

**Support Relay  
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pages 24-27**



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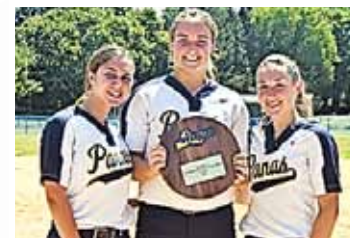


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# The NORTHERN WESTCHESTER Examiner

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

**Panas Advances to  
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June 11 - June 17, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 494



PHOTO BY LAUREN BRADY

## There She Is....Miss New York 2019!

Lauren Molella, representing Upstate New York and shown with Bill Powers, executive director of the Peekskill DOWNTOWN Business Improvement District, was crowned Miss New York 2019 Saturday night at the Paramount Theatre in Peekskill. Molella, 24, will represent the Empire State in the Miss America competition in September. For more photos of contestants, and the reigning Miss America, mingling with residents throughout the city Saturday, **see page 6.**

## Forum on Benefits of Legalizing Marijuana Held in Peekskill

By Rick Pezzullo

There was no question where panelists at a forum sponsored by the Peekskill NAACP Saturday stood in the debate over legalizing marijuana in New York State.

All five speakers, along with Peekskill Councilwoman and forum moderator Vanessa Agudelo, presented arguments and statistics on why New York should become the 11th state to allow the use of recreational and medical cannabis and how decriminalization of marijuana, which has been in effect since 1977, except for possession in public view, which is a misdemeanor, has been inadequate.

"We have to be realistic that marijuana is out there, and people use it," said Lisa Tane, a former legal aid attorney. "It's time to legalize it and regulate it. If there

is a demand, there will be supply. Let's make it a safe supply."

Agudelo set the tone for the two-hour forum, which was attended by about 30 people at the Peekskill Neighborhood Center, by declaring she was a big advocate for legalizing marijuana.

"It's an incredibly important issue. It's probably the top state issue for the NAACP right now," said Agudelo, who also serves as chairperson for the NAACP's Environmental Committee for Justice. "We believe marijuana should absolutely be legalized."

Steven Rabinowitz, vice president of Families for Sustainable Drug Policy and an addiction services management consultant, maintained two legal substances,

*Continued on page 2*

## Annual Relay for Life of Yorktown Slated Friday at YCCC

By Rick Pezzullo

One of the region's top fundraising Relay for Life events to benefit the American Cancer Society will be held Friday at Jack DeVito Memorial Field behind the Yorktown Community and Cultural Center on Veterans Road.

This year's Relay, which runs from 4 p.m. to 11 p.m., has set a goal of \$130,000. As of Monday, more than \$78,000 has been pledged.

Relay for Life of Yorktown is a community gathering where groups, organizations and teams fill the YCCC field

with booths and activities. A survivor/caregiver dinner will take place at 5:30 p.m. with food donated by local restaurants. The opening ceremony will start at 7 p.m., followed by a survivor/caregiver lap around the track. After dark, an all-ways moving Luminaria Ceremony to acknowledge everyone touched by a cancer will be held at 10 p.m.

Other highlights of this year's event include inflatables for children sponsored by Funflatables, a pizza truck by Roger & Sons, the Yorktown High School Jazz Band performance, the Light Saber Guild

teaching light saber classes, and Once Upon a Tea Party will be doing princess and superhero meet and greets.

As of Monday, the top three fundraising teams in Yorktown reported by the American Cancer Society are Building Blocks for a CURE (\$13,746), HAWKS (\$13,407) and Love Struck (\$10,110). The top three individuals are Cathy Poulin (\$5,730), Kristina Iennaco (\$4,229) and Denise Gabriele-Poulin (\$3,879).

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, the Relay for Life movement of 3.5 million partici-

pants across the world unite at more than 4,500 events to celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities to take a stand against cancer. Since 1985, Relay For Life events in the United States have raised more than \$6.3 billion.

For more information, visit [www.relayforlife.org/yorktownny](http://www.relayforlife.org/yorktownny) or call 1-800-227-2345.

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# Forum on Benefits of Legalizing Marijuana Held in Peekskill

*Continued from page 1*

alcohol and tobacco, are “much more toxic than marijuana ever will be.”

“There are a lot of cases to be made for having a regulated marijuana trade,” he said. “The war on drugs has failed and made it worse. Nobody wants to see young people have access to marijuana. That doesn’t change. The prevention message is still out there. Cannabis use should be an adult choice.”

Saad Siddiqui, an attorney, said between 1977 and 2010, there were 525,000 arrests for unlawful possession of marijuana, with 80% of those arrested being either African-American or Hispanic. Meanwhile, according to panelist Nelson Guerrero, executive director of the Cannabis Cultural Organization, 99% of marijuana is consumed by Caucasians.

“The law needs to change because it’s

not applied evenly,” Siddiqui said. “I have watched communities of color get ravaged by the way these cases are handled.”

Damon Jones, publisher of *Black Westchester* magazine and a Westchester County Department of Corrections employee for the last 28 years, agreed police enforcement in communities with a predominantly African-American population was greater than in white neighborhoods.

“It’s a tool of oppression. It’s a byproduct of racial profiling,” Jones said.

If marijuana is legalized in New York, it is estimated to generate \$300 million annually, 50% of which is projected to be earmarked for education in affected communities.

“It’s a public health issue,” Tane said. “It’s not a criminal justice issue.”



## The “Doc” Made a House Call in Yorktown

Former Mets and Yankees pitcher Dwight “Doc” Gooden, shown with Yorktown supervisor candidate Matt Slater and his son, put on a different uniform Saturday as he pitched a few innings in a charity game at the new Granite Knolls Sports Complex in Shrub Oak. Gooden also signed autographs and took photos with fans.

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## Peripheral Artery Disease – Your Limbs, Your Life

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### Q: What is Peripheral Artery Disease (PAD) and why does it occur?

**A:** PAD is when plaque deposits of fat, cholesterol, and other substances build up in the walls of your arteries. Over time, these deposits can cause atherosclerosis, a narrowing or complete blockage of the arteries. Think about a clogged shower drain. When there’s no place for the water to go, it drains slowly over time. If you continue to ignore the clog, you can expect more serious plumbing issues. The same is true with your arteries.

### Q: How do I know if I have PAD?

**A:** PAD symptoms often begin with leg pain and worsen over time. You’re in pain because there’s not enough blood flow or oxygen in your limbs to keep up with the demands of the exercise. Symptoms may mirror less serious complications. See your doctor if you have a non-healing ulcer, an ingrown toenail, thickened toenails, hair loss on your feet, cold feet, or no pulse in your feet.

### Q: Is it serious?

**A:** Though progression isn’t rapid, severe PAD can cause tissue loss and gangrene, and can even be deadly. Regular screening for PAD is critical because the condition can be a marker for coronary artery disease and cerebrovascular disease, which could ultimately

lead to a heart attack or stroke. As the population ages, PAD is more prevalent, advising an annual screening for PAD for everyone over the age of 70.

### Q: How can I reduce my risk? Or, if I’m diagnosed – How can I manage symptoms?

**A:** Get the help you need to stop smoking. This is a risk factor you can control. By damaging your blood vessels, the chemicals in cigarettes increase your risk for PAD by four times, according to the National Institutes of Health. Also, exercise as regularly as possible, and stick to a diet rich in fruits, vegetables and legumes, and limit meat.

### Q: Behavior modification isn’t working for me. What are my options?

**A:** If you’ve been diagnosed with PAD and your symptoms can’t be managed through behavior modification alone, you have options. At Northern Westchester Hospital, we use balloon angioplasty, stent placement and atherectomy procedures to treat PAD symptoms. These techniques help keep the blood flowing in the arteries of the lower limbs and are often done without hospital stays. You’ll resume daily activities within a day or less. For severely blocked arteries, bypass surgery lets us bypass severely blocked blood vessels. This often requires a three-to-five-day hospital stay and rehabilitation.



# Registered Sex Offender Relocates to City of Peekskill

A registered sex offender who was convicted of sexually assaulting a teenager has reported relocating to the City of Peekskill.

The New York State Division of Criminal Justice Services issued an alert last week to Westchester residents about Steven Cilento, 33, who moved to a residence on Depew Street in Peekskill.



Steven Cilento

The Division of Criminal Justice Services has assigned Cilento as a level two threat, which means he is at "moderate risk of a repeat offense." According to the Division of Criminal Justice Services, Cilento had deviate sexual intercourse with a 15-year-old victim in February 2003 in Putnam County. He

was convicted of third-degree sexual assault for subjecting another person to having sex without consent and was sentenced to three years' probation.

Cilento was previously arrested for damaging a New York State Police vehicle, menacing a neighbor, burglary, and trespassing. He is now under the jurisdiction of the Peekskill Police Department.

## Police Blotter

**June 2** - State Police from Cortlandt arrested Joshua A. Gil, 27, of Peekskill, for Aggravated DWI. He was traveling on Albany Post Road in the Town of Cortlandt when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol and was subsequently arrested.

State Police from Cortlandt arrested Jorge R. Aguilar Lozano, 30, of Peekskill, for DWI. He was traveling on Route 9 in the Town of Cortlandt when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol and was subsequently arrested.

**June 3** - State Police from Cortlandt arrested Edgar V. Gutamachica, 23, of Ossining, for DWI, a misdemeanor and Aggravated Unlicensed Opera-

*Continued on page 9*

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## No Injuries in White Plains Linen Fire



On Sunday at about 9 p.m., members of Peekskill Professional Firefighters Local 2343 responded to a reported structure fire at White Plains Linen on John Walsh Blvd. in Peekskill. Firefighters secured a water source and stretched hose lines into the building to extinguish the large bins of linens that were burning. The building is equipped with fire sprinklers which activated and kept the fire from rapidly intensifying, giving crews time to fully extinguish the fire. A quick response and working fire sprinklers helped the incident from becoming a much more devastating event. No injuries were reported and units returned to service after midnight.

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# Vesce Calls Mayor Rainey's Address 'Nakedly Deceitful'

By Rick Pezzullo

Peekskill mayoral candidate Vincent Vesce accused incumbent Mayor Andre Rainey of taking credit for other people's work during his recent State of the City address, calling the speech "nakedly deceitful."

Vesce, a former councilman looking to unseat the first-term Rainey, also claimed the mayor offered no vision for the future of Peekskill, charging the city has stalled under Rainey's leadership.

"There's no way around it," Vesce said, "Peekskill is stalling under its current administration, and our families cannot allow that to continue. I was hopeful that Mr. Rainey would offer ideas of his own during the State of the City Address, but instead I and others watched in amazement as this orchestrated speech took credit for successes achieved by past administrations and councils on which I served. In stark contrast to what's going on in City Hall now, the bi-partisan Peekskill Together team will be laying out a clear vision for progress in Peekskill in the weeks ahead, along with our professional and community credentials that will allow us to actually accomplish things. This administration does a lot of talking, but addressing Peekskill's challenges and harnessing its enormous economic potential takes action not acting and over- the-top metaphors. We need to

do better. Peekskill deserves better."

Vesce and his Common Council hopeful running mates Lauren Brady, Marlon Mahon and Luis Segarra specifically took issue with Rainey taking credit for more than a half a dozen development projects that had been initiated and approved during Vesce's tenure on the council; an improved Moody's credit rating that was based on fiscal years 2014 thru 2017 which were budgets passed by prior administrations; the completion of the Lincoln Depot Visitors Center to promote tourism, which was approved prior to Rainey becoming mayor; the completion of the southernmost section of the Peekskill Waterfront Trail system which is more than two years behind schedule; infrastructure improvements which are old projects that have been in the Capitol Plan for years; and sustainability programs such as the LED lighting initiative which was approved and completed more than three years ago.

Rainey fired back, remarking, "The only thing Mr. Vesce has to offer this city is this Trump-style, divisive politics, he learned from his mentor Frank Catalina. And residents decided two years ago, we've had enough of that."

"Peekskill is on the march. It's the single hottest community in Westchester

and the Hudson Valley right now, and that's a major problem for Vinnie Vesce," Rainey said. "The last time a Vesce was in charge of Peekskill, crime was soaring, political patronage was rampant, the downtown was full of empty storefronts, homeowners were being taxed into oblivion, and people simply avoided coming to Peekskill because they were afraid of our community. Rest assured, we are not turning back. We will continue encouraging good, exciting development that fits the character of this community and is welcoming to all. We will continue to hold the line on taxes and further bolster the city's financial position. And I will continue to lead this City in a positive, forward-looking manner, so

we can be an example for how you can revitalize a city in a way that brings the City together."

"I wish nothing but the best to Mr. Vesce and hope he will become a cheerleader for Peekskill and not a slanderer," Rainey added.

Vesce also faulted Rainey for failing to mention in his speech "the string of administration failures" during the last 18 months, citing the shuttering and uncertain future of the Paramount Theater, the "secretive" plan to place a homeless shelter in a residential Peekskill neighborhood, the loss of confidence among city employees leading to several senior staff resignations and constant overreach and "mismanagement" of day-to-day city operations.

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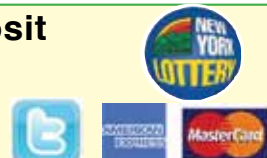

  
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# Miss New York Pageant Brings Smiles to Peekskill



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# Area Record Store a Treasure Trove for Music Lovers

By Martin Wilbur

If you believe that old 33 rpm records are as outdated as the rotary phone or televisions with antennas, you may want to think again.

Big Jim's Records, with locations in Hawthorne and Buchanan, is proof there's still demand for vinyl records despite all sorts of ways for music to be delivered.

"People think records came back. The never went away, quite honestly," said Jim Gibson, owner of Big Jim's Records. "I did not stop selling records from the '80s to the present. What I sold was records. I did sell CDs because there was a lot of stuff that came out that wasn't on record. Most of the Whitney Houston records are not made on record, they are on CD, and some of the other top people."

Gibson, who previously had a store in Manhattan that also served as an art gallery and later a location in Cold Spring, opened his Hawthorne store on Elwood Avenue last year. It came two years after he got back into the business following some health issues by launching a location in Buchanan on Albany Post Road, not far from his Peekskill home.

Originally, Gibson, a collector who has been in the record business for most of the past 35 years, was going to use that space to run his mail order record business. But the retail side flourished forcing Gibson to find more room.

"There hadn't been a record store in the area for a long time," he said. "I didn't know how many people would be interested and there's still a lot of people that are (interested) quite a lot, and it's been a great time so far."

Between the two locations, Gibson estimates that he has about 40,000 records, with almost any genre of music represented at all price points, starting at under \$5.

However, his bread and butter are the rock albums from the 1960s, '70s and '80s, mostly the 33 rpm records, although he does carry a small collection of 45s and CDs. His merchandise also includes concert posters and other memorabilia.

Much of Gibson's inventory of used records he's collected over the years he bought from other collectors or the public.

"What am I looking for? Stuff that I don't know, stuff that wasn't a hit," said Gibson, who grew up in Yonkers. "If it wasn't a hit, chances are there is someone looking for it today. If it wasn't a hit but was good, especially if it was from the '60s or early '70s, there's a very good chance someone is looking for it today."

The Velvet Underground was an example of that phenomenon, Gibson said. The band formed in the mid-1960s featuring Lou Reed but was never much of a commercial success. They have been considered one of the most influential rock bands of all time.

Then there are the popular but hard-to-find albums. Pink Floyd's "Dark Side of the Moon" sold millions of copies but it was the first pressing from England that had a solid blue triangle on the label that is in high demand.

A good copy of jazz legend John Coltrane's "Love Supreme" could be had for as little as \$10 at one time. Not anymore, Gibson said.

"It was not a hard-to-find record," he said. "Now it's \$300 and good luck trying to find one because people are holding onto it."

Gibson uses his decades of experience to anticipate what the public is looking for. He is also attuned to what customers tell him. And the store isn't just for older folks taking a trip down memory lane. Many younger customers stop in to buy or browse after they hear a song they like.

"It's trial and error," Gibson said. "People come in here and compliment me quite a bit on my collection. I've been doing this a long time."

Big Jim's Records in Hawthorne is located at 383 Elwood Ave and is open Monday through Saturday from 12 to 7 p.m. and Sunday from 12 to 5 p.m. The Buchanan location is at 399 Albany Post Rd. and is open Wednesday to Sunday from 12 to 6 p.m. For more information, visit [www.bigjimsrecords.com](http://www.bigjimsrecords.com).



MARTIN WILBUR PHOTO

Jim Gibson, owner of Big Jim's Records in Hawthorne and Buchanan, above. Big Jim's Records in Hawthorne, which opened next to the train station last year, below.



## YORKTOWN HYDRANT FLUSHING NOTICE

**The Yorktown Consolidated Water District will be flushing fire hydrants in parts of Sections 5, 6 & 7 from June 17, 2019 thru July 19, 2019 between the hours of 7:30 A.M. to 2:30 P.M.**

Please refer to your Town of Yorktown Trash Collection Schedule for the list of streets included in these sections.

Visit us online at [www.yorktownny.org/water](http://www.yorktownny.org/water) for a daily list of the streets being flushed.

*We thank you in advance for your cooperation.*



## Letters to the Editor

### Changes in STAR Program for Homeowners

#### To the Editor:

I want to make all homeowners who receive STAR tax benefits aware of some important changes to the program going into effect this year. While the amount homeowners save may not change, how they see their savings might.

The STAR tax credit is available to homeowners making \$500,000 a year or less, offering much-needed savings on property tax bills. This year, homeowners making between \$250,000 and \$500,000

will receive their reimbursement as a check, rather than as a tax exemption. This check is sent directly from the State Department of Tax and Finance to homeowners before school taxes are due. The check system is already used by STAR participants who purchased their home after August 1, 2015.

STAR recipients making below \$250,000 will have the option to switch to the check system in order to receive a 2% increase in savings. Those who continue

to receive the exemption on their tax bills will receive the same amount as last year. To learn more about this option and register online, visit <https://www.tax.ny.gov/pit/property/star/default.htm>.

Senior citizens enrolled in the Enhanced STAR program with incomes up to \$86,300 must ensure they are registered online with the state's income verification system. This will not affect property owners who purchased their homes after August 1, 2015, nor will it

affect Enhanced STAR eligibility. More information can be found at [www.tax.ny.gov/pit/property/star/ivp.htm](http://www.tax.ny.gov/pit/property/star/ivp.htm).

The State Department of Tax and Finance will be sending out letters to all affected homeowners outlining these changes. I hope this information is helpful to you.

Sincerely,

**SANDY GALEF**  
Assemblywoman

### Supervisor Gilbert Gets New Van for Yorktown Seniors

#### To the Editor:

From all Yorktown's seniors, thank you, Supervisor Gilbert!

Apparently, after the Fieldhome was sold, the profits from the sale went into the Field Hall Foundation. This generous foundation allocated significant funds for the benefit of seniors living in

Westchester, Putnam and Dutchess counties.

The effort, led by Supervisor Ilan Gilbert and Town Clerk Diana Quast, determined that Yorktown Seniors needed a new van and a new food counter for the Senior Center at the Albert A. Capellini Cultural and

Community Center. Working with Town staff, Supervisor Gilbert and Town Clerk Quast put together a grant application that resulted in the foundation donating \$65,000 to Yorktown to cover the costs of the new van and the food counter.

The van can accommodate up to 14 seniors for their commute between

home and the Center. The van will also be used to deliver meals to seniors who are unable to shop for themselves.

As a senior in Yorktown, I appreciate what Supervisor Gilbert and Town Clerk Quast are doing for us.

Sincerely,

**MARY S. ESSELL**

## Obituaries

### Angela Manfredi

Angela Hernandez Manfredi, a longtime resident of Somers, died May 30 at Seasons Hospice and Palliative Care in Cumming, GA. She was 86.

She was the beloved wife of the late Ettore "Chick" Manfredi. They were married for 50 years. She was born in Brooklyn on March 23, 1933 to Randolph and Evelyn (Healy) Hernandez. She received her nursing degree from the White Plains School of Nursing. She was a nurse and supervisor at Somers Manor in Somers. She loved shopping and vacationing at her condo in Myrtle Beach, SC.

Mrs. Manfredi leaves behind her five children, Marianne Boutsoulis and her

husband Alex of Cheshire CT, Francis Manfredi and his wife Sue of Carmel, NY, Kathy Cox of Cumming, GA, Jane Fortugno and her husband Pete of Milton GA and Kenneth Manfredi and his partner Robin Alberti of Bridgewater VT. She also leaves behind 10 grandchildren, Sarah and Rebecca Manfredi, Emilia and Cassandra Boutsoulis, Sean Cox and his wife Demi, Ryan and Timothy Cox and Juliana, Peter and William Fortugno.

She was predeceased by her brothers Randolph (Buddy), Michael, sister Joan and son in law Stephen Cox.

### George Mahoney

George Leo Mahoney, a resident of Somers, died suddenly May 30 in Chevy Chase, Maryland, with his beloved wife

Rosemary at his side. He was 85.

A cherished husband, father, and grandfather, he leaves behind his wife of nearly 56 years, Rosemary Kane Mahoney of Somers; his children, George Mahoney (Teri) of Brewster, Maura Mahoney (Keith White) of Chevy Chase, MD, and Kathryn Mahoney of Stamford, CT; his grandchildren, Maeve, Honor, and Daniel White, and Luke, Rosemary, and George Mahoney; and his cousin; Joseph Tebo (La Jolla, CA); as well as numerous nieces, nephews, and other close relatives and friends. They will all miss him enormously.

Mr. Mahoney was born June 3, 1933, in Washington Heights, New York City, and moved to Somers in 1969, where he lived for the remainder of his life. He was the valedictorian and captain of the baseball team at Manhattan Prep in 1951, and went on to get his B.A. from Manhattan College in 1955 and his M.A. from Columbia University in 1958. He served in the United States Army for two years, and was a history professor at Manhattan College for nearly 40 years. An expert in European and American history, he was a member of Phi Alpha Theta, the history honor society, wrote Somers Confederates: James Wright and His Nephews, and taught generations of students who enjoyed his encyclopedic knowledge, formidable memory, unassuming nature, and quick wit.

He was predeceased by his parents, George and Kathryn Mahoney, to whom he was devoted, and a host of relatives, including many exceptionally close aunts

and uncles: Elizabeth, Richard, and Julia Greany, Margaret, Mae, and Raphael Mahoney; and cousins Paul Mahoney and Neil Caplice.

### Carol Lynn Reddy

Carol Lynn Reddy, a resident of Croton-on-Hudson, died June 6. She was 22.

Born in Tarrytown, she was the daughter of Robert Reddy, Jr. and Diana Galco. She is survived by her parents, a brother, Robert Reddy III, several aunts, uncles and cousins.

## 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](mailto:rpezzullo@theexaminernews.com).

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

## The Northern Westchester Examiner

**Adam Stone**

[astone@theexaminernews.com](mailto:astone@theexaminernews.com)

**Publisher**

**Rick Pezzullo**

[rpezzullo@theexaminernews.com](mailto:rpezzullo@theexaminernews.com)

**Editor-in-Chief**

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## Guest Commentary

### *I Danced with My Dad*

By Martha Zavras

Growing up with my older brother and parents was idyllic. For most of my childhood my mom was at home, the caretaker, the peacemaker. My dad was in the Navy, serving as a Chief Petty Officer. We always had a great house on a military base, opportunity for travel, and good schools.

What I never understood until adulthood was that my father's daily martini after work and his rare, erratic and seemingly irrational behavior were symptoms of deeper problems. My mom was always there to take care of my dad; she patiently helped him through and dealt with the hard times.

That all changed when my mom died suddenly in 1987. At that time, I was a new mother, my first-born son only 18 months of age. My poor father found her dead; she'd collapsed at home, suffering a fatal heart attack.

His life, of course changed dramatically. He floundered for a while, depressed and alone. I longed to help this man I loved so dearly; yet none of my caretaking would do that. A close friend helped me find the 12 steps. I learned to trust others. With their endless support I found the words to tell my dad that he had to seek professional help if he wanted to be part of my family. The day I told him, I'd come home from the hospital with my second son, just two days old.

My dad gave me the greatest gift ever; he said yes, knowing he needed help. With a sincere heart and a grateful attitude, he expressed relief. "I feel dreadful, and like I don't belong anywhere. It's miserable. I just can't seem to get myself together," he told me with regret. The next thing I knew, I was enveloped in a warm hug, feeling surprised and overwhelmingly grateful.

He was successfully treated for two weeks as an inpatient; and for the first time in his life, he was given lithium to manage the bi-polar illness. He

simultaneously joined AA.

From then on, he led a balanced, happy life, and never had another drink. Thankfully, in 1990 he married a kind and loving woman, enjoying his family and grandchildren until he died in 2011. He was 82 years old.

Aside from overcoming his illness as an adult, my dad lived through a tough childhood. He lost his father when he was only eight years old. He had a brother a sister, and there was a time when his mother couldn't afford to keep the two youngest (my dad and his brother) at home. The two boys spent time at an orphanage. During childhood, he also contracted polio, and suffered the effects into adulthood. He never complained.

As a high school graduate, he joined the Navy, where he met and married my mom. He was a Sailor stationed in Hawaii. My mom was also actively serving in the Navy as a Wave in Oahu.

Despite his troubles, my dad provided for his family, loved life and had a great sense of humor. "Don't Worry, Be Happy" was his outlook, and also one of his favorite songs (by Bobby McFerrin). (Ferrin just happens to be our surname). He was finally able to live his life as the kind, compassionate and generous person he was.

My childhood dream was to become a ballerina, dancing gracefully across the stage. The fact was that I'd dance to just about any kind of music, but my most treasured dances were those balanced upon my father's feet (at age five) as we swayed to our favorite tune, "Mac the Knife." I remember feeling so safe, so loved in his big strong arms. He'd tell me I was his favorite daughter; I'd giggle in response, reminding him that I was his ONLY daughter.

When I think of my dad, I do so with utmost love and respect.

Throughout all this tough times, he never complained, and kept everyone smiling. I recall family gatherings when, just for the fun of it, he'd grab

his lips stretching them sideways, and with a protruding tongue, he'd cross his eyeballs! Funny faces were his specialty.

The same was true for the songs he sang to us. His commitment to the Navy became "outwardly obvious" as he mimicked a trumpet playing revile to wake my brother and I for school. Oh, how I dreaded that tune.

As a fifth grader, he decided to surprise my brother and I with a beagle puppy. I was excited to see his car curbside when school let out. I'll never forget the thrill of spotting the puppy curled next to him in the car. He wore his dress navy uniform, and the puppy blended in except for the white tip on her tail.

My mom became a teacher when I was 10 years old. Up until that time, she was home caring for my brother and I. Dad often worried because she managed classroom and professional life so well; she seemed tired all the time. She'd often find notes and poems from him. He insisted that we go out to dinner once a week. The local department store housed a restaurant where we faithfully attended the Friday

evening "fish fry." She'd laugh and hug him when she read his words: "It's Friday night and she worked all week. When she gets home, I'll kiss her cheek. And with the kids out to dinner we'll go. Because I love you all so!"

How blessed I am to have had this man for my father. He helped me learn to ride a bike, caught me at the bottom of the slide, took me on the Ferris wheel, pushed me over and over again on the swings, read me bedtime stories, and walked me down the aisle on my wedding day in 1977.

As an adult, I know the intricacies of addiction as well as the pain and suffering so often a part of mental illness. This knowledge makes the memories of my dad more precious... throughout his life he remained devoted, kind, compassionate, and possessed loving lightheartedness unique to him.

I hold tight to the memories of dancing with my dad.

*Martha Zavras is a resident of the Town of Somers*

## Police Blotter

Continued from page 3

tion in the 1st degree, a class E felony. He was traveling on Route 9 in the Village of Croton-on-Hudson when he was stopped for a violation of the vehicle and traffic law. Investigation revealed he was under the influence of alcohol with a suspended license due to a prior alcohol related offense and was subsequently arrested.

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# Honoring the LGBTQ Community & Diversity in Ossining

By Abby Luby

Fifty years ago, on June 28, 1969, police raided the Stonewall Inn, a New York City gay club in Greenwich Village. A riot broke out when police forced out a small group of gay, lesbian and transgender people. The police met resistance and ended up barricading themselves inside the bar. The six days of riots and protests that ensued became known as the Stonewall Riots, signifying a decisive and positive turning point in the gay rights movement.

Today, June is known as Pride Month and is celebrated throughout the country. The Village of Ossining responded to a request by the Ossining LTBTQ Alliance to, for the first time, formally honor Pride Month and the 50th anniversary of Stonewall by raising the iconic rainbow LGBTQ Pride Flag in front of Village Hall last week. About 50 people came to see the flag raised along with village trustees, state and town officials.

"We are here today to state unequivocally that all people are welcome in Ossining," said Ossining Mayor Victoria Gearity addressing the crowd. "Regardless of who you love, where you are born, your age, your gender, your race, your socio-economic status, what language you speak in your home — know that you are welcome in this community."



PHOTO BY ABBY LUBY

Ossining officials and residents celebrated Pride Month.

Gearity spoke of former Ossining Mayor Bill Hanauer who, in 2006, was the first openly gay mayor elected in Westchester County. Hanauer's tenure set the stage for the village to adopt many new policies reflecting acceptance of diversity. Just last year Ossining became the first municipality in New York State to establish a gender-neutral signage policy for municipal restrooms.

Christina Picciano, founder of the Ossining LGBTQ Alliance, recounted the 1969 riots and why raising the rainbow flag was so important. "It was a time when kissing or holding hands with a person of the same sex was against the law in New York State," she said. "We honor the members of the LGBTQ community who fought for our rights and provide hope and solidarity for all regardless of sexual orientation or gender identity."

Poet Cole Rivers, a former resident of Ossining who now lives in Peekskill, read one of his poems that poignantly expressed the hardships and struggles that have long defined those in the LGBTQ community. His opening line read, "We are looking for the rainbow, but we don't have enough light." His poem described what it's like to be different and how building friendships with those who

understand can become one's new family. A line towards the end of his poem read, "No one believes in rainbows until they actually see one."

Ossining Town Supervisor Dana Levenberg thanked everyone who was in attendance. "I also thank the Village of Ossining for taking the lead in recognizing Pride Month. We are an inclusive community and we always have been," she said.

County Legislator Catherine Borgia (D- 9th District) praised the Ossining community for being open minded when it came to issues concerning the LGBTQ community. "This is the Ossining I know — a place where all people are welcome, and this is one more example."

Donna Rothstein, an Ossining resident for about 13 years, said in the last few days she attended other local Pride Celebrations in the county. "A lot of what's happening is very positive when it comes to the LGBTQ here in the Hudson Valley. The Ossining community feels like it's very accepting. There's more support that services young people so LGBTQ kids don't have to hide," she said.

When the Rainbow Flag was hoisted up, Gearity invited all to stand in front of it for a picture. The flag will remain in front of Village Hall for the month of June.

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Business  
of the Week

## Valley Concessions Serving Nathan's Hot Dogs Jefferson Valley

By Neal Rentz

Shrub Oak resident Neil Browne opened Valley Concessions Serving Nathan's Hot Dogs in the food court area of the Jefferson Valley Mall on March 19.

It is not the first business he has owned.

Browne said last week he formerly owned a coffee shop in the state Supreme Court Courthouse in Manhattan.

Browne explained why he chose to own a hot dog cart. "It's a lot easier," he said. "Customers like hot dogs. They can relate to it and with a brand name like Nathan's their nostalgia kicks in."

He described why Nathan's is a popular hot dog. "Nathan's has got a distinctive recipe to it and a distinctive taste to it that people relate to," he said, noting what sets Nathan's dogs apart from the completion is their flavor and spices.

Browne explained he first boils the hot dogs before roasting them on a grill. The seared franks snap when someone bites into one of his hot dogs, he said.

He offers a variety of toppings for his dogs including ketchup, mustard, onions, chili, sauerkraut and cheese at his quick service kiosk. "The most popular in the area now is just a hot dog with mustard and sauerkraut," he said.

Browne also offers French Fries cooked in an air fryer. The fries can be ordered with chili and cheese. "Our bacon cheddar fries are a big hit with the younger people," Browne said.

Customers can also order a veggie taco bowl, which consists of nacho tortilla chips, vegetables, chili and cheese. "People love it," he said.

In the near future Nathan's menu will be expanded to include Hershey's ice cream, Browne said.

Browne said business "is slowly starting to pick up. As the summer months come through it's going to be great."

"Summer and a hot dog and ice cold lemonade, it's great," Browne remarked.

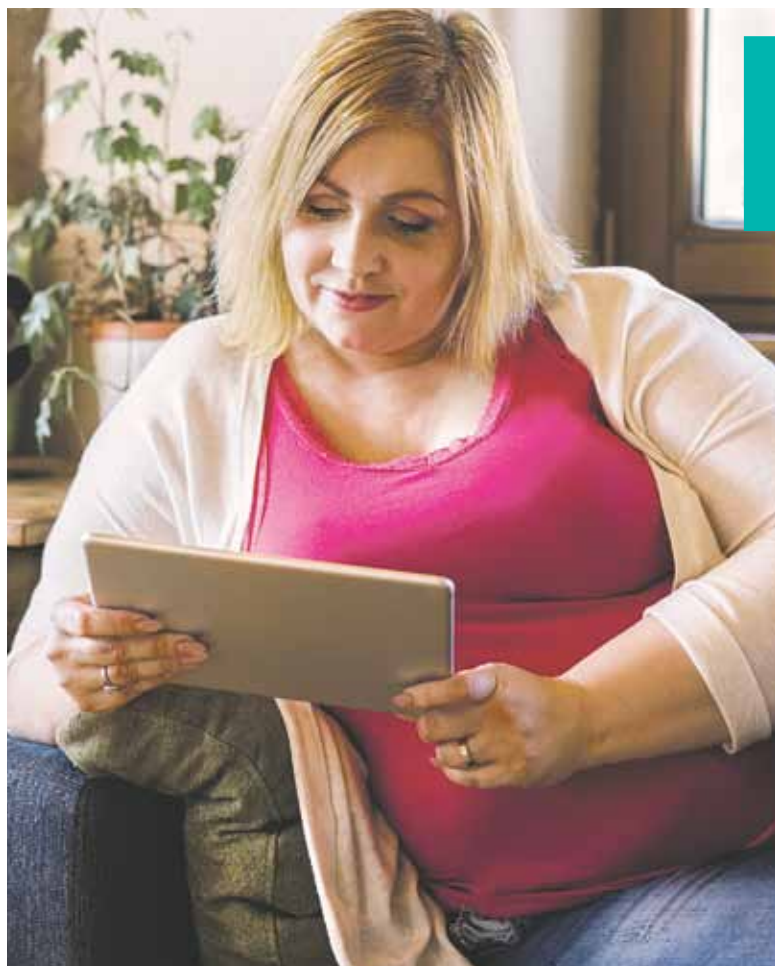
Browne said most of his customers live in the Yorktown and Cortlandt areas. He said he want to expand his Nathan's business. "The goal for the business is actually to be a full-blown Nathan's" that would be a permanent space in the food court, he said.

*Valley Concessions Serving Nathan's Hot Dogs is located in the food court area on the second floor of the Jefferson Valley Mall, 650 Lee Blvd.*



NEAL RENTZ PHOTO

Shrub Oak resident Neil Browne opened his Nathan's hot dog cart in the food court area of the Jefferson Valley Mall on March 19.



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# Somers Town Board Recognizes Race Amity Day

By Neal Rentz

The Somers Town Board was among the local government entities last week that recognized the second annual Race Amity Day in town.

The event was held at Reis Park and the Somers Library on June 9 to promote greater understanding among people and to counter racial injustice.

At the June 6 Town Board meeting, Susan Cody, a member of the Steering Committee of Race Amity of Northern Westchester and Putnam, which is hosting the event, said this year's Race Amity Day would include several events including performances of live music by the Schneider Sisters and Zia Foxhall and by Skin Against Metal Afro-Cuban Band; a program provided by

renowned storyteller Clyde Herring and an international potluck meal with

food provided by event attendees.

Cody said state Senator Peter Harckham would present a state proclamation to honor the event and Westchester County was also providing a proclamation.

A series of race amity events are held throughout the year at the Somers Library, "usually the second Sunday of the month" at 2 p.m., Cody noted.

Supervisor Rick Morrissey described Race Amity Day as "a wonderful event."

Town markers

Also at last week's meeting Morrissey said the town is seeking to purchase town entry stone markers. The current town entry signs are aging and some have fallen down, Morrissey said.

Architect Phillip Ceradini is scheduled to discuss the project at the June 13 Town Board meeting, Morrissey said.



NEAL RENTZ PHOTO

The Somers Town Board provided a proclamation in honor of the second annual Race Amity Day in town, which was held on June 9. Shown above is the new Race Amity of Northern Westchester and Putnam banner created by town resident Tom Cody. Also shown above is Cody's wife, Susan, a member of the Steering Committee of Race Amity of Northern Westchester and Putnam, which hosted the Somers event.

# Electric Vehicle Charging Stations Installed at Municipal Building

The Village of Croton-on-Hudson has recently installed two electric vehicle charging stations at the Municipal Building. One station has been reserved for use by official vehicles and is marked as such. The other station (able to charge two cars at once) is available for public use.

Any resident interested in using the charging station should first download the ChargePoint mobile app, which is used to pay for the charge. Once you arrive at the Municipal Building, please park in one of the two public charging spaces and follow the instructions on the

charging station screen. Please note that these spaces have a time limit parking of four hours.

The DPW is working to install an ad-

ditional charging station at Lot F in the Croton-Harmon Train Station parking lot, which will be available for commuter use.

**SMALL NEWS IS BIG NEWS**

## DEMOCRATIC PRIMARY

### TUESDAY JUNE 25TH

## ROBERT PRISCO

FOR WESTCHESTER COUNTY COURT JUDGE



**Robert Prisco**

**PROFESSIONAL EXPERIENCE:**

- Westchester County Assistant District Attorney for 32 years
- Chief of Local Criminal Courts and Grand Jury Division
- Chief of Major Case Bureau
- Deputy Chief of Homicide Bureau
- Tried to verdict: murder, attempted murder, kidnapping, robbery, burglary, assault and weapons possession cases.
- Violent Felony Coordinator
- Mental Health Court Coordinator
- Member of Criminal Justice Advisory Board
- Member of the Raise the Age Committee

**EDUCATION:**

- Albany Law School, Juris Doctor, 1986
- Villanova University, B.A. Economics, 1983

**BAR ADMISSIONS:**

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# Couple Receives Westchester Planning Federation Award

Long time Yorktown residents Jane and Walt Daniels were the recipients of a Distinguished Citizen Planner Award from the Westchester Municipal Planning Federation 2019 at the group's May annual meeting.

The award recognizes the couple's volunteer contributions over more than 20 years to municipal, regional and non-profit groups dedicated to the preservation, enhancement and environmentally sound use of thousands of acres of open space for the recreational enjoyment of residents of Yorktown and the Hudson Valley.

The co-authors of Walkable Westchester, a comprehensive guide to the many parks and trails in Westchester County, the Daniels are the planners and construction managers for the Mohansic Trailway, the 0.4 mile trail that will provide an off road link between the North County Trail and FDR State Park and from the Park to many of Yorktown's other trails. The Trailway, which includes the construction almost 600 feet of boardwalk and two bridges, is expected to be formally open in late summer.

A former member of the Yorktown Conservation Board, Walt is currently the chairman of Yorktown's Advisory



PHOTO BY VISHNU PATEL

Jane and Walt Daniels

Committee on Open Space and a member of the board of the New York New Jersey Trail Conference. Jane is the president of the Friends of FDR State Park, a member of the Yorktown Trail Town Committee and on the board of the Greenway Conservancy for the Hudson River Valley.



## Soundview Track Team Excels

The Soundview Prep. Middle School Track Team made some great accomplishments at a recent track meet. Justin Sindaco took first place in the 400 meter, first place in the 200 meter and third place in the 400 meter. Sammy Xenopoulos took first place in the 100 meter, first place in the long jump and third place in the 200 meter. Ian Bryant took second place in the 200 meter and third in the 100 meter.



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Daniel McKeon 914.299.0102


**Yorktown Heights** | \$639,900

Open layout 4BR/3+BA Split. Updtd kit w/SS & granite. Vaulted ceiling, 3 FPL, HWF, radiant heat. Deck & screened gazebo. Comm pool.

Denise Giordano 914.844.1745


**Yorktown Heights** | \$599,999

Renovated 5BR/3BA Split. Updated EIK, HWF, open floor plan, 1st fl BR, fam rm w/SGD to tiered deck. Heated in-ground pool.

Debra Bravoco Forbes 914.610.6277


**Mahopac** | \$495,000

Contemporary Ranch. 3BR/3BA, EIK, HWF, arch windows, MBR w/cath ceiling, WIC & jacuzzi. Fin LL. Deck, priv yard. Walk to park.

Cindy Aqeel 917.560.7771


**Ossining** | \$479,000

Beautiful colonial/cath clgs, HW flrs spacious EIK En-suite MBDR, fpl, built-ins Add'l 400 s.f. finished basmnt Great location.

Brenda Timm 914.522.8103


**Croton-on-Hudson** | \$449,000

Priceless Hudson River views! Sunny 3BR/2BA Ranch 1 mile from train. EIK, HWF, FPL, CAC, walk out LL w/full bath. Near park.

Sarah Egan 914.512.0473


**Shrub Oak** | \$400,000

Charming farmhouse colonial features custom shutters, porch, 3BR, country kit, brick FPL, HWF & knotty pine ceiling. Near Taconic.

Tarah Oubina 914.494.9919


**Yorktown Heights** | \$389,000

Better than new 4BR Cape with bright and spacious rooms, open floor plan, kit w/granite & SS, bamboo flrs. Screened porch & patio.

Patricia "Patty" Canniff 914.907.5916


**Patterson** | \$349,900

Accepted offer on this beautiful Ranch w/3BR, 2BA featuring bamboo flooring, open layout, kit w/island & SS appl. SGD to deck.

Noor Dunn 914.393.7588



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**Croton-on-Hudson Office** | 914.271.8500 1392 Albany Post Road, Croton-on-Hudson, NY

**Yorktown Heights Office** | 914.245.3400 366 Underhill Avenue, Yorktown Heights, NY

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**Yorktown Heights** | \$875,000

Impressive 4BR in Huntersville. Gourmet kit, open layout. Fam rm w/FPL, finished LL. Deck overlooks lawn, stone walls & brook.

Bettyann Nettelfield 914.907.8974

**Yorktown Heights** | \$759,900

Unique 5BR Colonial w/old world charm. Barn w/loft. Large EIK, FDR, 2 FPL, screened porch. 2 car attchd, 2 car detachd garage.

Michael O'Connor 914.552.5143

**Croton-on-Hudson** | \$700,000

Arts & Crafts style home set on 1.3 private acres. Stone work, wide plank floors, vaulted ceiling, exposed beams. 3 tier patio.

Candace D'Addario 914.602.3041

**Brewster** | \$595,000

Tastefully updated 4BR/2+BA Colonial on 1 private, level acre. EIK, stone FPL, HWF, vaulted ceiling, skylight, screened porch.

Margot Friedlander 914.275.3312

**Croton-on-Hudson** | \$593,900

Charming 3BD ranch w/HW flrs, stone patio w/WBS 1270 s.f deck gunite pool. Separate artist/writer studio. Weekender or year round!

Brenda Timm 914.522.8103

**Amawalk** | \$545,000

Split Colonial on 1.25 private acres. Inviting entry, 4 BR, updated EIK, mud rm, fam rm w/FPL & custom built ins. Near train.

Debra Bravoco Forbes 914.610.6277

**Putnam Valley** | \$435,000

Impeccable 4BR/2+BA Raised Ranch set on 1.92 acres. Huge FPL, EIK, cathedral ceilings, Trex deck. Close to shops & park w/pond.

Candace D'Addario 914.602.3041

**Yorktown Heights** | \$429,900

Enjoy your screened in porch in this 3 BR Cape. Cottage kitchen, HWF, 1st flr MBR, fin LL, fenced yard, deck. Near park & school.

Denise Giordano 914.844.1745

**Yorktown Heights** | \$410,000

Desirable 2BR/2.5BA townhouse. LR w/FPL & SGD to patio, EIK, HWF, MBR w/WIC, loft area, garage. Complex has pool & tennis courts.

Andrea "Andi" DePalma 914.588.5781

**Carmel** | \$339,000

Stylish Raised Ranch set on nearly 1 private acre. Open layout, EIK w/quartz & SS, HWF, SGD to deck. Walkout LL has gas FPL.

Deborah Glatz 845.206.1215

**Somers** | \$325,000

Lovely 2BR/2BA in Heritage Hills offers spacious rooms & deck. Community pool, clubhouse, tennis courts, gym, shuttle to train.

Maureen Connolly 914.419.6251

**Patterson** | \$299,000

Charming 4BR cottage in Putnam Lake community. Large kit & HWF. Heated porch & patio. Lake rights. Mins to Rt 22, I684, I84 & train.

Margot Friedlander 914.275.3312





# Yes, You Can Lose Weight – and Keep It Off

**By Rachel Goldman, FNP-BC, CDE, Nurse Practitioner and Coordinator of the Center for Weight Management**

If you're like most Americans, you've tried to lose weight. If you succeeded, you probably had a hard time keeping it off. Unfortunately, there's a good chance you ended up just where you started -- or heavier. Now, Northern Westchester Hospital's innovative new Center for Weight Management, invites you to get off the diet merry-go-round and start losing weight in a new and effective way, one that can keep you at your desired weight for a lifetime. Read on to see how the center can help you reach your goal.

Why is it so hard to lose weight? Out with the old answer...In with the new.

The old answer was that weight loss was a matter of willpower. But that answer didn't work. More Americans are heavier than ever. Today's answer is much smarter. It's informed by decades of research into why we gain weight,

which has led to a richness of new knowledge. This has yielded a far more accurate – and nuanced – picture of the issue. Our relationship with food is very complicated. There are many possible factors at play:

- Emotional issues
- Lack of time to cook meals for ourselves
- Lack of time to exercise
- Underlying medical conditions (typically hormonal or metabolic conditions that make weight loss hard and unsustainable)
- Even side effects of medications we

take for other things. I've seen people who've been struggling to lose weight for years without knowing they have an underlying thyroid condition.

Because there are multiple causes for weight gain (and regain), "any effective solution needs to address all of these. The solution needs to be comprehensive, multidisciplinary and highly personal-

ized.

Enter NWH's Center for Weight Management, which opened in March of 2019 at our Chappaqua Crossing campus. The center's approach puts today's new understanding of the many facets of permanent weight loss into practice, offering new hope for everyone, whether you want to lose a modest amount or you're looking for major weight loss.

At the center, we've assembled all the pieces of the puzzle. What does that look like? Your team includes a nurse practitioner, a nutritionist and, optionally, a psychologist. We can refer you to our bariatric surgeon if appropriate, and, if that path feels right to you. Working with your primary care physician, we might manage medications you take for other conditions. We often find weight-neutral alternatives to medications that have contributed to weight gain. And if, for example, we discover a hormonal condition, we refer you to an endocrinologist.

Another innovation is that after you reach your goal, we continue to support you through individualized maintenance coaching.

So what happens when you walk in?

After a comprehensive physical exam and medical history, we identify issues you've had with weight loss. You

receive any hormonal/metabolic testing that's appropriate. We then set up a healthy weight-loss goal. Depending on your emotional connection to eating, a psychologist or nurse practitioner helps you develop skills to deal with your emotional triggers for overeating. We can offer you medications that help with the psychological aspect of eating, such as an FDA-approved medication for binge eating disorder. You also learn how to use cognitive behavioral therapy to successfully manage trigger situations."

And there's more.

You see a nutritionist for a personalized nutritional evaluation and dietary recommendations. Depending on your health situation, we can prescribe FDA-approved weight-loss medication to help with weight loss. And since activity is an important piece of the puzzle, we help you set realistic goals to increase activity.

There's another way your plan from the center will differ from any diet plan you've tried.

You won't lose as rapidly as on, say, the low-carb Keto or Atkins diet. We don't want a 10-pound weight loss the first week. We're making slight changes that you can live with enjoyably for a lifetime. This is a marathon, not a sprint. We're in

*Continued on page 18*

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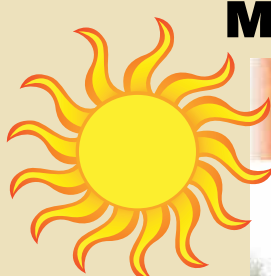
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# Celebrate Freedom with Juneteenth Parade

On July 4, 1776 the Continental Congress declared that the 13 American Colonies were no longer subject (and subordinate) to the Monarch of Britain and were now united, free and independent states. All Americans celebrate Independence Day every July 4th, but it was not until 89 years later that African Americans got to truly celebrate their freedom. "Juneteenth, also known as Juneteenth Independence Day or Freedom Day, is an American holiday that commemorates the June 19, 1865, announcement of the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States of America. Its name is a portmanteau of "June" and "nineteenth", the date of its celebration." This announcement came two years after the Emancipation Proclamation became law.

The Peekskill Juneteenth Heritage Committee and the City of Peekskill are hosting the ninth annual Juneteenth Parade and Celebration on June 15, starting at noon. The parade will be led by three Grand Marshals.

Joining our Grand Marshals will be our City Officials led by Mayor Andre Rainey, as well as representatives from local community groups. And we have a great line up of bands to get the crowd clapping their hands and stomping their feet. We have the Bearan Community Drum Line, X-Factor Drum Line, United Panamanian Veterans Marching Band, Drums and Bugles Int'l Bands Assoc., and hometown favorites, the Peekskill HS Marching Band.

Even before the parade starts at Noon, we will have the City South Steel Orchestra downtown at 11am entertaining visitors to the Farmer's Market and folks arriving early for the parade. They will be at the Hudson River Health Care Center on Main Street near the corner of Bank St.

The entertainment will continue throughout the day with MC's CeCe Songbird and Andre (Noodle) Rainey, and will feature some of Peekskill's great local talent, DJ Pete Peterson, Bria the Artist (neo-soul), Kid Lacey (rap), Jaquan (R&B), Ernest Billups, Tribe of Levi (gospel). Our other headliner, Peekskill's own Ray Blue, Internationally renowned Jazz Saxophonist, will close out our wonderful lineup of entertainment.


The parade will begin on Park Street by the AME Zion Church, turn right

onto Broad Street, home of the beautiful new Peekskill Central Firehouse, then turn left onto Main Street and continue to Nelson Avenue where it will turn left. The reviewing stand will be on Nelson Avenue in front of the Peekskill Library. Check our Facebook page, 2019 Juneteenth Parade & Celebration for up to date information and video clips of some of our bands and entertainers. We invite everyone from all surrounding communities to come and enjoy a wonderful Parade and Celebration in beautiful Peekskill, NY.




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# Happenings

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

## Tuesday, June 11

**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>.

**Teddy Bear Party:** A Teddy Bear Tea Party with Lori Cohen will be held at 11 a.m. at the Field Library, 4 Nelson Ave., Peekskill. Join children's entertainer Lori Cohen for music and movement. There will be light refreshments and a free book for every child. For more details, contact the library at 914-737-0847 or visit the Frog Blog at [www.fieldkids.wordpress.com](http://www.fieldkids.wordpress.com).

**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](mailto: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](mailto:hyinhealth@gmail.com) or [www.hyinhealth.com](http://www.hyinhealth.com).

## Wednesday, June 12

**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](mailto:SBIC@wlsmail.org) with your name, number, a time to call between 9 a.m. and 5 p.m. and whether your interest is in Medicare services or other benefits. A counselor will return your call within two business days. SBIC will not meet on days the Somers schools are closed due to snow.

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

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

**Winery Events:** The Winery at St. George, 1715 E. Main St., Shrub Oak, will host a performance by Natalie Forteza today. Purchase tickets online at <http://www.thewineryatstgeorge.com/>. Info: 914-455-4272.

## Thursday, June 13

**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 approxi-

mately 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](http://yorktown-jewishcenter.org).

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

**Reb Talks:** REB Talks: Jewish Ideas worth Sharing will be held at 7:30 p.m. at Temple Beth Am, 203 Church Pl. Yorktown. For more information, please call our Rabbi at 914-962-7500 or e-mail him at [rabbiiw@optonline.net](mailto:rabbiiw@optonline.net).

## Friday, June 14

**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.

**Pokemon Go:** The program will be held from 3:30 to 4:30 p.m. at the Somers Library. Feel the wind in your hair and grass under your feet. Run wild with Pokemon. You must have access to a device that will accept the app for download. We will meet in the Program Room, and then play outside. This event

will be cancelled in the event of inclement weather. This program is for students in grade six and older. Info: 914 232 5717 or [www.somerslibrary.org](http://www.somerslibrary.org).

**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. Tonight, a Welcoming Shabbat for Tots will be held at 5:30 p.m. Rabbi Robbie and Rebbetzin Ellen help bring in the Shabbat with that special "Shabbat Spirit" followed by a Shabbat dinner. The only cost of the dinner is a Shabbat Shalom smile. To RSVP or for more information, please e-mail Rebbetzin Ellen at [RebbetzinEllen@gmail.com](mailto:RebbetzinEllen@gmail.com). Temple Beth Am is located at 203 Church Pl. Yorktown. For more information, please call our Rabbi at 914-962-7500 or e-mail him at [rabbiiw@optonline.net](mailto: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. 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](http://yorktownjewishcenter.org).

**Alexis Cole Performances:** The Westchester Collaborative Theater presents vocalist Alexis Cole in her new show, "Canary in Combat Boots: Memoir of a Jazz Diva in the Army," featuring accomplished musicians Jim Ridl on piano and David Finck on bass on June 14 and 15 Tickets, which are \$25, can be purchased online at: <https://canaryin-combatboots.brownpapertickets.com/>.

# Yes, You Can Lose Weight

*Continued from page 16*  
it for the long term.

Let's say you've reached your goal weight. Now you benefit from a continuation of the services we provided to help you achieve weight loss. Maintenance coaching is personalized, like everything else at the center. It can involve regular meetings with our nutritionist, ongoing psychological support, medical evaluations, and medication to sustain your loss.

Permanent weight loss is possible for you. There are evidence-based therapies and changes you can make that can help you lead a happier, healthier, possibly

longer life. We hope you reach out to us. We are there for you.

Are you at a healthy weight?  
Did you know that finding out your BMI, which is based on your height and weight, is one way to see if you're at a healthy weight?

If your BMI is:  
- 18.5-24/9, you're a healthy weight  
- 25-29.9, you're overweight  
- 30 or higher, you're obese

To calculate your BMI, visit [nwhc.net/WeightManagement](http://nwhc.net/WeightManagement)

To learn more about the Center for Weight Management, or to schedule a consultation, call (914) 223-1720.



# 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](mailto:nrentz@theexaminernews.com).

**Spotlight Theatre Musical:** "The 25th Annual Putnam County Spelling Bee," Broadway's hilarious musical, will be presented on weekends from June 14 through 23 by the Spotlight Theatre, Westchester's community theater, at the Julie Harris Theatre at the Clearview School, 480 Albany Post Rd., Briarcliff Manor. Call Brown Paper Tickets at 800-838-3006, the theater box office at 845-526-3461 or visit the theater Web site at [www.stpny.com](http://www.stpny.com).

## Saturday, June 15

**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](http://www.ChabadYorktown.com).

**Ossining Farmers Market:** The Ossining Down to Earth Farmers Market is now being held outdoors on Spring and Market Streets. Customers old and new will find delicious produce, pasture-raised meat, poultry, and eggs, breads, baked goods, and much more. For a full list of our markets and vendors, visit [DowntoEarthMarkets.com](http://DowntoEarthMarkets.com).

**Library Art Exhibit:** Throughout the month of June oil painting created by Mindy Yanish will be displayed at the Somers Library.

**Somers Library Programs:** Two programs have been scheduled for today at the Somers Library. Alan Sklar Reads Hemingway's Best African Big Game Hunting Story from 1 to 2:30 p.m. In the short story "The Short Happy Life of Francis Macomber," the lion is the hero. Register online at [www.somerslibrary.org](http://www.somerslibrary.org) or call the library at 914-232-5717. Genealogy Workshop - Beyond Beginners will be held from 11 a.m. to 12:30 p.m. Now that you've begun the search for your ancestors, have you hit that in-

famous genealogical brick wall? Learn how to follow the trail back in time and explore resources that may lead to discoveries about your family's origins. Registration is required; please go to our online calendar at [www.somerslibrary.org](http://www.somerslibrary.org) or call 914-232-5717.

## Sunday, June 16

**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: Elisha Simpson at 914-319-4010.

## Monday, June 17

**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](http://www.musicalmunchkins.com).

**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.

**Movie Mondays:** "Everybody Knows" will be screened at 6:30 p.m. at the Field Library, 4 Nelson Ave., Peekskill. Info: 914-737-1212 or [peekskill.org](http://peekskill.org).



## 2019 Town of Cortlandt Free Concert and Movie Series



### Location:

**Cortlandt Waterfront Park**  
77 Riverview Avenue, Verplanck

### Schedule:

Opening Act—6:00pm & Main Concert—7:00pm

### June 13

**FDR Drive (music from 60's to present)**

Sponsored by:

NewYork-Presbyterian Hudson Valley Hospital  
Continental Building Products

### June 27

**Out After Curfew (rock cover band)**

Sponsored by:

ShopRite of Cortlandt  
CRP Sanitation Inc./Got to Go Portable Restrooms

**Movie—8:30pm**

Aquaman (2018)

### July 11

**Back to the Garden 1969**

**(Woodstock Tribute Band)**

Sponsored by: Paradise Restaurant

### July 25

**Twist of Fate (caribbean, reggae, pop)**

Sponsored by:

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**Movie—8:30pm**

Mary Poppins (2018)

### August 1

**Harmony Road (Motown, pop, swing)**

Sponsored by:

Fred Cook Septic Tank Cleaning  
Bilotta Construction Corp. & Dakota Supply Corp.

### August 8

**Mike Risko Band (rock, pop, music from every decade)**

Sponsored by Rotary Club of Cortlandt Manor

**Movie—8:30pm**

The Incredibles 2 (2018)

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# Accidents in the Yard and Garden Can Be Serious

Something really dramatic happened to me a few summers ago that could have resulted in this issue's front page headline announcing, "Home Guru Crushed in Freak Accident in Pool." The article would have reported that this column would be retired, then go on to pay tribute to my life and work. It would end with a warning to readers that, while most accidents happen at home, they can be particularly dangerous just outside in the garden and yard.

Sound too grocery store, tabloid-oriented to be true? I ask because recently a reader inquired if all the personal accounts I report in this column really happened, or if I just make them up? Well, I can assure you that this, like all my writing, is only what I know and is true.

Here's the story. I was in the deep end of my pool doing my aqua-exercise routine that I had learned years ago at a fancy spa. Because I was a bit tired that day, having just driven home with my family from Cape May, I decided to wrap up my abdominal twists a bit early. That decision may have saved my life.

Emerging from the pool, I was head-

ing toward my back door when suddenly I heard the sound of a heavy collapse just behind me, followed by an enormous splash. I turned around to see that a major limb from a dead tree near the pool had fallen directly into the deep end exactly where my head had been bobbing less than 30 seconds before!

Having heard the earth-shaking crash, my wife Margaret ran out to see what had happened. Even though I was shaken from the incident, I tried to make light of it by telling her, "I see another Home Guru column coming out of this!"

That old elm, having avoided Dutch Elm disease into maturity, died at least three years earlier, and I know I should have taken it down right away, but it offered a strange beauty in that it had been totally entwined with old wisteria vines that bloomed abundantly each spring. It was probably the wisteria that killed it, but somehow I thought that it would hold the tree up. Instead, a major part of it was pulled down, nearly crushing me in the process. A lesson learned about sacrificing beauty for safety's sake.



By Bill Primavera

We all know that most accidents happen in the home, but a great percentage of them happen outside. I've had my fair share of them, from accidentally disturbing a wasps' nest and sustaining multiple stings, to tripping on a vine traveling along the ground (the damned wisteria again) and wrenching my back when I hit the deck.

According to the National Safety Council, there are as many as 33,000 fatalities each year resulting from accidents outside the home and as many as 230,000 serious accidents that require visits to the hospital emergency rooms.

Statistics also show that most outside accidents happen from using tools improperly and that most accidents are related to lawn mowers.

Here are some safety tips for outdoor activity offered by various manufacturers of lawn mowers and other equipment:

Prepare in advance of mowing by walking around the area to remove any objects like sticks, glass, metal, wire, stones and string that could cause injury or damage to equipment. Nails and wire are the most hazardous items that can be thrown by mowers, capable of killing bystanders.

Children should never be in the yard when mowing the lawn and should never ride on the mower. More than 800 chil-

dren per year are injured by being run over by riding mowers.

Children must be kept totally away from power equipment because many suffer burns to hands and arms when they touch the hot muffler of running engines.

Be sure to know how to operate the equipment, where the controls are and what they do. Just recently I bought a new drill and started operating it before I had read the instructions, only to realize that there were new controls on it that I didn't know how to operate. Definitely dangerous.

Dress appropriately for outside jobs. Proper footwear is most important (when I tripped on that vine I was wearing flip-flops and definitely asking for trouble, which I got). Long pants and long-sleeved shirts are preferable (and a deterrent to those nasty deer ticks). Eye protection is frequently needed as are heavy gloves, hearing protection and, for women, removal of jewelry, which can get caught in moving parts.

Never work with electric power tools in wet conditions. For protection against being electrocuted, a ground fault circuit interrupter (GFCI) should be used. There are both plug-in types and those

*Continued on page 22*

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# Living Vicariously as Ancient Wines Come to Auction

Are you the adventurous wine consumer who is constantly on the lookout for new wines? Or are you the steadfast consumer who finds a wine you like and heads straight for the shelf or display where it's located in your local wine shop with no forethought?

This week's column is not for the latter readers. Yet, once in a while every wine consumer gets a bit adventurous. For me, it's living vicariously through the wine auction newsletters to which I subscribe. Scanning through listings of expensive bottles of rare French or Italian wines available at auctions sets me into an alternative reality of wine collectors who purchase such high-end wines as a hobby, typically for bragging rights among their friends.

The question of the provenance (the source and aging history) of these wines is always a question in my mind, as is the condition of the wine bottle and its contents. These factors will influence the asking prices of auctioned wines.

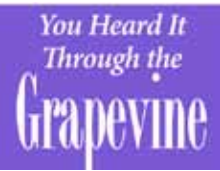
I came across an account of wines that are coming to auction in a few weeks. Let's evaluate these wines as a vain, wealthy collector might. Living vicari-

ously in this manner may offer an insight into that rarefied air of the one-percenters.

To my knowledge, this is one of the most unusual lots of wine ever offered at a public auction. In past auctions, centuries-old French Bordeaux bottles purportedly owned by Thomas Jefferson commanded steep prices (\$157,000 each). A rare individual bottle of 1945 French Burgundy, sold from a local winery's dust-covered estate cellar, commanded a record price of \$558,000. With this as backdrop, let's evaluate the wines coming up for auction.



By Nick Antonaccio



The Headline (from Vinepair website): Christie's to Auction Shipwrecked 17th-Century Wine.

The Background: Fourteen glass bottles of an unknown liquid were found in a shipwreck off the German coast in 2010. They were brought to the surface by a salvage company and one of them was analyzed and tested. The shape of the bottle and a test of its cork and contents confirmed that these were ancient bottles of red wine from between 1670 and 1690. The bottles were held until now and two bottles hit the auction

block on June 6. Results have yet to be announced.

### The Considerations

Does this sound like a bottle on which you would bid? Christie's auction house describes its drinkability as "questionable." Further, "this should be approached as a lot of historical and vinous importance."

How do these two comments foster interest? Is the value in the contents or in the age of the bottles?

Does this sound like a bottle on which you would bid? Each bottle's authenticity is certified in writing from the salvage company and has been stored in a specially designed, water-filled tank.

This speaks well of the provenance of the bottles, notwithstanding that the history of the wines from release to discovery is unknown.

Does this sound like a bottle on which you would bid?

Each bottle is expected to sell for \$32,942 to \$38,010.

Is this a fair value for wine that is likely undrinkable and whose producer is unknown? Many older wines sold at auction have a clear documentation of their aroma and flavor profile and whether they are drinkable. There is also a sordid history in wines sold at auction that were

counterfeit, for which large sums were paid.

As discussed above, bragging rights sublimates otherwise rational concerns of high-end collectors. But what of your evaluation? Would you venture a cash investment in a highly visible bottle that ultimately may find its way back to the ocean via your kitchen sink drain?

And if you were the successful bidder, would you drink it, store it or sell it onward?

The Christie's auction took place as I was penning this column. Hopefully as you are reading this, the results have been reported. You judge for yourself: Was the winning bid a sound price and was the winning bidder of sound mind?

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

## Crossword

### ACROSS

- 1. Palindromic female name
- 4. Kind of tissue
- 8. You will "love" this Mahopac beauty parlor, Salon \_\_\_\_
- 10. Professors' degs.
- 11. Fight
- 13. Scream
- 14. Anew
- 16. Wedding words
- 17. Bridge site
- 18. Religious leader
- 20. Rolling in dough
- 24. Playboy and children's writer
- 28. Start of an apology
- 29. A new place in Putnam to go for your morning "Schmear," Brewster \_\_\_\_
- 31. Orchard fruit
- 33. Folded food
- 34. "That's \_\_\_\_!"
- 35. Pitcher, Martinez
- 36. White wine apéritifs
- 37. Jamie Foxx's legendary film

### DOWN

- 1. "She's the Man" actress Bynes
- 2. E-business
- 3. Uffizi Gallery works
- 4. Comparatively quick
- 5. Gab
- 6. Bother
- 7. Q followers
- 8. Excitedly
- 9. Gusto
- 12. Self image
- 15. High exam scores
- 19. Idolizes
- 21. Marcos of the Philippines
- 22. Bloody Mary stalk
- 23. Must
- 25. What @ symbolizes
- 26. Premium cable TV network
- 27. Device for generating light
- 29. 1960s musical about hippie life
- 30. Grandpa Walton portrayer
- 31. Ind. neighbor
- 32. New Haven Ivy Leaguer

	1	2	3				4	5	6	7
8				9			10			
11					12		13			
14						15				
16				17						
18			19				20	21	22	23
			24	25	26	27		28		
		29					30			
31	32				33					
34						35				
36							37			



(Solution to puzzle on page 19)

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

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# Accidents in the Yard and Garden Can Be Serious

*Continued from page 20*

that are part of some extension cords.

Handle gasoline carefully, remembering never to fill gas tanks while machinery is operating or when equipment is still hot, and do not fuel equipment indoors.

Something that few people think about: hoses left just loosely in various parts of the garden are an invitation for an accident. It's best to have them stored in a hose reel.

To prevent back injuries, it's advisable to use a wheelbarrow for heavy stones, but I found the use of a sturdy two-wheeled dolly perfect for moving extremely large rocks from one location to another.

And when using ladders, they should be firmly set or held by a garden helper.

By the way, in case you're wondering, I didn't leave the massive limb filling up my pool as a reminder of God's protection of me, although I considered it.

*Although a writer and publicist known as The Home Guru, Bill Primavera is a licensed Realtor® affiliated with William Raveis Real Estate. If you would like the services of The Home Guru in finding or selling a home, Bill can be reached directly at [williamjprimavera@gmail.com](mailto:williamjprimavera@gmail.com) or by phone at 914-522-2076.*



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RELAY  
FOR LIFE  
American  
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Society

## Relay For Life of Yorktown Friday, June 14, 2019

Opening Ceremony Is At 7:00PM,  
Luminaria At 10:00PM,  
And Closing Ceremony At 10:30PM.

The Survivor And Caregiver Reception Is At 5:30PM

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Mixed green salad with choice of dressing • Cookie Platter  
Potato salad • Pasta salad • Cole Slaw • Mustard • Mayonnaise  
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\* add a full tray of vegetable medley for an additional \$25

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