

**Swimming
Banned at
Mohegan
Beaches...page 4**



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August 13 - August 19, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 503

Cortlandt Man Reaches New Heights with World Record

BY RICK PEZZULLO

Cortlandt resident Christopher Spell has high hopes of playing professional football. In the meantime, he decided to reach new heights by setting a Guinness World Record for the highest standing jump.

Spell, 23, a 2013 Walter Panas High School graduate, made it into the record books on July 28 at Retro Fitness in Cortlandt. With approximately 75 friends and family on hand, Spell, on his first attempt, skyrocketed 64.125 inches, shattering the previous record of 63.6 inches, which stood for more than three years.

His record became official on July 30 when Guinness certified the jump, although it had to issue Spell a new certificate when it confused Cortlandt with the upstate municipality that spells its name without a t at the end (Cortland).

"It felt so freeing. It was a lot of weight off my shoulders," Spell said of his accomplishment. "I became pretty explosive from all the sprint work I was doing."

Spell said he started training to go after the record in June 2018. In April 2019, Spell recorded two record breaking jumps of 64.5 and 64.6 inches in Buffalo where he went to college, but those at-

tempts were given a thumbs down from Guinness because it was determined the boxes he landed on were too soft.

Not discouraged by the near misses, Spell decided he would go after the record again in his hometown and teamed up with Retro Fitness, the closest gym to where he resides. Retro Fitness sponsored his jump by picking up the Guinness application fee and the attempt was scheduled on Membership Appreciation Day.

Spell's record-breaking performance received worldwide attention after he appeared on ESPN's SportsCenter. He estimated

Continued on page 2



SUBMITTED PHOTO

Christopher Spell started preparing for his world record attempt last summer.

Local Communities Hold Vigils for Shooting Victims

BY RICK PEZZULLO

The three mass shooting incidents in California, Texas and Ohio may have taken place in other parts of the nation, but it was evident at local community vigils held in recent days that the shock, heartbreak and outrage surrounding the loss of innocent lives and use of assault weapons hit home.

"I can't just sit back and read those horrible things and not take some action. We can't forget those people," said Kathy Quinn, executive director of Support Connection, who was one of about 75 people who attended what Mayor Andre Rainey called "a moment of unity in the City of Peekskill" Friday evening at Riverfront Green.

Peekskill Councilman Ramon Fernandez read the names of the 34 individuals (22 in Texas, nine in Ohio, three in California) that died at the hands of three gunmen.



Residents gathered at Louis Engel Park in Ossining last Thursday for a candlelight vigil.

"We have to show compassion to the victim's families. We need to find solutions for this crisis. This is a real crisis," Fernandez said. "We need to use the power of the

word in a positive way. We need to make a change in society."

Vanessa Conkling of Montrose said she knows the pain the victim's families are

feeling. Her husband, Tim, 36, was murdered on March 1, 2018 after being shot in the head by a Yonkers man with an unlicensed gun as he was stepping out of his private carting truck.

"We are living a complete nightmare," she said. "We will always live in fear. In the blink of an eye, everything changed."

Activist and local cable show host George Ondek, a military veteran, called on President Trump and Congress to make changes in the gun laws.

"We have to stop the carnage in America," he said. "Weapons of war have no business on the streets of America. We should ban all assault weapons and any kind of weapon that can be turned into an assault weapon."

In a statement read by Peekskill Deputy Mayor Kathleen Talbot, Congresswoman Nita Lowey called on her colleagues to pass comprehensive gun legislation, noting five of the worst mass shootings in the

Continued on page 2

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Cortlandt Man Reaches New Heights with World Record

Continued from page 1

the jump was viewed by approximately 10 million people on ESPN and social media.

He said he has received a slew of congratulatory messages, including one from the previous record holder, Evan Ungar, who lives in Toronto, Canada. They are planning to meet in late September or early October.

His father celebrated Spell's record by surprising him with a visit to Rooster's Wings and Beer in Mohegan Lake, where they en-

joyed some Guinness beers.

Spell, a certified personal trainer, said his interest in jumping began as a youngster when he wanted to dunk a basketball.

"In high school I never played on the basketball team, but I always had a dream of dunking the ball," said Spell, who is now 5'10", 175 pounds. He achieved that dream when he was a junior. "That's where my jumping came in. It carried over."

The University of Buffalo graduate is now pursuing a football

career. He has had tryouts in the past in the Canadian and Arena football leagues. In February, he has a possible tryout with the new XFL as a wide receiver.

"I'll play any position they want me to play," Spell said. "I still have a lot of life left in football. If things don't pan out in football, I wouldn't mind breaking another world record."

Spell can be followed on Instagram or YouTube @againstoddsathletics.



SUBMITTEDPHOTO

Spell is now training for a professional football tryout.

Local Communities Hold Vigils for Shooting Victims



PHOTO BY RICK PEZZULLO

Rose Roland attended Peekskill vigil with a sign calling for gun law changes.

Continued from page 1

history of the United States have occurred since 2016.

"Racism is being fueled by the president," Lowey stated.

On Thursday night, a candlelight vigil took place on the waterfront at Louis Engel Park in Ossining.

"Like everyone who gathered at the waterfront for the community vigil on Thursday evening, I love this community and am so grateful to be part of it. My heart breaks for the people of El Paso and Dayton. They surely love their communities, too," said Mayor Victoria Gearity.

"Thank you to all the folks who made the

vigil possible. The resident who suggested the idea. Everyone in village and town government who partnered to quickly make it happen. The people who shared thoughtful remarks. The musicians who led us in song. Local officials who read the names of the people whose lives were taken in the latest mass shootings. Community members who helped distribute candles and lyrics," Gearity added. "Mother Earth who provided a dramatic sky and glorious double rainbow. Everyone who listened, sang, shared and connected with their neighbors."

A third vigil was scheduled Monday night at Mohegan Colony beach in Yorktown.



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Dr. Bruce Molinelli
Chief, Wound Care &
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Q: Why are amputations a common concern among those with diabetes?

A: Our preference for sweets dates back to our primal heritage, when ripe hanging fruits supplied us with more energy than bitter unripe ones. While "just a little sugar" may continue to delight our palates, it has negatively affected the lives of more than 29 million Americans living with diabetes. Diabetes sets the stage for devastating consequences, including amputation. Diabetes causes decreased blood and oxygen flow throughout your body. Numbness in the feet due to nerve damage makes you less aware of foot ulcers, which often form from a tiny cut. Ulcers may fail to heal. This is what leads to infection and possible amputation.

Q: How are you working to lower the number of amputation among diabetics?

A: Hyperbaric Oxygen Therapy (HBOT) is recognized as one the most effective methods of treating diabetic wounds and we've seen a significantly lower amputation rate. This is because healing wounds need oxygen. As 100 percent pure oxygen cruises its way to overtaxed, narrowed cells and tissues, it strengthens them with the energy, oxygen and nutrients needed to maximize healing of your most intractable diabetic wounds.

Q: How does Hyperbaric Oxygen Therapy work?

A: HBOT is a prescribed treatment performed on an outpatient basis under the supervision of a trained technologist. Treatment is noninvasive and typically lasts two hours. You just sit back, relax and breathe normally. HBOT for diabetic wounds typically consists of twenty to thirty treatments in a hyperbaric chamber, five days a week. However, therapy can be expanded if the wound remains resistant to healing.

Q: Do you think it will heal my diabetic wounds?

A: It's important to speak with your doctor about an evaluation and a course of treatment. At Northern Westchester Hospital we partner with you to develop a treatment plan that will improve your quality of life. We also partner with Healogics, the nation's leader in wound care management resources. These partnerships, coupled with advanced technology, give me confidence about the future of wound care for those with diabetes. With this treatment, we hope to see more and more people escaping the fate of the estimated 86,000 people each year who have lower limb amputations. This highly effective treatment can also be used for bone infections, radiation injury, compromised grafts and flaps, anemia, ischemia's and vascular disease.

Installation of Electronic Food Box at JV Mall Cheered

On Tuesday, August 6, State Senator Peter Harchkham celebrated the installation of the first-ever electronic food box at the Jefferson Valley Mall in Yorktown to help serve families dealing with food insecurity. The electronic food box is located on the second floor of the mall just past the food court near the community room and staff offices. It is accessible to the public during the mall's hours of operation.

Navod Jayawardhane, a rising senior, honors student and co-captain of his high school's robotics team from Wilton, CT, developed the idea to use electronics to create this self-service food box. Through the use of ultrasonic distance sensors that keep track of the number of canned goods residing in the food box at any point in time, he devised a system that sends a signal when the quantity of canned goods inside the box becomes low. When this happens, an email alert is automatically sent to the person in charge of restocking the food box.

"When someone comes to a food box to pick up canned goods because their family is in need of assistance that day, they will be disappointed to find the box empty. I wanted to create something that solves this problem and lets people get what they need while still helping them preserve their anonymity and dignity," Jayawardhane explained.

Jayawardhane has created a website, <https://navodjaya28.wixsite.com/foodpantrybox> to expand and share his concept

with other communities. His website includes all the design and build plans and programming needed to build an electronic food box to help address the issue of food insecurity by making canned goods available at a time and place when families need a little extra help.

Harchkham said at the installation ceremony Jayawardhane has created a "sophisticated inventory system" "...this is open source so on his website people can get all the plans, all the coding, where to buy all the electronics and this is something that could spread to all public spaces. It doesn't

Continued on page 17



Heather Novak, Navod Jayawardhane, Alexa O'Rourke, and State Senator Peter Harchkham.

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<p style="background-color: #e91e63; color: white; padding: 2px 5px;">ROSÉS' ON SALE</p> <p>Moulin De Gassac\$7.97</p> <p>Isle Saint Pierre\$7.97</p> <p>Bieler Pere & Fils\$10.97</p> <p>Pomponette\$12.97</p> <p>Triennes\$13.97</p> <p>Lafage Miraflores\$13.97</p> <p>Ch Gassier\$13.97</p> <p>Koehler - Ruprecht\$15.97</p> <p>Whispering Angel\$19.97</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 5px;"> 19 Crimes Red \$7.97 </td> <td style="text-align: center; padding: 5px;"> Freefall Sangria \$13.97 </td> </tr> <tr> <td style="text-align: center; padding: 5px;"> Donini Pinot Grigio \$9.97 1.5L </td> <td style="text-align: center; padding: 5px;"> Talisker Scotch 10 Yr. \$49.97 750ml </td> </tr> <tr> <td style="text-align: center; padding: 5px;"> Smirnoff Vodka \$19.97 1.75L </td> <td style="text-align: center; padding: 5px;"> Matua Sauvignon Blanc \$11.97 </td> </tr> <tr> <td style="text-align: center; padding: 5px;"> Hanging Vine Cabernet \$9.97 </td> <td style="text-align: center; padding: 5px;"> A by Acacia Chardonnay \$8.97 </td> </tr> </table>	19 Crimes Red \$7.97	Freefall Sangria \$13.97	Donini Pinot Grigio \$9.97 1.5L	Talisker Scotch 10 Yr. \$49.97 750ml	Smirnoff Vodka \$19.97 1.75L	Matua Sauvignon Blanc \$11.97	Hanging Vine Cabernet \$9.97	A by Acacia Chardonnay \$8.97	<p style="background-color: #0056b3; color: white; padding: 2px 5px;">MAGNUMS ON SALE</p> <p>Carta Vieja Sauvignon Blanc\$7.97</p> <p>Castello Nero D'avola\$7.97</p> <p>Astica Malbec\$8.97</p> <p>Crane Lake Pinot Grigio\$9.97</p> <p>Fetzer Cabernet\$10.97</p> <p>Beringer Pink Moscato\$11.97</p>
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Jim Beam Bourbon \$28.97 1.75L	Ketel One Vodka \$39.97 1.75L									
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Two Beaches on Mohegan Lake Remain Closed

BY RICK PEZZULLO

Two beaches on Mohegan Lake remain closed for swimming a month after being given a thumbs down by the Westchester County Health Department.

Ken Belfer, president of the Mohegan Lake Improvement District, informed the Yorktown Town Board last week Mohegan Colony and Mohegan Beach Park, two of the five active beach associations, have been off limit to swimmers since July 17 due to a high concentration of blue green algae that has been a long-standing nuisance of the 103-acre natural waterway.

"It has a deterrent effect on all beaches in the lake," Belfer said. "If the lake looks like pea soup and you see algae floating don't swim. People are using it for boating."

In late April, Mohegan Lake was the recipient of a state funded pilot project to treat the blue green algae. The two-day treatment of Alum (aluminum sulfate), which members of the Mohegan Lake Improvement District felt could be a "game-changer" in improving the water quality during the summer season, would have cost about \$150,000.

Mohegan Lake was treated with Alum in 2002 and the water quality that summer "was the best we had in decades," according to Belfer, who was hopeful the lake would see similar results this year. However, that didn't turn out to be the case.

"If it made it better it was marginal," Belfer said. "It's very disappointing. The



PHOTO BY RICK PEZZULLO

Mohegan Lake Improvement District members and local officials were hopeful in April that a pilot state project would solve woes of Mohegan Lake.

lake changes all the time. It can change with weather conditions."

The pilot project includes two years of study of the impacts of all aspects of the lake ecology. Belfer said it's just a "Bandaid" while the Improvement District searches for a long-term solution.

"We see this pilot project as just the beginning," Belfer said. "Our ongoing efforts include water quality monitoring, aeration of the lake, weed harvesting and removal

of invasive aquatic species."

The Health Department was scheduled to return early this week to take samples of the lake. Those samples are then sent to a state laboratory in Albany where results are usually available in about two days.

"I'm not optimistic," Belfer said. "Just because there's algae doesn't mean the toxins are high. I've never heard of anyone allergic to this. The only negative effect is if anyone ingests it."

Police Blotter

YORKTOWN POLICE

August 8 -4 p.m. – Marko Nikiprelevec, 58, of the Bronx, was charged with assault in the third degree in connection with a domestic dispute reported on June 13. An investigation revealed Nikiprelevec allegedly struck the victim above her left eye with his fist causing bruising and swelling. A warrant was issued on July 25. Nikiprelevec voluntarily surrendered at police headquarters August 8.

August 10 - 8 p.m. – Abraham Kiryako, 30, of Yonkers, was charged with criminal possession of a controlled substance following a traffic stop on the Taconic State Parkway southbound ramp from Route 202 for allegedly failing to keep right. Following an investigation, it was alleged Kiryako was in possession of a controlled substance.

August 11 - 1 a.m. – Nicola Gillotte, 23, of Danbury, CT, was charged with driving while intoxicated and leaving the scene of a personal injury accident following a report of an erratic driver on Crompond Road. Gillotte happened to pull into the Yorktown Police parking lot, where the vehicle stopped. He was then placed under arrest.

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Discussion of Proposed Boarding High School Continues

BY NEAL RENTZ

The processing of reviewing the proposal for a private boarding high school on the 723-acre site that formerly housed IBM continued at the August 8 Somers Town Board meeting.

The plan is being proposed by Evergreen Ridge LLC for property owned by 294 Route 100 LLC. A name for the proposed school has not yet been finalized.

The academy would be in IBM's five interconnected buildings, totaling 1.2 million square feet. The interiors of the existing buildings would be renovated and the proposal calls for the creation of several other facilities, including an arts center, an athletic center, dormitories, a home for the head administrator of the school, several athletic fields, jogging and hiking trails and gardens.

Though the school would be for high school students in grades nine through 12, the school would open in the fall of 2021, with the 11th grade added in 2022 and the 12th grade would be added in 2023.

The school would prepare students for such fields as biomedical engineering and physics, artificial intelligence, computer science and information technology, robotics, aerospace and manufacturing tech-



PHOTO BY NEAL RENTZ

Somers Director of Planning Syrette Dym discussed the proposal for a private boarding high school that would be located on the site that formerly housed IBM at the Aug. 8 Town Board meeting.

nology. The maximum student enrollment would be 1,800.

About 85 percent of the students would live on campus, with the rest being day students. The school would provide instruction in the STEAM subjects of science, technology, engineering, mathematics and the arts. There would be an estimated 750 students on campus in 2021 and the number of students would rise every year until hitting the maximum of 1,800 students in about 2023. There would ultimately

be 125 teachers and administrators and a 110-person support staff.

The annual cost for each boarding student would be \$49,000 per school year and \$37,000 for day students.

Mark Weingarten, an attorney representing the developers, said among the approvals required for the project would be amendments to the town's zoning ordinance from the Town Board for the portion of the land that would be developed. The land is currently zoned Office

Business, he noted.

Weingarten said there are no other development plans for the property. Architect Erik Kaeyer, vice president of Kaeyer, Garment and Davidson Architects, told the Town Board last week there are currently 3,200 parking spaces on the site. The proposal calls for the number of parking spaces to be reduced to between 1,000 and 1,100, he said.

The project calls for call for "about a 19 percent decrease in impervious surfaces on the campus," Kaeyer said.

While most of the plans for the site would be reuse of the vacant buildings currently on the property, Kaeyer said the project does call for the construction of a 28,000-square-foot field house for athletics. The project also includes plans for nine natural turf athletic fields and one synthetic turf field.

Tim DiScipio, founder of Evergreen Ride, said the school's offerings would include core curriculum subjects and Advanced Placement courses. The school is in the process of seeking to meet state Education Department requirements, DiScipio said.

This fall representatives of the proposed school will provide a report to the Town Board about the educational programs the school

will offer, DiScipio said. A date for the meeting has not been determined.

Town Director of Planning Syrette Dym said the applicant's project assessment report was submitted to the town in June and it is being reviewed by town officials. "A comprehensive review" of the project is being done by town staff, she said. The town is in the process of determining if all of the questions have been answered by the applicant, she said.

Resident Mark Copel said he supported the concept of the proposed high school. Copel said he did not want "a large amount of lighting" coming off the playing fields being proposed. "There's not a lot of lighting" and there should be no negative impact of any lighting on the neighboring area, Weingarten said. "Only three of the fields have lighting," he said.

Kaeyer said a lighting plan will be submitted to the town, which will include a provision to replace current lights with LEDs.

Michael Barnhart, chairman of the Open Space Committee, said he wanted the natural life of the campus to be protected if the project was approved. There may be species on the land that would need to be conserved, he said.

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Possibilities and Universal Healing Arts Connection Cortlandt

BY NEAL RENTZ

Cortlandt resident Shima Chayvet was vice president of a home care company for many years.

"It was seven days a week. It never ended," Chayvet recalled last week. "I loved what I did, but I really needed a diversion."

Chayvet said a friend purchased admission for an energy healing class at Westchester Community College in Valhalla. The class changed her life because she eventually decided to take her career in a new direction.

Chayvet is the owner of Infinite Possibilities and Universal Healing Arts Connection in Cortlandt. She owns seven other offices, including one in Florida, which operates "all by word of mouth. I've never advertised," Chayvet said.

Chayvet said Infinite Possibilities focuses on holistic weight loss utilizing acupuncture, reflexology and dietary changes. "I use a 2,000-year-old methodology," she said. The methods have been so effective that there have been clients who were told by their doctors to no longer take their blood pressure and diabetic medications. "Women lose 30 pounds in 30 days. Men disappear like a puff of smoke," she said. A free orientation session is offered, she noted.



PHOTO BY NEAL RENTZ

Infinite Possibilities and Universal Healing Arts Connection in Cortlandt is owned by town resident Shima Chayvet.

Several services are offered by Universal Healing Arts Connection. "Once Infinite Possibilities was established, I got into the healing arts," Chayvet said. For example, she practices Reiki.

"Reiki is an ancient art of hands on healing that was founded in the 1850s by a

Japanese Christian monk whose name was Mikao Usui," Chayvet said. With his life not going well, Usui went to the top of a mountain in Japan to fast, chant and meditate for 21 days "to try to figure out what was wrong," she said. "After 21 days the story is he saw a blinding light and there were

symbols in the light. And as he was coming down the mountain he stumbled and fell and he was bleeding. And he put his hands on himself and he was healed. And he came up with this system. And what Reiki stands for is universal life-force energy."

Universal Healing Arts Connection also offers other services. Michelle Lent provides message therapy; Itsa Aravena teaches yoga, including family yoga; Qigong, which is similar to Tia Chi, is taught by Katherine McGloughlin; and Linda O'Shea provides divine energy healing.

Universal Healing also has a metaphysical shop which sells such items as crystals, sage, shells, feathers to move the sage, jewelry and books. The shop offers "everything that you would not normally find in a store," Chayvet said.

Though she owns other offices, the Cortlandt facility is unique, Chayvet said. "This is only office that has the complete healing arts component," she said.

Infinite Possibilities and Universal Healing Arts Connection are located at 4 Crestview Ave. in Cortlandt. For more information about Infinite Possibilities, call 914-788-9355 or visit <https://iploseweight.com/>. For more information about Universal Healing Arts Connection call 914-737-4325 or visit <https://universalhealingarts.com/>.

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Obituaries

Eugene Doody

Eugene F. Doody, a resident of Yorktown, died August 6. He was 90.

He is survived by five children: Michael (Genevieve), Paul (Tina), Barbara (Rob) Gordon, Marijoan (Christopher) Bull, and Gene (Jeanne); 13 grandchildren; and three great-grandchildren. He was predeceased by his wife Joan and granddaughter Kaitlin.

A long-term resident of Yorktown, Mr. Doody was active in the community as a CYO basketball coach, library trustee, founding member of the Tri-State IBM Retiree Club, and a volunteer tax preparer for AARP. He is remembered as an exemplary father, devoted grandfather and great-grandfather, and a good neighbor. His life revolved around family and he set a high standard for working hard and living with honesty, decency, and integrity. He served in the United States Navy during the Korean War.

Donations in his memory may be sent to support the John C. Hart Memorial Library Trustees Gift Fund, or the Korean War Veterans Memorial.



EUGENE F. DOODY

Dominick Sfarra

Dominick Sfarra, a resident of Yorktown, formerly of the Bronx, died August 2. He was 80.

He was a self-employed plumbing contractor at L. Glashow, Inc., in the Bronx.

Mr. Sfarra was born in 1939, in Stiffe, Italy to Giuseppe and Gemma Sfarra. He graduated from Theodore Roosevelt High School and later earned his Master Plumber's License from NYCDOB.

Mr. Sfarra served in the U.S. Army from 1958 – 1960, attaining the rank of Corporal. In 1964, he married Josephine Leone at the Church of the Blessed Sacrament in the Bronx.

He is survived by his wife Josephine Sfarra, his son Robert Sfarra and his wife Kelly of Armonk, his grandsons Benjamin and William Sfarra of Armonk, his brother Pasquale Sfarra of Teaneck, NJ, his brother Fernando Sfarra of Emerson, NJ, and his sister Anna Ciani of Bronxville. He is also survived by many nieces and nephews.

Mary Blackadder

Mary Blackadder, a longtime Yorktown



DOMINICK SFARRA

resident, died peacefully August 6 in her home. She was 95.

She was born in Yonkers. She was predeceased by her husband, James, her son Bruce, her parents, Joseph and Mary, sisters, Nell and Fran, and her brothers, Stanley and Henry.

She worked as a seamstress at Clements Cleaners until her retirement. She was a longtime communicant of St. Patrick's Church in Yorktown. She was a long term member of Yorktown PBOE Lodge #2324.

She is survived by her daughter, Beverly Grimont and son-in-law, Thomas of Yorktown, granddaughter, Tammy Myers and husband, Ron of Marietta, PA and grandson, Thomas Grimont, Jr. and his wife, Teri of Mahopac, along with her many nieces and nephews.

James Larkin, Jr.

James Joseph Larkin Jr., a resident of Cortlandt, died August 6. He was 84.

He was born December 20, 1934 to James and Margaret Larkin in Mt. Vernon, NY. He graduated high school from Blessed Sacrament and received his bachelors from Iona College. He served honorably for the United States Army. He married his wife Carol Fierro on August 21, 1965 and moved to Cortlandt in 1967, where they raised their family. In 1992, he retired from General Motors in Tarrytown as a Traffic

Supervisor.

He is survived by his devoted wife Carol, loving children: Kevin Larkin (Nancy), Mary Ellen Brown (Chris) and Karen Leonard (Robert), and six cherished grandchildren: Brian, Matthew, Amanda, Kellie, Gregory and Kristina. He is also survived by his sister Margaret McTiernan and his brother Monsignor Robert Larkin. He was predeceased by his brother Thomas.

Vincent Di Leo

Vincent J. Di Leo, a resident of Ossining, died August 7, following a courageous battle with cancer. He was 83.

He was born September 15, 1935 in Ossining to Vincent and Albina (Picciano) Di Leo. He was known around town as the "Ice Man" or "Ice," a nickname he's had since he was a boy and worked with his father delivering ice to Ossining residents.

He is survived by his beloved wife of 61 years Frances Mary Cresswell, and their four children, Faye Di Leo (David Goldstein), Marianne Lattin (Jon), Vincent Jr. (Diane) and Jayne Turner (Rob), and eight grandchildren, Jillian and Jennifer Mislinski; Taylor, Vincent and Travis Di Leo; Melanie Lattin; and Elizabeth and Rhannon Turner. He is also survived by his three sisters, Phyllis Lieto; Carmela (Millie) Gullotta and Rose Purdy, and well as many cousins, nieces and nephews.

Continued on page 17

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Letters to the Editor

Three Strikes Against Supervisor Gilbert

To the Editor:

Baseball Hall of Famer Tommy Lasorda had a great saying, "There are three types of baseball players: those who make it happen, those who watch it happen and those who wonder what happens." In the race for Yorktown Supervisor, we're witnessing much of the same thing.

For months, Matt Slater has proposed idea after idea designed to make our town a better place to live, while Supervisor Ilan Gilbert has watched and wondered how to follow Slater's lead.

Before people grab the torches and pitchforks, let me lay out three clear examples.

First, Matt Slater brought to light the poor conditions of our local parks in the lead up to the summer months. He also highlighted the need to modernize the operations of the Parks Department starting with online registration for programs and migrating our town pool pass to an online portal.

Specifically, Slater cited the condition of the tennis courts at Blackberry Woods Park

in Mohegan Lake and Shrub Oak Park off of Sunnyside Avenue. In response, the town said repairs were underway in an article in the Yorktown News. With summer nearly over, the tennis courts at Shrub Oak Park remain in shambles and our two top staffers of the Parks and Recreation Department have quit. That's strike one against Mr. Gilbert.

Second, Matt Slater highlighted the need to develop a Local Waterfront Revitalization Plan for Mohegan Lake in March. While Slater outlined the process through which the town could have applied for these state grants last year, the Gilbert administration falsely claimed that they couldn't apply for the funding because the prerequisite state legislation had not yet been signed into law. Slater knew better, because he actually helped write the state law.

Slater explained that the town could have applied for grants to help start this process and rejuvenate the health of the lake last year.

Fast forward to this week. A freedom of information request showed that the town ap-

plied for an identical grant for Sparkle Lake, even though the legislation (S.3444) has not been delivered to Governor Cuomo to sign into law. Matt Slater was right all along and, because of the town's failure to act last year, no progress has been made at Mohegan Lake and the Westchester County Department of Health closed two public beaches this summer. That's strike two against Mr. Gilbert.

Finally, Supervisor Gilbert recently admitted in a local newspaper article that he improperly used his taxpayer-funded car to advance his political campaign. Frankly, I took great offense that Gilbert felt that it was acceptable to use the car for campaign purposes because it was more convenient for him to do so. Mr. Gilbert should know based on his time serving as a local judge, and years as a practicing attorney, that it's not acceptable to break the law for convenience. This is now a serious issue Supervisor Gilbert must answer. That's strike three against Mr. Gilbert.

DAVID DENAPOLI

Thanks to Harckham for Initiating Veterans Advisory Council

To the Editor:

In April, New York State Senator Pete Harckham initiated quarterly meetings of his Veterans Advisory Council (VAC.) Senator Harckham represents Yorktown along with other areas in Dutchess, Putnam and Westchester counties. At Supervisor Gilbert's request the second meeting was held here in Yorktown at the VFW on July 17th.

The purpose of the VAC is to work with the Veteran's community to identify concerns and to help veterans and their families resolve these concerns. The VAC will work in concert with existing veteran's organizations such as the NYS Department of Veterans' Affairs, the Joseph P. Dwyer Veterans Peer Support Program, Montrose Veterans Hospital and various County Veteran Services Agencies, and others.

Senator Harckham, at the initial meeting, stated "The men and women who have served in our armed forces have made sacrifices that most of us will never be able to fully comprehend. I want to ensure that veterans and their families in the 40th Senate District and beyond get the best medical care and support services available."

This new program gives veterans, their families and organizations that support our veterans another voice and another avenue for providing help through coordination and legislation.

The Mission Statement developed for the VAC is to support the veterans residing in our district by identifying veterans and their families in need of service and by providing information and access to the services for which they are eligible under the law.

Yorktown Supervisor Gilbert has been in discussions with Senator Harckham on needs of veterans and how to best meet those needs and he fully supports the VAC.

As a concerned and active Veteran of Yorktown, I have devoted many hours to working with Veterans around Westchester County. I have served on the VAC for the Veterans Administration as well as the WCVAB (Westchester County Veterans Advisory Board. In my work with Veterans and Veteran Groups I have discovered, as has Supervisor Gilbert, Senator Harckham and County Supervisor George Latimer, that when we work together to benefit Veterans around the country that we can succeed in improving their lives.

Supervisor Gilbert will help the VAC ensure the timely and accurate benefit delivery for all Yorktown veterans seeking help from the Federal, State and Local branches of government. He will also ensure our veterans receive the dignity, compassion, re-

spect and privacy they deserve.

This may include, but not be limited to, the fight against homelessness and joblessness within the veteran community, researching the correct answer and providing results as quickly as possible.

This Veterans Advisory Council is something that should have existed in the district and I'm delighted that Senator Harckham saw the need and initiated the program. Yorktown and the rest of the district will be well served by the VAC.

Supervisor Gilbert's father was in the military along with other family members and friends and he fully understands the importance of serving those who have so gallantly served.

NEIL S. GROSS

A Yorktown Citizen and Veteran

Register to be an Organ Donor

To the Editor,

As we take time to relax and enjoy the summer, I think it is important for us to take a moment to think about people who may not be so lucky. In particular, I want to raise awareness of the critical need for organ donations in our state. Currently in New York there are over 10,000 people in need of an organ. These people are more than statistics; they are our friends, family, and neighbors. Luckily, there is something that we can do. I encourage you to consider signing up to become an organ donor, offering a new lease on life to those in need.

New York has consistently held the lowest rates of organ donor registration in the country with currently only one in every four New Yorkers registered to donate organs, eyes and/or tissue. I registered to

be a donor years ago and it is humbling to think that my choice can benefit the lives of up to seventy-five people who are in need. While I know some of you may be hesitant, I highly recommend you discuss the topic further with your doctor and family.

To register to become an organ donor, you can mail an enrollment form to the New York State Department of Health. If you need a copy you can call our office at 914-941-1111. It is also possible to register online at <http://www.health.ny.gov/professionals/patients/donation/organ/>. You can also register at the DMV or Board of Elections. Please consider signing up as an organ donor today.

Sincerely,

SANDY GALEF
State Assemblyman

Letters to the Editor

Health Care Should Be a Right, Not a Privilege

To the Editor:

I am lucky as a senior to have Medicare and that I can afford to buy Medicare supplemental insurance for prescription drugs, dental and long-term care.

Although I am a pretty healthy senior, this past half-year I incurred some huge medical bills that would have drained my retirement savings. I was flabbergasted to see how much the bills were for X-rays, MRIs, medications, doctors and physical therapy submitted to my supplemental medical health plan, and for the bills to my dental plan for treatment of a failing root

canal.

I fortunately paid only a small fraction of the total claims submitted by my providers. Who could ever pay these enormous medical bills without health insurance? Granted, my additional insurance coverage above and beyond basic Medicare is not free and does cost me quite a bit before co-pays and deductibles, but I could never have paid my recent bills without additional insurance coverage. What would happen if I had a major, catastrophic illness or injury if I didn't have adequate insurance coverage?

I am thankful that, one, I'm a senior with

Medicare coverage, and two, that I was able to work and save during my working years to pay for supplemental coverage. This makes me "privileged." But shouldn't all people regardless of age, sex, race, gender identity, wealth or employment status be entitled to basic, universal health care as a right, not as a privilege?

The New York State legislature is currently developing a universal, comprehensive, single-payer healthcare plan known as the New York Health Act (A.5248/S.3577). This would provide quality care to every New Yorker and cover all medically neces-

sary care, including medical, dental, vision, mental health and reproductive care.

Learn about the myths and facts from the experts at the NY Health Act Forum on Thursday, Sept. 26 from 7 to 8:30 p.m. at the Ossining Public Library. Speakers include state Sen. Gustavo Rivera (the bill's sponsor), Katie Robbins (Campaign for NY Health) and health economist Peter Arno. You can also find information from the Campaign for NY Health at nyhcampaign.org.

VIRGINIA STILLMAN
Ossining

Reminder to Voters That Early Voting Begins Oct. 26, 2019

To the Editor:

From mass shootings to problems at our borders, everyone's stress level is raised.

The overhaul of voting procedures passed by the state legislature in January should help. With early voting, we can relax and vote at our convenience.

Every registered voter in Westchester can vote early. Anyone over 18 who is registered by Oct. 1 will be able to vote during

early voting, Oct. 26 to Nov. 3, or on Election Day, Nov. 5.

Responsibility for administering early voting falls on the Westchester Board of Elections (BOE). The BOE has identified 16 polling sites in Westchester so that few will have to travel more than five miles to vote early. Each early voting site will offer space and staff for the usual identification of voters, distribution of the correct ballot

to each voter and the voting booths and machines. This is in addition to the siting, staffing and supplying of the usual polling places available in Westchester on Election Day.

The Westchester Board of Elections will inform every voter of the locations and times for early voting, as they always have for the approximately 400 sites available on Election Day, by postcard. Save your post-

card. Receiving a voter's postcard proves that you are registered. If you aren't sure you're registered, call 914-995-5700 by the middle of September.

Be sure you are registered, then vote early!

Sincerely,

CATHERINE RAY
Ossining



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The Bathroom Scale: Or, Is Trump Responsible for My Weight Gain?

How many times, I wonder, have my wife Margaret and I targeted the next coming Monday as our start date for a new diet? It would be impossible to calculate, but this time around, as I ponder all the reasons that I let my weight go, I suspect that where I live is a major contributing factor. You see, I am happily ensconced in a luxury condo with our president's name sprawled across a sign at our entrance. I can attest that, yes, where we live can affect our weight.

When I lived for nearly half a century in a maintenance-intensive single-family house – an historic home at that – I was in much better physical shape and didn't tax my weight scale as much as I do today. There were incalculable chores to be done inside and out, especially out, that required physicality, energy expense that today I neatly tuck in a savings account called weight gain.

Yes, the joy of living in Trump Park Residences in upper Westchester for almost five years has had only one downside for me in that it has contributed to the failure of most of my diet efforts. Trump living has made everything just too

easy for me, starting with a one-floor spread on the top floor of a gorgeous building with an elevator. No longer do I have to trudge down steps to the basement for tools, or up to the second floor to sleep, or to the attic to store things. And there is no outside yard work.

I hesitate to mention that my current digs affords a professionally equipped gym and both an indoor and outdoor swimming pool, as well as a ¼-mile race track and a walking path that goes on for miles. And, I did avail myself of all these accommodations...in the beginning of my residence here. But I have sluffed off as one tends to do when an activity isn't at the top of one's list of favorite things.

While my diet efforts for the most part have been in vain, that doesn't mean that I don't try daily to beat the odds. And part of that process involves an almost unnatural relationship with my bathroom scale.

Each and every morning, I surrender myself to it just before I jump into the shower. If this simple act stopped there, it would be considered perfectly normal behavior, but there's a secret ritual that has

developed over the years that may render normalcy questionable, and certainly with this writing, it's no longer a secret.

The ritual kicks in when, with my big toe, I tap the glass surface of the attractively designed gadget, step on lightly and wait with bated breath as digital figures start their little dance. The final number pops up in excessively large digital display, the only reading I am able to achieve without my glasses.

More often than not, I don't accept the preliminary hard evidence of my imprudence. Surely the scale must need to "warm up" before it gives me an accurate weight. I step off and on the scale again, but this time, I lower my weight slowly as I lean on a shelf nearby. The result of this little trick may actually be higher than the first reading.

I will resist elaborating on the fact that for a while I had two scales in the bathroom, each a different brand; I'd weigh myself on both and then accept the average weight between them.

As I write this, I'm thinking to myself, ok, now the reader knows I'm weird, but considering that one out of every three women and one out of every five men in this country are on a diet, surely other people's home scales get as much a workout?

With our distant ancestors, not fettered

by body image issues spawned by the media, it was the need for measurement in commerce that created the first scale. Evidence of the earliest scales in Roman times shows that they were actually balancing systems, using two plates attached to an overhead beam fixed on a central pole, much like the smaller version held by Lady Justice. The weight of any object for trade, like gold, was measured by placing it on one plate and weight-setting stones on the other, until equilibrium was reached.

In the late 1700s, British balance maker Richard Salter invented the spring scale which measures the pressure exerted on a spring to deduce the weight of an object. Spring scales are still fairly common today, but are not as accurate as the new and sleek scales that came with the digital age.

The first automatic vending machine was a large spring scale that was imported to America from Germany in the late 1880s. People would go to a local store or arcade where they availed themselves of a coin operated weighing scale, requiring a penny to see one's weight. During the 1920s and 1930s, the Peerless Scale company operated a scale on almost every corner and weighing in was considered an affordable novelty, even in the middle of the Depression. To feed interest in this pastime, for-

Continued on page 15

The Home Guru



By Bill Primavera

Free Roof for Troops

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Vaping Epidemic Growing Among Youth Warns Lowey

BY ABBY LUBY

Local high school students sent a strong message to adults at the roundtable discussion "E-Cigarettes and Youth," chaired by Congresswoman Nita Lowey (D-Harrison) recently. Their message: Here's what we're doing to stop kids vaping, but we need your help.

The meeting was held at the Student Assistance Services Corp. in Tarrytown where some half a dozen teens spoke directly to Lowey and several high-profile experts from the Centers for Disease Control Office on Smoking and Health (OSH) as well as local physicians, educators, health advocates and youth directors.

"There's a lot of dangerous peer pressure on social media like Snapchat and Instagram," said Meaghan Ennis of Pleasantville High School. "Adults don't see a lot of the advertising for e-cigarettes because it's hard to find. You have to dig for it, and it shows that vaping is cool."

CDC's Dr. Brian King, an expert on youth tobacco and e-cigarettes, said from 2017 to 2018, e-cigarette use among high schoolers rose 78 percent. "New products appeal to kids. Advertisements, new flavors and nicotine — that's the trifecta of factors that lead to the initiation of the youth epidemic. Schools are ground zero where e-cigs are being used. We are seeing signs of nicotine dependency."

Lowey has long spearheaded legislation addressing addiction to tobacco and e-



Congresswoman Nita Lowey, Pleasantville High School students Nya Pierre and Meaghan Ennis, and Alex Alvarez

cigarettes by youngsters. As Chairwoman of the House Appropriations Committee, Lowey included an increase of \$40 million for the Office on Smoking and Health in the House-passed spending bill for Fiscal Year 2020. The Senate is currently considering this legislation. "Every stakeholder here today is critical to combatting the use of e-cigarettes by kids, teens, and young adults," said Lowey. "I am honored that members of the CDC Office on Smoking and Health traveled to the Lower Hudson Valley to collaborate with local physicians, educators, health advocates, youth directors, and students. This epidemic has taken hold in our community and ending it will be

a team effort."

Nicole Calle, a senior at Ossining High School, told about attending a recent youth conference to learn how to sway teens away from vaping or smoking.

"We learned how to practice drug free fun and bring that knowledge back to our schools," said Calle, who explained that teens indulge in tobacco and e-cigarettes, raising their dopamine levels to feel good. "Those levels can go up naturally and you don't have to smoke to feel good." Calle was applauded when she said, "Teens are attracted to the vape flavors. We want to hold a flavor ban and get the youth on board with that. Kids are here to stand up for

themselves and I hope you guys can help us get this epidemic out of our schools." Lowey responded by saying, "This group has to continue to be vocal. We can't give up. I'm so impassioned about this issue and I hope to get more money to help control this epidemic."

Sherlita Amler, MD, Westchester County Commissioner of Health passed around several types of e-cigarettes. She talked about the Tobacco 21 law passed last year by Westchester County Executive George Latimer making it illegal to sell vaping products to anyone under age 21.

"Many young people don't realize that when they vape, they breathe in an aerosol that can contain harmful substances, including highly concentrated and addictive nicotine, volatile organic compounds that can cause cancer, heavy metals and diacetyl, a chemical linked to a serious lung disease," she said.

Educators on tap included Joseph Spero, Principal of Walter Panas High School in the Lakeland School District, and Dr. Joseph Ricca, Superintendent of Schools in White Plains. Spero said the Lakeland district considers it an infraction if a student is caught smoking within 100 feet of the school. "Our goal is not to throw kids out of school for bad behavior. But you also have to send a message that certain behaviors are serious issues. It's a balance," he said.

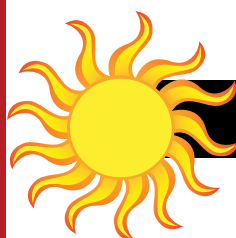
Pleasantville High School student Nya

Continued on page 15

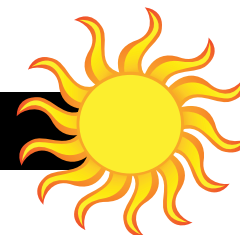
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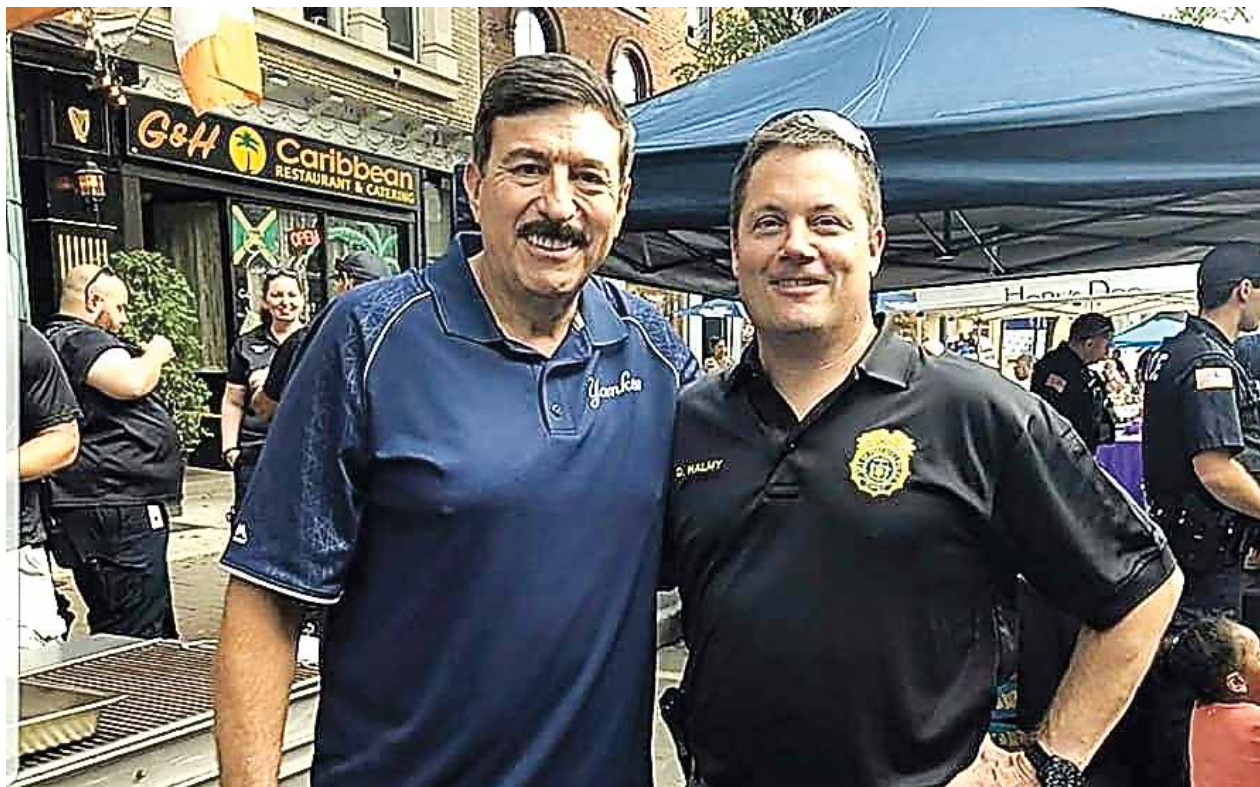
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Happenings

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TUESDAY, AUG. 13

Book Bingo: Book Bingo for adults is being this summer at the Somers Library: Have fun, try something different, and join with children and teens in summer reading. Who knows...you might be a lucky winner. All game cards must be returned no later than Aug. 28. Info: 914 232 5717 or www.somerslibrary.org.

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, AUG. 14

Cortlandt ZBA Openings: The Town of Cortlandt government will be interview-

ing interested residents for the Zoning Board of Appeals. The board conducts public hearings for area and use variances, Interpretations and special permit applications and renders decisions. Members are required to attend work sessions and meetings once a month and perform site inspections as required. There is a required New York State four hour per year training program. Interested residents should send a resume and letter of interest to Supervisor Linda D. Puglisi, Town Hall, 1 Heady Street, Cortlandt Manor, NY 10567 or e-mail to claudiav@townofcortlandt.com. The deadline to apply is Friday, August 30, 2019.

A Roof For A Veteran: Attention all veterans. Miracle Home Improvements and Gas Roofing are partnering to replace the roof of one lucky winner. Send us a letter with a brief summary as why you need a new roof. You must live in Westchester or Putnam. The winner will be chosen on Sept. 3. Submit a photo and summary by e-mail (miraclehome1@verizon.net) or through the regular mail at Miracle Home Improvements, 2010 Albany Post R., Croton-on-Hudson, NY 10520.

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 9a.m. and 5p.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.

New York Presbyterian Programs: Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd., Cortlandt. Unless noted, you should register for programs. Bariatric Cooking will be held on Aug. 14 from 5:30 to 7 p.m. Call 914-734-3780 or e-mail hvhteachingkitchen@nyp.org. Pack-It-Ahead Dishes & Bites will be held on Aug. 15 from 5:30 to 7 p.m. The cost is \$15. Call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. American Classics Reinvented will be held on Aug. 16 from noon to 1:30 p.m. The cost is \$15. Call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. Car Seat Safety and Proper Installation Techniques will be held on Aug. 17 from 10 a.m. to 1 p.m. For more information call 914-734-3557. Preserving the Bounty of Summer will be held on Aug. 19 from 11 a.m. to 12:30 p.m. The cost is

\$15. Call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. A Breast Cancer Support Group will meet on Aug. 19 from 7 to 9 p.m. Call 914-962-6402.

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.

Toastmasters Meetings: Toastmasters International is a world leader in communication and leadership development. A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a no-pressure atmosphere. Northern Westchester Toastmasters meet on the second and fourth Wednesdays of each month at 7 p.m. in the Jefferson Valley Mall Community Room. 650 Lee Blvd, Yorktown. Info: NorthernWestchester.ToastmastersClubs.org.

THURSDAY, AUG. 15

Internships: Assemblywoman Sandy Galef's office has announced upcoming internship openings for the 2019-2020 school year. These unpaid internship opportunities are open to high school and college students who are looking to gain workplace experience, obtain knowledge on how government works and develop skills that will help them in their future. If you are interested in applying for an internship or wish to receive more information contact Jennifer Fields-Tawil at fieldstawilj@assembly.state.ny.us or call the office at 914-941-1111. An application is also available online at www.assembly.state.ny.us/mem/Sandy-Galef/story/46712.

Art Exhibit: Fiber Arts North East will have an exhibit during regular library hours at the Somers Library throughout the month of August. Info: somerslibrary.org.

Yorktown Jewish Center Courses: The Yorktown Jewish Center offers a wide selection of courses during the year. However, all classes have ceased for the summer. Most will continue in the fall, so keep posted. Info: 914-245-2324 or yorktownjewishcenter.org.

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

Support Connection Program: Support Connection, announces the next session of their free monthly program "Mah-jong, Coffee and Camaraderie." will take place today from 10 to 11:30 a.m. at the Support Connection office in Yorktown. It 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.

FRIDAY, AUG. 16

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 Summer: The summer is a time for us to relax and kick back. Every Friday evening over the summer, Temple Beth Am will create a relaxed atmosphere that is engaging and enjoyable with services at 7 p.m. 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 rabbibw@op-tonline.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.

SATURDAY, AUG. 17

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.

Shabbat Services in Somers: Hebrew Congregation of Somers Shabbat Services will be held every Saturday for the rest of August. Please join us for a Shabbat service at 9:30 a.m., followed by Lunch & Learn, a discussion of the week's Torah portion. Kiddush luncheon will be served. The service will be led by new Rabbi Shoshana Leis and

Continued on page 17

Crossword

- ACROSS
1. Sign of summer

4. Achilles' weakness

8. Four-time Indy 500 winner Rick

10. Prefix with dextrous

11. Came to terms

13. Barbecue fare

14. White Plains shopping center

16. Skater Midori ____

17. Rousseau was one

19. Baseball's "Georgia Peach"

21. Buccaneers star from their Super Bowl win

24. They're in the banks along the Seine

28. Day-____

29. Mohegan Lake hair salon meaning "garden orchid" in Spanish

31. Monday to Sunday

34. Penetrating

35. "Rowan and Martin's laugh-in" actor, Johnson

36. Bleating beasts

37. Alcatraz escape vehicle
38. Real estate ad abbr. Down

1. Smooth, musically

2. Ring locale

3. Hurler Hershiser

4. Hound

5. Beatles label, once

6. Go down

7. Sue Grafton's "____ for Lawless" (2 words)

8. Wizardry

9. Sunflower or sesame

12. Dr. of rap

15. Second of a line of kings

18. Wrestling duo

20. Jack Nicholson and Morgan Freeman's list

22. Double agents

23. Fence poles

25. Egyptian Sun god

26. Evil warrior in "The Lord of the Rings"

27. Pollution mixture

30. Dr. Frankenstein's assistant

31. "____ and Peace", Tolstoy

32. Time period

33. Mutual fund abbr.

	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							38			

(Solution to this puzzle on page 16)

Vaping Epidemic Growing Among Youth Warns Lowey

Continued from page 11

Pierre shared a typical scene in a boys' bathroom at school. "It's pretty sad when you see kids smoking in the stalls." Pierre was joined by his fellow classmate Ian McKensie, who told Lowey "a high school student could effectively help younger kids not to smoke. For younger kids that are starting to smoke cigarettes or are vaping, older teens are a good role model who could really listen."

Calle told of a public service announcement (PSA) contest whose message was to show students how to resist peer pressure to try e-cigarettes. "The videos produced in our school showed a teen's point of view and how to help their fellow students in many different situations including mental health issues. It would be great to bring this PSA contest to more schools."

Lowey said the House Committee on Oversight and Reform hearing a few weeks

ago focused on Juul, the company producing flavored e-cigarettes that advertises directly to teens.

"This is not the first hearing on this. We need to look at this issue from every perspective. The saturation of e-cigarettes has turned back the clock on decades of success in deterring underage use of tobacco," Lowey said.

Juul and other companies have marketed e-cigarettes without FDA approval for years but just a few weeks ago a judge ruled that e-cigarette makers have to submit applications for approval by the FDA by May 2020. Late last year, the tobacco giant Altria invested \$12.8 billion in Juul. Altria's 35 percent stake in Juul is valued at \$38 billion.

When the discussion was over, Calle said, "This was a great opportunity to bring ideas to adults who were attentive. They were listening and took us seriously. We hope they will help us make a change."

The Bathroom Scale: Or, Is Trump Responsible?

Continued from page 10

tunes were added to the ticket that was dispensed, then the names and pictures of movie stars who paid to have themselves promoted through this service.

By the 1940s, improvements in mechanical scale technology made smaller, inexpensive spring scales available for the home, and they stayed pretty much the same until the digital age when they advanced to digital models operated by batteries.

Today, bathroom scales come in many models and range from the inexpensive and simple to the more elaborate, supported by technology, where we can also know our Mass Body Index.

Through the years, I've met a few people who have told me they never get on a scale and don't have one in their homes. Their only weight monitoring system might be to cut back on dessert when they feel their pants getting a little snug. This system is so

foreign, so unfathomable to me that I can only marvel at it.

But, judging from the number of bathrooms I've visited as a real estate agent, I would say that these lucky people are in the minority and that the bathroom scale is one home gadget that is here to stay.

I can still remember our family's first clunky scale with the dial that protruded like the front of an old Edsel. I was only about eight when it was purchased and in those days, I was interested only in seeing the numbers climb to prove that I was growing tall and strong. Today, it's a different story, feeling as I do that, in this instance, less is more.

Bill Primavera is a Residential and Commercial Realtor® associated with William Raveis Real Estate, as well as a publicist and journalist who writes regularly as The Home Guru. For questions about home maintenance or to engage him to help you buy or sell a home, call him directly at 914-522-2076.

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(Solution for puzzle on page 15)

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

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Happenings

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Continued from page 14

Cantor Ruth Ossher. Hebrew Congregation of Somers is a small, informal and friendly synagogue affiliated with the Reconstructionist movement. First-year membership is free and includes High Holiday tickets. Info: info@hebrewcongregationofsomers.org, or 914-248-9531.

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.

Obituaries

Continued from page 7

Mr. Di Leo served in the U.S. Army and was honorably discharged. He was a gifted auto mechanic and had a great love of cars. He ran his own service station for years (VJ's Service Station on Croton Avenue); and throughout his career he remained within the automotive industry. He retired from BOCES Southern Westchester as a supervisor of their bus operations. He had many interests including sailing and flying; he owned a Cessna plane and would spend many hours flying with his wife and friends. He enjoyed his 1939 Chevy, which was a lifelong project. He was a member of American Legion Post 506, the VFW and a lifetime member of the Ossining Boat and Canoe Club. He was a hard worker and a faithful friend and the best dad and grandfather (Ice Pop). He will be greatly missed.

Vena Consorte

Vena Consorte, a resident of Ossining

Installation of Electronic Food Box at JV Mall Cheered

Continued from page 3

have to be a mall, it could be a church, it could be an office building, it can be a community rec center. And it's just so fabulous that you not only recognize food insecurity but put your knowledge and passion for electrical engineering to work to come up with a solution. That's remarkable."

The General Manager of the mall, Alexa O'Rourke, and the Marketing Director, Heather Novak, embraced Navod's electronic food box by creating a special place in the mall where it resides with a bin nearby for residents to drop off donations of canned goods that will be used to replenish the stock in the box. O'Rourke had signage created for the food box that explains its purpose to serve the community along with floor clings that lead people to its location. The wording on the sign says, "Take what you need, leave what you can."

O'Rourke said, "The Jefferson Valley Mall Community Hub is here to help take care of our community. This is a center for people to come to and engage with each other as well as feel supported, embraced and cared for. Our office will restock the food box when we receive the signal that it is low and we'll hold excess inventory of canned goods to help feed families in need in our community."

Kiddush luncheon follows the services. Services begin at 10 a.m. For more information visit www.ChabadYorktown.com.

Flea Market: A flea market will be held at the Ossining Historical Society Museum, 196 Croton Ave., on Aug. 17 from 9 a.m. to 4 p.m. The rain date is Aug 18. Info: Peter at 914-941-8180.

Blood Drive: A blood drive will be held from 10 a.m. to 3 p.m. at First Presbyterian Church of Yorktown, 2880 Crompond Rd. Info: www.fpcyorktown.org. To schedule an appointment to donate go to www.RedCrossBlood.org and enter sponsor keyword: FPCY.

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.

Open House: Are you, or someone you know, thinking about moving to an assisted living community? Do you worry that you can't afford it? Well, join from 11 a.m. to 1 p.m. at Bethel Springvale Inn, 62 Springvale Rd., Croton. Please RSVP by calling 914-739-4404 Ext. 2204.

Library Art Exhibit: Paintings by Michele Squibb are on display in August at the John C. Hart Memorial Library, 1130 E. Main St, Shrub Oak. An artist reception is being held today from 2 to 4 p.m. Also the library's display cases are featuring quilts by Grace Zipprich.

Library Art Exhibit: Paintings by Michele Squibb are on display in August at the John C. Hart Memorial Library, 1130 E. Main St, Shrub Oak. An artist reception is being held today from 2 to 4 p.m. Also the library's display cases are featuring quilts by Grace Zipprich.

SUNDAY, AUG. 18

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, AUG. 19

Summer Writers' Group: The program is continuing on Mondays, Aug. 19 and 26, from 10:30 a.m. to noon at the Somers Library. Each week writers will have their creativity challenged in different ways. Space is limited. Info: 914 232 5717 or www.somerslibrary.org.

Summer Color: Hot Summer Color Drop-In Art will be held on every Monday in August from 10:30 a.m. to 12:30 p.m. at the Somers Library. Bring your watercolors, your acrylic paints and liquid pouring paints. Info: www.somerslibrary.org. Space is limited.

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.

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

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Town of Putnam Valley August 14, 2019 Work Session is cancelled.

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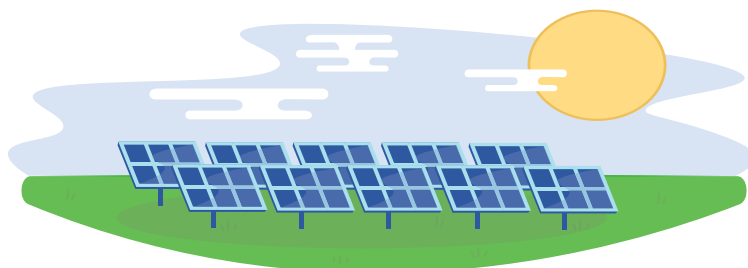
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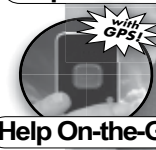
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The Northern Westchester
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Sports
Covering Putnam County and Northern Westchester Sports



RAY GALLAGHER PHOTO

**Thirty
Rocks!**

**SOAC, Sarsen
Celebrate
30 Years
of Field
Hockey Bliss**

Having helped produce scores of All-Section, All-NYS and All-American players throughout three-plus decades, Lakeland Field Hockey Coach Sharon Sarsen -- a 12-time NYS champion -- celebrated the 30th anniversary of her Shrub Oak Athletic Club-sponsored field hockey camp last week at Lakeland High School where more than a record 160 campers and 22 of the finest counselors in the state raised the stakes for four days of field hockey frolic under the watch of New York State's foremost coach... see Direct Rays

Sports

From Rags to Riches! Put Valley 8U Miners Crowned GHVBL Champs

After starting out their Greater Hudson Valley Baseball League season at 1-9, the 8U Putnam Valley Miners reeled off wins in 7 of the last 8 to end the season with the 8U championship at Ryders Park in Danbury, CT, on Sunday August 4th, defeating the Harrison Bombers 17-6. Members of the team include (Left to right): Julian Arneson, Joshua Rivera, Matty Rocco, James Hendershot, Brendan Caputo, Gage Morales, Joey Rocco, Jaxson Bowe, Sami Rivenburg, Luke Delfico, Ty Peverini, Kevin Cooke Jr., Connor Martin and coaches Kevin Cooke, TJ Martin, Kent Arneson.



Carmel's Palmiero Fires No-Hitter, Leads A's to Title Tilt

Carmel graduate Chris Palmiero, now playing in the Hudson Valley Collegiate League, pitched a no-hitter against the Cadets Baseball Academy in game 1 of the semifinals, leading the A's to a 3-0 victory. Palmiero, entering his senior year at RPI, had eight K's against just one walk over seven innings (complete game). The A's went on to win the HVCL championship for the second year in a row coached by Chris and Joe Salumn.



Former Yorktown All-Americans Win 35-Over Lake Placid Lax Title

The national lacrosse world -- more than an estimated 7,000 players -- descended upon Lake Placid last weekend for the 30th annual Lake Placid Summer Lacrosse Tournament where three former Yorktown High and D-I All-Americans, including Brian 'Pickles' Carcaterra (Hopkins), Paul 'All World' Carcaterra (Syracuse) and Brian 'Kuzzy' Kuczma (Hopkins), who represented the seven-time NYS champion Cornhuskers by copping the 35-and-over tournament title last Saturday. The three former Major League Lacrosse All-Stars, who arguably rank among Yorktown's top 10, had a whale of a time together, reminiscing about their 1990s heydays and catching up with old friends. "It was beyond awesome playing with my brother and my Yorktown and Hopkins teammate, Brian Kuczma," Brian Carcaterra said. "All of the players on the team are the closest of friends but PC and Kuz are my homies. Paul is my best friend and Brian is one of the greatest men you'll ever meet. They both played awesome and could easily play in the Open Division. They were catalysts on both sides of the field. But in excess of their physical talents, they made countless smart plays, which ultimately win you championships. When the money is on the line, it takes the intelligent play to win those inches in a close game. When we decided to do this, we made a commitment to each other that we were coming to Placid to win. We all decided that for that one hour we were going to play as hard as possible and stick to the plan. Four games later I feel like I was in a car accident and I'm emotionally spent. I get nervous before these games because of my position. So much of their experience depends on me playing well and I do not want to ever let these guys down. So for me, I am a wreck before and during these games."

Sports

Nearly 200 Campers Celebrate 30 Years of Field Hockey at SOAC Camp



By Ray Gallagher
Examiner
Sports Editor
@Directrays

Westchester County Hall of Fame field hockey Coach Sharon Sarsen, the 12-time NYS championship mentor at Lakeland High School, slips two fingers into her mouth and toots three bellowing whistles toward

the record-setting 200 campers and counselors at her 30th annual Shrub Oak Athletic Club field hockey camp last week.

In unison, the large unit – ranging in age from grade 2 to grade 12 and beyond -- pays heed to the three signals by

standing at attention while awaiting directions from the field hockey czar that is second to none in state history. The counselors, many former and current All-Americans who attended the camp while they were elementary schoolers, understand the urgency of the three toots, knowing full well that when 'Sars' whistles she means business.

"I still get chills when I hear it," said Danielle Fiore, who starred at Lakeland more than a decade ago and now coaches under

Sarsen. "She gets your attention for sure."

Sars first got our attention back in 1990, leading Lakeland to the first of 12 NYS championships at Hartwick College in Oneonta. Since then, the goal has been two-fold: 1. Make Lakeland the best it can be; 2. Grow the game.

Around here, and perhaps anywhere in the country, nobody grows the game better.

"I love that there was so much talent coaching the game at Lakeland this week," Sarsen said. "All those coaches have lived the game, and this week everyone came together and created an amazing camp. I am so proud and love putting this camp on each year."

They came from across Northern Westchester and

Putnam County to engage with Sarsen and her staff, most of whom have triggered one of the greatest dynasties in state history. To further illustrate what it means to establish a record 12 NYS championships, including an astounding nine in a row between 2009-17, understand that no other program in Section 1 has more than three (Mamaroneck) and only nine Section 1 programs in total have ever hoisted the state hardware; Brewster (2), Rye (2), Rye Neck (2), John Jay EF (1), Mahopac



RAY GALLAGHER PHOTOS

SOAC field hockey campers share a light moment with former All-NYS Hornet Mia Lennon (C) at the 30th rendition of Coach Sharon Sarsen's summer camp.

(1), Scarsdale (1) and Putnam Valley (1).

This well-oiled machine will be back at it next week when the 2019 fall sports campaigns kick at a school near you...

So, I run a men's fast pitch softball league in Putnam Valley, which is open to any and all former and current players (washed up or not) around the region, and the league is absolutely loaded with former greats, including former Briarcliff All-NYS P Bobby Blevins. You may think

of Blevins as the former Los Angeles Dodgers draft pick back in 2007 and Independent League player for the Long Island Ducks and Rockland Boulders, who has played in places like Asia and Mexico after a minor league stint with LA, but I'll always remember him as one of the finest, if not THE finest, athlete in Briarcliff history. The point I was originally making was in regards to the Putnam Valley Parks & Recreation Softball League but I just ran with Blevins to prove it: If you're looking to play softball next season – real softball; not this arc ball they play in Somers and Mahopac -- at a fairly high level, the A-, B- or C-League in PV is right up your alley, so hit me up at rgallagher@putnamvalley.com to get connected. I'm talking directly to you former greats at places like PV, Lakeland, Panas, Hen Hud, Yorktown, Somers and Mahopac... get back in the game before you wash up on shore...

Golfers looking for 18 holes of fun-filled action can still sign up for the Mahopac Football Gold Outing on August 19th for an 8:30 a.m. check-in followed by a barbeque-style lunch at the Red Mills Pub. Hit up Indians' grid Coach Dominick DeMatteo at dematteod@mahopac.org for info.

I'm sitting here last Friday night eagerly awaiting the start

of the Nationals vs. Mets game and I'm down to the nub on my fingernails in anticipation. As early as July 1st, I was certain I'd be gearing up for NY Rangers' hockey this September/October with fleeting interest in the seemingly invincible Yankees, but the Mets' fan in me has been alarmingly awakened by this resurgent spurt of baseball since the All-Star break. No matter how you slice it, NY baseball fans – Yanks and Mets -- have been energized by some of the finest young talents in the game, too many to mention in this space.

They say baseball is dying nationwide, but the great state of New York will always be the last bastion for America's pastime. The game was born here, and the game will die here.

But right now, hope springs eternal among New York baseball fans on both sides of the aisle. Yankee fans can say all they want about the Mets' current surge (wins in 16 of the last 18); things like "The Mets are beating up on scrubs," etc. but remember these two split a four-game series when the Mets were horrible, and I think most would agree that pitching wins in the post season, so, infer from that what you will and let's hope like heck we meet again October...

Is there a better mascot in baseball than Mr. Met? I think not.



Lakeland field hockey Coach Sharon Sarsen (L) with former Hornets & counselors Emily Kness and Julianna Cappello at the 30th annual SOAC Field Hockey Camp last Wednesday.

**Direct
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Surging Hudson Valley Sits Atop NY- Penn League Standings

ANDY JACOBS PHOTOS

Renegades second baseman Cristhian Pedroza throws to first to complete a double play in Saturday night's 13-3 rout of visiting Tri City at Dutchess Stadium in Wappingers Falls. Hudson Valley just completed a four-game sweep of the Tri City Valley Cats in NY-Penn League action where the front-running Renegades currently sit in first place in the McNamara Division at 32-21 (through Saturday). 'Gades 1B Jacson McGowan (inset) belted a two-run homer in the second inning to trigger one of many rallies for surging Hudson Valley. Having won 7 of their last 10 games, the Renegades -- the Class A affiliate of the Tampa Bay Rays -- are tops among the 14 teams overall in the NY-Penn League.



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Saturday 11am-4pm
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Celebrating Over 50 Years!!!

Dream Kitchens & Baths

- CRAFT-MAID
- BIRCHCRAFT
- HOLIDAY
- CABICO
- STONE
- QUARTZ
- CORIAN
- DECORATIVE HARDWARE