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August 20-August 26, 2019

SMALL NEWS IS BIG NEWS

Volume 11, Issue 504

## Peekskill Receives \$10M for Downtown Revitalization

By Rick Pezzullo

Officials in the City of Peekskill are celebrating receiving \$10 million as the Mid-Hudson winner of a Downtown Revitalization Initiative spearheaded by New York State.

Governor Andrew Cuomo made the announcement August 14 in front of a packed crowd at The Hudson Room in Peekskill.

"With the downtown revitalization initiative, we challenged local governments to propose innovative ideas to create jobs and drive economic growth," Cuomo said. "Peekskill proposed a brilliant plan that builds on their natural resources including the beautiful waterfront---a magnet that draws people and businesses to the area. And they demonstrated they have

the secret ingredient: the capacity to actually get it done. This investment will help Peekskill utilize these assets to maximize their full potential."

Peekskill was one of 10 municipalities in the state to be selected for the funding. In its package, city officials centered on the Downtown Central Business District and waterfront Transit-Oriented Development District which boasts cultural and educational institutions, a thriving waterfront and parks system, and a core string of restaurants and boutique retailers.

"This is a wonderful day for Peekskill," Mayor Andre Rainey said. "Thanks to Governor Cuomo's Downtown Revitalization Initiative, our city has an opportunity to build on what we've accomplished and forge a great new  
*continued on page 2*



## Celebrating a New Home

Sports Attic, a family owned sporting goods shop specializing in used equipment for all sports since 1993, celebrated its recent move to a new location at 327 Underhill Avenue in Yorktown Saturday. Yorktown Councilman Ed Lachterman (far right) was on hand for the festivities, as was town clerk candidate Mary Capoccia (right) and supervisor candidate Matt Slater, who presented a certificate to the business on behalf of State Assemblyman Kevin Byrne.

## Yorktown PB Lawsuit vs Dem Co-Chair over Letter Dismissed

By Rick Pezzullo

A state Supreme Court judge last week dismissed a lawsuit filed by the Yorktown Planning Board against a co-chairman of the Yorktown Democratic Committee for a published letter that asserted the board gave preferential treatment towards a project that involved properties owned by former Supervisor Michael Grace and ex-State Senator Terrence Murphy.

In a decision made August 14, state Supreme Court Justice Terry Jane Ruderman rejected the defamation challenge of Planning Board members Richard

Fon, John Savoca, John Kincart, William LaScala and Robert Garrigan against Elliot Krowe, stating, "Dismissal is warranted here, because careful review of the subject of this defamation action reflects that it does not form a viable basis for the cause of action."

Krowe had alleged in his February 19 letter, which carried the headline "Abuse of Power," that the Planning Board, which is primarily made up of registered Republicans, showed favoritism to Grace and Murphy in approving an office/retail building on the former site of Murphy's Restaurant---a development that involves the



Elliot Krowe

use of four neighboring parcels, including a building owned by Grace across from Yorktown Town Hall.

The project was formally approved by the Planning Board on December 18, 2017, two weeks after Grace left office after falling short in his reelection bid. In the letter, Krowe stated, "after Election Day, it appears that plans were accelerated." He further stated, "wonder if the same Planning Board process would have occurred if Mr. Murphy was not a state senator or Mr. Grace the town supervisor at the time."

In her ruling, Ruderman

addressed the accelerated approval claim asserted by Krowe that was singled out by the Planning Board in its court papers, stating that was "ambiguous and uncertain, and would be interpreted by a reasonable reader as a belief or opinion, rather than a provable fact."

"When the letter is viewed as a whole, with its partisan overtones, the court finds no actionable defamation," Ruderman wrote.

The Planning Board responded to Krowe's letter with a March 7 letter of its own, and a few days later filed the lawsuit against Krowe and the Democratic Committee.

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## Peekskill Receives \$10M for Downtown Revitalization

continued from page 1

future for our community. This investment will create lasting improvements that will attract more residents, prompt businesses to invest here and entice visitors to see what we have to offer.”

Deb Milone, president of the Hudson Valley Gateway Chamber of Commerce, called the awarding of the grant “a game changer” for Peekskill.

“The Hudson Valley Gateway Chamber of Commerce congratulates the City of Peekskill on being named this year's recipient of New York State's \$10 million Downtown Revitalization grant. The funding being provided by Governor Cuomo and New York's Empire State Regional Economic Development Council will transform Peekskill into the quintessential 21st Century city--a place where people want to live, work and raise a family,” Milone said. “This grant will be a game changer for the City of Peekskill, resulting in economic growth throughout our entire Hudson Valley Region. The Chamber also wants to thank the Governor for his leadership on making economic development a priority in the Hudson Valley.”

Peekskill officials will now begin developing a Strategic Investment Plan with up to \$300,000 from the grant. A local planning committee comprised of municipal representatives, community leaders and other stakeholders will lead the effort, with the assistance of a team of private sector experts and state planners.



Governor Andrew Cuomo was flanked by state, county and city officials and business leaders during an appearance at The Hudson Room in Peekskill last week.

The Strategic Investment Plan will look at local assets and opportunities and identify economic development, transportation, housing and community projects that align with the city's vision for downtown revitalization.

Peekskill Together, a bipartisan team

led by mayoral candidate Vincent A. Vesce, praised the work of the Peekskill Downtown Business Improvement District (BID) and other business leaders in helping to garner the grant and maintained its candidates, including council hopefuls Lauren Brady, Marlon Mahon and Luis Segarra, were best

equipped to “optimize” the funding.

“\$10 million is a sizeable amount of money, but only if it is spent effectively and efficiently,” Vesce said. “Misspent money can disappear without impact in the blink of an eye, and we cannot allow that to happen here.”



## How does Obesity put Women's Health at Risk?

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#### Q: Why do people become obese?

**A:** Obesity is now recognized as an energy storage disease that's hormonally based. It can develop when we eat large quantities of simple carbohydrates that break down fast to sugar, such as bread, pasta and white rice. In response, your body produces excess insulin to keep the right level of glucose in the blood – a condition called insulin resistance.

Excess insulin production is a serious problem because insulin prevents fat breakdown, so more food converts to fat, promoting fat storage. High insulin also reduces the efficiency of the brain hormone, leptin that tells your brain you should eat less. In women, there's an extensive, complex interaction between the hormonally based reproductive cycles and insulin system, so subtle hormonal changes have a greater effect on women.

#### Q: Are obese women at risk for certain health problems?

**A:** Absolutely. Most problems revolve around excessive production of insulin. Obese women have more difficulty conceiving due to problems ovulating, and are more likely to have abnormalities during pregnancy,

such as high blood pressure. Obesity is the number one cause of female infertility in the U.S.

Obesity also increases the risk of irregular or painful periods, high-birth-weight babies, gestational diabetes, and miscarriages. There's a greater risk of breast cancer, especially post-menopause. Sixty percent of cancers of the uterine lining are caused by obesity, as are a significant number of uterine fibroids. Obese women with cancer have a higher rate of mortality and recurrence because treatments, typically tested on non-obese people, may not be as effective.

#### Q: What are the best remedies for obesity?

**A:** Weight-loss (bariatric) surgery can work because it helps establish a new weight set point, which is the weight range your body is genetically programmed for and that it tries to maintain. However, you must also eat more protein and vegetables – foods that break down more slowly. FDA-approved medications help some people lose weight. We now know that the best treatment for obesity is multi-pronged. Beside surgery, I use medications, behavioral therapy, and special exercise machines that make it possible for anyone to run. Exercise greatly improves insulin resistance.



# Somers Proposing New Shenorock and Lincolndale Sewer District

By Neal Rentz

The Somers Town Board is considering the creation of a sewer district for Lake Lincolndale and Lake Shenorock.

The Somers Sanitary Sewer District No. 2 proposal, which would cost \$63 million, was discussed during a public hearing at the August 15 Town Board meeting at Somers Middle School.

Town Supervisor Rick Morrissey said last week, "We've been working on this process for quite some time."

In 1998, the New York City Department of Environmental Protection provided funding to Westchester communities to protect the water quality of its Watershed, Morrissey noted.

Woodard & Curran Senior Principal Joe Barbagallo said his firm worked on the sewer study for the town for two years seeking to improve water quality in the Lake Lincolndale and Lake Shenorock areas.

In 1998, the DEP provided \$68 million to Westchester communities to protect the Watershed, Barbagallo said. The town would be eligible to use \$10 million from the DEP for the project. A change in the political climate in Westchester County government would allow the creation of sewers in the two Somers areas because County Executive George Latimer has expressed his support for a plan to transfer the waste the county treatment plant in Peekskill, he said. The plan would need to be approved by the county Board of Legislators.

The costs of the sewer project would include capital construction, buy-in to county sewer district for 10 years (which would cost between \$170 and \$184 annually) and annual operations and maintenance costs,

Barbagallo said, adding the town would seek grants to seek to offset some of the cost. The town has already applied for a \$3 million state grant, he noted.

Ken Kohlbrenner, project manager for Woodard & Curran, said the plan is to complete the project in three phases. The first phase, which would include 65 properties in Shenorock and Lincolndale, would cost between \$10 and \$13 million. The second phase, which would include parcels in Shenorock, would cost between \$28.1 and \$30.1 million. The third phase, which would include properties in Lincolndale, would cost between \$21.1 and \$22.1 million.

Kohlbrenner said the cost, for the average assessed home in Lincolndale and Shenorock would be \$1,196 annually at full buildout. The plan is to have town take out a 30-year bond, Barbagallo said.

Resident Lisa Healy asked if the zoning of the Lincolndale and Shenorock would change after the sewers were installed and would additional homes be allowed to be constructed in the two areas. "There's no change in zoning," Barbagallo replied. All the homes that would potentially receive sewers are R-10, which allows for homes on quarter-acre lots, he added.

Resident Trish Labella asked why her

home is not included in any phases of the sewer project. Barbagallo said the homes in the two communities that would receive sewers are on a small R-10 lots. "The key is the zoning," Morrissey said. However, there is a potential for out-of-district properties to be hooked up to the sewers in the future, Barbagallo said.

In response to a question from resident Michael Ross, Barbagallo said the first phase of the sewer project could be completed by 2021.

The public hearings are scheduled to continue on September 5 and 12 at 7 p.m. at the Town House.

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## A Rising Star Children's Center, Croton

By Neal Rentz

September will mark a new era for A Rising Star Children's Center.

The Center is moving from Cortlandt to 52 Scenic Drive in Croton to coincide with the start of the new school year.

Cortlandt resident Gloria Foster has owned the Center since she opened it in June 2004. "I started the business because I saw there was a shortage of what I felt was quality childcare in the area," Foster explained.

She opened the Center when she was pregnant with her daughter, Tessa Vayda. "I didn't want to just place her anywhere. I wanted an educational program where she could learn and grow," Foster said. "I didn't see that available. There were programs but ones that I felt were not at the quality that I wanted. So, I started a small program which ballooned into a much larger program."

Foster explained why she wanted to move to a new facility. "We've been looking for a building like this that was surrounded by woods, not in a parking lot or shopping center, where kids can grow up in the country," she said. "We found this building and it was the perfect fit."

The building began as a private house dating back to 1905. It was originally owned by Paul Brown, a stone mason who built the home, Foster noted. He was an original



NEAL RENTZ PHOTO

Cortlandt resident Gloria Foster is the owner of A Rising Star Children's Center, which is moving to Croton in September.

contractor that helped to build the Empire State Building.

The building later became a retreat center and then was given to the First Hebrew Congregation, which owned it for decades, Foster said. First Hebrew moved to Peekskill and rented it out, said, Foster,

adding she closed on the property in March and renovations have been taking place since April.

The Center provides programs for youths from six-weeks-old to age 12. Education is an important component to all of the Center's programs, Foster said.

"We feel every that moment is a teachable moment," she said. "We start with infants teaching them how to first build a social awareness of the people around them and then use their gross motor skills to be able to sit up, eventually stand, roll over and then eventually walk. We teach them language so that instead of screaming and pointing they can use sounds, they can use sign language to tell what they want."

The preschool program is similar to a regular school setting, Foster said. "All their classes have a structured routine," she said. "We teach them about the world around them and every month is a new theme."

"The school-aged program is designed to allow parents to drop their kids off in the morning so they can go to work," she said. Breakfast is served to the children and then after school they return to the Center where the youths have a snack, receive homework help and take part in indoor and outdoor recreation, she said.

The Center's program is not limited to academics, Foster said. "Every day we go out twice a day regardless of the weather," she said. "Learning about nature is a big component of our program."

A Rising Star Children's Center is located at 52 Scenic Dr. in Croton. For more information, call 914-788-458, send an e-mail to [arsaenroll@gmail.com](mailto:arsaenroll@gmail.com) or visit [www.arisingstarchildrenscenter.com](http://www.arisingstarchildrenscenter.com).

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# Outhouse in Rematch with Borgia for County 9th District Seat

**By Rick Pezzullo**

The race for the ninth district seat on the Westchester County Board of Legislators in November will be a rematch from 2017.

Legislator Catherine Borgia, a Democrat who is seeking a fifth two-year term, is being challenged once again by retired Westchester County Police Detective Robert Outhouse, who officially announced his candidacy earlier this month.

The ninth district includes Cortlandt, Peekskill, Ossining, Croton-on-Hudson and Briarcliff Manor.

“I’m running to give a voice to the people of the 9th District, who have been forgotten too long,” said Outhouse. “Our community needs a legislator who will deliver a triple-A commitment – Accountability, Advocacy, Action – on Indian Point, tax relief, immigration and the other critical issues before us.”

A lifelong Montrose resident, Outhouse, 55, has been as a volunteer firefighter/EMT in the district for more than 40 years and served Westchester for 23 years as a detective. He believes in community involvement and will work to encourage volunteerism, neighbors helping neighbors. He and his wife, Angela, have six children.

The Republican said he would fight to have new sales tax revenue dedicated to lowering property taxes, criticizing the Board of Legislators and County Executive George Latimer for recently increasing the sales tax by 14%.

"It's outrageous that not a penny of the



Catherine Borgia

\$90 million in new sales tax revenue, which is on top of the half-billion dollars already collected by the county, is going to property tax relief,” Outhouse said. “We need real property tax relief. Not more tax hikes. Not phony press releases. Not fake protections.”

With the closure of the Indian Point nuclear power plants looming, Outhouse maintained school children and communities have been put at great risk because of the failure to conduct an environmental impact statement prior to the closure. He said he is determined to make that realistic plans are in place to retain jobs, replace tax revenues to the Village of Buchanan, the Town of Cortlandt and Hendrick Hudson School District, and safely handle and store the nuclear waste left behind.

"How can a nuclear power plant be allowed



Robert Outhouse

to close without an impact statement on the economic and health consequences to our community? Outhouse said, "For our local legislator to ignore the law and abandon us on Indian Point is a disgrace."

On immigration, Outhouse stated usurping federal law by turning Westchester into a sanctuary county puts everyone at risk. He cited the case of Rony Rosario Ramirez, who was deported back to his native Guatemala in 2009. His illegal return to the U.S. became known after he was charged in February with raping a minor. He said the “Immigrant Protection Act,” which Borgia co-sponsored, Ramirez was released from county custody following his arrest, despite a request from immigration officials to retain him.

Outhouse said he adamantly opposes

those and other measures that defy common sense and put all people in danger.

“Comprehensive immigration reform is needed, but nullifying federal laws, working against law enforcement, giving illegal immigrants drivers’ licenses and inviting voter fraud are prescriptions for continued chaos and a threat to public safety,” Outhouse said. “We need to protect the people of Westchester from out-of-control county government.”

Borgia said she welcomes “active participation by all in the Democratic process,” adding “healthy debate on issues and participation in free, unfettered elections are the foundation of American democracy.”

“As I am continuously speaking to voters in LD9, I am honored to fight hard for the needs of our communities with legislation, such as the Earned Sick Leave Law; the Safe Leave Law for victims of domestic violence and human trafficking victims, which I passed in cooperation with the business community and the labor unions; the resolution I co-sponsored with my Republican colleague to advocate for the workers, communities and environmental concerns most impacted by the closing of Indian Point; and the establishment of a Veterans’ Court in Westchester,” Borgia said.

“I bring a long history of good fiscal and operational management in local and county government to my role as Chair of the county’s Budget Committee to make sure Westchester delivers excellent services while using resources wisely,” she added.

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# Lowey, Gun Legislation Advocates Step Up Demand for Change

By Martin Wilbur

Stunned by the recent back-to-back mass shootings in El Paso and Dayton, proponents of stronger firearms legislation, gun violence survivors, law enforcement and researchers vowed last week to exert political pressure and curtail attacks.

About 20 speakers attended Congresswoman Nita Lowey's (D-Harrison) roundtable discussion at the Greenburgh Public Library August 12 as victim counts from gun violence and mass shootings continue to spiral.

Lowey, who called on Senate Majority Leader Mitch McConnell to reconvene the Senate from its August recess to pass a pair of national background check laws while reiterating her support for the banning of assault weapons and a national red flag law, said the victims and their family and friends deserve to see the bloodshed come to an end.

"We have too many guns and too few laws on the books to protect our communities from the senseless acts of violence," Lowey said.

Participants in the roughly 90-minute forum uniformly agreed with Lowey that there is a direct correlation between the number of firearms in circulation



Congresswoman Nita Lowey led a roundtable discussion with about 20 speakers in hopes of combating the scourge of gun violence across the United States.

and the number of deaths by gunfire. Dr. Charles Branas, chair of epidemiology at the Columbia University School of Public Health, said the school recently completed a study revealing that mass shooting rates in states with lax gun laws are higher than those with tighter measures.

Meanwhile, New York State, which passed tougher gun laws following the December 2012 Sandy Hook shooting and strengthened them during this year's legislative session, has seen its number of gunfire deaths continually diminish, he said.

"States that are permissive have significantly higher mass shootings and that applies to all other day-to-

day issues as well," Branas said. "Homicides and suicides are part of that as well. This spillover effect is something to really, really be concerned about."

White Plains Assistant Police Chief Joseph Castelli said the more restrictive lawmakers can make the legislation, typically the safer the environment.

"New York is very good," Castelli said. "You're never going to eliminate it but it's very good, especially around here. So, on a national level, the more restrictive it can be helps some of the areas where it's already bad."

During the discussion, Las Vegas shooting survivor Erin Fuller Brian, a Westchester resident and

co-president of the Westchester chapter of Brady, which has been fighting for gun control legislation, said it was important for her and others to relate their stories despite the pain it causes.

Brian said opponents of common-sense gun control measures can dismiss generic calls for tighter laws or the citing of statistics but it's harder for them to do that to her face.

She said national legislation is needed because while New York and other states have effective gun laws, that's not enough because firearms can find their way across state lines.

"You're only as safe as the state with the weakest gun laws," Brian said.

Several high school students also participated in the forum. One student, Samantha Tellefson, who attends Clarkstown South High School in Rockland County, said there has to be greater consequences for violent threats made by peers against fellow students.

Other panelists said the time is at hand to make political gains against the gun lobby. If there is no movement toward some meaningful legislation following the El Paso, Dayton and Gilroy, California shootings the past two

weeks, then the answer is to make inroads at the voting booth in 2020.

With polls showing that 92 percent of Americans and 83 percent of gun owners favoring background checks, it's possible for the tide to change, said Barry Graubart, state deputy chapter leader for advocacy for Moms Demand Action.

"Once again, gun violence has torn apart the lives of Americans," Graubart said. "No single law can stop all gun violence, but there's so much more we must do to keep our families safe."

Lowey said in addition to background checks, a national red flag law and outlawing assault weapons, the proposed Stop Online Ammunition Sales Act would require federal licensed ammunition dealers to confirm the identity of individuals who look to make purchases online.

"Make no mistake: this is not just a mental health issue, it's a gun's issue," Lowey said. "We cannot let our country continue to devolve into a hub of fear. I'm inspired by the discussions we've had today and looking forward to working with all of you to combat the President's racist, anti-immigrant, hate-filled rhetoric and fight to change gun laws in this country once and for all."



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# Letters to the Editor

## Yorktown Don't Go Back to the Future

### To the Editor:

The Office of Supervisor of Yorktown shouldn't be treated like a political IOU you can give to an heir apparent or like an old car that you hand down to your little brother. Besides obvious political connections, what qualities does the Republican Party see in novice Matt Slater that's lacking in their more experienced veteran candidates Ed Lachterman or Tom Diana denying either of them their party's nomination for

Supervisor? Is Slater's plan to ride on ex-State Senator Terrence Murphy's coattails on a recycled ex-Supervisor Michael Grace platform? Murphy and Grace were both voted out of office. Yorktown deserves better than a return to the old status quo. Murphy's and Grace's vision for Yorktown is on display and being built in their very own backyard. That property development is more suited for a theme park than small town and is literally casting as many shadows as doubts

over Town Hall. Has the revelation that in April 2019 the IRS lodged a second federal tax lien against Michael Grace effectively doomed Grace's candidacy for Westchester County Board of Legislators? Who needs elected scarecrows who just swing with the same old tired political breeze waiting for their next election?

—Stephen Brown  
Yorktown

## Newspaper Showcases Best and Worst of Yorktown

### To the Editor:

The articles on the first page of the August 6-8, 2019 Northern Westchester Examiner are a microcosm of the best and the worst of Yorktown politics.

In the first article, we see yet another example of the petty politics which has plagued Yorktown for many years. Politicians chase each other around hoping to get a "gotcha" moment. They take pictures of the interior of cars. They peek into houses. They

send out mailings containing half-truths and total falsehoods to attack their adversaries. Once elected, they act no better. They talk little of how to make Yorktown a better place to live.

The second article shows the good that politicians can do. Hearing the need of one of their constituents, elected officials obtained a grant to build an adaptive use playground. While the idea was from one, the playground will serve many. There,

children with differing abilities can play together. What better lesson can children learn than to share their space and time with others that are different from them? Maybe they will grow up without the prejudices that older generations have harbored.

When you think of it, shouldn't the second article have been given the lead?

—Robert G. O'Donnell  
Yorktown

## Diana and Lachterman are Proven Candidates in Yorktown

### To the Editor:

I read with great interest the opinion of guest writer for the Examiner, August 6-12, 2019 "Jennie Sunshine," who expressed her delight in the slate of Democrats running in this fall's election. I admit we have an embarrassment of riches in Yorktown with so many talented people running for Town office. She especially demonstrated her excitement of Sheralyn Goodman and Patricia Sullivan-Rothberg.

Their list of accomplishments with the school district was very enlightening, and they appear to be great parents; but, running for Town Board has a specific list of requirements. It must be individuals that can

make decisions regarding the nuts and bolts issues that arise at the Town level. Some of those examples are paving, water, sewers, safety, land use and a host of municipal issues not the least of which is taxes. I also noticed they have never served on a Town committee or board. Do they know how, where and when to spend taxpayers hard earned dollars?

We are grateful to all who come forward to run for public office, but like school, please first do your homework. I sincerely hope all Yorktown residents will recognize and re-elect Councilmen Tom Diana and Ed Lachterman. They have years of experience and have participated in important service

clubs which make Yorktown the caring livable community that it is. They are local business owners who understand the consequences of keeping Yorktown affordable, safe and a viable place to live at any age.

The political parties are duty bound to prepare and identify potential candidates for each level of government before they run for office. I believe that Councilmen Tom Diana and Ed Lachterman are proven candidates and would hope that we can keep them on the Town Council.

—Sincerely,  
Daryl and Len Lindholm  
Yorktown

## Questions Abound for Yorktown Voters in Upcoming Election

### To the Editor,

The issue of the ethics of a town employee has recently been raised. Similarly, the ethics of a former town employee has been raised. Currently there are two county employees (Rep) vying for key positions within Yorktown town government. It is my understanding that they work for the county department responsible for the integrity of our elections system. Is this ethical? What is, in fact, apparent is the Democrats criticize Republican candidates and Republicans criticize Democrat candidates for the same ethical issues. I wonder if the two Republican candidates who work for the county pay taxes on the parking spaces that they have at their work site as they may be required by IRS regulations since they are not open to the public. It should be noted that parking

at locations such as Yorktown Town Hall are open to the public and therefore are not subject to IRS regulations.

Similarly, the candidates that are running for elected office, both Democrats and Republicans, all profess that they are currently doing good work in their current positions. While we can clearly review those candidates that have incumbent elected (Town of Yorktown) positions, we cannot review those candidates that do not. However, no one is hired to do a bad job, we must deduce that it is most likely that the four candidates (2 Democrats & 2 Republicans) for elected office that are not currently elected officials are doing an acceptable job.

So the question becomes how do we decide? Do we choose a candidate (R)

who has made numerous inaccurate or misleading statements and clearly does not understand the operation of Yorktown Town government? Do we choose individuals (2D & 2R) who have only recently begun to sporadically attend Town Board meetings? Or, do we continue with a town board (3D & 2R), led by current Town Supervisor Ilan Gilbert, who has kept us on a path of fiscal prudence while repairing and improving the Town's infrastructure?

Finally, kudos to the Town's Highway Superintendent, Dave Paganelli, who has effectively utilized the monies allocated to him by the town board to improve our roadway infrastructure.

—Jay Kopstein, Yorktown



# Guest Commentary

## Until Common-Sense Gums Laws Are Enacted, Evil Has Triumphed

By Joel Gingold

What is happening to us?

It seems that every day the blood of innocent civilians, so often children, is flowing in our streets. And we make some noise about it and offer condolences, and in a week or two, it's forgotten. Have we simply become inured to the slaughter? Does it not even bother us anymore?

In just a week we've experienced murder in a Walmart in Mississippi, a street fair in Brooklyn and a festival in Gilroy, culminating in the horrendous massacres in El Paso and Dayton. And it goes on and on and nothing of consequence is done. What is wrong with us?

The president on the first day of his campaign branded Mexicans as murderers and rapists and continues to rail against immigrants. Then he declared that there were "good people" among the white supremacists and neo-Nazis in Charlottesville. And yet we're shocked when a deluded man in Texas travels 600 miles to wreak havoc on Mexicans shopping at Walmart in El Paso or an equally misguided individual opens fire in a synagogue in Pittsburgh.

Dayton's valiant police officers confronted the shooter within 30 seconds of his first shot. Thirty seconds! Yet nine people were slain and 27 injured. Why? Because he was using an assault weapon just like his counterpart in El Paso.

After each incident, the president and the governor and senators and representatives and state legislators offer their time-worn thoughts and prayers and then check with their campaign treasurers to see how much the National Rifle Association (NRA) has donated to their next campaign. They do nothing that would stop lunatics from getting their hands-on assault rifles and blowing away dozens of their neighbors.

So, we have Dayton and El Paso and Gilroy and Brooklyn and Las Vegas and Marjory Stoneman Douglas and Sandy Hook and Santa Fe High School and Virginia Tech and Sutherland Springs Baptist Church and Tree of Life Synagogue and the Capital Gazette and Thousand Oaks, Calif. and Orlando and San Bernardino and on and on. It's so bad that folks fear going to school or to religious services or even to their neighborhood Walmart. Schools have become fortresses

and six-year-old children endure active shooter drills.

And every one of you who has fought so hard to thwart common-sense gun controls? You all had your fingers on those triggers just as much as the shooters did. You, too, bear the guilt.

This, of course, doesn't apply to everyone who owns a gun. There are millions of trustworthy gun owners around the country. I know many of you personally and no one wants to take your guns away. That's just a myth perpetrated by the NRA to keep you in line.

But I'm sorry. Just being responsible is no longer good enough. As gun owners, you have a special obligation to stand up and speak out against the insanity of gun violence in this country. You have no choice but to support common-sense gun laws and pressure your representatives to do the same. As one who knows and understands firearms, your voice will carry much more weight than mine and you can be instrumental in stopping this senseless slaughter.

Because it's getting worse. And if it continues, maybe someday the only answer

will be to remove all of the guns out there so the rest of us can live our lives without the threat of being gunned down in the street every time we go out. I know you don't want to see that and I don't want to see it either. So it is imperative that you, the responsible gun owners, become part of the solution. To have the guts to stand up to the NRA and its purchased politicians and say ENOUGH! It all stops here! NOW!

If I sound angry, it's because I am. I'm furious with the NRA and with a president who spews hate instead of promoting healing while his sycophants stand around and nod their heads and mumble platitudes. I'm fed up with the never-ending stream of mass shootings and the thoughts and the prayers and the nothing that ever gets done about it.

The Irish political philosopher Edmund Burke said, "The only thing necessary for the triumph of evil is for good men (and women) to do nothing." In the realm of gun violence, evil has been indisputably triumphant. Where are all those good men and women?

Joel Gingold is a Croton-on-Hudson resident.

## Laws Must Be Passed to Curtail the Use of Deadly Weapons

To the Editor:

On December 14, 2012, I was working at my computer and listening to the Brian Lehrer show. During an interview, Brian broke into the interview to say, "There has been a shooting at a school in Connecticut." On December 15, 2012, I became a gun violence prevention advocate.

Today my son asked me if I was afraid to go to a vigil for the victims of the latest shootings in case someone shot up the vigil.

What do you say when going anywhere outside your house seems to have become an act of courage?

In less than 24 hours, between August 3rd and August 4th, almost 30 people were killed in mass shootings. Every single day in our country, nearly 100 people are killed by guns. If this is not the definition of a national public health emergency, I cannot imagine what would qualify.

The House has already passed two gun

safety bills that would have an immediate impact and save American lives; the Senate must return now and do the same. The bill information is 1296/S. 66 - Assault Weapons Ban of 2019 (covers assault weapons and high capacity magazines) and H.R. 1186/S. 447 - Keep Americans Safe Act (high capacity magazine ban).

Every time something like Gilroy or El Paso or Dayton happen, I pick myself up again and keep going – because we are

literally fighting for our lives. Eradication of Gun Violence cannot be accomplished by a vaccine – only by legislators and a public that demands the passage of laws that will keep the deadliest weapons, assault weapons and high capacity magazines out of the hands of those that wish us harm.

–Rose Rowland  
Brady Westchester  
Co-President Cortlandt

## 'Opt In' or 'Opt Out'

To the Editor:

State Assemblywoman Sandy Galef, in a letter on August 13th, invited more people to 'Opt In' to the organ donor program. She pointed out that there are over 10,000 people in New York State that are in need of an organ replacement. The American Transplant Foundation points out that 18 people die every day in the United States for want of an organ.

According to the U.S. Department of Health and Human Services, when asked, 95% of Americans favor organ donation.

Well the solution may be a very simple one. As simple as not checking a box.

Social psychologists Shai Davidai, Tom Gilovich, and Lee Ross realized (study in 2012) that some countries such as Austria have 90% of their population donating organs upon death, however, the U.S. normally has less than a 15% donation rate.

The difference discovered in this study was most countries with high donation rates had their citizens 'Opt Out'. In other words, it was assumed you would donate unless

you checked the box not to donate.

New York State asks that you 'Opt In' to donate your organs. In other words, it's assumed you don't want to donate unless you specifically check the box to donate.

The 'Opt Out' approach appears to work because people see checking the box as going against the norm, or status quo. You are making a selection to change what's expected and people don't like to change the status quo.

NYS should change to an 'Opt Out' approach and determine if this minor change has the big impact that is shown in other countries.

(Upon death, family can always change the decision to not donate.)

Please contact your State representatives and ask them to change NYS to an 'Opt Out' methodology.

–Mark A. Lieberman  
Yorktown Resident and  
Organ Donor



Residents in Peekskill and surrounding areas, engaged with publicly promoting the progression of social, political, environmental and racial justice issues, held a rally in Peekskill Saturday called "The Right Side of History."





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## J.P. McHale Pest Management Merges with Global Company

JP McHale Pest Management, the leading pest control and solutions company in Westchester, Rockland and the Hudson Valley and New York City for almost 50 years, is expanding its market footprint and range of services to include commercial programs following a merger with global pest solutions industry leader, Anticimex. Anticimex, which began 82 years ago in Europe, now serves more than three million customers worldwide.

"Our merger with Anticimex Group unlocks a brighter future for our business and team members," says Jim McHale, president of JP McHale Pest Management. "They have invested in our family-focused brand, the communities we serve, and above all else, our clients."

Also, under this merger is JP McHale's commercial service partner, RJS Pest Management Specialists, a leading provider of preventative pest management services for businesses and commercial properties in New York City.

"We are excited to join the JP McHale team under the Anticimex umbrella to additionally strengthen their commercial service throughout the New York City area. Our collective decades of experience are synergistic in delivering the ideal customer outcomes," said Rob Seeger, vice president of operations at RJS Pest Management.

McHale reports that his Buchanan-based company will now have access to

new resources and solutions, as well as advanced technology and materials through new connections with other companies under the Anticimex umbrella. "We're excited to have this opportunity to tap into new and innovative techniques and methods created by some of the best in the industry," he said. "Our primary objective is to continuously work to improve the client experience."

McHale added that there are no planned changes regarding quality, personnel, structure and customer service, and Jim McHale Jr. will continue to serve as president of JP McHale Pest Management.

"We're now able to offer our clients a wider range of services and new technology uses for pest management, such as the proprietary technology that enables us to solve a rodent problem remotely as opposed to frequent visits examining standard rodent stations. Ultimately, this integration increases client satisfaction along the touchpoints of their service journey," he said.

Said Mikael Vinje, regional president of Anticimex North America: "JP McHale has a long and proud history as a leading provider of high-quality pest control services and has an impressive track record. Their strong entrepreneurial culture and relentless focus on the customer experience is very much aligned with Anticimex' DNA and we

*continued on page 18*



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## BACK TO SCHOOL



### What Will You be Putting in Your Child's Lunchbox This School Year?

According to Gina DeVito, a Registered Dietitian and Director of Wellness Initiatives at Open Door Family Medical Centers in Westchester and Putnam counties, parents can do a great deal in preventing childhood obesity by collaborating with their children when it comes to lunch and snack decisions.

"When children are younger, nutritional counseling is geared more towards the parents as far as preparing and buying foods. But once children are in school, they are freer to make their own decisions," says DeVito. "We try to educate parents about making foods appetizing and palatable and we teach children about different food

groups, the nutritional benefits, portion control and how it all connects with doing well in school and athletic performance. It starts with learning what the child likes to eat and then making recommendations around that."

DeVito acknowledges that children, like most adults, need the occasional bag of chips or slice of pizza, but that small changes can go a long way. "Kids will have birthday parties and be exposed to not-so-healthy foods and as a parent you can't be unrealistic," she says. "We emphasize balancing these foods with healthier options. Yes, you can have

*continued on page 14*

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# Croton Resident Honored with Rising Stars 40 Under 40 Award

Croton-on-Hudson resident Amanda Bayley, co-founder and landscape designer at PLAN it WILD, recently received a Rising Stars 40 Under 40 award from the Business Council of Westchester, a prestigious honor that recognizes the achievements of accomplished young professionals.

"Though relatively new to Westchester Amanda Bayley and PLAN it WILD exhibit an innovative approach to the environment and have made a significant impact that is worthy of this Rising Stars award," said Marsha Gordon, president and CEO of the Westchester Business Council. "This year's class consists of exemplary leaders who



Amanda Bayley, co-founder of PLAN it WILD, was recently honored.

have distinguished themselves through their talent, determination and commitment to the local business community."

Bayley has amassed extensive experience in creative, nature-inspired landscape architecture, including work with the New York City Department of Parks and Recreation Natural Resources Group, the environmental engineering firm eDesign Dynamics and the Natural Areas Conservancy, an innovative nonprofit that recently garnered coverage in the New York Daily News for its launch of NYC Nature Goals 2050.

She is currently a board member of the Federated Conservationists of Westchester County and previously served as Board Treasurer for the New York American Society of Landscape Architects, overseeing all finances and planning out the funding of programs and new initiatives.

"We have ambitious goals at PLAN it WILD," said Bayley. "It's always gratifying to achieve recognition for your hard work and your vision."

PLAN it WILD promotes biodiversity by bringing back habitat to suburban yards and open spaces. The goal is to transform lawns, backyards, corporate parks and town centers into high-functioning, beautiful habitat. PLAN it WILD has also announced several interesting initiatives, including a series of Go Native Westchester! events, easy-to-plant garden kits and a pop-up store set to open next month in Hudson, New York.

## What Will You be Putting in Your Child's Lunchbox This School Year?

*continued from page 13*

chips, but not in the lunch box and maybe only on Friday, but the rest of the week you need to eat something more nutritious. And if the parents model this behavior at home, it can become a power message for the entire family."

She recommends, for example:

- Avoiding soft drinks with no nutritional value and replacing them with flavored infused water
- Employing crunchy vegetables (like carrots or cucumbers) for after school snacks instead of chips or sweets
- Choosing fat-free milk rather than chocolate milk
- Avoiding energy drinks
- Offering after school snacks that may include whole grain crackers with some peanut butter or almonds instead of sweets or ice cream
- Making certain changes in the preparation of vegetables and other foods that will replace junk food ("If a child has to choose between ordering French fries or blandly prepared string beans there won't be much of a choice.")

Teaching older children, who will stop at the pizzeria after school, to opt for one slice with mushrooms or peppers, instead of two with highly processed meats

"Making even minor changes can make a big difference in overall health and in preventing obesity," says DeVito. "Food can be both happy and healthy. You don't want to demonize certain foods, but rather demonstrate balance and mindful choices."



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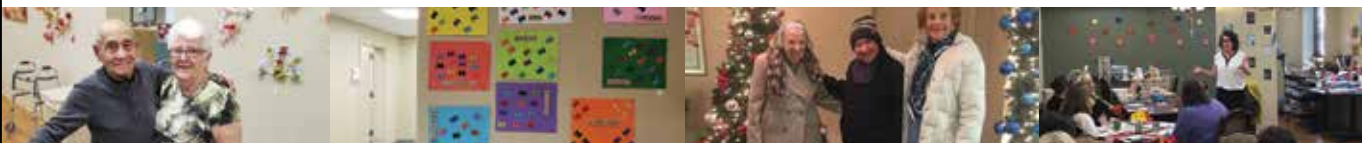
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# When Buyers and Sellers Want Realtors to Be Big Blabbermouths

You'd never know it to meet me today, but I was born with some kind of neurological condition that resulted in my reaching the age of five without speaking a word. That was in the days before autism spectrum disorder had been diagnosed and certainly there was no treatment available for kids like me who were non-social, withdrawn and didn't verbalize.

But from what my mother tells me, I recovered from whatever that condition was completely and miraculously on the final day of a nine-week novena she made at St. Donato's Roman Catholic Church in North Philadelphia. After hearing this story, I never questioned reports of miracles, because I started verbalizing at the end of the novena and haven't shut up since.

While I was able to speak, I still had to challenge myself to become more socially interactive in school. I debated, I wrote for the school newspaper, then once out of college, my first job was as a newspaper reporter and, after that, a public relations practitioner, all requiring verbal communication. But only when I ventured into real estate did I find myself talking all the time. And from what industry pundits say, that's a good thing.

At a real estate convention I attended early in my career, one of the keynotes impressed me when he identified the chief "irk" that sellers and buyers have with realtors, and it's all about communications. Specifically, he said that the most common real estate situation that negatively impacts

realtors' clients is inadequate disclosure. Then he went on to paint scenarios which might convince potential home buyers and sellers to have frequent heart-to-hearts with their realtors to know as much as they can about the whole process, particularly what is likely to happen next.

In defense of myself and my fellow real estate practitioners, I would say that out of self-preservation, we're way ahead of the game. I've never heard any group of people who talk as much as realtors do in their mission to inform their clients. Whenever I'm in my office, there is a cacophony of many voices on the phone, all explaining to clients what is happening and what to expect.

But the real estate purchase or sale process is so complex and so all-encompassing a discipline that the totally unexpected or unknown can happen at any time. And it's the realtor who can get blamed for lack of disclosure on the matter.

There are the standard disclosures which sellers and realtors sign when taking a listing: the disclosure of agency that identifies the relationship of the realtor to the seller; a lead disclosure if the house was



By Bill Primavera

built before 1978, and the affiliated business disclosure, so that sellers can be aware of the other businesses which the realtor's company owns.

The big disclosure that most buyers and sellers relate to is the property condition disclosure in which the seller identifies all the known defects of a house to its buyer. While it is required in many states, such as California where the code is particularly stringent, in New York, the seller may choose not to issue such a disclosure, but rather pay \$500 at closing to the buyer. The overwhelming majority of sellers choose this option, rather than risk being liable for serious house defects.

But above and beyond these expected disclosures are those that require a simple explanation before the fact, rather than after. Nobody likes surprises or hearing, "oh by the way," when it may be too late to be informed. This is best accomplished by the realtor preparing a list of frequently asked questions, such as: Do I need a lawyer, and who pays the commission? Besides asking such questions, it is suggested that we realtors also present a list of what sellers

or buyers can expect along the way, such as: Realtors who make appointments to show your home will sometimes be late or not show up; know that the HGTV shows are scripted; expect that the closing date will be delayed; and, expect that you won't know until the last moment how much money you must bring to the closing.

The more realtors paint a futuristic picture, especially accompanied by stories of personal experience, the better sellers and buyers will feel empowered to make informed decisions. That kind of clear and open communications is what helps avoid problems in the form of misunderstanding, missteps and/or unlawful acts.

Not so long ago I was in Philadelphia and happened to pass the very church where my mother told me I was miraculously granted my ability to speak. I looked at the granite steps leading to the impressive church doors and could recall walking up and down them, holding my mother's hand, all those years ago. It brought a lump to my throat, nudging alongside my voice box that has had a lot of practice in the years I've worked as a realtor who blabs on and on to clients about what's going on.

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

## Back to School!



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# Happenings

## Tuesday, Aug. 20

**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](http://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](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).

**Free Summer Concerts:** New York Opera Conservatory is holding a free August Summer Concert Series this week

at the Croton Free Library, 171 Cleveland Dr. The concerts will be held on Aug. 20, 22, 23 and 24 at 7 p.m. For information about becoming a student in the New York Opera Conservatory, visit <http://www.newyorkoperaconservatory.com>. For general information about Taconic Opera and New York Opera Conservatory events, visit [www.TaconicOpera.org](http://www.TaconicOpera.org).

## Wednesday, Aug. 21

**Cortlandt ZBA Opening:** The Town of Cortlandt government will be interviewing 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](mailto:claudiav@townofcortlandt.com). The deadline to apply is Friday, August 30.

**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](mailto: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](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).

**New York Presbyterian Programs:** Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd., Cortlandt. Physician in the Kitchen: Superfoods for Diabetics will be held on Aug. 21 from 5:30 to 7 p.m. Registration: call 914-734-3780 or e-mail [hvh-teachingkitchen@nyp.org](mailto:hvh-teachingkitchen@nyp.org). Plant-Based Meals will be held on Aug. 23 from noon to 1:30 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail [hvh-teachingkitchen@nyp.org](mailto:hvh-teachingkitchen@nyp.org).

## Thursday, Aug. 22

**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](mailto: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](http://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](http://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](http://yorktownjewishcenter.org).

**Knitting Circle:** Support Connection, Inc. will hold the next session of their monthly program Marge's Knitting Circle from 2 to 3:30 p.m. at their office in Yorktown Heights. The program is open to people living with breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

**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.

**BookClub:** Support Connection, announces that the next session of their Book Club for Women with Cancer will be held from 7 to 9 p.m. at NY-Presbyterian Hudson Valley Hospital in Cortlandt. It is open to people living with breast, ovarian and gynecological cancers. To learn more or to preregister, which is required, call Support Connection

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

at 914-962-6402 or 800-532-4290.

## Friday, Aug. 23

**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 [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).

## Saturday, Aug. 24

**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. The inclusive, community-led 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 9:30am, followed by Lunch & Learn, a discussion of the week's Torah

*continued on page 19*



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### Crossword by Myles Mellor

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				

#### Across

1. Arise

6. Belonging to actor Galifianakis, or Mahopac pizzeria

11. Southern constellation

12. Pizza topping

13. Lying port-to-starboard

14. Playful animal

15. "Sands of \_\_ Jima"

16. Ending for car

17. Press statements

22. Italian for "welcome" or Mahopac pizzeria

25. It moves heat from a cool space to a warm space

27. Fairy tale veggie

29. "Give \_\_ break!"

30. "Whooping" bird

32. Luxurious fur

34. Veranda

35. Van Gogh painted here

36. Beasts of burden

37. El Greco's birthplace

#### Down

1. Transmitting

2. Old mansion decoration

3. Cuisine style

4. "Kill Bill" star, Thurman

5. PC capacity, for short

6. Where leopards can be spotted

7. Pays for a hand

8. Name

9. Weeder

10. Elder

18. Touch up

19. Fifth in N.Y.C.

20. Large volume

21. Sinusitis-treating MD

23. Spill

24. Ham and egg dish

26. Bel \_\_ cheese

27. Advantages

28. All \_\_ (fully attentive)

30. Number cruncher, for short

31. Baffled inquiries

32. Biological pocket

33. O'Hare abbreviation

Solution on pg. 18



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## Obituaries

continued from page 12

Sister Joan returned to NY to study, in 1958 she earned a Masters of Education Degree from Fordham University in the Bronx. After earning her Master’s Degree, she returned to Kaneohe and was appointed Principal of St. Ann’s Grade and High School until 1964. In 1965, she was assigned to the Maryknoll School in Punahou, HI where she taught English and religious guidance to grades 10 and 12.

Sister Joan returned to the U.S. in 1968 for a renewal period and to do promotion work for the Congregation. In 1970, she was assigned to a new mission in Yucatan, Mexico. After language study there, she worked with students in art, films and multi-media.

In 1972, Sister Joan was assigned to Condega, Nicaragua where she did pastoral work with parish and diocesan teams. She also created educational courses for women and children’s groups. In 1974, she was appointed Regional Coordinator for the Panama/Nicaragua/El Salvador Region in the Maryknoll Sisters Regional House. She then returned to Condega, Nicaragua where she immersed herself in Pastoral work and

adult education until 2003; when she called on hundreds of friends to help her construct a retreat house, “Casa de Paz” (House of Peace). In 2008, Sister Joan returned to the Maryknoll Sisters Center, where she retired.

In 2013, a plaza in Nicaragua that happened to be located directly across from “Casa de Paz” was renamed in her honor to, “Plaza Hermana Joan Uhlen.”

### Richard Strahan

Richard W. Strahan, of Wallkill, formerly of Yorktown, died August 12. He was 83.

He was born April 28, 1936 to Richard and Mary (nee Lampel) Strahan in Yonkers. He was a retired electrical engineer with Loral Electronics Systems in the Bronx. He loved classical music and his dogs.

He is survived by his devoted wife, Eileen (nee Wilkie) Strahan of Wallkill, and his loving children, Richard Strahan of Buffalo, Jeremy Strahan of Wallkill, Carolyn Strahan of Walden, N.Y. and Correne Strahan of Wallkill. He is also survived by his two cherished grandchildren, Kyla and Rachel Lastowski.

### J.P. McHale Pest Management Merges with Global Company

continued from page 10

are very excited to accelerate our growth in the greater New York area. further.”

McHale said that clients can look forward to seeing new services added throughout the coming months. JP McHale’s current line of ecologically sensitive programs will continue to be a major focus, along with the company’s emphasis on clean energy and the environment.

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# Happenings

continued from page 16

portion. Kiddush luncheon will be served. The service will be led by new Rabbi Shoshana Leis and 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. There will be no services on Aug. 31

**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:** 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. The

library's display cases are featuring quilts by Grace Zipprich.

**Sunday, Aug. 25**


**Jazz Concert:** The City of Peekskill Riverfront Summer Concert Series will conclude for the season with Jazz in the Park. Enjoy the many styles and sounds of jazz – from the deep, rich fusion of straight ahead jazz and African groove to the great swing bands from the 30s and 40s. The free program will be held from 3 to 9 p.m. at Riverfront Green Park, 50 Hudson Ave. For more information contact the City of Peekskill Parks and Recreation Department at 914-734-7275 or [www.cityofpeekskill.com](http://www.cityofpeekskill.com).

**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. 26**

**Summer Writers' Group.** Program is concluding today from 10:30 a.m. to noon at the Somers Library. Each week writers have their creativity challenged in different ways. Space is limited. Info: 914-232-5717 or [www.somerslibrary.org](http://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 watercolors, acrylic paints and liquid pouring paints. Info: [www.somerslibrary.org](http://www.somerslibrary.org). Space is limited.



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## LEGAL NOTICES

**NOTICE** is hereby given to interested parties that a Public Hearing will be held by the **Putnam Valley Zoning Board of Appeals on Thursday August 29, 2019 at 6:30 at Town Hall, 265 Oscanawana Lake Road** for the purpose of considering the following pe-

continued on next page

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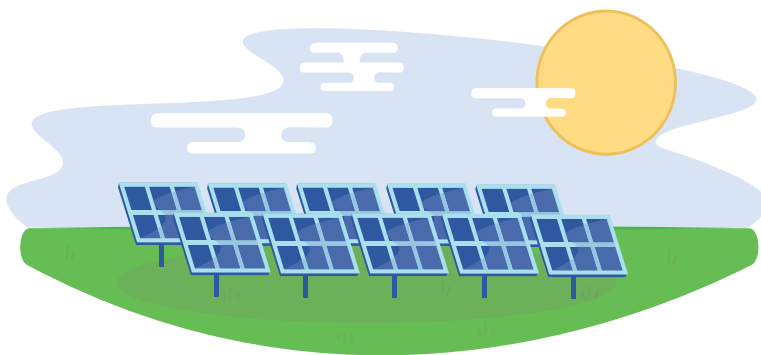
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titions and requests together with all other matters that may properly come before the Board at this time. **AGENDA New Application** 1. Gonzalez, William, 243 Old Church Road, 73.-1-14; R-2 Request front yard setback variance for proposed shed. 2. Swezey, Jean, 141 Oscawana Heights Road, 52.-2-12; R-3 Request a side and front yard setback variance for proposed garage. 3. Davino, Alfonse, 7 Briar Court-73.18-1-14; R-2 Request for side and rear yard setback variance for proposed pool and deck. 4. DiLeo, Louis, 569 Lake Shore Road,-41.10-2-32; R-3 Request side yard setback variance for new generator. 5. Maskiell, William, 135 Barger Street, 84.-2-56; R-3 Request side and height variance under Section 165-44 A (1) of the Zoning Code for replacing second floor to existing barn. **BY ORDER OF THE TOWN OF PUTNAM VALLEY OF APPEALS WILLIAM MASKIELL, CHAIRMAN**

**Town of Putnam Valley August 21, 2019 Town Board Agenda** 1. Pledge of Allegiance 2. Departmental Reports 3. Supervisor's opening comments 4. Legislator's Report 5. School Report 6. Approval of minutes for June 19, July 10, and July 17, 2019. 7. Waive all permit and building fees for Fire Department projects. 8. Discuss de-icers on lakes. 9. Approve the agreement between the Town of Putnam Valley and Brookfalls Cottages, Inc. Districts 10. Authorization to go out to bid for District Garbage Pick-Up. 11. Waiver of building permit and wetland permit waiver fees associated with the demolition of the old Lake Peekskill pump house. Building Department 12. Daily Fee Report Parks and Recreation 13. Approve person-

nel additions/changes: Wacaser and Brown. 14. Approve personnel additions/changes: Call, Natri, Astrologo, Riley, Sainz and Cassidy. 15. Refunds. 16. Budget Transfers 17. Public Comment 18. Audit of monthly bills.

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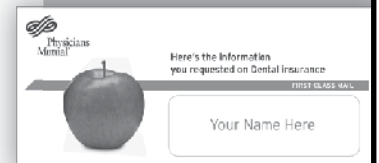
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## Delving Into Core Principles and Practices of the Wine Universe



By Nick Antonaccio

It's the dog days of August and I'm wilted from the heat we've been experiencing. I've decided for this week's column to reprise a previous nugget I wrote for you. Hope you enjoy it.

Here are random factoids, choice nuggets to elevate your game or to supplement your memory banks. Some of you will consider these to be revelatory; others may have a "tell me something I don't already know" reaction.

1. Always clear your palate before you taste a wine. Previous foods in your mouth

will influence your experience with a wine. You will not enjoy a Cabernet Sauvignon if you just finished off a bag of salty chips.

2. Wine is best experienced when paired with food. In combination in your mouth, a "new" flavor is created. Remember that regional wines evolved over the centuries as accompaniments to regional foods, not as stand-alone expressions of a grape. I have often changed my opinion of a wine once it interplays with the flavors and aromas of a food dish.

3. Aromas dominate your appreciation of a wine. Our physiology has four elements of taste and over 10,000 elements of aromas.

4. Corollary to Number 3 above: swirling the wine in your glass releases the aromas and bouquet more quickly. Always swirl. It's functional, not snobbery.

5. Sub-corollary to Number 3: Don't fill your glass more than a one-third; it allows the aromas to concentrate in the other two-thirds. Swirl a glass that has curved sides and a rim. It funnels and therefore concentrates the aromas toward your nose as you sip the wine.

6. Don't swallow too soon. Hold the wine in your mouth for a few seconds and "chew" it. This will allow the wine to coat the sensory areas of your tongue and mouth, enhancing your ability to appreciate the many nuances of the wine.

7. Red wine is healthier than white wine.

The red grape skins that ferment with the juice contain compounds that are powerful antioxidants. One of these, resveratrol, has been proven to be a key to our overall health.

8. All grape juice is white (with one or two minor exceptions). Red wines derive their color from the grape skins, which are fermented with the juice and thereby impart the familiar color to the wine.

Corollary: Red grapes can produce a white wine – just remove the skins before fermentation begins. A classic example is sparkling wine, which invariably is produced from some or all red grapes. Brut Champagne is part

Chardonnay and part Pinot Noir and/or Pinot Meunier; Blanc de Noir (White from Black) on the label signifies only red grapes were vinified in the production of the wine; Blanc de Blanc – you've got it, only Chardonnay was vinified. Rosé Champagne signifies that the skins of the red grapes used in production were allowed to sit with the fermenting juice for a very short period – just long enough to infuse a light red/pink color to the wine.

9. Generally speaking, during the course of a meal or a wine tasting, enjoy the lighter wines first and then move to the heavier wines. Your palate will thank you and will remain fresher for a longer period of time. Likewise, white wines should generally be enjoyed before reds; dry wines before sweet wines; and young wines before older ones.

10. Need to chill a bottle of wine quickly? Don't put it in the fridge or the freezer. Rather, place it in an ice bucket filled one-quarter with water and the remainder with ice. Fill as high as possible in order to surround the neck of the bottle. Add a hearty pinch of kosher salt, wait 10 minutes, open and pour.

Feel free to refer to these facts whenever you wish to impress friends with your wine knowledge, but most importantly to better understand the fundamental precepts and practical wisdom of wine appreciation.

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.



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## Sports

# Contemplating Retirement Apparently Not an Option



By Ray Gallagher  
Examiner  
Sports Editor  
@Directrays

Every once in a while I get this fleeting thought: Maybe it's time to let some youngin' take over the mental and physical grind of covering, writing, photographing and editing the local sports scene. Perhaps it's time to pass

the torch to a new generation of sportswriter; a Twitter/Instagram savvy cat with his ear on the rail.

Maybe it's time to say thanks to this tiny audience for reading 30 years of Direct Rays and the subsequent game stories, notebooks and, oftentimes, drivel I've passed along since 1989. After all, it is a young man's game, and my brain cells are sizzling at a rapid clip.

But then I score this chance meeting with legendary Somers football Coach Tony DeMatteo at La Famiglia Felice in Mahopac last week, and in this 10-minute chat -- just days before he begins his 50th season as a head coach in Section 1 -- I sense the fire is still burning in DeMatteo as he dumps a pound of parmesan cheese into a steamy bowl of Bolognese. So, the least I can do is continue to push on... continue

to promote the student athletes in and around Westchester and Putnam County, and live and die by the rivalries like Carmel vs. Mahopac, Somers vs. Yorktown and Lakeland vs. Panas. That's what keeps me coming back; that, and the extra loot.

And let me be the first to tell you: We've got some quality athletes on tap this fall, beginning with DeMatteo's Tuskers and this junior FB Jack Kaiser, who could end up rewriting the Somers records books when all is said and done.

"So where does Kaiser rank on your all-time list of fullbacks," I ask DeMatteo.

"He's right there in the top five already," replies Section 1's all-time winningest coach, who currently sits 2nd in state history. "And that's after his sophomore year. We'll see but the sky's the limit for this kid."

So Kaiser -- all 210 pounds of him -- is one of those athletes that keeps me coming back for more, that's for sure. I don't want to miss this kid if he and the Tuskers can snag a fifth sectional title under DeMatteo since 2000, what would be their fourth since 2012.

And there are plenty more super athletes out there this fall, including Mahopac senior soccer



RAY GALLAGHER/RICK KUPERBERG PHOTOS

Lakeland field hockey has what it takes to bring fans back out there.

star Carly Steinberg, the 2019 pre-season All-American who hopes to lead the Indians to their first Class AA sectional title this November. The Colgate-bound Steinberg may be the straw that stirs the drink for first-year Indians' Coach Casey Carroll, but there's a ton of young talent around her, so we'll be hitting the soccer circuit early and often.

Sticking with soccer, defending Section 1 Class A champion Somers has lost quite a bit of

talent from a squad that's one two of the last three boys' sectional titles, but this Andrew Lasher kid is back for a senior campaign that could be on a league title collision course with Yorktown's Tim O'Callaghan and company. Rye may be the favorites to hoist the Class A crown in 2019, but I've been along for the ride with these 2018 NYS runner-up Tuskers since the days of Dervis Manizade, Sean Nealis, Mark Fiore the Stroh boys, et al, back in the wee 90s. I kind of owe it to these guys to be there if Coach Brian Lanzetta can hoist a third sectional title in four years, though it won't be a snap come this fall.

Similarly, just because Lakeland didn't win a 10th straight NYS field hockey championship last November, doesn't mean I should abandon Coach Sharon Sarsen's Hornets, who have copped 10 straight NYS regional titles and nine of the last 10 state nuggets. As far as dynasty's go, Lakeland field hockey is second to none; well, maybe Yorktown lax if the 40-time sectional champion Huskers can get their house back in order in the spring of 2020 after consecutive Section 1 championship setbacks (for the first time ever) to John Jay CR.

Additionally, I've been around the Hen Hud scene since

Anthony Alberti became a two-time state wrestling champion back in 1989-90, so I can't run out on Sailor A.D. Tommy Baker as he unveils the new digs at Hen Hud this fall; complete with a spanking new turf gridiron and track. 'Bakes' is my 'boy, a Mets fan through and through, so I hope like heck to be there in Week 4 of the football season when the Sailors and their first-year Coach John 'Big Cat' Catano, look to christen the new field with a home-opening win over Beacon. Heck, Hen Hud also has Division 1-bound senior Caitlin Weimar going for it this fall on the volleyball court as she preps for what is expected to be the single greatest individual basketball season in Sailor history this winter, but not before renowned volleyball Coach Diane Swertfager attempts to deliver a 15th sectional title in the last 19 years this November. When you mention the likes of DeMatteo and Sarsen as some of the greatest coaches in state history, you better bring up Swerty, too.

Gosh, there's a lot happening this fall, lots of homage to be paid. So, I reckon I'll stick around for one more year at the very least since it pays the mortgage and quenches my thirst for competitive sports.



Big-time rivalries like Carmel vs. Mahopac keeps us coming back for more.

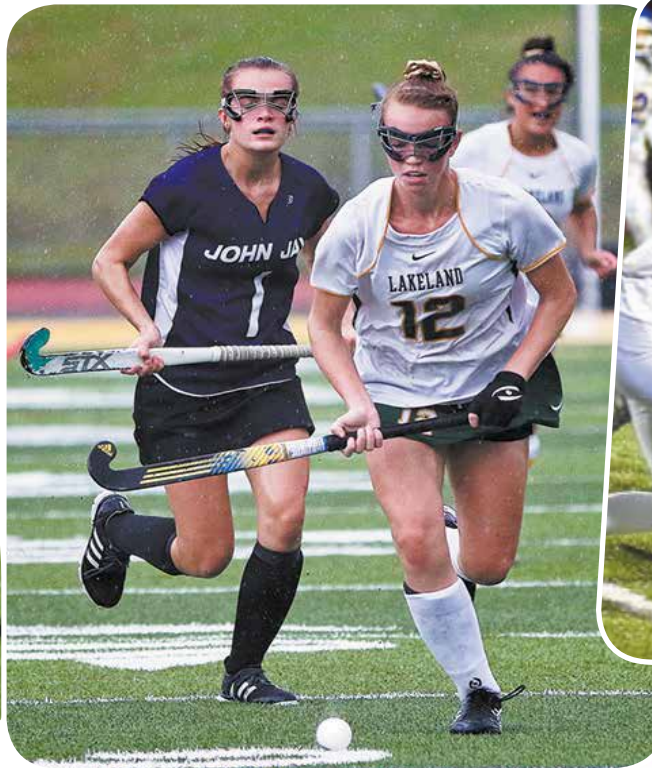


# Back to Business!




**Fall Sports  
Seasons Kick  
Off This Week**

RAY GALLAGHER/RICK KUPERBERG PHOTOS



The 79 Section 1 member schools in Dutchess, Putnam, Rockland and Westchester regions have officially declared it's time to get down to business this week, as Section 1 varsity and junior varsity practices and tryouts began Monday in football, field hockey, soccer, volleyball, swimming, tennis and cross country. So, it's time to rekindle the rivalries we've grown to love in this neck of the woods, including Carmel vs. Mahopac, Somers vs. Yorktown, Lakeland vs. Panas and much, much more... see Direct Rays




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