his family. He enjoyed watching horse racing with Al, his best friend of over 50 years. He was also an avid Yankees fan and loved going to Giants' games with his father-in-law, John Bosco, and Al.

He is survived by his wife of 41 years, Christina; two daughters, Jennifer (Steven Shaw) and Christy; and three grandchildren, Jack and Chloe Shaw, and Charlotte Cervone. His parents, Pasquale and Sophie Cervone, predeceased him.

Teacher Receives Highest Honor from National Organization

Continued from page 6

proud to recognize her for her commitment to students."

Hendrick Hudson High School principal James Mackin recalled when the school started its PLTW Biomedical track at the school many years ago. "We were lucky to secure Jeanine to get the program off the ground," he said. "Her efforts have garnered the high school local, state and national recognition. It is only fitting that she is receiving the recognition she so richly deserves."

The Teacher of the Year award is merit-based and is a reflection of Hall's strong alignment to PLTW's mission; exceptional commitment to students; school leadership; and meaningful involvement in PLTW curriculum, assessment, and professional development.

Op-Ed

Well Done is Better Than Well Said

By Christopher Arnold

Almost 10 years ago today, in the early stages of my career as a political consultant, I found myself in a booth at a popular local watering hole, joined by the chair of the Yorktown GOP at the time, and our Assemblyman, wargaming out who we could ask to be on our ticket for the November elections.

We had not elected a Republican to the town board since 1997. There was not a deep bench of potential candidates to draw from. It was clear that we wanted a local business owner by the name of Dr. Terrence Murphy leading the slate, and he had tentatively agreed to do so, after we pitched him on the idea of a team campaign based on a slogan from Benjamin Franklin, "Well done is better than well said."

We struggled to find someone for the Town Supervisor slot, where we had last elected someone in 2005. No one was interested.

It was a long-shot, but I knew of a gadfly of sorts, an enrolled Democrat with perennial fond illusions of a third-party campaign, by the name of Susan Siegel. We agreed we would offer her the Republican line, in the hopes that having a full team would make us appear more competitive and improve our chances of winning at least one race. To our delight, both the candidate and the Republican Committee

heartily endorsed our plan.

Seven months later, then Councilman-elect Murphy was sitting on the largest number of votes in town history and we had propelled Supervisor-elect Siegel to a surprising upset with 55 percent of the vote.

As we soon learned, for as much as Susan Siegel lectured us about good government during the campaign, she so very-rarely practiced it.

Many of the things we had talked about in her messaging and mail: the needless delays caused by the town board to permit applicants like the Winery, the loss of state and federal grants, the want for a dog park, a senior center, a hasty approval of Costco, an expansion of our sewerage capacity and the completion of the Bear Mountain Extension were immediately walked back, or worse, scuttled.

The Republicans who had endorsed her received every excuse under the sun for why things were not moving or why they could not be done.

Two years later she drew a primary challenge from an enrolled Republican and went down to defeat in November with just 28 percent of the vote.

In 2014, through a bargain between the right-wing Conservative Party and the ultra-left wing Working Families Party (that could only happen in the world of New York's "electoral fusion" politics) Susan

Siegel managed to ride five lines to victory in a special election to fill the unexpired term of one of our former councilmembers, eking out a victory with just 50 and one half of one percent of the vote.

The next year, she was up for re-election. To spur investment, our GOP slate had unveiled a plan to participate in the State's 485-b commercial and industrial tax incentive program, which would offer a modest tax break to property owners who invest in infrastructure improvements.

Susan Siegel, once again proclaiming herself an expert, confidently told the Examiner at the time that there was no such program. There was nothing that the town could do to offer incentives to anyone, notwithstanding the fact she believes it is the town's role to dictate nearly every other aspect of a project to an applicant, down to the font on their signage.

She finished last in a field of four candidates. Her GOP-majority successors on the town board enacted the program in 2017.

In her glib "reality check" last week, we read more of the same. Paragraphs and paragraphs of reasons why it is neither the town's function nor responsibility to be helpful to applicants and existing property-owners trying to expand or improve our commercial tax base. To her, the town can and should tell you how to do everything

else in your life, just not that.

As a former supervisor and councilwoman, she is entitled to sanctimonious guest commentary. But to call it a "reality check" is farcical, when as Susan Siegel showed us time-and-again, her actions seldom lived up to her rhetoric.

Susan Siegel was voted out of office, twice, because she is the embodiment of what many know to be the biggest issue with our current town administration. They tell you why you can't do something, instead of showing you ways you can.

The next time a former supervisor and councilwoman tells you all the reasons we as a town cannot strive to innovate and improve, you may want to ask them why she contradicted nearly everything she ran on to get elected in the first place. It is unfortunate that the current Board majority seems to share her mindset.

That is the voter's reality. We are not better off than we were two years ago here in Yorktown. There are more vacancies, more red tape and more excuses.

As much as Susan Siegel has styled herself a student of public administration, planning and zoning, she forever seems to miss the lesson from Dr. Franklin that we first campaigned on together: that well done, is better than well said.

The writer is the new chairperson of the Yorktown Republican Town Committee.

Letters to the Editor

Matt Slater is the Right Leader for Yorktown

To the Editor:

I am so excited to see a fresh face step up to lead our town. I read Matt Slater's piece last week and was so impressed with his understanding of Yorktown, his experience with Senator Murphy and his vision for the next chapter of our town.

Matt is right when he says Yorktown is centered around families, and like Matt, I am also a proud product of our community. So many of our peers who are starting a family are desperate to return home but are facing the significant reality of the costs to do so. Like Matt, I am so grateful

to my parents for raising me here and for the opportunities this community gave me. Now I'm starting my own family and I only hope Yorktown can give them what it gave to me and my siblings. But we are living in different and challenging times and we need new leadership. I know Matt Slater will meet those challenges head on and he has already proven to deliver for

Yorktown through his work as State Senator Terrence Murphy's Chief of Staff. He understands the need to be proactive while listening and addressing the concerns of those in our community. Yorktown is on the verge of a new chapter and Matt Slater is the right leader to write it.

Sincerely,

JENNA BELCASTRO

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Correction

The article Economic Development in Yorktown: Time for a Reality Check, misstated a tax exemption under the 485b tax incentive program. The only commercial property to date that has been granted the tax abatement is Urstadt Biddle Properties for the new gas fueling facility at the Staples Shopping Center. For 2018, the incentive saved the company a total of \$18,292: a loss of \$15,430 for the Yorktown School District and \$2,861 for the Town of Yorktown. The author, Susan Siegel, regrets the error.

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 Northern Westchester Examiner Editor-in-Chief Rick Pezzullo at rpezzullo@theexaminernews.com.

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

Letters to the Editor

Proud of Yorktown, Excited About the Future

To the Editor:

Yorktown residents moved here because of the many assets of our town: great schools, scenic beauty, and a wonderful family-oriented community. I know I did, when in 1984, my family chose to live in Yorktown. I am so glad to see our current Town Board working diligently to maintain these priorities, while at the same time, address both current and future needs.

I find it so hypercritical to listen to Town Republicans as they criticize these efforts to address critical issues while we plan for a sustainable future.

When the Republicans controlled the Yorktown Town Board, our town

faced many of these same issues. Then, however, they shamefully kicked our challenges, including such issues as business development, traffic congestion or affordable housing, down the road.

Thankfully, Supervisor Gilbert has had the leadership to put in place an Economic Redevelopment Committee to thoughtfully determine what the town must do to maintain its status as a desirable and affordable place for people to live in Northern Westchester. That's why I, and most of the people I know, live here.

We have so much to be proud of:

-Great public schools and town recreation

-Parks, swimming, trails, nature preserves and other outdoor, family-oriented activities.

-Housing options...anything from modest single-family ranches to condominiums, senior living, historical homes and estates.

-A growing variety of restaurants, including Asian, Indian, diners, steak houses, Italian and now Greek and many other choices.

-A local stage with theatrical productions, an historical museum, fitness centers and a wide variety of sports and associated sports venues.

-New developments continue to appear including an International School

for Autism, a Lowe's and plans for additional rental housing, medical practices and restaurants.

And there's more to come as Yorktown intelligently evaluates its needs and opportunities for the 21st century.

Yorktown does not have to overdevelop like the Route 6 corridor going through Peekskill and Cortlandt Manor. We can continue to develop prudently, avoid further traffic congestion and maintain an image as a family-oriented town.

Many left Yonkers, the Bronx and other congested towns to live in beautiful Yorktown! Yorktown is for People!

RICHARD M. FISHER
Yorktown

Local Discussion on NY Reproductive Health Act is Pointless

To the Editor:

A strange phenomenon is occurring in local government today. Town and County Boards are conducting lengthy, passionate discussions on an issue over which they have no jurisdiction. And, what is their goal? They are drafting and preparing to vote on resolutions con-

demning the New York Reproductive Health Act.

Maybe this is happening because Roe v. Wade is in peril of repeal by the Supreme Court. Maybe it is happening because the Blue Wave in the 2018 election changed the balance of power. Maybe it just feels good, in the arenas of secular

governmental bodies, to declare religious support for forcing women to give birth. Maybe it rallies their tribe.

Whatever the reason, it is pointless. Since 1970 New York State has legally allowed women to make reproductive health choices for themselves. Prior to 1970 women's choices included either

having an illegal, back-alley abortion that risked their health and life, or being forced to give birth followed by adoption. Remember that in 1970 our religion-backed society condemned pregnancy out of wedlock. Well, soci-

Continued on page 20

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Yorktown United Methodist Church Sends a Message

By Michael Giuliano

On February 26, a Special Session of the United Methodist Church General Conference narrowly voted to maintain and strengthen its ban of the performance of same-sex marriage ceremonies and the ordination of 'self-avowed practicing' homosexuals within the church.

On February 27, the Yorktown United Methodist Church decided to raise a rainbow bow flag.

The vote by the General Conference has created great controversy since it occurred, and the church, led by Pastor Reverend Matthew Querns, wanted to make it plain for all to see that it would be a safe, welcoming space for all who wished to attend.

"We needed people to know that we were not to be feared," Pastor Querns said in an interview. "It's not just enough to be a welcoming church when people walk in the door. We wanted the people on the street, who won't even get into our door, to know that they are welcome here."

The vote occurred during a special emergency session of the United Methodist Church General Conference, which had last convened in 2016. Usually occurring every four years, the last meeting quickly became volatile for introducing what has been referred to as the "Traditional Plan," which placed bans on same-sex marriage and openly-gay ministries within the church. This plan was brought up to replace the proposed "One Church Plan," which would have allowed each individual church to decide whether or not to allow gay marriage and gay pastors. During the contentious 2016 conference, which saw many petitions trying to make the church more inclusive to LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) members, the council was on the verge of splintering. After bringing in the council of bishops to intervene, all matters were temporarily tabled until they could be rehearsed at the then-upcoming special session of February 23-26, 2019.

"What must be known is that the Traditional Plan had been largely deemed



PHOTO BY MICHAEL GIULIANO

Rainbow flag located in front of Yorktown United Methodist Church on Route 202.

unconstitutional to the United Methodist Constitution before it was even voted on," Querns said. "So how can a body vote for something unconstitutional?"

Pastor Querns also stressed that the vote was only to bar same-sex marriages and the ordainment of openly-gay pastors within the church; this would in no way ban LGBTQ members from joining or becoming involved with the church, as they have been officially recognized and accepted as having sacred worth by church doctrine since the first post-merger General Conference meeting in 1972. Although the Traditional Plan has passed on the floor, it must still be reviewed by the judicial board in April, where Pastor Querns believes many aspects will be deemed unconstitutional and thrown away, although, if passed, certain elements will come into effect in 2020.

What makes the United Methodist Church different from other denominations, such as Presbyterians and Lutherans (which have nationally voted to become more LGBTQ-inclusive), is that its governing body is not just within the United States. The General Conference is a worldwide body divided into four regions: the United States, Europe, Africa, and the Philippines. Among voters in the

United States, the vote was about 66% in favor of adopting the One-Church Plan. However, overwhelming numbers put up by the African constituency were enough to instead approve the Traditional Plan; the measure passed by just 27 votes in a body made up of over 800 delegates.

"They have a huge voting block, and they're almost all solidly against it," Pastor Querns said regarding the African continent's stance on more LGBTQ inclusion. "We weren't aware how committed some were to [being] un-inclusive."

Still, Pastor Querns was clear that the results of the vote must be seen as an issue of contextualization; that having different cultures and traditions voting on one topic ignores the diversity of experiences within the cultures that make up the church, so no fault can be placed on any one region.

Brendan Fox, a Bethel, Connecticut native currently studying for a Masters in Divinity at Drew Theological School, was in attendance at the General Conference session as an observer, and witnessed the divisive atmosphere firsthand.

"There was a sense of apathy mixed with cynicism from some, while others expressed that this vote meant everything to them," Fox said in an interview. "There was tension in the air throughout the duration of the conference. It felt as though every time the chance arose for the church to meet more in the middle, I was slapped in the face with just how divided the church really is."

Still, Fox, like Pastor Querns, believes that there is hope to be found in the upcoming conference meetings, whether it be found in the actions of the judicial committee or in the voices and actions taken by fellow members of the United Methodist church.

"My hope is that enough individual hearts are changed and motivated to stand up for those whose voices continue to be silenced," Fox said.

Fox is hardly alone in his wishes for the future of the church, and similar ones

expressed by members of the Yorktown United Methodist Church led them to the decision to fly the rainbow flag in solidarity with the LGBTQ community. So far, Pastor Querns has said that the response to the flag has been overwhelmingly positive, garnering praise from not just members of his own flock, but from other churches and even general members of the Yorktown community.

"We were asking ourselves, 'Who do we want the community to know us as?'" Pastor Querns said, referring to himself and the members of his church council. "We want to be known as the church of radical hospitality, inclusive love, and welcoming." By 10:30 a.m. on February 27, less than 12 hours after the controversial General Conference vote took place, Querns and members of his Justice and Inclusion Ministry had unanimously voted to fly the rainbow flag.

In a letter addressed to his entire congregation, Pastor Querns reminded his parishioners that they were followers of Christ, who would hate none and love all, and that they would continue to preach a message of love and inclusivity for all who wished to join them.

"[The] Yorktown UMC will continue to be a beacon of light in this community, a place of welcome and of rest, of love and of support, of hope and of joy, of mission and of justice, and our doors will remain open to all who seek us out," the letter read. "People in our community who read the newspapers and online reporting will know that we are not their enemy, we are their friends; we do not hate them, we love them; they do not need to hide from us, they are welcome with us. The flag is about letting those hiding and terrified know that they have a home with us and a God who is on their side."

The Yorktown United Methodist Church is located at 2300 Crompond Road in Yorktown, across from the Yorktown Police Department. For more information, visit www.yorktownumcny.org, or call (914) 962-5749.

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Business of the Week

Homestyle Desserts Bakery Peekskill

By Neal Rentz

You encounter the smell of sweetness the moment you walk into Homestyle Desserts Bakery in Peekskill.

Inside is a colorful array of cakes, pies, pastries and cookies with recipes from around the globe.

Homestyle Desserts Bakery has been an institution in northern Westchester for decades. The legacy of the bakery is being continued by co-owners Laura Elias Timmons of Cortlandt and her brother, Jason Elias of Cold Spring.

Timmons said last week her father owned donut shops and personally created donuts, while her mother made cakes. "It took off," Timmons said.

Timmons and her brother began working in the family business as youths. "My brother would fry donuts when he was six," she said, adding part of her work included boxing donuts.

The Elias family business, which originally was known as the Dutch Mill Donuts factory, opened in Buchanan in 1970, with the retail aspect of the business starting in 1982. The bakery moved to its current location on South Water Street in Peekskill in 1984.

One of the reasons she enjoys co-



NEAL RENTZ PHOTO

Some of the wide variety of baked goods available at Homestyle Desserts Bakery in Peekskill.

owning a bakery is "I like to create new items," Timmons said, adding later, "Every winter I find something new to make."

All the baking is done on site, with the brother and sister duo doing some of the baking, Timmons said.

Timmons said the extensive selection of items sold at the bakery include wedding cakes, cookies, pies, chocolate dipped cheesecake slices on a stick, cupcakes, waffle sandwiches stuffed with one of 20 flavors of cannoli cream, macarons, pastries and seasonal favorites. Baked

goods of many nationalities are available at the bakery, she said.

"We have a German baker, a French baker, an Italian baker, an American baker and an Ecuadorian baker," she said.

Timmons and her brother created cannoli chips and dip, which was featured in a New York Times article. The chips are fried at the bakery and have such toppings as powdered sugar and chocolate. The chips are intended to be dipped into cannoli cream.

The bakery's clients include New York

Yankees owner Hal Steinbrenner and the players. The other customers come from "everywhere," Timmons said.

Timmons and her brother also operate another store in Cold Spring, which opened last August.

The duo is not sitting on their laurels. The pair is planning to open an ice cream shop, Homestyle Creamery, next door to their Cold Spring business, with a potential opening day of May 1, which will include donuts stuffed with ice cream, Timmons noted.

A key to the success of the bakery is the loyal staff. Timmons said many employees have been working for the business for decades, as long 40 years in the case of one employee.

Though Timmons enjoys concocting new desserts, she also continues the traditions of the bakery. "We make everything from scratch," she said. "I went to a bakers' convention, it was all premixed stuff. It wasn't always that way."

Homestyle Desserts Bakery is located at 24 S. Water St. in Peekskill. For more information, call 914-737-4659, e-mail hsbakery@gmail.com or visit <http://www.homstyledessertsbakery.com/>.

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Two Councilmen Cross Endorsed in Town of Somers

By Neal Rentz

The Somers Town Democratic and Republican committees have announced their candidate endorsements.

The Democrats and GOP both endorsed incumbent Councilman Thomas Garrity, a Republican and Democrat Richard Clinchy, while the Democrats have not endorsed a candidate to challenge Supervisor Rick Morrissey, a Republican.

Town Justices Denis Timone and Michael McDermott, who have been endorsed by the GOP, are being challenged by another Republican, Donna Pascucci.

Town council candidates

"Note to Westchester Republicans: the GOP is alive and well in the north!" the town committee stated recently on its Facebook page. The committee stated aside from endorsing Morrissey, Garrity and Clinchy, it was supporting Town Clerk Patty Kalba, Highway Superintendent candidate Nick DeVito, Timone and McDermott, well as Michael Grace for the District Four seat on the Westchester County Board of Legislators. The GOP did not endorse a candidate for the District Two seat on the Board of Legislators.

On its website the town Democrats stated it was endorsing Garrity, Clinchy, DeVito, and Kalba, as well as incumbent Kitley Covill for the District Two Board of Legislators seat and Vedat Gashi for the District Four seat on the county board, which is currently held by Michael Kaplowitz of Somers, who is not seeking reelection.

The Democrats did not endorse a candidate to challenge Morrissey.

Messages left for the town Democratic and Republican committees were not returned.

Clinchy and Garrity reacted to their endorsements last week.

"I am certainly gratified to be endorsed by both parties in this year's November election," Clinchy said. "It has always been my position that town politics has little to do with the parties' difference. It's about things like libraries, roads, parks, environmental protection, fiscal management, public safety, dealing with emergencies and planning wisely for the town's future."

"The most important thing is to make consistent improvement for the common good and I have always been committed to ask the question, 'How can we do better?' and I'm proud to have helped to bring a variety of improvements to Somers over the years," Clinchy said. "That's not to say that there aren't ever any disagreements, but if we can create an atmosphere where discussion can be done in a respectful and reasonable manner, then that is our best chance to make consistent progress on behalf of the town. I believe that both parties have supported this approach over the



Somers Town Justice Michael McDermott

past 12 years."

Prior to his first election to the Town Board 12 years ago, Clinchy was a Somers School Board trustee and served as the board's president for several years. "I've very much enjoyed these jobs and I look forward to serving for another four years. I am 68 and I would anticipate that this upcoming election in November will be my last," he said.

Clinchy said he was not aware of any other candidates running for the Town Board.

"I was very happy to be cross endorsed by the Democrats," Garrity said. "I have been cross endorsed in my last two elections as well. I like to think that it means the people in Somers are not so much concerned with partisan politics, but instead just want good government. It is my belief that the Republicans cross endorsed Richard Clinchy for the same reason.

Garrity, 52, has been on the Town Board for 12 years. Prior to his first election to the Town Board he was on the Zoning Board of Appeals for five years and on the Planning Board for three years.

Town justice candidates

While as of now there are no competitive races for the supervisor and two council seats that is not the case for the two town justice seats.

Pascucci, 50, is making her first run for public office.

"I have decided to run for Somers town justice because I believe Somers residents deserve a choice," Pascucci said. "The same two incumbents have been in office for decades with little if any meaningful opposition. There hasn't been a primary for town justice in recent memory, if ever. I am running because our local government needs more diversity and new energy and perspectives to very challenging issues facing our com-



Somers Town Justice candidate Donna Pascucci

munity. My education and experience gives me an innate understanding of how our court system works and an ability to recognize and correct imbalances created by those who are out of touch or simply complacent after decades on the bench."

"While it was no surprise that the five politically-affiliated committee members who actually showed up to vote on nominations endorsed the incumbents, I don't believe they represent the voice and/or choice of the people," Pascucci said. "I have been walking Somers non-stop and the excitement and support of my candidacy has been overwhelming. I am confident that I can win this primary with the support of the rank and file of the Republican Party in Somers."

Pascucci is a graduate of St. John's University School of Law and has been a practicing trial attorney for more than 25 years.

"I am a tireless advocate for school safety, a staunch supporter of domestic abuse prevention initiatives, an advocate for meaningful solutions to the opioid crisis plaguing our community and an active supporter of common-sense town initiatives."

"I was honored to have received the Somers Republican Town Committee's endorsement for town justice, together with Judge Michael J. McDermott," Timone said.

Timone is completing his ninth four-year term as town justice. He received a Juris Doctor Degree from Marquette University Law School and is admitted to all state and federal courts in New York and Wisconsin.

"As a Town Justice in Somers I developed innovative sentencing programs for individuals who were involved with alcohol, drugs and family offense charges," Timone said. "I have performed and participated in 10 to 15 weddings per year



Somers Town Justice Denis Timone

which I find one of the most enjoyable and rewarding aspects as town judge."

"I am running again as town judge in order to maintain the high standard of judicial and administrative excellence that has been established in the Town Court of Somers," Timone said.

"I have had the honor to serve the people of the Town of Somers as town justice since 2000. I am grateful to the Somers Republican Committee for the endorsement," McDermott said.

For more than 20 years McDermott, 60, has maintained a law office in Somers with his wife and law partner, Fausta. "I began my legal career as a Bronx County assistant district attorney prosecuting narcotic felonies," he said.

Prior to his first election to the town court, McDermott was a member of the Somers Planning Board.

"As judge I have developed effective programs, such as community service, to prevent youths charged with violations from becoming repeat offenders," McDermott said. "In fact my most recent legal article entitled, Creative Sentencing and Hawthorne's Scarlet 'A', appeared in the March 2019 issue of 'The Westchester Lawyer.'"

"For the past several years I have been appointed by the Ninth District Administrative Judge to temporarily serve as Acting City Court Judge in Mount Vernon, Peekskill, White Plains and Yonkers as well as Acting Town Justice in Carmel, Mount Pleasant and Yorktown," McDermott said. "Most recently, I have served as Accessible Arraignment Magistrate for Adolescent and Juvenile Offenders at Woodfield Detention Cottage, Valhalla."

"In connection with Donna Pascucci, the applicable judicial rules prevent judges from commenting on any other candidate for any office," McDermott said.

Time to "Spring-Clean" Your Eating!

By Northern Westchester Hospital's
Patricia Talio, MS, RDN, CDN, CDE

As you roll up your sleeves and rid your home of dust and clutter, try eating clean. The health benefits are tremendous. Clean eating is about choosing foods that are in their most natural ("clean") state: as close as possible to how they were grown or harvested, and how they lived and ate in the wild. So you'll reduce or eliminate refined, processed foods, ones with additives and preservatives, unhealthy fats, and lots of added sugar and salt.

How to start: On the label, each ingredient should be a foodstuff, not a chemical name. So whole-grain bread and pasta, yes. Grass-fed beef, yes. Cereal in neon pink and blue – no. Fruits and veggies, yes. Cheese, yes. Highly processed cold cuts, sausage and bacon, or microwaveable puff-pastry appetizers loaded with sugar and salt – no.

Your rewards? Besides great taste, you'll help reduce your and your family's risk of obesity, heart disease, diabetes, and certain cancers, while possibly lowering blood pressure and cholesterol.

Kick off spring with these healthy, but delicious, recipes!

Creamy Chocolate Date Mousse

From the American Institute for Cancer Research

INGREDIENTS

8-10 dates, pitted
1/2 cup light coconut milk, canned + 1/4 cup water
1 ripe avocado, peeled
1/4 cup unsweetened cocoa powder
1/4 cup semi-sweet chocolate chips, melted
Nutritional information:
Serves 4
Calories 288
Fat 11 g
Saturated fat 5 g
Fiber 7 g
Carbohydrates 50 g
Protein 2 g
Sodium 3 mg

DIRECTIONS:

1. Chop dates into small pieces.
2. In blender or food processor, blend till smooth: chopped dates, coconut milk, water.
3. Add avocado, melted chocolate chips, cocoa powder. Blend again until creamy.
4. Pour into four small ramekins or bowls.
5. Chill in fridge for 1-3 hours, or overnight.

6. ped nuts or a sprinkle of Himalayan sea salt.

Green Veggie Bowl with Chicken & Lemon-Tahini Dressing

From Eating Well Magazine

INGREDIENTS

1/4 cup tahini
1/4 cup cold water + 2 Tbsp, divided
1/4 cup lemon juice
1/2 tsp minced garlic + 2 sliced garlic cloves, divided
1/4 tsp ground cumin
1/2 tsp kosher salt, divided
1 cup green beans
1 small broccoli crown
4 (4 oz) chicken cutlets, trimmed
1/4 tsp ground pepper
2 Tbsp extra-virgin olive oil, divided
1/2 large red onion, sliced
4 cups thinly sliced kale
2 cups cooked brown rice
1/4 cup chopped fresh cilantro
Nutritional info
Serves 4
Calories 452
Fat 18 g
Saturated fat 2 g
Fiber 5 g
Carbohydrates 42 g
Protein 35 g

Sugar 3 g
Sodium 316 mg

*Serving size: 3 oz. chicken, 1 cup vegetables, 1/2 cup rice, 2 Tbsp. dressing

DIRECTIONS

1. Whisk tahini and 1/4 cup water in small bowl until smooth. Add lemon juice, minced garlic, cumin, 1/4 teaspoon salt and whisk to combine. Set aside.
2. Trim green beans, cut in half. Break broccoli into florets. Measure 1 cup (reserve the rest for another use).
3. Season chicken with remaining 1/4 tsp salt, pepper. Heat 1 Tbsp oil in large cast-iron skillet, medium heat. Add chicken, cook until 160°F, 3-5 minutes per side. Transfer to clean cutting board, tent with foil to keep warm.
4. Wipe out pan, add the remaining 1 Tbsp oil. Add onion and cook, stirring occasionally, 2 min. Add sliced garlic, cook 30 seconds; add broccoli, green beans. Cook, stirring occasionally, 2 min. Stir in kale, add remaining 2 Tbsp water. Cover and steam until vegetables are tender-crisp, 1-2 min.
5. To serve, divide rice and vegetables among 4 bowls, top with sliced chicken. Drizzle reserved dressing, sprinkle cilantro.

Lincoln Prize Winner to Headline Peekskill Gala Banquet

Dr. Martha Hodes, Professor of History at New York University and author of *Mourning Lincoln*, will be the keynote speaker at the 2019 Gala Dinner of the Lincoln Society in Peekskill on Saturday, April 13. Her book was awarded the prestigious LINCOLN PRIZE by the Gilder-Lehrman Institute of American History in 2016. The event will take place at Victoria's on the Lake in Jefferson Valley (formerly Ceola Manor). Dr. Hodes is a national authority on how Lincoln was mourned by everyday Americans, using 19th century letters and diaries.

The event will mark the 116th anniversary of the founding of the organization, one of the oldest Lincoln groups in the United States. Lincoln made his only speaking stop in Westchester County to a crowd of 1,500 people at the old Peekskill railroad depot in February 1861 during the train journey to his Inauguration in Washington, DC.

Jeff Canning of Cortlandt will be honored at the dinner celebration. He is the 2019 recipient of the Lincoln Society's CHAMPION OF HISTORY AWARD for his outstanding support of the history community. Canning was the long-serving president of the Van Cortlandtville Historical Society, served on the Board of Trustees of the Westchester County Historical Society, and has organized many events that



Martha Hodes

celebrate the Revolutionary War heritage of northern Westchester County.

Everyone is welcome to attend the Lincoln Society dinner gala and tickets for the black tie (optional) event on April 13th can be purchased on their website that includes a PayPal link: www.lincolnsocietyinpeekskill.org The \$100 admission ticket includes: open bar (all night), cocktail hour with hors d'oeuvres,



Jeff Canning

dinner and dancing, and a buffet of desserts with coffee, tea and cordials. The event features a book signing station and silent auction area. Raffle tickets for a two-night stay at the famous Gettysburg Hotel in Pennsylvania will be available for purchase at the dinner event.

The 2019 dinner gala will be hosted by Lincoln Society president and Buchanan Mayor Theresa Knickerbocker.

According to Knickerbocker, "Our dinner gala is a wonderful way to honor America's greatest President and to celebrate his unique connection to the Peekskill community in Westchester County."

Cathy Pisani of Peekskill is scheduled to be installed as the new president of the Lincoln Society for 2019-2020.

The Lincoln Society in Peekskill is a non-partisan and not-for-profit historical society that is dedicated to promoting a greater awareness of the life and legacy of our 16th President.

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competitive games, and a swim break.



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CAMPS



Bright Beginnings Summer Camp Program 2019

Bright Beginnings Summer Camp Program will begin on Monday, July 1, and will run for eight weeks ending on Friday, August 23. We offer a Pre-Nursery Program (18 months – 3 years) as well as a Nursery/Pre-K Program (3 – 5 years).

The difference from Bright Beginnings Summer Program and many others in the area, is that the learning does not stop. There is no interruption of a daily routine that the children are used to, therefore, readjusting in September is easier and regression is almost not present.

There is a change of “scenery” in the program with most activities taking place outdoors, like planting, science explorations, art, gross motor, and music. There will be walking trips in our town and various “specials” such as visits to the Yorktown Museum and attending the productions on Fridays at the Yorktown Stage Theater Camp! We also have “water play” with a sprinkler and water table for more summer fun!

This year, the great novelty will be the “Children’s Vegetable Garden”, a project in cooperation with the Northern Westchester Hospital Center and our neighbors, Head Start (in the Fall). The children and their families will enjoy learning planting and eating the vegetables and spices they cultivate. Staff will benefit from lectures and step-by-step instructions from the experts and builders of the suspended garden. We are all very excited with this new project scheduled to start this Spring and Summer and continue throughout the Fall.

Come join us for this summer and partake of the wonderful activities we have in store for your child. We offer flexible schedules to accommodate our parents’ needs. You may also enroll your child from four to eight weeks and they do not need to be consecutive.

We are accepting enrollment at this time. If you would like more information, please visit our website “brightbeginningspreschool.com” or call Bright Beginnings office at (914) 962-2929.

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(Cost: \$10 per day per child)

After school care till 6 p.m.

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

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If a camper misses a day of camp they can make-up the day.

Happenings

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

Tuesday, March 26

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

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

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

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

Wednesday, March 27

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. Collages and photographs by Jane Hogan are on display through Feb. 1 during library hours.

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

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

Meal and Worship: St. Andrew's Evangelical Lutheran Church, 2405 Crompond Rd., Yorktown, would like to invite you to a simple meal and worship every Wednesday in lent (through April 10). Dinner begins at 6 p.m. and worship follows at 7 p.m. Pastor Dave Dockweiler will lead a series giving us a new look into the Lord's Prayer.

Thursday, March 28

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 yorktown-jewishcenter.org.

IBM Retirees: The Tri-State IBM Retirees will meet at the United Methodist Church Hall, 1176 E Main St, Shrub Oak. The scheduled speaker is Linda Sifre, New York Botanical Gardens director, who will discuss education, exhibits, events & research. Set up at 12:30 p.m.; coffee and light refreshments at 1 p.m.; meeting begins at 1:30pm. Info: Peg Ryan 914-528-5916.

Somers Library Events: Two events have been scheduled for the coming days at the Somers Library. Social Security Strategy will be held on March 28 from 7 to 8:30 p.m. The Mobile Shredder will be at the library from 10 a.m. to 1 p.m. Now you can safely destroy unwanted personal records and documents. For more information about the library's programs, call 914 -232-5717 or visit www.somerslibrary.org.

Knitting Circle: Support Connection, Inc. announces the next session of "Marge's Knitting Circle," which will take place from 2 to 3:30 p.m. at the Support Connection office in Yorktown Heights. The free 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.

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.

Winery Events: A series of events have been scheduled for the coming days at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Daisy Jopling will perform on March 28. Open 6 p.m. for dinner - Show time: 8 p.m. VIP front row seating: \$50 Bar/Table Seating: \$30 Lounge Seating: \$20 On March 29 the Head First Cover Band will perform. Open for dinner at 6 p.m. and the show starts at 9:30 p.m. Free admission. On March 30: Seventy's Acoustic. Open for dinner at 6 p.m. and the show starts at 8 p.m. Admission is free. Info: 914-455-4272.

Seniors Residence: Patricia Kiggins, RN and Administrator at Bethel Springvale Inn Assisted Living Residence, discusses the many resources and programs available for today's seniors, and their families, from 7 to 8:15 p.m. at the Croton Free Library, 171 Cleveland Drive, Croton. For more information call 914-739-4404 Ext. 2204.

'Shoes And Baggage: The Off-Broadway Show "Shoes and Baggage" will be presented at 7 p.m. at Temple Israel of Northern Westchester, 31 Glengary Rd.,

Croton. For additional details visit <http://tinw.org/sisterhood> or sent an e-mail to sisterhoodTINW@gmail.com.

REB Talks: Be a part of a bi-monthly discussion on topics that are worth sharing with others. The program will be held at 7:30 p.m. at Temple Beth Am, 203 Church Pl. Yorktown. For information, please call our Rabbi at 914-962-7500 or e-mail him at rabbiiw@optonline.net.

Friday, March 29

Cortlandt Beautification Committee: The Town of Cortlandt government is currently seeking to fill a volunteer committee to assist with various beautification projects throughout the town. It is seeking five to six Cortlandt residents to be appointed to this committee. This is a one-year appointment. Interested candidates should have a background in landscape design or landscape architecture. Any interested residents should send a resume and letter of interest to Supervisor Linda D. Puglisi, Town Hall, 1 Heady St., Cortlandt Manor, NY 10567 or e-mail to claudiav@townofcortlandt.com. The closing date for interested applicants is March 29.

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.

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 8 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.

Happenings

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, March 30

Shoes and Baggage: Temple Israel of Northern Westchester's Sisterhood will sponsor this event that is open to everyone. A pre-show cocktail hour followed by the show and after-show dessert and coffee. The show stars Broadway actress Cheryl Stern from the television series "The Marvelous Mrs. Maisel" in this hilarious yet thoughtful romp about the insatiable urge to purchase and possess beautiful objects. Temple Israel of Northern Westchester, 31 Glengary Rd., Croton-on-Hudson. 7 p.m. \$50. Tickets: Visit www.tinw.org/event/shoes-and-baggage-oneg-roomkitchen.html. Info: Visit www.tinw.org/sisterhood or e-mail sisterhoodTINW@gmail.com.

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.

Maple Syrup Weekend: Hilltop Hanover Farm joins White Oak Farm and Hemlock Hill Farm in celebrating "Maple Syrup Weekends" on Saturday, March 30 and Sunday, March 31. Visitors will first enjoy a hot breakfast at Hilltop Hanover Farm, followed by a free maple syrup demonstration at White Oak Farm and then a visit to Hemlock Hill Farm. Breakfast, which will feature freshly, grilled pancakes, maple syrup (produced at White Oak Farm in Yorktown), bacon and sausage (from Hemlock Hill Farm in Cortlandt Manor), juice, and hot beverages, will be served at 9.10 and 11 a.m. each morning of the four days at Hilltop Hanover Farm, 1271 Hanover St., Yorktown. The cost is \$8 for children, \$10 for adults, and children under 3 are free. Make your reservation now at www.hilltophanoverfarm.org.

NARCAN Training: The training will be held from 10:30 a.m. to 12:30 p.m. at the Field Library, 4 Nelson Ave., Peekskill. To register for the free training call Liz Phillips at 914-734-8621 or send an e-mail to lphillips@hrhcare.org.

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.

Original Work: "AJUMA," an original work written and performed by spoken word and visual artist Katori opens at Hudson Valley MOCA's Black Box in Peekskill at 3 p.m. "AJUMA" takes the audience on a journey that explores the sensations and emotions of escape, abuse, love and legacy. For reservations see www.studiotheaterinexile.com.

Taconic Opera Performance: The Taconic Opera presents what is considered to be Giuseppe Verdi's greatest work and one of the greatest pieces of music of all time, Requiem, at 3 p.m. at Ossining United Methodist Church, 1 Emwilton Place/corner of Route 9. Tickets are \$27, \$20 for seniors and \$15 for students and can be purchased at the door, in advance online at www.taconicopera.org, or by calling 855-886-7372.

Sunday, March 31

Demystifying Medicare: The program will be held from 1:15 to 4:15 p.m. at the Hendrick Hudson Free Library, 185 Kings Ferry Rd., Montrose. Walk-ins are welcome, but pre-registration is requested at 914-231-3236. Please leave your name and phone number. The free program is part of the library system's Westchester Seniors Out Speaking.

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

Monday, April 1

Tennis Day Deadline: The deadline to RSVP for the April 29 Tennis Family Fun Day is today. RSVP Deadline for Tennis Family Fun: The event will be held at the Solaris Sports Club in Yorktown from 2 to 4 p.m. Children must be accompanied by an adult. Kosher snacks and beverages will be provided by First Hebrew. Cost: \$25/person, \$35/family. To register go to: <https://www.firsthebrew.org/7235-2/> or visit www.firsthebrew.org. For more information, call First Hebrew at 914-739-0500 or e-mail membership@firsthebrew.org.

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

Spring Into Art: On Mondays, 4/1, 4/8, 4/29 & 5/6 at the Somers Library from 10:30 a.m. to 12:30 p.m. Experiment making art using water-soluble oil pastels and watercolor pencils. Students will learn about the versatile ways each medium can create great effects. No experience is required - join us and have fun. Inspirational music will accompany your creative journey. Suggested supplies list: multi-media paper - 98 lb or higher, water cup, soft brush, pencil, eraser, water-soluble oil pastels - portfolio, and/or water-soluble pencils. There is a \$30 fee to be paid on the first day of class. Make checks out to Judika Lieberman. Registration is required. Info: 914-232-5717 or www.somerslibrary.org.

Free Jazz Sessions: Free Jazz Jam Sessions are being held every Monday at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Info: 914-455-4272.



ShopRite Associates Honored for Fighting Hunger

Thousands of ShopRite associates across hundreds of stores competed this fall in a friendly competition sponsored by ShopRite and General Mills, the annual ShopRite Partners In Caring Cheerios Contest, a tradition marking its 20th anniversary this year. With the theme "20 Years of Good" serving as the backdrop, ShopRite associates collected donations at check-out and held events in-store to raise awareness and money to fight hunger, helping raise \$1.5 million to support regional food banks in communities served by ShopRite stores. Each of the 50 winning ShopRite stores chose two ShopRite associates to be featured on a special-edition Cheerios box and received prize money (\$3,000 for the top five stores, and \$500 for the remaining winning stores) that was presented to local food pantries chosen by the respective stores. ShopRite of Croton selected Sandy Puglielle of Newburgh, and Diane Moore of Buchanan (left), to be featured on the 150,000 special-edition Cheerios boxes sold exclusively at ShopRite. The boxes were unveiled during a ceremony at ShopRite of Croton on March 6 (left). In Cortlandt, (right) store associates Dawn Doughty-Myers and O'Cary Shaw were recognized by local elected officials during a March 19 ceremony.

The Story Behind the Doorknob and its Many Styles

Except for those dastardly swinging doors which I never liked and think are one of the world's most dangerous inventions, every door needs something to grab on to in order to be opened and closed.

It's that round or oval device that you rarely think about, even though you wrap your hand around it at least 100 times a day.

After I read recently that there are about two million germs per square inch attached to the average doorknob and the experience of showing too many houses during flu season, I became very aware of every doorknob I touched. I really started to scrub my hands down many times a day.

Readers of this column know that I'm a movie buff and much of what I learned about home life started from make-believe home life in old movies. One of these was a Judy Garland film called "Presenting Lily Mars," which was an adaptation of a Booth Tarkington novel by the same name. It was a silly enough storyline with a subplot that really galled me involving Garland's character's younger brother who had a strange hobby of collecting doorknobs that he would steal from peo-

ple's homes.

Where was the moral compass of that Midwestern family, I thought, in dismissing the criminal behavior of that rascal as something cute, especially since it involved stealing an essential item in providing access and egress around the house?

The doorknob is an ingenious little device actually. The traditional knob has a bolt or spindle running through it that sits just above a cylinder, to which the spindle is connected. Turning the knob pulls the cylinder in the direction of the turn. The end of the cylinder is a latch that protrudes into a space that is carved out of the door frame and prevents the door from being opened if the knob is not turned.

The mechanism is a little more complex than I'm describing it here, but I'll leave further understanding to the technicians among us.

Interestingly, America didn't produce doorknobs or any hardware at all until well after the American Revolution because of England's stranglehold on manufacturing and restrictive trade practices. The colonies were permitted only to supply the motherland with the raw materials

needed to produce the finished manufactured products that would be sold back, including door latches, doorknobs and all other hardware.

After the Revolution, America's ingenuity came into play and its agrarian society was balanced with rising industrialization. The first major invention influencing the production of doorknobs in America was the invention of the glass pressing machine, patented in 1826. It permitted the first truly decorative mass-produced pressed glass doorknob made in America.

I love how history influences our use of materials. For instance, by Victorian times, the popularity of glass doorknobs was overtaken by the use of metals – iron, brass and bronze. But in 1917, with the outbreak of World War I, glass became wildly popular once more since all metals were allocated for the production of planes and other wartime materials. Glass knobs remained popular throughout World War II, but by the 1950s preference reverted back to metals.

Today, the choices are nearly limitless in the styles and shapes of knobs and levers, as well as finishes to suit every décor, such as satin nickel, aged bronze, bright brass, antique brass, bright chrome, brushed chrome, antique pewter, distressed nickel, matte black, oil-rubbed bronze and satin stainless steel.

And how's this for a look into the future? The doorknob may disappear altogether. In Vancouver, all new construction since 2014 mandates only lever-style door handles be installed. While existing structures were grandfathered, the levers accommodate individuals with physical disabilities who might find doorknobs difficult to manipulate.

I am reminded of a personal story that relates to the fact that my wife Margaret's native tongue is Lithuanian, though few people would detect any trace of an accent today. Within that ancient language are some quaint expressions that don't translate very well into English, but Margaret still unconsciously uses some of them on occasion. For instance, if one were expecting to visit a friend but found no one home, the Lithuanian expression would be that you were able only to "kiss the doorknob."

Considering that there are two million germs per square inch attached to the average doorknob, that is not the healthiest response to missing someone at home!

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

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By Bill Primavera

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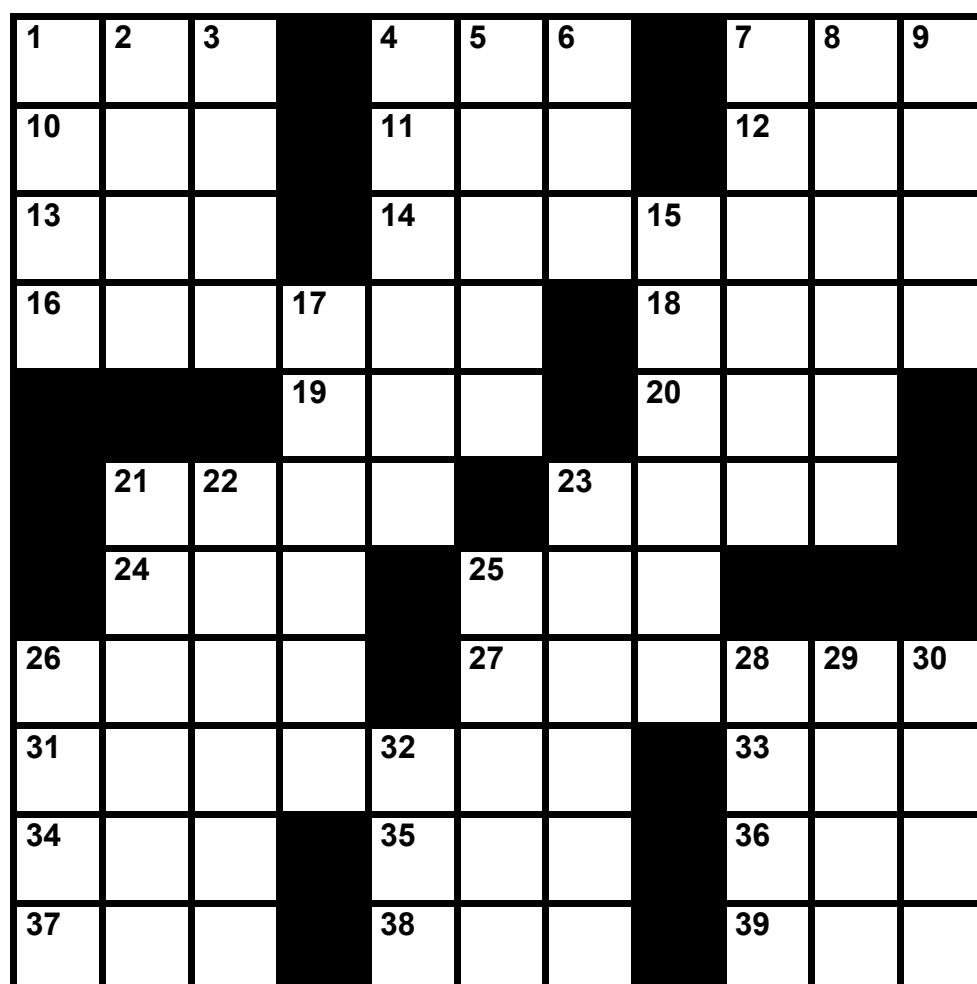
ACROSS

1. "Game of Thrones" network
4. Afternoons and evenings, briefly
7. Chat room "I think ..."
10. Summer mo.
11. A as in Austria
12. Road material
13. Compass point
14. Tell tales
16. "Mission Impossible" character or Croton hospital
18. Eclectic collection
19. "I think, therefore ____"
20. Lidded container
21. Giant computer company founder
23. Abbreviations for certain companies
24. Cartridge contents
25. Recognize
26. Foe in the first Indiana Jones film
27. Rock star Prince would be partial to this White Plains restaurant, ____ Corn
31. Coveted medal
33. 1984 Summer Olympics host

34. Male cat
35. Inseparable
36. Taxi or limo
37. No one can be rejected on the basis of this
38. Mogul Turner
39. Gold units, abbr.

DOWN

1. Door fastener
2. Shrub
3. Double curve
4. Letter writer
5. Unhealthy atmosphere
6. Elder
7. Bologna's home
8. Morning Prayers
9. Circular cookie
15. Thief
17. "Magic Stick" rapper
21. Kind of box
22. Pepsin, e.g.
23. Mild expletive
25. Backbone
26. Part of N.B.
28. Robin Goodfellow
29. Future J.D.'s hurdle
30. Canal sites
32. Money that is battled for



Exploring the Italian Wine Renaissance in the Campania Region

Italians have been lauded and derided for their affinity for a unique sensibility concerning life and their pursuit of a philosophical, religious and hedonistic lifestyle. Throughout Italian history, this approach to life, this engrained pursuit of all things expressive of La Dolce Vita, has influenced the Western World in lasting ways.

From the literary works of Dante, Boccaccio and Machiavelli, to the artistic brilliance and innovation of Michelangelo, Bernini and Raphael, to the centuries of Papal rule over the Roman Catholic church, to the countless contributions to high fashion, architectural design, gastronomy and all things sensory, Italians have indelibly etched their imprint on today's society.

Years ago, I came upon a term that encapsulated the underlying theme that runs through these contributions – Sprezzatura, the art of effortless mastery.

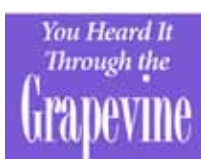
How ironic in the 21st century that a significant source of Italy's influence comes not from within the cultural city centers but from those areas not known for their historic influence – wine regions. Not from the famous wine regions such as Tuscany and Piedmont,

but from the agricultural underbelly that has been feeding Italians for centuries, including Campania, Veneto and Sicily.

Here, I'm reprising an earlier column that focused on Campania, the region just south of Rome, incorporating Naples, the Amalfi Coast and Pompeii. In the next few weeks, I'll be exploring a personal connection to the region (through my heritage) and the wines (through a recent wine tasting event). Stay tuned.



By Nick Antonaccio



Before the Italian Renaissance, there were wines produced in Campania. Revered wines date back two millennia to Greek and Roman settlements. Then came a long period of neglect and the near extinction of grapevines planted as early as 1,000 B.C.

In the mid-20th century, winemakers from northern Italy rediscovered the coveted volcanic soil and temperate climate of the Campania region. They applied modern techniques and technology to the production of wines from the sparsely scattered ancient grapevines of the land. The result: a southern Italian Renaissance in winemaking that is just now gaining

popularity in the United States.

This is the meaning of Sprezzatura. The new winemakers of Campania, plying their trade, their craft, but with a distinct elegance and aplomb that had been submerged for generations. Fine, distinct wines emerged, seemingly as a genetic trait rather than through an arduous and lengthy trial-and-error process.

What are they planting? What grapes from this forgotten agricultural paradise are creating a stir?

There are three white grapes and one red from Campania that are gaining a foothold in the United States.

Greco. It is the oldest cultivated grape in Campania. Its mild aroma and flavor profile make it perfect as a quaffing wine, but paired with a light seafood dish or a simple vegetable recipe, it seduces you with its almond and pear aromas. This is the wine the Greeks cherished for its ideal balance between fruit and acid.

Falanghina. If you like the fine Pinot Grigios from northern Italy for their light, balanced bouquet, but you're looking for a suitable substitute, try this palate pleaser. Crisp and highly aromatic, it pairs well with Mediterranean white fish and light chicken and pork dishes.

Fiano. In my opinion, this is the most interesting of the Holy Trinity of Campanian whites. It has an intensity

not found in the other white grapes of Campania and is redolent of nutty and spicy aromas. Try it with shellfish; you may prefer it to several entry-level white Burgundies.

Aglianico. The red grape that is ascending to stardom next to its esteemed brethren, Barolo (Piedmont) and Brunello di Montalcino (Tuscany). Aromas of black cherries are juxtaposed with firm tannins and earthy flavors with a hint of chocolate. Not surprisingly, Aglianico pairs well with typical Southern Italian cuisine. This wine is made for aging; I rarely drink one that is less than five years old. These are wines I will place in my wine cellar to enjoy with my young grandchildren on their 21st birthdays.

Campania's winemakers are practicing their craft with Sprezzatura – it's in their heritage and defines their destiny.

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

(Solution to puzzle on page 19)

1	H	2	B	3	O		4	P	5	M	6	S		7	I	8	M	9	O
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16	P	H	E	17	L	P	S				18	O	L	I	O				
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37	A	G	E		38	T	E	D				39	K	T	S				

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Local Discussion on NY Reproductive Health Act is Pointless

Continued from page 9

ety’s view of parenthood has expanded to accept a loving relationship between a single parent and child. As a result, for the past 49 years, women have had the choice of a legal, safe abortion or raising their own child.

The “changes” enacted in the RHA are spuriously being maligned. The 1970 law and the RHA allow choice during the first 24 weeks of pregnancy and thereafter allow for consideration of the life, and (newly added) health of the mother. Moving the law from criminal to health

law reflects yet another societal change. Acknowledging the expansion of medical roles, to include trained, qualified, and licensed professionals to perform procedures, reflects modernization in the medical profession.

So, in the last 49 years, the mandate in New York regarding women’s reproductive health remains constant. True, the balance in the Supreme Court is different, yet the Supreme Court’s reverence for state’s rights also remains constant.

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AUCTIONS

CHEMUNG COUNTY Tax Foreclosed Real Estate Auction: 100+ Lots. Wednesday, March 27, 2019. Registration: 7:00AM; Auction Start: 9:00AM. Holiday Inn Elmira-Riverview, 760 E. Water Street, Elmira, NY 14901 Pre-Auction Bidder Seminar: Thursday, March 14, 2019, at 6:00PM. For complete information, visit www.auctionsinternational.com or call 800-536-1401, Ext. 110

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EVENTS

Military Collectibles Show. Syracuse Area Sun. April 7. 8:30am -2:00pm. \$5 Admission. 2000 Lemoyne Ave, Mattydale, NY. VFW Post #3146. Open to the Public. Items from all countries, all time periods. Not a Gun Show. www.NFGShows.com

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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, Larchmont, NY 10538. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF REID & LEIVA MULTISERVICES LLC Filed with SSNY on 01/14/2019, Office Westchester, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 506 Van Cortlandt Park Ave, Yonkers, NY 10705. Purpose: any lawful purpose.

LEGAL NOTICE: NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY: The name of the Limited Liability Company is Palmyra Holdings LLC. The Articles of Organization were filed with the New York Secretary of State on February 19, 2019. The office of the Company is located in the County of Westchester,

State of New York. The New York Secretary of State is designated as the agent of the Company upon whom process in any action or proceeding against it may be served, and the address to which the Secretary of State shall mail a copy of process in any action or proceeding against the Company served upon him or her is **110 Marquand Avenue, Bronxville, New York 10708. The purpose of the business is any lawful business.**

NOTICE OF FORMATION OF LIFE GIVERS TRANSPORTATION, LLC Filed with SSNY on 1/22/19. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **75 Bruce Ave., Apt. 4F, Yonkers, NY 10705. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF E&L BY DESIGN, LLC. Arts. of Org. filed with NYS Dept. of State on 1/9/2019. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, **2020 Maple Hill Street, Suite # 902, Yorktown Heights, NY 10598. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF UP-STATE STUMP GRINDING, LLC. Arts. of Org. filed with SSNY on 1/10/2019. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC: **19 Terrace Ave., Ossining, NY 10562. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF PRO-TO DOG SERVICES, LLC. Arts of Org filed with Secy of State of NY (SSNY) on 09/13/2010. Office loc: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served and shall mail process to the principal business address: **1707 EAGLE BAY DR OSSINING, NY 10562. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF DSG HOME RENOVATIONS LLC. Articles of Organization filed with the Secy of State of NY (SSNY) on 11/08/2018. Office location is Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **6 East Sidney Avenue, Mount Vernon, NY 10550. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF KC MAKEUP, LLC. Articles of Organization filed with the Secy of State of NY (SSNY) on 09/16/2018. Office location is Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process

continued on next page

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In the Matter of a Proceeding Under Article 10 of the Family Court Act 1022 **REMOVAL JAION PERRY** Docket No. NN- 9825-19 F/U No. 156471 A Child Under Eighteen Years of Age Alleged To be Neglected by **SUMMONS TIARA THOMPSON**, (Child Neglect Case) Respondent.

NOTICE: PLACEMENT OF YOUR CHILD(REN) IN FOSTER CARE MAY RESULT IN YOUR LOSS OF YOUR RIGHTS TO YOUR CHILD(REN). IF YOUR CHILD(REN) STAYS IN FOSTER CARE FOR 15 OF THE MOST RECENT 22 MONTHS, THE AGENCY MAY BE REQUIRED BY LAW TO FILE A PETITION(S) TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIANSHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION. IN SOME CASES, THE

AGENCY MAY FILE BEFORE THE END OF THE 15-MONTH PERIOD. IF SEVERE OR REPEATED CHILD ABUSE IS PROVEN BY CLEAR AND CONVINCING EVIDENCE, THIS FINDING MAY CONSTITUTE THE BASIS TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIANSHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION.

UPON GOOD CAUSE, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE CONSIDERED AS A RESPONDENT; IF THE COURT DETERMINES THE CHILD(REN) SHOULD BE REMOVED FROM HIS/HER HOME, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE SUITABLE CUSTODIANS FOR THE CHILD(REN); IF THE CHILD(REN) IS PLACED AND REMAINS IN FOSTER CARE FOR FIFTEEN OF THE MOST RE-

CENT TWENTY-TWO MONTHS, THE AGENCY MAY BE REQUIRED TO FILE A PETITION(S) FOR TERMINATION OF PARENTAL RIGHTS OF THE PARENT(S) AND COMMITMENT OF GUARDIANSHIP AND CUSTODY OF THE CHILD(REN) FOR THE PURPOSES OF ADOPTION, EVEN IF THE PARENT(S) WERE NOT NAMED AS RESPONDENTS IN THE CHILD NEGLECT OR ABUSE PROCEEDING.

A NON-CUSTODIAL PARENT HAS THE RIGHT TO REQUEST TEMPORARY OR PERMANENT CUSTODY OF THE CHILD(REN) AND TO SEEK ENFORCEMENT OF VISITATION RIGHTS WITH THE CHILD(REN).

BY ORDER OF THE FAMILY COURT OF THE STATE OF NEW YORK TO THE ABOVE-NAMED RESPONDENT(S) WHO RESIDE(S) OR IS FOUND AT [specify address(es)]:

TIARA THOMPSON (Mother)
(Current Whereabouts Unknown)

A Petition under Article 10 of the Family Court Act having been filed with this Court, and

YOU AND EACH OF YOU ARE HEREBY SUMMONED to appear before this Court at 111 Dr. Martin Luther King, Jr. Blvd., 3rd Floor Annex, White Plains, New York 10601, on May 7, 2019 at 2:00 o'clock in the afternoon of that day to answer the petition and to be dealt with in accordance with Article 10 of the Family Court Act.

Upon your failure to appear as herein directed, a warrant may be issued for your arrest and/or the Court may proceed to Inquest and hear and determine the petition as provided by law.

Dated: March 11, 2019

_____/S/_____
Clerk of Court

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continued from previous page
to: **Kasey Camacho, 2 Stanley St., Pleasantville, NY, 10570 Purpose: any lawful act.**

NOTICE OF FORMATION OF OLA SERVICES, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on February 3, 2019. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **OLA Services, LLC, 50 Broadway, Hawthorne, NY 10532. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF OLA ASSOCIATES, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on February 13, 2019. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **OLA Associates, LLC, 50 Broadway, Hawthorne, NY 10532. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF DORENBAUM & BECK, LLC. Articles of Organization were filed with the SSNY on 2/28/19. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **20 Manville Ln., Apt 4, Pleasantville, NY**

10570. Purpose: Healthcare Communications Consulting.

NOTICE OF FORMATION OF RHAK LLC. Articles of Organization were filed with the SSNY on 3/13/2019. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **18 Belmont St., White Plains, NY 10605. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF RMSF LLC. Articles of Organization were filed with the SSNY on 3/18/2019. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **37 Saw Mill River Rd., Suite 200, Hawthorne, NY 10532. Purpose: Any lawful purpose or activity.**

NOTICE OF FORMATION OF BEATS BY DANNY LLC. Art. of Org. filed with the SSNY on 03/01/2019. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, **7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF EMPIRE AV LLC. Art. Of Org. filed with Sec. of State on 12/10/2018. Off. Loc. In West-

chester Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail a copy of process to **3 FOREST CT, MONTROSE, NY 10548. PURPOSE: Any lawful business.**

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The Northern Westchester Examiner Sports

Covering Putnam County and Northern Westchester Sports

NWE/Putnam Fab 5 LAX Poll

No.1 YORKTOWN – Temporary order was restored in Class B Huskers' 9-7 season-opening triumph of Class A champion Mamaroneck behind two goals apiece from Reese Andrews, Alex DeBenedictis (1A), Shane Dahlke and this Blake Borges kid, who will be fun to watch. But it was G Dan O'Meara (13 saves) who kept the Huskers from nearly squandering a 6-1 lead.

No.2 LAKELAND/PANAS – Class A Rebels will hit the road Thursday to open up with Suffern before hosting Mam'neck on April 9th in what should be a telling tale.

No.3 PUTNAM VALLEY – Class D Tigers (2-0) have seen junior A Kyle Wassil go off for 10 goals and 3 assists in a pair of one-sided wins over Keio and Clarkstown North. And whoever had the idea of playing the Japanese national anthem before the Keio game; #ThatsClassy.

No.4 SOMERS – Class B Tuskers will get reigning Class C champion Pelham this Saturday.

No.5 MAHOPAC – Class A Indians were somewhat shorthanded but still stuck in quicksand in a mind-blowing 7-3 opening-day loss to Class C Byram Hills #Inconceivable. 'Pac freshman Mike Harney (2G) had himself a day, but the rest of the offense needs to figure this out in a hurry.

HM BREWSTER – Class B Bears had to sweat out 6-5 win behind three-point efforts from Bob Conklin (2G, 1A) and Pat Feehan (1G, 2A) over improving Class A Carmel, which really showed some grit in the loss.

HM OSSINING – This Stone Turnquist has a pretty cool name and his six goals and one assist led the Class A Pride to an 11-1 beatdown of Hastings.

Ray Gallagher



BOB CASTNER PHOTO (PLEASE VISIT WWW.CASTNERPHOTO.NET FOR MORE)

Drop Dead Borges!

Yorktown Sophomore Looks the Part, Scores Big Goal in Season-Opening Win over Mam'neck

Yorktown sophomore M Blake Borges scored twice, including a nifty behind-the-back crank for a game-sealing, two-goal cushion in the Class B Huskers' 9-7 win over reigning Section 1 Class A champion Mamaroneck last Saturday on opening day at Charlie Murphy Field where 40-time Section 1 champ Yorktown silenced some of the doubters and took the first step toward reclaiming the Class B crown this spring.

Sports

Baseball Notebook

Vetrano, Berta Hoping for Encore at Class A Lakeland

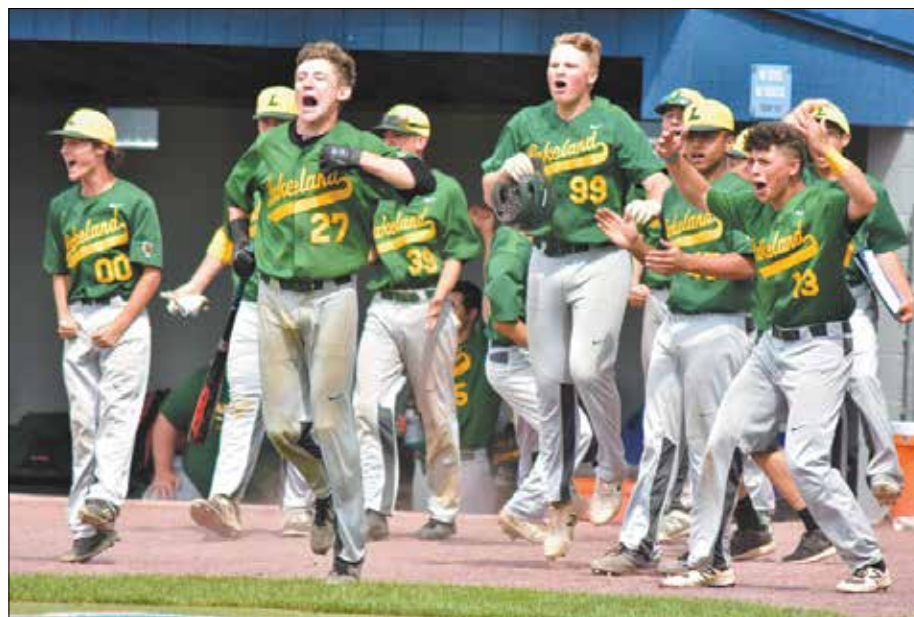
Class AA Mahopac, Carmel Set to Rebuild; Class B Put Valley Returns a Ton

By Ray Gallagher
Examiner Sports Editor
@Directrays

More than any other sport, the beauty of baseball is the notion that “on any given day” cliché rings truer than most. The idea of a No.16/15 seed knocking off the No.1/2 seed isn’t quite as far-fetched in baseball as it is in basketball, football or lacrosse, and the No.5 vs. No. 12 game is almost like a pick ‘em game. It all comes down to pitching, and who’s toeing the rubber on that particular day. These are just a handful of names, guys that are expected to produce on the mound, and some others expected to hold it together behind the hurlers.

Class A **LAKELAND** will have a decided advantage in that regard as the defending champion Hornets seek the first repeat in program history with two of the most consistent pitchers in the section returning under fifth-year Coach Bill Casey, the kind of stern yet soft-spoken ruler athletes love to play for.

Lakeland junior lefty Joe Vetrano is everything you want in a student athlete; he’s sharp, he’s a leader and a loyal friend, a coach’s dream and everything a mom/dad wants in a son. The Boston College-commit is also the best pitcher in Section 1 after a sophomore season in which he posted some of the best numbers in the history of the tradition-rich Hornets, who



RAY GALLAGHER PHOTOS

Lakeland returns the core of its NYS Class A runner-up squad and should be team to beat in 2019.

snagged the fourth sectional title in school history last June before bowing out in the state finals for the first time ever.

“Joe is the leader of this team on and off the field,” Casey said. “He plays the game the right way. He hustles every play out all the time. He genuinely cares about his teammates and shows it all the time in practice and games. Joe had big numbers last year and we expect the same this year but all he cares about is winning.”

With a fastball topping out regularly in the low-90s, an ERA of 1.48 and an unblemished record (9-0) last season, pro scouts are sure to blaze a trail to Lakeland and all points north or south when Vetrano toes the rubber this spring.

Oh, yeah, he also batted to the tune of .462 last season with a .962 slugging percentage (9 doubles, 2 triples, 9 homers in 80 at-bats). The best part is the humility exhibited by 6’3” 210-pounder on and off the field.

Additionally, Lakeland will lean on junior lefty Evan Berta (P/OF), who combines craft, guile and big-game awareness as part of his repertoire (66K’s in 48 IP). The kid can also play a mean center field and hits for marginal power (.505 slugging).

In addition to being a great pitcher, Evan He is a very good outfielder that covers so much ground for us, which he showed throughout the playoffs last year,” Casey said. “We expect him to play even a bigger role for us this year on the mound and with the bat.”

If the supporting cast, including versatile senior SS Leo Cummings, junior OF/P Andrew Croce, senior C Zach Lerman and junior 1B/P Jason Green, can round into consistent form, and Berta and

Vetrano can hit in the clutch, there’s only a scant handful of teams in the section/state standing between the Hornets and their first state title #SorryIfWeMushThis.

That’s the expectation this season, as it often is for one of the section’s most consistent programs. The Robinson brothers may not be coaching baseball at Lakeland any more, but the ‘Lakeland Way’, or the branding infused by Dennis and Mike, remains the same. Putting on the green and gold cap with the raised L has meant a lot to a lot of student athletes over the years, but the program is in a position to make the kind of history it’s never seen before; beginning with an encore performance in 2019.

It will be done largely on the back of Vetrano, who just might go down in history with the likes of for aces Horner aces Anthony Eannacony, Dennis Robinson Jr., Chris Moran, Jonathan de Marte... to many to mention. If Lakeland repeats, he’ll have topped them all, and the nucleus of this club will rank atop the all-time great Lakeland teams so #HaveAtIt.

Across the district, **WALTER PANAS**

Coach Anthony Fata enters his 19th year as skipper of the Panthers and coming off a 13-10 season where the Panthers lost in the Class A semis, it’ll be tough to match last year’s success with so much lost to graduation.

Senior P/IF Don Hopper and junior IF Diego Urreta are key figures regarding the Panthers’ 2019 success. Urreta is a solid infielder with a big-time stick, and Hopper is the team’s most versatile player

“Diego has a big bat and Don is our everything-guy, our spark plug,” Coach Fata said.

Juniors Sean Cregan (OF/P), Mark Perez (IF/P) and Matt Calise (P) are impactful rookies. Calise is said to be a hard worker and has shown impressive stuff at each level along the way to his initial varsity foray.

“We are looking to be competitive in a very strong league,” Fata said. “We are young and untested. Our strengths will be our defense and pitching. We need to solidify the line-up because we lost some big bats in our due to graduation.”

HEN HUD is coming off a solid 16-4 season under Coach Van Vourliotis but his Sailors were greeted rudely in the



Lakeland junior P Joe Vetrano is poised to become an all-time Section 1 great after leading Hornets to NYS finals last year.



Big things are expected from Put Valley SS Frankie Curran and Mahopac 1B Kyle Brandsetter.

post season after a first-round ousting by Panas. Senior P Nick Caruso is now a is three-year varsity starter at the top of the Sailor rotation.

“Nick has earned the right to be the ace of our staff,” the coach said. “He will lead a very young varsity pitching staff that will look up to him to be our stopper.”

Caruso’s battery-mate, Montclair State-

continued on next page

Sports

Baseball Notebook

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Carmel sophomore C Anthony Febo will be tough to run on as he blossoms into one of Section 1's best backstops.

bound C Ryoji Schwartz, is a three-year varsity starter behind the plate and a middle-of-the-order bat, who thrives in situational hitting.

"He is one of the smartest baseball players I've ever coached and he understands everything that may arise during a game," Vourliotis said. "The pitching staff besides Caruso has only a handful of varsity innings, but I love the energy this team brings every day. Something is unique with this team, they're all very close to one another no matter the grade range, a real family like feeling. I hope they are playing their best baseball come May 1st."

YORKTOWN has done nothing but remain competitive under 17-year Coach Sean Kennedy, an assistant on Yorktown's lone 1994 sectional championship team.

Yorktown comes off a 10-10-1 campaign, which ended in 5-2 playoff loss to mighty Mamaroneck in Class AA playoffs.

Senior P/1B Anthony Fusco struck out 44 batters and fired 32 very effective innings last season and tops out in the 84-86 MPH range. The Albany-bound Fusco is an All-League player with All-Section ability, doing so at 6'3" and 240 pounds who added four doubles, two homers and 13 RBI last year.

"Anthony is an imposing player with on the mound and at the plate," Kennedy said. "He will be our ace and middle-of-the-order bat."

Yorktown senior P/SS Chris Sica shoves it at 88 MPH, so bring your bat and try him as he closes games out this season.

"Chris is our shortstop and will be taking over the closer role for Tyler McDonnell (Herkimer)," Kennedy said. "He has a live arm and plenty of power at the dish."

Senior P/1B Joe Sgobbo has good, hard stuff and could provide a tremendous one-two punch with Fusco. Sica and Nick

Campanaro are experienced middle infielders who can get the outs behind them and backstop Luan Biberaj is a three-year starter. Yorktown has the parts to do some damage and compete among a tough crop of clubs in League II-C, including John Jay, Panas, Greeley, Brewster, Somers and favorite Lakeland.

BREWSTER has morphed into the one team that nobody wants to see in the post season, and last year's run to the sectional semis was another example for the 13-11 Bears, who could not stand up to Lakeland in the end. Coach Matt Cunningham has the makings for another run in junior All-League CF Paul Catalano (.429 BA, 33 Hits, 19 BB, 21 Runs, 10 RBI, .546 OBP, 1.079 OPS).

"Paul is a tremendous all-around player who works incredibly hard and truly loves baseball," Cunningham said.

Cunningham will also turn to fellow junior P/SS Bobby McBride to get things done. It was McBride (4-1, 2.11 ERA, 42 K's) who broke up the Class A bracket last season when he fired a four-hitter with seven strikeouts as the 17th-seeded Bears upset top-seeded Rye, 1-0. McBride, a fun-loving soul, hit .325 with 26 RBI and 18 runs during an All-League campaign.

"Bobby is a very talented two-way player that will be the true ace that we need," Cunningham said.

1B Nick Girard is another talented play in the junior class.

"We have a committed group of young men that want to work hard," the coach said. "The commonality that brings them together is that they play for one another and want to be successful. Our senior captains, Ryan Gergley and Thomas Mark, have provided strong leadership bolstered by our great group of juniors. We play in a very competitive league which has gotten even stronger by adding Yorktown and Horace Greeley. We are very excited about the season and the challenges ahead of us."

SOMERS, seeded sixth a year ago, will rely heavily on senior P/3B Logan Carriero after a solid 14-7 season that ended in a first round playoff loss. Carriero, an All-Section selection, hit .400 with two HRs, 21 runs and 15 RBI at the plate and went 4-1 with a 3.12 ERA on the mound. Senior leftys Liam Kaseta (All -League, .365 BA, 2 HR, 24 RBI) and Joey Iorizzo (.333 BA 15 IP, 13 K's) should be impactful as well.

"We expect our team to compete each day in practice and in games," Somers Coach Joe Wooten said. "Our seniors remain our driving force."

That may be so, but trust us when we



Put Valley senior P John Millicker needs big year for Tigers to reach lofty goals.

tell you: Keep an eye out for versatile sophomore Jack Kaiser, who works behind the dish, on the hill and at the hot corner. He's a breakout candidate.

CLASS AA

Second-year **MAHOPAC** Coach Myckie Lugauber comes off an 8-14 season, including a first round playoff loss to White Plains. The Indians do not return a pitcher with significant varsity experience, which is mega-reason for concern.

Senior 1B Kyle Brandstetter (.345 BA) is a solid bat in the lineup, and senior OF Mike Musantry is a spark atop the lineup, but the rest of the lineup is full of fresh faces. Mahopac will need to win the old-fashioned way, by being scrappy one through nine in the lineup and doing all the little things.

"Our guys have been working hard all off-season," Lugauber said. "They are excited to get out on the field and get the year started. We have a scrappy group of ballplayers that are going to go out every day and play the game the right way. We have a hungry group of pitchers that are ready to make a name for themselves this year. Kyle and Mike are going to be a big part of our offensive success in the middle of our lineup, and we have a lot of guys pushing each other at different positions to earn starting spots. Defensively, we have the potential to be a very special group."

CARMEL outscored Mahopac 25-3 last season, including an 18-0 whipping, and comes off an impressive 15-7 campaign under third-year Coach Joe Hackert, who lost 15 seniors, so you can bet Mahopac is itching for payback. The Jack Sullivan (6-1, 3 saves) era began last year and the sophomore hurler was just getting started. Sullivan, and C Anthony Febo (52% caught stealing, 6 passed ball in 116 innings), another sophomore, are about

to take matters into their own hands this season as one of the region's top young batteries, but the rest of the unit is largely untested. The 2019 team will consist of eight seniors, two juniors, seven sophomores and a freshman.

"We are very young and this year will consist of many learning curves," Coach Hackert said,

"but with our senior leadership, we will hopefully be quick learners."

Senior P Joe Christiana, who was injured last year, returns as a hopeful No.2 in the rotation with a solid fastball and above average curve.

League I-A, where the Dutchess County powers roam, will likely provide a rough road for both Carmel and Mahopac to hoe this season.

CLASS B

PUTNAM VALLEY shows two top-notch hurlers in right-hand seniors TJ Brescia and John Millicker, both big parts of a 15-8 team last year, which ended in a semifinal loss to Briarcliff. Veteran Coach Joe Natalie, entering his 15th season at PV, will lean heavily on both at the front end of the rotation. Both are in the low-to-mid-80s and senior Matt Carlsen provided a steady third starter.

"We have several seniors returning from last year's team, an All-Section player (Brescia), several returning All-League players, and all of our pitchers have returned from last year's staff," Coach Nats said. "We will really miss four-year catcher Mike Gaitan, though. We have a difficult schedule that will challenge us this year and hopefully help us advance further in the sectional tournament."

CROTON comes off an admittedly disappointing 8-13 season and first round loss to Westlake, in which the Tigers blew a three-run seventh-inning lead.

But All-League junior P/1B Max "Bubba" Luke, who tops out at 85 MPH returns after hitting .422 at the plate with 4-4 record and 2.97 ERA to go with 41 K's in 30 IP.

"This is Bubba's third year on varsity and he continues to get better," Croton Coach Eric Rosen said. "Bubbs will hit in the middle of the order and will be counted on to drive in runs and get key outs."

Junior P Jon Casieri doesn't light up the radar gun but knows how to get hitters out after an All-League season when he hit .317 with 18 runs scored and 11 RBI and went 1-1 with a 1.88 ERA in 26 IP.

"Jon was a pleasant surprise for us last season," Rosen said. "He's a sure handed infielder who will start at second base. Jon will be counted on to jump start out offense as our leadoff hitter. With 16 upperclassmen - most with varsity experience-the talent is there to make some noise in Class B."

Sports

Girls' LAX Notebook

Defending Champ Brewster, Hen Hud on Collision Course

By Tony Pinciario

The **BREWSTER** girls' lacrosse team had a 2018 season that it will never forget. Led by third-year Coach Sara DiDio, Brewster won its first sectional title and advanced to the New York State Final Four before falling to Honeoye Falls-Lima by a goal. The Bears walked off the field at SUNY-Cortland proud of what they accomplished and primed to return in 2019.

"It was an exciting and amazing experience with a great group of girls," DiDio said.

The only drawback to the 2018 season was the graduation of six players, Lauren Craft (playing for Penn State), Tara Regan, Juliana Rienzi, Grace Pastore, Leah Frey and Michelle Feighan.

Not many teams can graduate six players from a sectional champion and state semifinalist and still be considered a favorite to repeat. However, DiDio, who was the JV coach before moving up to varsity to replace Gerry Walsh, returns

a deep, talented nucleus, highlighted by seniors Meagan Beal (M), Maggie DePaoli (M), Haile Ratajack (M) and Marina Souza (A). Beal, an All-Section and Academic All-American last year, will attend Furman University. Ratajack, a 2018 All-League selection, will attend Keene State in the fall.

A pair of junior Danielles, Heintz (G, All-Section in 2018) and Regan (A, All-Section) complete the sensational six. Regan has verbally committed to the University of Colorado.

"We have some new players filling in some key roles this year," said DiDio, in her 12th year with the program. "We are looking to a couple returning defenders to step in to help Heintz on the defensive end. We also have some younger players with a lot of potential to make some impact this season."

DiDio pointed out her team has solid offensive chemistry, moves the ball well and has a tremendous work ethic. The one thing Brewster, as well as all of Section 1, has to adjust to is the new self-start rule.

Brewster, 17-5 last year, is in a league with John Jay-Cross River, sectional finalist Hen Hud, Rye, Byram Hills and Horace Greeley.

"We are excited for the season and coming together as a team," said DiDio. "We have a core group of returners who have set the tempo and are making sure the newcomers are adjusting to the varsity level.

We have a tough schedule this season, but hope that helps raise our level of play."

Brewster split a pair of one-goal games to open the season – a 9-8 victory over Carmel and a 12-11 overtime loss to Lakeland/Panas.

Ratajack and Regan each had a hat trick against Carmel. Ratajack also won five draws and Regan had three assists. Olivia Meola scored her first varsity goal and Heintz made nine saves.

"Carmel was up, 7-4, at the half, but Brewster came back and stepped into gear the second half," DiDio said. "First-game jitters were definitely out the first half for us and Carmel came to play."

Souza finished with four goals, Ratajack added three goals and

Regan chipped in two goals and two assists against Ratajack collected seven draw controls and Alex Meola added six.

Class D **PUTNAM VALLEY** flies under the radar when it comes to lacrosse, but one thing the Tigers do annually is win and contend for a sectional title.

Last year, the Tigers went 13-3 during the regular season and played for the Section 1 Class D title where they lost a heartbreaker, in overtime, to Bronxville.

Fourth-year Coach Courtney Hyndman said goodbye to seven seniors, five of whom are playing in college and will turn to its fantastic four for leadership – seniors Jacklyn Phillips (M), Kaitlin Cohen (A), Kimberly Hyndman (G) and Katherine McNamara. Phillips will attend Sacred Heart in the fall and McNamara is going to Bryn Mawr.

The midfield is highlighted by the sophomore duo of Lindsey Cohen and Catherine O'Sullivan. Hyndman said seven new players, who all bring different skills and talent to the team, are joining varsity.

"Although we have seven seniors again this year, we are a pretty young and small team," said Hyndman. "We have a lot of rebuilding to do this year after losing some heavy hitters, but so far these girls are really focused and motivated to build their skills and lacrosse IQ. We have a very tough schedule this season and will be tested both physically and mentally. I have the most faith in this team and program, so I can't wait to see what the year brings.

In year two of his tenure, Coach Rob Molfetta guided **HEN HUD** to the Section 1 Class C final and was the runner-up. Molfetta and his team is hoping for a return trip to the championship game this season, but hoping to reverse the result.

Hen Hud will embark on the 2019 season without stalwart goalie Mackenzie Porter, who is playing in her freshman year at Rutgers.

The Sailors have a core five back, led by sophomore Kira Varada, an All-Section pick last year. Fellow returnees Haley Merchant, Erin Clark, Fiona McGovern and Katherine Warner were All-Section HM.

"We have a core group of new players that will compete for playing time," Molfetta said. "We are experienced



RAY GALLAGHER PHOTOS

Brewster's Danielle Regan (2) and Megan Beal (12) are eyeing a championship encore performance in 2019.



Hen Hud sophomore Kira Varada will be a dominant midfield force for Sailors this spring.



Brewster G Danielle Heintz and Mahopac A Gigi Genovese will be impactful players in 2019.



Hen Hud senior M Haley Merchant (9) and the 2018 Section 1 Class C runner-up Sailors have set their sights on what was once considered an unlikely sectional title.

on offense, losing only one player to graduation, and we will be tenacious on defense."

Molfetta said his defense will be young, so preseason has been important in learning Hen Hud's new defensive system. This will be important as Hen Hud will have a new goalie.

"We are striving to get back to the sectional final," Molfetta said. "We need to be unselfish on offense and play as a team on defense. Our schedule is difficult so we need to be ready for every challenge that comes our way."

Hen Hud's schedule includes the upper echelon of Section 1 teams -- Suffern, Yorktown, Rye, John Jay-Cross River, Brewster, Mamaroneck, Somers and Lakeland Panas.

The Sailors recorded a 14-7 season-opening win over Carmel.

Prior to becoming the **LAKELAND/**
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Sports

continued from previous page

PANAS lacrosse coach, Rebecca DiSisto-Leslie was an assistant to her former mentor, Sharon Sarsen.

During DiSisto-Leslie's assistant coaching days, she witnessed annual excellence from the Rebels, resulting in a trip to the Section 1 Class A semifinals or final.

Now in her fourth year as coach, DiSisto-Leslie and her Rebels are coming off a sectional semifinal berth in 2018. And with the majority of her team returning, the Rebels will look to take it a step further this season.

Colgate-bound senior Emily Kness (A) and senior Gianna Scialdone (D) headline the returning nucleus. Juniors Raquel Nieves and Megan Mucci will control the midfield, Miranda Lopes is in goal and Jenna McCrudden joins Kness on attack, as does sophomore Keirra Ettere.

DiSisto-Leslie said that with a young team last year, many of the players remain the same.

"My hope is that they are willing to step into much bigger roles this season," said DiSisto-Leslie, who also played on the 2003 and '06 field hockey state champion teams. "We have strong team chemistry and strong finishers this year that are another year older and that much more experienced. We also have a strong defensive unit lead by Miranda Lopes and Gianna Scialdone."

The Rebels' strong finish to the 2018 season gave DiSisto-Leslie heightened optimism for 2019.

"My hope is that this team can continue to grow this season, especially from where we left off last year," DiSisto-Leslie said. "I will be looking to my sophomores and juniors, that were on the varsity last year,

to step up and take on more leadership roles on the field this season."

Just like Sarsen did in lacrosse, and field hockey, DiSisto-Leslie put together a tough schedule. The Rebels will play North Rockland, Suffern and Mahopac, as well as league rivals Yorktown, Hen Hud and Brewster.

Lakeland/Panas opened the season with a thrilling overtime victory, 12-11, over 2018 Section 1 Class B champion Brewster. Emily Kness scored on an eight-meter shot, her fourth of the game. Julia Araujo, Katelyn Cerrato and Ettere each had two goals and McCrudden added a goal and two assists. Lopes made 13 saves.

It is an annual dilemma that OSSINING Coach Patrick Wheeler happily welcomes.

Wheeler, in his third season, opens practice missing several key players as these girls are with Coach Dan Ricci, usually playing for the NYS Class AA girls' basketball championship.

Five players – Jaida Strippoli (A), Julie Iorio (M), Brooke Weeks (M), Kylee Taxiera (G) and Alexandra Forman (D) celebrated as the Pride won the 2019 state championship and, last weekend, lost in the federation state finals.

"After graduating only two players from last year, we return the core of our team," said Wheeler, who was Ricci's assistant before becoming head coach. "We suffered through a lot of injuries last season, missing 100-goal-scorer Jaida Strippoli the entire year, as well as missing midfielders Brooke Weeks, Julia Iorio, and goalie Kylee Taxiera for extended periods of time. We are missing a key piece this year as well with midfielder Kacie Scarduzio tearing her ACL during basketball.

"Still, I believe this is our strength. We have constantly had to deal with adversity, but have stuck together. We also have a large group of girls who know how to work hard and know how to win. That goes a long way in high school athletics."

When Ossining is at full strength, the Pride will aim to increase its win total from 2018 and advance in the sectional tournament.

"We have a competitive schedule and play in a very good league with great programs," Wheeler said. "We will have to work for everything we get, but I am hoping on improving on our record from last season and getting back to being able to play at the pace Ossining wants to play at."

MAHOPAC came up one game shy of its appointed goal – a semifinal loss to Mamaroneck. And even though six players graduated, highlighted by Caroline Raymond (playing at West Point) and Hannah Lieto (playing at East Stroudsburg), the Indians will once again be a Section 1 Class A contender.

This is based on the returning nucleus of seniors and captains, Natalie Scanlon

(M, All-Section last year), Jordan Barbagallo (G) and Katie McDonough (M). Barbagallo and McDonough were All-Section HM. They are joined by fellow senior Zina McNerney (M). Juniors Christina Lopreato, also a captain (M) and Sophia DeFrancesco (A) round out the returning group.

Nine newcomers, including five freshmen, join varsity. Juniors Kira Dobbs and Samantha Faeth, both attack, and sophomores Tatiana Moran (M) and Carly Ravoli (D) are moving up. The freshmen five are Audrey Colucci, Ava Jennings, Nicole Panny and Avery Pryzmyski, all midfielders, and Mia Del Bene (D).

Coach Jim Lieto, in his 11th year, pointed to his team's returning experience as its strength. Mahopac has experience, and depth, on attack, midfield and defense.

"Jordan Barbagallo is a three-year varsity player, and the girls in front of her combine for twelve years of varsity experience and a significant amount of starts. In the midfield, each of them have their own strong side of the ball, but all of them are skilled on both offense and defense. At attack, we are skilled attackers, feeders and shooters."

With plenty of experienced returnees, it's understandable regarding Lieto's optimism.

"I am extremely excited about this year's team," Lieto said. "We return more experience than we have ever had. We have a new offensive coach, Jack Kensil, who brings a lot of fresh perspectives to that side of the ball. I think that, combined with our traditionally strong defense, will make us a strong team this season."

Lieto noted that some of the marquee games this season are Scarsdale, March 29, at Mamaroneck, April 6, and at Lakeland/Panas, April 26.

Coach Kerry Hackert created the **CARMEL** program in 2008 and returns for her 12th year. Last year, Carmel qualified for the Section 1 Class A Championship, but suffered a first-round loss. Five starters graduated, but Carmel's top returning player is senior Katie Taranto (M), an All-Section HM choice last year. Taranto has committed to attend the University of New Hampshire.

Hackert welcomes back senior Cat Babnik (G), junior Margaret Flocco (A), and Maryrose Murphy (M). Carmel possesses speed and versatility, however, Hackert noted that two starters are currently injured.

"We have a lot of new players who are getting used to the varsity level," Hackert said. "We lost our first game, versus Hen Hud, but we didn't quit and tied them in

Girls' LAX Notebook



Carmel's Katherine Taranto (L) and Alexandra DeFilippio (13) are big reason why the Rams see improvement on the horizon.

second half."

Carmel will square off against archrival Mahopac and some of the Rams' other top games include Ursuline, Fox Lane and Suffern.

Carmel also led Brewster, 7-4, before the 2018 Section 1 Class B champions rallied to a 9-8 win.

Babnik registered nine saves, including her program-record 489th. Taranto and Flocco had three goals apiece and Taranto also won six draw controls. Camryn Schilling and Taylor Roth also scored.

Alexa Lucchesi and Tori Doyle began their second year as the SOMERS High coaches, following a 7-10 2018 season, including a Section 1 Class B first-round win.

Somers graduated four seniors. Doyle and Lucchesi have three returning seniors who will be playing in college: Hannah Lustig (M), who will attend the University of Massachusetts-Amherst, Emma Kittredge (M), who is going to Sacred Heart and Alex Pittman (D), who is Holy Cross bound. Lustig and Pittman were All-Section picks last year and Lustig also earned All-NYS honors.

The junior tandem of Megan Dineen (A) and Jen Campbell (M) also return, giving the Tuskers a solid core.

"Our team strength is our midfield and attack," Doyle said. "All are returning players and we've really worked out the kinks from last year and are meshing together well. We are very hopeful about the upcoming season. Returning most of our team and having five commits really is going to help us. We have a lot of other players stepping up and taking on a leadership role as we now have six starting seniors ready to make an impact on their last year."

Somers opens against Pelham, today.

Girls' lax coaches are encouraged to contact beat writers Tony Pinciario (tfinch23@optonline.net) or Ray Gallagher (raygallaghersports@gmail.com) for inclusion in our weekly notebook



Putnam Valley senior M Jacklyn Phillips is set to shatter the PV record books this spring.

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