

**Raising  
Awareness for  
Pedestrian  
Safety  
...page 4**

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# The NORTHERN WESTCHESTER Examiner

**Lakeland Boys Get Best  
of Panas...**

**See  
Sports**



January 14 - January 20, 2020

SMALL NEWS IS BIG NEWS

Volume 12, Issue 525

## MOD Project Developers Confident Vision of Town Being Met

By Rick Pezzullo

The developers of two mixed-use projects in the area of New York Presbyterian/Hudson Valley Hospital on Route 202 in Cortlandt maintain their plans are consistent with the town's vision as outlined in the most recent Master Plan.

Speaking exclusively to *The Northern Westchester Examiner* a week before what could be a contentious public hearing this week as signs opposing the projects have surfaced along major roadways in town, two of the key players for the Evergreen Manor and Gyrodyne developments are confident they will significantly improve existing traffic conditions, provide services and facilities that are in demand and bring much needed tax revenue to the community.

"This is the right place for this type of development," said Armando Santucci of

VS Construction, who is overseeing the Evergreen Manor project on 28 acres with his father, longtime local builder Val Santucci. "We've been in front of the Town Board for two years, so there are no surprises here. Everything has been scaled back based on what the town wants to see. The town is the lead agency and they're driving the ship. We're local. We're taxpayers. We've been here. We will not close the door on any resident who has a concern. We want to do the right thing."

"This is the town's initiative. That gets lost in the whole picture here," stressed Kevin McAndrew, partner at Cameron Engineering, which is one of the firms connected to the 13.8-acre Gyrodyne site. "Evergreen and Gyrodyne stepped up as the key stakeholders. The town had a vision."

The go-ahead for the projects was the zoning creation by town officials of the Medical Oriented District (MOD), the



Rendering of medical offices proposed on Gyrodyne site off Route 202 in Cortlandt.

intent of which is to encourage economic revitalization in the area surrounding the hospital and implement the goals and recommendations outlined in the town's 2016

Sustainable Comprehensive Plan.

The Evergreen Manor project, which Santucci estimated was an approximately

*Continued on page 6*

## Alliance for Safe Kids Continues Mission with Limited Funds

By Abby Luby

In a large, brightly lit classroom at the former French Hill School in Yorktown, about a dozen middle and high school students worked on handmade signs for #WalkTheTalk, an event in April sponsored by the Alliance for Safe Kids (ASK).

For the last seven years, the classroom has been home base for ASK, a 15-year old Yorktown non-profit group whose primary focus it to connect the community with a vast array of resources dealing with mental health issues and substance abuse prevention.

"We are educating teens to be empowered with knowledge so they can, if the occasion arises, share what they know with



PHOTO PROVIDED

Alliance for Safe Kids volunteer coordinator intern Kyra Brunner, Yorktown Middle Schoolers Eddie Palumbo and Andrew Weissman working on "Walk The Talk" signs at ASK at their French Hill office.

those who might be in need," said ASK Executive Director Liz Talbert. "We train them to be

first responders when it comes to mental health issues they may encounter."

Student volunteers come to ASK one afternoon a week during the full school term. A well aligned partnership between ASK and the Yorktown School District has cultivated a dedicated group of students fulfilling a community service commitment or volunteering as civics studies interns.

"Some come regularly, and others drop in sporadically – but all of them want to be exposed to the information they might use to help a friend. They want to be involved and have a voice," said Talbert.

ASK fully came into its own about 10 years ago in the wake of some 50 Yorktown deaths attributed to drugs and alcohol abuse. In 2010, the Yorktown Interfaith

Ministerial Association designed the "Save A Life" program that sought to establish a reliable, go-to group of resources to help those in crisis. ASK became involved and has since continued the program, effectively reaching more than 3,000 people in need to date.

Bolstering the outreach is the ASK Community Resource Guide, an extensive directory of more than 100 pages with current information on Youth Mental Health, Substance Abuse Prevention and Opportunities. ASK transitioned their resource guide last year by creating a hi-tech "Palm Card," a business size card with a QR code (quick response code)

*Continued on page 2*



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# Alliance for Safe Kids Continues Mission with Limited Funds

Continued from page 1

that, when scanned by a smartphone automatically presents links to help groups and hotlines. Talbert presented the Palm Card last fall at the Yorktown Town Board Meeting together with Chief Robert Noble of the Yorktown Police Department. Chief Noble had worked with ASK high school and college interns to develop the palm cards. Since November, Yorktown police carry the palm cards and is the first department in the county to utilize the technology.

The Palm Card was primarily the brainchild of ASK volunteer coordinator intern Kyra Brunner, who worked with tech-savvy high school interns to create the card. Brunner first volunteered with ASK when she was a junior at Yorktown High School in 2014.

"I could tell this was an organization that deeply cared about our community," said Brunner, who is currently working on her Master's degree in public administration at Pace University. "When I was an intern here and ASK held its annual Save A Life event, I feel in love with it. I liked how it felt to give back."

Twelve years ago, ASK was the recipient of a one-time federal grant known as the "Drug Free Communities Support Program." The grant gave ASK \$125,000 a year but expired in October 2018.

"That grant afforded us the opportunity to build our organization to what we are today, but we weren't allowed to reapply,"

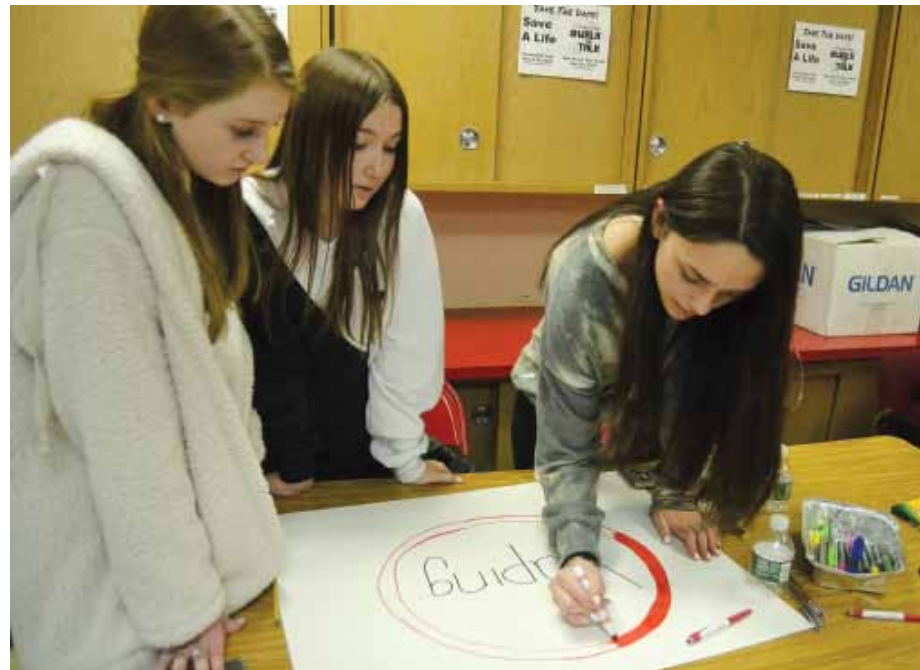


PHOTO PROVIDED  
Yorktown Middle Schoolers Grace Floryshak, Meghan Steward and Gianna Almonte working on "Walk the Talk" signs at ASK at their French Hill office.

said Talbert. "Mostly the grant focused on drugs and alcohol. The silver lining for us was that [after the grant ended] we were able to pay attention to youth mental health, which is so connected to substance abuse."

Since 2018 ASK has been awarded smaller grants from various corporations

and the New York State Department of Education. "We certainly have our fingers on the pulse of grant data bases since funding is a very big concern for us," explained Talbert. "We have been able to move forward with an extremely limited budget."

Pursuing funds means inviting local businesses and individuals to sponsor

ASK's many forums and events such as the 10th Annual Save A Life forum, a new community event #WalkTheTalk and to advertise in ASK's Community Resource Guide.

The students' signs will be seen at ASK's inaugural #WalkTheTalk, a new, interactive community walk as part of the 10th Annual Save A Life forum at FDR State Park on April 18, 2020. The signs will direct walkers to specific information tables along the walk route; the walk will end with a "Community that Cares" celebration where non-profit organizations in town will formally honor their volunteers.

The 10th annual Save A Life event is on Sunday, March 22, from noon to 4 p.m. at Yorktown High School. The keynote speaker will be Stephen Hill, author of "A Journey to Recovery." Interactive student/adult workshops and exhibits will address youth mental health, co-occurring disorders, vaping, alcohol and drug use/abuse, managing stress, among many others. Workshops are also geared for the senior citizens.

"We're very excited about our Save A Life forum this year," said Talbert. "Last year over 500 students and adults attended. Over the years we've always had sponsorships for Save A Life. That shows this community really does support us."

For more information about ASK, visit <https://allianceforsafekids.org> or call (914) 736-1450.



## Your Achilles Tendon is Prone to Injury

Tips to get you back on your feet after a rupture...

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#### Q: What is an Achilles tendon rupture and what causes it?

**A:** When your calf muscles contract, your Achilles tendon tenses, allowing movement. As we age, its mechanical properties degrade and its blood supply diminishes. A sudden movement can result in a painful rupture – a complete tear through the tendon – and an inability to move your heel. Think of your Achilles tendon as silly putty. Pull it slowly and it elongates and stays intact; pull it fast and it may snap.

#### Q: This sounds painful, is there anything I can do to lower my risk?

**A:** Absolutely. Warm up before exercising to get your blood circulating; drink plenty of water to hydrate your muscles and tendons; and be aware of the temperature outside – strenuous activities in cooler temperatures put you at a higher risk. Your tendons become less elastic, less malleable and more prone to injury.

#### Q: What are symptoms of a rupture?

**A:** If it's a rupture, you'll likely experience one or more of these symptoms: the feeling of having been kicked in the back of the leg or heel; a popping sound when

the injury occurs; possible severe pain, with swelling near the heel; an inability to bend the foot downward or push off the injured leg when walking; an inability to stand on the toes of the injured leg.

#### Q: What should I do if I have symptoms?

**A:** If you have any of these symptoms, elevate and ice the leg to minimize swelling. If you're unable to bear weight you should go to the Emergency Room. If you can bear weight, make an appointment with an orthopedic surgeon for a diagnosis. If it's a rupture, I generally recommend surgery. Non-surgical management is associated with a higher risk of re-rupture and decreased strength. The goal of surgical treatment is to pull the frayed tendons together at the right length for optimal long-term function. This results in faster, more efficient tendon healing.

Regardless of the type of treatment, an Achilles tendon rupture requires a year or more to recover with full function. Consistent physical therapy will help strengthen your calf muscles and your Achilles tendon so you're able to resume all the activities you were doing before the rupture, without pain. The reported risk of re-rupture after surgical repair is about five percent.



# Reward Offered to Help in Yorktown Vandalism Investigation

By Rick Pezzullo

New York State Crime Stoppers has posted a \$2,500 cash reward for information that directly leads to the arrest and conviction of the person or individuals responsible for the recent widespread vandalism spree in Yorktown.

Yorktown Police Chief Robert Noble stated Friday on Facebook that the detective division is continuing to "tirelessly investigate" what were termed "hate crimes" on town and private property that startled town officials and residents on January 3 and 4.

"Yorktown remains a safe place to live, work, visit and raise a family. One overnight of vandalism while most of us slept doesn't change that," Noble stated. "Patrols have been increased. While we cannot comment on the investigation, please know that apprehending those responsible is our primary focus. Thank you to all in the community for your 'tips' and, most importantly, for your support throughout the week. Any information, however insignificant it may seem, could help."

Noble stressed last week police were treating the incidents as hate crimes since several houses of worship were targeted, but noted no threats were made and no individuals were injured.

Four glass doors were shattered at the Yorktown Stage in the Albert Capellini Cultural and Community Center, a menorah was toppled at Veterans' Field, nine windows were broken at John C. Hart Memorial Library in Shrub Oak, a 90-year-old stained glass window and other windows were destroyed at St. Patrick's Old Stone Church in downtown Yorktown, windows were broken at the First Presbyterian Church and vandalism took place at St. Mary's Episcopal Church in Mohegan Lake.

Following the incidents, Yorktown Police increased patrols near houses of worship, particularly in the area of synagogues.

Police have obtained a blurry photograph of what appears to be a four-door sedan leaving the scene near the library about midnight on January 4, but the license plate of the vehicle is not visible.

The Yorktown Town Board passed a resolution last week officially condemning the violence following a private interfaith meeting with religious leaders.

Cardinal Timothy Dolan conducted 5:30 mass at St. Patrick's Church Saturday to ease the fear of parishioners.

"Yesterday I visited Saint Patrick's Old Stone Church in Yorktown, one of the sites of the recent vandalisms, with respected members of the community. These are attacks against places of light and hope in the community, but they will not deter us," Dolan stated afterwards.

Yorktown Supervisor Matt Slater commented on Dolan's visit, saying, "We will not let the recent vandalism define our community. Working with our religious and community leaders, as well as the Yorktown Police Department, we will continue to reject all forms of hate. I truly appreciate Timothy Cardinal Dolan leading our community in worship this weekend

and for his incredible support during this time."

Yorktown Police have been receiving assistance from the FBI, State Police and Westchester County police agencies in their investigation. Anyone with any relevant information is asked to contact the Yorktown Police Department by phone at 914-962-4141 or by email [info@yorktownpd.org](mailto:info@yorktownpd.org).

Cardinal Timothy Dolan visited St. Patrick's Church in Yorktown Saturday to view the damage and conduct mass.



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# Walkers Decry Peekskill Reckless Driving Following Fatal Incident

By Abby Luby

On Sunday, Peekskill and Westchester County officials joined more than 50 Peekskill residents in a short but symbolic pilgrimage to where pedestrians were killed or seriously injured by cars. The event, "Community Walk for Safe Streets," was organized by the local group Peekskill Walks.

The unseasonably warm, spring-like weather saw people gathered at the corner of Washington and Requa where two weeks ago 78-year-old William O'Connor was fatally hit by a vehicle. Joining the group was Westchester County legisla-

tors Catherine Borgia and Colin Smith, and Peekskill councilmembers Vanessa Agudelo and Ramon Fernandez.

"Unsafe driving has always been an issue," said Conor Greene, co-founder of Peekskill Walks, who led the group down Washington Street. "Too many people are being injured on our streets. We already know that Washington Street isn't safe or welcoming and needs to be redesigned for everyone, especially our most vulnerable."

Smith, newly elected to the Westchester Board of Legislators said he grew up in Peekskill, not too far from where the group was meeting. "As a community

we have to talk about more traffic safety in smaller cities like Peekskill," he said. "I'd like to see the county working with the state and local officials on more improvements." Smith added plans were being made to meet with the county transportation committee.

Marchers turned off Washington and made their way up Hudson, many wearing white and black Peekskill Walks t-shirts. Some talked about the changing culture being partly blamed for the increasing number of traffic accidents in Peekskill. More people who are moving to Peekskill from New York City are used to living where pedestrians have the right-of-way, while drivers in Peekskill are not used to having so many people walking.

"A lot of people are not used to making a cultural change, so we need to figure out a way to educate ourselves," said Borgia.

Stephanie Taylor recently relocated to Peekskill from Queens, and joined Peekskill Walks on Sunday. Taylor was recently hit by a car while crossing Hudson Street on her way walking to the train.

"A woman made a left turn and wasn't looking and ploughed right into me," said Taylor. "My injuries



PHOTO BY ABBY LUBY

Conor Greene, co-founder of Peekskill Walks, who led the group down Washington Street.

were serious. The police, ambulance and fire company came, and I was taken to Westchester Medical." When the police concluded that the woman, who admitted she wasn't looking, was not a negligent driver and didn't ticket or fine her, Taylor said she was astounded.

As if right on cue, as the march progressed two police cars sounded their alarms and drove through the intersection of Hudson and Washington. The car in front of them didn't yield or pull aside but illegally ran the light.

In June 2017, Hudson and Washington Streets saw another

fatal accident where a 69-year-old woman was killed and two others were critically injured, including a two-year-old boy. "Nothing has changed," said Greene. "The last administration took down two stop signs on Washington Street. Just last week a 12-year old boy was injured while crossing in the vicinity. Too many people are being injured on our streets," he said.

Jonathan Brown, a Peekskill resident for three years, said he was hit almost twice while walking to the train. "We shouldn't be on pins and needles every time we walk the city," he remarked.



PHOTO BY ABBY LUBY

Group shot of Peekskill Walks.

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# Peekskill Selects New City Manager to Succeed Richard Leins

By Rick Pezzullo

The Peekskill Common Council has settled on the successor to City Manager Richard Leins.

Andrew Stewart, who served three terms as town supervisor for Orangetown in Rockland County from 2012 to 2017, will join the city on Tuesday, January 14 and officially take over from Leins on Monday, January 27.

Stewart, who holds a Ph.D. in geography from Rutgers and B.A. from Wesleyan University, will receive an annual salary of \$170,000 and will serve at the pleasure of the council.

"I am honored and excited to serve Peekskill, a very special place, as City Manager," said Stewart. "Residents, taxpayers and businesses deserve and expect outstanding city services addressing their critical needs in a timely and efficient manner. I look forward to joining the community and the city management team and doing my part to ensure our collective success with the challenges and opportunities of 2020."

Following his tenure as supervisor, Stewart was a Senior Vice President for Research & Analysis at Hudson Valley Pattern for Progress, a not-for-profit policy, planning, advocacy and research organization whose mission is to promote regional, balanced and sustainable solutions that enhance the growth and vitality of the Hudson Valley. He also led community cleanups, beautification and educational efforts as



ANDREW STEWART

the CEO of Keep Rockland Beautiful for 11 years, working closely with volunteer groups, schools, and local governments to reduce blight and improve quality of life for area residents.

Leins had once planned to depart from Peekskill in October 2018 but later changed his mind. He served as city manager for more than four years. Previously he served for more than a decade as village manager in Ossining and was initially brought in as interim city manager in Peekskill by former Mayor Frank Catalina after ex-city manager Anthony Ruggiero, who butted heads with

Catalina, left for a job in the City of Beacon.

"It has been my distinct professional privilege to serve the City of Peekskill as City Manager over the last five years," Leins said. "I am proud of the shared accomplishments over this time and am gratified to leave the city in a very positive place. I look forward to working with Andrew to ensure a seamless transition of management."

Peekskill Mayor Andre Rainey thanked Leins for his service.

"As a former councilman and now mayor of this great city, working alongside Richard has been a wonderful experience," Rainey said. "A great deal of our success comes from Richard's honesty, responsibility, and competence in understanding local

government. He's been very supportive of the vision of Peekskill and keeps the best interest of the city in mind at all times. While we will certainly miss Richard, we also look forward to building our city with Andrew Stewart and benefiting from his positive energy, great ideas and initiatives, and wealth of knowledge and experience in local government."

The all-Democratic Common Council still hasn't announced an appointment for the council seat left vacant at the start of the year when Colin Smith was elected to the Westchester County Board of Legislators.

A city judge seat also needs to be filled after Melissa Loehr was elected to the Westchester County Court in November.

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# MOD Project Developers Confident Vision of Town Being Met

*Continued from page 1*

\$150 million investment, involves the redevelopment of three vacant contiguous parcels totaling 28 acres with a 120-unit assisted living facility, a five-story, 100-room hotel with 13,000 square feet of retail space, 30,000-square-foot mixed-used retail/office building, 166 residential units (152 studios and one-bedroom units and 12 two-bedroom) and a 7,000-square-foot restaurant.

The Gyrodyne site, which calls for the redevelopment of eight contiguous parcels totaling 13.8 acres with 100,000 square feet of medical offices, 4,000 square feet of complementary retail, 200 market rate apartments, 180 structured parking spaces and 383 at-grade parking spaces, is about a \$90 million investment, according to McAndrew.

If approved, both projects are projected to generate more than \$4.5 million annually in tax revenue, along with 780 construction jobs and 195 permanent on-site jobs.

"The market demand is there—there are no rentals in Cortlandt," said Santucci, who noted the new housing could be attractive to many of the hospital em-



Layout of Evergreen Manor project.

ployees.

McAndrew mentioned the 100,000-square-foot medical offices would only be a net increase of 67,000 square feet on the property since the existing medical park would be torn down.

"We're confident it's the right approach for the town," McAndrew said. "It's definitely the right approach to attract the developers that Gyrodyne has lined

up."

Some residents have raised eyebrows about the additional traffic the projects will bring to an already overburdened roadway. Others have expressed caution about the destruction of local ecology and historical land.

Santucci and McAndrew stressed the development teams are committing \$3 million for studies and traffic improvements

along Route 202. Currently five new traffic signals in the area are planned and turning lanes, along with sidewalks and other enhancements.

"The focus on the improvements is addressing long-standing issues on the corridor," McAndrew explained. "The town has taken ownership of the whole issue of traffic."

He added modern signal technology will result in the synchronization of traffic signals that will be "especially beneficial in optimizing flow and minimizing delays on the corridor."

"We're going to fix the problem," Santucci maintained. "There's an issue with traffic out there and we're going to resolve that."

In a December 31, 2019 letter to Cortlandt Deputy Planning Director Chris Kehoe, Westchester County Planning Board Commissioner Norma Drummond stated the county board supported the creation of the MOD, and even opinioned the density limits in the MOD "may be too restrictive from the standpoint of creating a mini-center around the hospital."

"We encourage the town to consider increasing the allowable densities of various uses to allow

for more MOD development, or at least examining alternatives for greater density in the DGEIS so that additional SEGR review won't be required if higher density limits are ultimately desired," Drummond stated.

Santucci said he is hopeful a shovel could be put in the ground for the Evergreen Manor development by the fall, noting the project would be done in phases, with the assisted living, independent living and residential buildings planned to be constructed first over an approximately two-year period.

McAndrew said the buildings on the Gyrodyne property would be completed in 12 to 18 months after approval is granted.

"I don't want people to think we're just some fly by night company. This is not our first rodeo," Santucci said. "We have done all the studies. We are not in the business of building things that will be vacant. We're trying to accommodate everybody, but we're not going to please everyone."

The public hearing before the Cortlandt Town Board is scheduled to begin at 7 p.m. on Tuesday, January 14 at Cortlandt Town Hall.

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# St. Columbanus 'Indian Church' to Re-Open After Repairs

By Holly Crocco

St. Columbanus Catholic Church Pastor Frank Samoylo said he is thankful no one was hurt a few months back when, during Mass, part of the North American Martyrs Chapel in Putnam Valley settled due to a problem with the foundation.

"There was a big bang and the floor in the back of the church went up and down," he said.

Engineers and contractors quickly assessed the building and determined there was structural damage beneath it and that it should be closed until repairs can be made.

"The whole structure was in danger," said Samoylo. "Everyone I talked to said not to hold services there."

He explained that cribbing was put in place to support the building while plans are drawn up to address the foundation, and cost estimates are obtained. He expects to resume services at the chapel later this year.

"There are no plans to permanently close the church," said Samoylo. "There never was."

The Martyrs Chapel is a mission church of St. Columbanus,



The North American Martyrs Chapel in Putnam Valley, also known as the Indian Church, is temporarily closed for repairs.

located on Oregon Road in Cortlandt. According to Samoylo, there are about 1,750 families who are members of the parish, with about one-third of them living near the Martyrs Chapel.

Samoylo said that while many parishioners are upset about the temporary closure of the chapel, it was a necessary step. "Appar-

ently over the years they've done little Band-Aid things to shore it up," but now a more permanent fix is needed, he said.

Samoylo is confident the church will be able to utilize some of the more than \$600,000 in "Renew and Rebuild" capital project funding that is coming to St. Columbanus through the Archdiocese of New

York to rehabilitate the chapel.

"I think we'll be okay," he said.

While Samoylo said it is heartening to hear that people want to donate to fix the chapel, he cautioned that the church has not set up any formal fundraising efforts or GoFundMe page. "Anything that is out there is not from the parish," he said.

While the chapel is closed, many parishioners are encouraged to attend service at St. Columbanus. For more information, visit [stcolumbanusparish.org](http://stcolumbanusparish.org).

The chapel, also known as the Indian Church, was built in 1937 and dedicated in 1938.

According to [catholicplaces.org](http://catholicplaces.org), Eight French Jesuits were martyred in 1936 while spreading Christianity in North America and Canada. An Irish messenger who had studied the Jesuits built the chapel in their honor, and chose to build it in the shape of an Iroquois long house.

Outside the barrel-shaped chapel, alongside the "Lord's Prayer" and the "Hail Mary" translated into Iroquoian, are Indian plaques and carvings.

Inside the church, along with a painting of the Crucifixion, are traditional North American Indian motifs stenciled along the walls. Pews are rough-hewn wood, and the altarpiece is made of logs, shaped like stockade with the pickets arranged like organ pipes. The altar light rests in a two-foot-long replica of an Iroquois canoe.

Stations of the Cross are painted on an Iroquois drumhead.

## Obituaries

### Peter Daly

Peter L. Daly, a member of the Cortlandt Planning Board, died January 7 surrounded by family and friends. He was 65.

Born August 24, 1954 in Glen Cove, New York, and raised in Westbury, he was the eldest child of Robert L. Daly and Carol A. Butow. His parents pre-deceased him.

He married Betty Davis, a native of Elkhart, Indiana, at Sacred Heart Church in Dobbs Ferry, on May 1, 1993.

Mr. Daly was a photographer by trade, working for Christie's in New York City for more than 20 years. In 1999, he retired from Christie's to raise his children full-time and continued to do freelance photography. His work can be seen at <http://peterdalyphotography.com>. He was also the photographer for his son's band, Dark After Dawn.

He attended the Parsons School of Design and Pratt Institute. He also attended the University of Colorado where he served in the Navy's ROTC program.

He was a parishioner at St. Elizabeth Ann Seton Catholic Church, a member of the Cortlandt Planning Board and previously served on the town's Conservation Committee.

Mr. Daly was an avid sportsman, and

spent time hiking, rock climbing, target shooting and fly fishing in addition to restoring the family's 1827 colonial farmhouse in Cortlandt.

In addition to his wife, Mr. Daly is survived by his beloved children: Gráinne of Brooklyn, and Conor of Cortlandt. He is also survived by his brother Robert (Janine) of Antioch, TN; Michael (Waveney Klaiber) of Bellport, NY; Barbara of Matituck, NY; and Suzanne Falchok (Frederick) of Milledgeville, GA; and his nieces and nephews.

### Elizabeth Lequin

Elizabeth Taffe Lequin, a resident of Somers, died January 7 at Northern Westchester Hospital unexpectedly after heart complications. She was 79.

She was born July 23, 1940 in Scotland to the late Jean Jamison and James Lewis. She immigrated to the United States in 1963 to Westchester where she raised her family with first husband, the late Michael A. Kerins, and worked at Cedar Knolls.

She then spent many happy years living in Edgewater Park in the Bronx with late husband, Thomas Taffe. In more recent years she loved her life in Somers, where she lived happily with her husband and was

a school bus driver. She touched so many lives and was loved by all who met her. Elizabeth was the beloved wife to Stanley Lequin and loving mother to Lisa McLoughlin, Michael Kerins, Deb Gerry, and Kevin Kerins.

She was the devoted nana to Savannah, Owen, Tripp, Jaxon, Silas and many stepchildren and grandchildren. She was the sister to twin, Jeanette McCook and the late Florence Marelo and is also survived by many nieces and nephews across the globe.

A mom, nana, auntie, wife, sister and friend to all. She was warm and kind and made everyone laugh with her witty humor.

### Carl Gehrung

Carl F. Gehrung, a resident of Somers, died January 7. He was 90.

He was born in 1929, to Carl and Johanna Gehrung in the Bronx. He first retired in 1989, after working as a lithographer in Manhattan following his service in the U.S. Navy during the Korean War. After a brief retirement, he started his own business purchasing and selling used printing machinery, until his second retirement in 2010. He was a member of the Amalgamated Lithographers Union.

He was the beloved husband of Eleanor and the loving father of Christina Shmueli of Tel Aviv, Israel, John (Denise) of Jersey City, NJ, and Lisa (Thadeus) Zayatz of Danbury, CT, as well as the devoted grandfather of Keren and Jonathan Shmueli of Tel Aviv, Israel, Austin Muir of Somers, Danielle

Muir of Austin, TX and Gisele Gehrung of Jersey City, NJ.

He was a spiritual man and a lover of nature – traits he has passed along to his grandchildren. He was always optimistic, kind and a mentor to the young.

### Felicia Cattuti

Felicia DeVito Cattuti, a resident of Peekskill, died January 9. She was 104.

She is survived by her four children Fran, Joe, Carmela and Phyllis as well as six grandchildren and nine great-grandchildren. She is from a family of four, two brothers and a sister, all of whom lived long lives. She has one surviving brother in Texas who just celebrated his 97th birthday.

She was born and raised in Cohasset MA where she enjoyed her life by the sea and resided in Peekskill for the for the past 70 years. She met her husband Nunzio Cattuti at a military base in Hingham MA and they were married on April 25, 1943. Unfortunately, Nunzio passed away at a very early age in October of 1958 leaving her with four young children to raise.

She was a graduate of Burdet Collage in Boston and an avid figure skater and swimmer. She was an energetic and vivacious woman who worked until her retirement at 90 years old. At that point she started to travel, develop a wide variety of friends and loved to go the casinos in the area. If you ever met her you would never forget her. She enjoyed her life and will be sadly missed.



PETER L. DALY



ELIZABETH TAFFE LEQUIN



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# Q&A Topic: Debunking the Top 5 Myths About Surgical Weight Loss

By Dr. Mitchell Roslin

Director of Bariatric Surgery at Northern Westchester Hospital

1. *If you're obese, you don't need bariatric surgery. To lose the weight, diet and work out.*

Obesity is probably one of the most misunderstood conditions in the world. It's an energy-storage disease: a problem with the body's central regulator. Obesity occurs when your body's regulator is set too high, and that elevated "set-point" drives you to consume more food to produce the energy to meet this increased demand. Exercise and low-calorie diets produce short-term changes that make only a slight difference. But bariatric surgery changes your gastrointestinal tract and set-point, so you get full faster, feel less hungry, and therefore can lose significant weight.

2. *Bariatric surgery is dangerous.*

This mainstream procedure has minimal risk compared to the complications of obesity, which include cardiovascular disease, hypertension, high cholesterol, diabetes,

sleep apnea, and dementia.

3. *I'm too young/old for the surgery.*

Obesity is a serious disease that affects you physically and emotionally, no matter how old you are. For teens, obesity not only increases the risk of the health problems noted above, but also affects mood, self-esteem, the ability to concentrate, get good grades, and even make friends. The good news is that surgical weight loss is very successful in adolescent patients, helping them physically, emotionally, and academically. The surgery is also safe and effective for older obese patients, many of whom are functionally impaired, meaning they have radically limited their activities because of their condition. At Northern Westchester Hospital, I've seen patients who are in their seventies.

4. *Women can't have children after weight-loss surgery.*

Big myth! In fact, surgical weight loss boosts fertility since the leading cause of infertility in women is obesity. Polycystic ovary syndrome, a common cause of infer-

tility, is associated with obesity. And obese pregnant women have a higher rate of miscarriage and diabetes.

5. *After surgery, you'll have a large scar, lose your hair, and may gain your weight back.*

We do minimally invasive surgery through small incisions, so scarring is minimal – four to six tiny marks. As for hair loss, there's some truth to this. Some patients undergo hormonal changes after surgery and might experience thinning hair. However, you won't go bald.

As for gaining weight back after surgery, this depends on the person. If you have the surgery and refuse to develop healthier habits, it's possible you'll regain weight. That's why it's important to exercise regularly – three to five times a week – and to choose foods that make you feel full, don't drive up your sugar level, are nutritious, and take longer to digest. At Northern Westchester Hospital, a registered bariatric dietitian helps you stay on track with healthy eating. We also offer support groups to help patients make healthier decisions about post-surgery eating.

## Letters to the Editor

### President Took Right Actions in War on Terror

To the Editor:

Having just read our Congresswoman's current online newsletter, I wonder whose side she is on in the war on terror. She protests the killing of an Iranian terrorist mastermind, responsible for the deaths of hundreds of our soldiers and thousands of civilians, as a "reckless strike" by President Trump. She, and fellow Democrats, didn't condemn Obama for ordering the killing of Bin Laden, who was in hiding at the time and by their standard, did not pose an "imminent threat". Today's Democrats would have protested FDR if he had killed Hitler.

Lowe was proud to vote for a War Powers Resolution, which would require the

President to obtain Congressional authorization before taking military action against Iran. We did not elect Congress to be the Commander-in-Chief. We can't protect Americans and the world by committee. Think the bad guys will wait around while 535 members of Congress try to agree on an action? Could they keep the intelligence and operational plan a secret? How long would Pelosi hold up a Presidential request to kill really bad guys, just because Trump proposed it?

If not for the President's swift decision, we could have had another Benghazi, or Americans taken hostage as they were during the Carter years. Totalitarian Mid-

dle East regimes understand one thing - power. Trump has shown them American power and the resolve to use it. A strong America is the greatest deterrent to war. Our enemies would do well to heed the advice of one of our finest commanders, Gen. George S. Patton -

"The object of war is not to die for your country but to make the other bastard die for his".

P.S. My son and his wife currently serve in the United States Army. She recently returned from a deployment in Afghanistan. I trust our President to look out for them.

**KEN HOCH**  
Cortlandt

## Galef Town Meetings Scheduled in Area

To the Editor:

As we all return from our winter holiday and New Year celebrations, I too am returning to Albany for the 2020 legislative session. And as is my tradition during these first few weeks of the year, I am holding a series of Town Meetings throughout my district. I hold these meetings to hear from my constituents about the many bills being considered in Albany, as well as key components of the state budget.

In 2019 we passed a tremendous number of reforms. We cut bureaucratic red tape in order to make it easier to vote, paved the road for New York to become carbon neutral by 2050, expanded rights to victims of

sexual assault, and so much more. And yet, there is always more to be done. I expect to continue that momentum in 2020 to make New York a more fair and prosperous home for all its residents.

I plan on discussing changes made in the 2019 session and some of my legislative priorities for the 2020 session at these Town Meetings. But perhaps more importantly, this gives me a chance to hear your ideas, questions, and concerns that you wish to bring to my attention.

Town Meeting details are listed below.

**Saturday, January 25th:**  
Desmond Fish Library (Garrison), 10:00

**am – 12:00 pm**  
The Field Library (Peekskill), 1:00 pm – 3:00 pm

**Saturday, February 1st:**  
Kent Library, 10:00 am – 12:00 pm  
Hendrick Hudson Free Library (Montrose), 1:00 pm – 3:00 pm

**Thursday, February 6th:**  
Briarcliff Manor Library, 7:00 pm – 9:00 pm

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# Cuomo Spells Out Ambitious Plans for 2020 Session in Address

By Martin Wilbur

Governor Andrew Cuomo outlined another ambitious legislative session in last week's State of the State address proposing a \$3 billion referendum to combat climate change, a small business tax cut and legalizing recreational marijuana.

His annual address in Albany on January 8 touted continuation of a progressive agenda that was started last year with Democrats dominating both houses of the legislature for the first time in decades, along with the start of Cuomo's third term.

"New York at its best is the progressive capital of the nation and we must fulfill that destiny again this year," Cuomo said.

However, the state begins 2020 facing an estimated \$6 billion budget gap, about two-thirds of which is a result of a Medicaid shortfall. While Cuomo did not explain how he was going to close the deficit, he hinted that local governments, who have been held harmless by the state for their Medicaid responsibility for the last six years, may have to contribute more.

Cuomo will deliver a separate address on his proposed 2020-21 budget sometime before the end of the month.

Despite the fiscal challenges that lie ahead, Cuomo had no shortage of ideas. One of the biggest initiatives planned is a \$3 billion proposition on the November ballot – the Restore Mother Nature Bond Act – that will help propel the state to a green economy while protecting its natural resources.

Money from the bond act would pay for various environmental-related projects, including development of infrastructure to achieve those goals, he said.

"We must develop the solutions



: Gov. Andrew Cuomo raised a wide range of progressive issues he pledged state government would address this year during the 2020 State of the State address in Albany last week.

to the harmful algae blooms before they destroy our water sources, we must restore fisheries and streams and wetlands," Cuomo said. "We must plant more trees, we must filter more drinking water, we must stop the nitrogen runoff and that's what the Restore Mother Nature Bond Act would do."

Although the state's economy has been strong with 36 consecutive quarters of job growth – the first time that's happened in 80 years – Cuomo said small businesses and families still need assistance. He proposed cutting the small business tax to 4 percent, down from 6 percent, and to reduce the state income tax rate for households earning up to \$150,000 to 6.09 percent and to 6.41 percent for households earn-

ing up to \$300,000 a year.

Cuomo also called on the legislature to work with neighboring states that have passed the recreational use of marijuana to implement a safe and workable law in New York.

The governor said he wants to distribute education funding in a more progressive fashion, trying to help boost the state's poorer districts. The wealthiest districts spend as much as \$36,000 per student while the poorest school systems spend as little as \$13,000, Cuomo said.

Last year, there was about a \$1 billion increase in state education funding, but with the budget shortfall it's not yet known how much more will be available for the 2020-21 fiscal year.

"If we're the progressive capital and we want to beat our chest that we're the progressive capital, then act that way," he said. "Don't play politics with education money. Use state funds to raise those out of the bottom."

Cuomo said he plans to propose the largest amount of funding in the state's history to build affordable housing to help address the rise in homelessness.

Other progressive initiatives include economic justice reforms that will pay independent contractors, such as some livery drivers, a fair wage and guaranteeing comprehensive sick leave of at least five days for employees of small companies and seven days for large corporations' workers.

All state elected officials, including legislators, and state commissioners will be forced to disclose their tax returns under Cuomo's proposed Nothing to Hide Act. Additionally, any local elected official making more than \$100,000 a year would also have to release their returns.

A recurring theme of the address was the number of anti-Semitic and hate incidents that have spiraled in New York and around the country. Cuomo said he would dedicate additional funds for security to protect schools and houses of worship to help defend themselves. He vowed that there is no place for hate in a state as diverse as New York and that there is "an American cancer that is spreading through the nation's body politic."

"The angry winds of fear and frustration and despair blames one another for our problems rather than inspiring us to come together and resolve them," Cuomo said.

Local state lawmakers had a mixed to positive reaction to the governor's address, agreeing with many of the initiatives but needing more clarity on the fiscal situ-

ation.

State Senator Peter Harckham (D-Lewisboro) said he believes that the environmental restoration bond would be very beneficial to the state and the district, particularly if steps are taken to prevent phosphorous from entering the watersheds.

He also likes the small business tax cuts that would help mom-and-pop operations.

Harckham acknowledged that Cuomo needs to spell out how the state was going to close the deficit in his budget address.

"I'm really looking forward to that because as much as we want to do a lot of great things, the deficit casts a pale on everything until we know how we're going to address that," he said.

Assemblyman David Buchwald (D-White Plains) said he was pleased that Cuomo addressed a number of issues that the state still needs to make progress on. He said he expects the governor to be much more specific about costs in his budget address.

Buchwald also expects that there will be a much better chance of recreational marijuana use getting approved as stakeholders work to address the concerns of local communities.

Assemblyman Tom Abinanti (D-Pleasantville) was more critical of Cuomo's address, saying that it was a well-crafted and inspirational speech but was glaringly short on details.

Additionally, he panned Cuomo for ignoring many of the most vulnerable constituencies, such as the special needs population and those with disabilities.

"He also failed to address how we're going to address the disastrous condition of our roads," Abinanti said. "He talks in terms of infrastructure improvements, but what about the roads and bridges?"

## Three Released from Putnam Jail Under New Bail Reforms

By Holly Crocco

Three men incarcerated at the Putnam County Correctional Facility on pending criminal charges had to be released under new criminal justice reforms that took effect January 1, Putnam County Sheriff Robert Langley Jr. said last week.

The 2019-20 New York State Budget included sweeping changes to the way defendants are remanded following their arrests and before their criminal trials begin. Under these reforms, courts now must release defendants on their own recognizance pending trial unless the court makes a determination that they pose a flight risk.

According to Langley, among those released was 40-year-old Javier Lorenzano-

Fercano, who was charged in the fall with leaving the scene of a fatal automobile accident, a class D felony.

It is alleged that Oct. 25, Lorenzano-Fercano was driving in Philipstown when he struck and killed a 38-year-old man and then fled the area without reporting the incident. He was arrested the next day in Dutchess County.

When Lorenzano-Fercano was released, immigration officials took him into custody on an ICE detainer.

Also released from the Putnam County Correctional Facility under the new criminal justice reforms were 50-year-old Suffolk County resident James McInerney, who is charged with second-degree grand larceny, a class C felony; and 28-year-old Brooklyn

resident Dusean Davis, who is charged with first-degree criminal possession of a forged instrument, also a class C felony.

According to the New York State Senate, the goal of the Bail Elimination Act of 2019 is to end the use of monetary bail in 90 percent of arrests, reduce unnecessary pretrial incarceration, and improve equity and fairness in the criminal justice system.

Putnam County District Attorney Robert Tendy has been an outspoken critic of the reforms. In a social media post, he described a situation in which incarceration can be beneficial to someone awaiting trial.

"When I was a defense attorney, I had a client who was a terrible heroin addict," he wrote. "My client's parents paid for his legal defense and I told the parents that if they let

their son out of jail by posting bail I would not take the case. Many defense attorneys have taken the same position because they have concern for their clients. Keeping them in jail during the pendency of the case allowed them to have their brains rewired to the point that they were thinking clearly enough to realize they needed help. It also had the beneficial effect of making sure that the client did not go out and die of a heroin overdose.

"Under the new law, the drug addict will be returned immediately to the street to die of a heroin overdose or perhaps get into much worse trouble as a result of the addiction – and there is nothing his family or concerned attorney, or the concerned prosecutor, can do about it," continued Tendy. "What kind of reform is that?"



## Business of the Week

By Holly Crocco

There's a new way to enjoy ice cream in town.

At the renovated Lake Plaza Shopping Center in Mahopac, Traffic Moffa can be found serving up rolls of ice cream to satisfy each patron's sweet tooth.

After injuring his back and neck while working as a manager for a medical waste business in Florida, Moffa – a Mahopac native – knew he was going to have to get creative. “When I hurt myself, I was out of work for the first time since I was 12 years old,” he said.

Seeing the rising popularity in food trucks, Moffa had plans to begin operating a cookie and ice cream truck in the region, but said the time and money it takes to obtain provisional licenses and permits with each municipality from Dutchess County to Manhattan didn't seem worth the investment.

“I kind of stalled out,” he said. “It's not easy doing a truck, and in the end I'm glad I didn't.”

However, Moffa had already done his research on the ice cream industry, attending numerous trade shows and compiling market re-



HOLLY CROCCO PHOTO

Travis Moffa rolls peanut butter and banana ice cream at Milk Squared in Mahopac.

search. “At that point I was set up,” he said. “All the work I had put into doing the truck was applicable.”

Moffa said he saw the revitalization of the former Key Food and Kmart plaza on Route 6 as the perfect opportunity to open up shop.

“Had this space not been available, there would not be a rolled ice cream store in Mahopac,” he said, adding, “I lived right around the corner from here from about age 2 to 21.”

While Moffa and his wife, Kat, had hoped to open sooner, Milk

Squared opened its doors Oct. 8... and 20 days later the couple welcomed a baby boy into the world.

At Milk Squared, the ice cream is made right before your eyes.

The customer first picks out a liquid base.

In doing market research, Moffa saw a significant shift in health-conscious consumers, and therefore, in addition to the traditional milk and yogurt bases, he also offers almond and coconut – and soon, pistachio – bases.

“We've been doing really, excep-

tionally well with the vegan crowd,” he said.

Next, the customer picks one of more than 40 flavors, all of which are naturally vegan, and sugar and gluten free.

Then, the customer picks a combination of toppings. From sprinkles and cookie crumbles, to nuts and syrups, and even cereal and toasted marshmallows, the choice is not an easy one.

For those who are not so creative, there are a number of suggested creations to choose from, as well as various cereal-blended shakes. Milk Squared also boasts a cereal bar, where patrons can mix and match their preferred flavors of cereal to go.

The style of rolled ice cream comes from Thailand, and the market for the machinery is very limited, according to Moffa. Therefore, he taught himself how to get the right texture, volume, and timing to make the perfect ice cream.

“I bought a machine and put it in my living room and made ice cream for six months,” he said. “I had to figure out what temperature to roll the ice cream on, and that didn't happen easy.”

Because there is no air in the rolled ice cream, it is very dense and rich, explained Moffa.

However, rolled ice cream has its challenges. Because it is much more labor intensive than the traditional scoop-and-serve ice cream, it is more expensive and takes longer to produce.

“So it's really important that people are getting their money's worth,” said Moffa, who's got the process down to about 2 minutes per order (maybe a little longer if there is an order with extra toppings).

And these days, Moffa knows it's important that the customer's creation is Instagram and Facebook worthy.

“It's important that when you hand the ice cream over, it looks like it's supposed to look,” he said, noting that people like to snap a pic and share it on social media. “It's fun stuff.”

Moffa said all his hard work is paying off. “I definitely took a risk, but the feedback has been amazing,” he said.

*Milk Squared is located at 997 Route 6, Mahopac, near the new Stop & Shop in the Lake Plaza Shopping Center.*



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# Happenings

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

## Wednesday, Jan. 15

**Hart Library Exhibits:** Trans.form. art.ive - Art by Bowman Keath will be exhibited in January at the John C Hart Memorial Library, 1130 E Main St, Shrub Oak. Also, see artwork from Lakeland/Panas High Schools in the showcases inside the library this month.

**Support Connection Tai Chi:** Support Connection announces Tai Chi for Women with Cancer will be held every Wednesday through the rest of January from 10:30-11:30 a.m. at the Albert A. Capellini Community & Cultural Center in Yorktown. It is open to people who have or have had breast, ovarian or gynecological cancer. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

**New York -Presbyterian Programs:** Several programs have been scheduled for the coming days at New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd. The Living With Loss Support Group will meet on Jan. 15 from noon to 1 p.m. Registration: call 914-734-3330. Creative Low-Carb Cooking will be held on Jan. 15 from 5:30 to 7 p.m. Cost: \$15 Registration: call 914-734-3780 or e-mail hvh-teaching-kitchen@nyp.org Moroccan Feast will be held on Jan. 16 from 3:30 to 5 p.m. Cost: \$15. Registration: call 914-734-3780 or e-mail hvh-teachingkitchen@nyp.org. The Yorktown Seniors Advisory Group: Diabetes Management and Prevention will be held on Jan. 17 from 1 to 2 p.m. at Yorktown Town Hall, 363 Underhill Ave. For more information: call 914-734-3576. Ask the Doctor: Lunch and Learn Lecture: Improving Your Health in the New Year will be held on Jan. 21 from noon to 1 p.m. Registration: call 914-734-3576 or e-mail CommunityAffairs2@nyp.org.

**Senior Benefits Information:** A Senior Benefits Information Center is available every Wednesday from 10 a.m. to 1 p.m. at the Somers Library. If you can't visit the library in person, you can leave a message on the SBIC helpline at 914-231-3260 or e-mail us at SBIC@wlsmail.org with your name, number, and 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.

**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.

**Live Performances:** Live ticketed performances are being held at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Tribute, theatrical, cabaret, independent and famous acts perform. Info:

914-455-4272.

## Thursday, Jan. 16

**Support Connection Club Support Connection** announces the next session of their free monthly program Mahjong, Coffee and Camaraderie will take place from 10 to 11:30 a.m. at the Support Connection office in Yorktown. It is open to people who have or have had 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.

**Yorktown Jewish Center Courses:** Several courses have been scheduled for the Yorktown Jewish Center, 2966 Crompond Rd. The Talmud class meets on Thursdays at 10:30 a.m. Rabbi Sternstein's class meets on the second and fourth Monday of each month at 11 a.m. Rabbi Urbas's class meets on the first and third Monday of each month, at 11 a.m. The Rosh Chodesh Class (for ladies only) meets on one Tuesday a month at 2 p.m. This class is for discussion and learning, and no knowledge of Hebrew is required. Beginning in February, Rabbi Urbas's class will meet on the first and third Monday of each month, at 11 a.m. Info: 914-245-2324 or www.yorktown-jewishcenter.org.

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

## Friday, Jan. 17

**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.

**Jewish Center Services:** At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services begin at 6:15 p.m. And Sabbath services on most Saturdays will be held at 9:15 a.m. on most Saturdays. After the services Rabbi Sternstein conducts a learning session based on the Torah portion of the week. Light refreshments are served and everyone is invited to join us as we share in the warmth, knowledge and friendship within our congregation. Info: 914-245-2324.

**Temple Beth Am Services:** A Friday night Shabbat service will be held at 8 p.m.

at Temple Beth Am. Temple Beth Am is located at 203 Church Pl. Yorktown. For information, please call our Rabbi at 962-7500 or e-mail him at rabbiw@optonline.net/.

## Saturday, Jan. 18

**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.

**Hebrew Congregation of Somers Shabbat Services:** Shabbat service will be held on Jan. 18 and 25 at 9:30 a.m., followed by Lunch & Learn, a discussion of the week's Torah portion led by Rabbi Shoshana Leis. Kiddush luncheon will be served. The service will be led by Rabbi Leis and Cantor Ruth Ossher. E-mail questions@hebrewcongregationofsomers.org or call 914-248-9532 for more information.

**Yorktown Shabbat Morning Services:** Chabad of Yorktown, 2926 Old Yorktown Rd., holds services on Saturday mornings. They are easy-to-follow services with Hebrew/English prayer books, a friendly environment and no affiliation is necessary. Kiddush luncheon follows the services. Services begin at 10 a.m. For more information visit www.ChabadYorktown.com.

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

**Repair Café:** Yorktown's next Repair Cafe will be held from 11 a.m. to 3 p.m. Saturday at Grace Lutheran Church, 3830 Gomer St. (corner of Curry Street). Volunteers will work to fix broken (but beloved) items for free. Lending a hand will be "Repair Coaches" in the areas of electrical appliances (no gas-powered items), lamps, woodworking, furniture, ceramics /stoneware, textiles /clothing, toys, clocks, jewelry, tech support for computers and mobile devices, bicycles and more. For more information about items to bring (limit two, please), or if you would like to volunteer as a Repair Coach, contact Sarah Wilson at sarahdwilson@optonline.net. The event is co-sponsored by Sierra Club Lower Hudson Group and the Grace Lutheran Church "Green Team."

**Yoga Program:** Support Connection, Inc. announces a free program: "Yoga: A

Path Toward Wellness" will be offered at Club Fit in Jefferson Valley from 12-1:30 p.m. on Jan. 18 and 25. It is open to people who have or have had 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.

**Local History Program:** The Lost History of the 1st Rhode Island Regiment in the Battle of Pines Bridge in Yorktown is the topic of a talk by local author and historian Duane Jackson, a Buchanan village trustee, at 2 p.m. at the Little Red Schoolhouse, 297 Locust Ave., Cortlandt. The first Rhode Island was the first African-American military unit to fight as free men in the Revolutionary War. Sponsored by the Van Cortlandtville Historical Society, the program is free and open to the public. For more information, visit www.vancort.net; or call 914-736-7868.

## Sunday, Jan. 19

**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, Jan. 20

**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.

## Tuesday, Jan. 21

**Hatha Yoga Class With Marta Gil:** The free classes are held on Tuesdays from 9:15 to 10:15 a.m. in the Jefferson Valley Mall near Bear Mountain Coffee Roasters Cafe. The mall is located at 650 Lee Blvd. A certain amount of yoga mats will be provided, but it's always better to have your own. No registration is necessary.

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# To Add Pizazz to Your Home, Go for Custom Lighting

As a realtor, I'm always looking for ways to enhance homes for listing and sales.

To me, one of the most important elements of showing a home at its best, whether or not for sale, is its interior lighting.

When I was in college, I appeared in a play called "The Madwoman of Chaillot" by Jean Giraudoux starring Linda Lavin, who would later go on to achieve fame in "Alice." The most stunning thing about that production, as I recall, was the amazing effects achieved by its lighting director, on staff in the theater department, who was an incredible talent.

I remember when the curtain rose for the second act, the stage was completely dark and slowly a small pin spotlight illuminated only the face of the madwoman in the center of the stage. Just that lighting effect alone brought applause from the audience.

Every scene of the play was an arresting study in shadow and light as brightness drew the viewer's attention where it needed to be while other areas of the stage receded. I was mesmerized as I observed how light created movement and mood by playing off stationary surfaces.

Many years later I was reminded of my

interest in stage lighting when Barry Liebman, director of Yorktown Stage, shared with me his thoughts that a production really doesn't come to life until the lighting director does his job with a show, going so far to say that seeing a set dramatically lit for the first time has brought him to tears.

His comments convinced me that someday I should have a home where its lighting would be as dramatic as a stage set, which would require a custom designed lighting system. But having always lived in antique homes, my lighting was primarily from traditional lamps.

When I moved five years ago to Trump Park Residences, however, my dream for dramatic lighting presented itself. I arranged with management to have electrical contractors install a system to light my great room, which I had designed basically as an art gallery for my collection of paintings.

The lighting system I planned was to highlight the paintings on three walls: portraits on the living room side, pastorals on the dining room side and a large abstract on the third wall in between.

At first, I was planning to hire a lighting designer, but I was lucky to find an electrician with sensitivity to my ideas and needs

– P&K Electric in Yorktown Heights. Working in tandem with an electric supply company, Mid-County Electrical & Lighting in Mahopac, we all worked wonders together.

There were many technical challenges to overcome working on the fifth-floor condo with 10-foot ceilings, installing high hats in a soffit with insulation material. The casing for the high-hat units I originally wanted turned out to be too large to be accommodated in the soffit, but I had the good fortune to be assigned a job manager named Jimmy from P&K who was as much an artist as he was an electrician.

Jimmy guided me every step of the way in terms of which product to use. We sourced a small LED light at Mid-County whose imprint on the ceiling is only two inches square, as well as the appropriate spacing and angles of light to employ. He cut such clean holes that nary a speck of spackle was needed for patching the plasterboard.

Now completed, the overhead pin spots illuminate my great room/gallery in a warm and inviting way. Rather than being surrounded by flat walls with two-dimensional shapes on them, the lighted paintings create great depth and richness to our space. While we have other traditional lighting sources in the room, it really requires no light other than that resting on the faces of the portraits and on the landscapes of the pastorals. The effect transports to other ac-

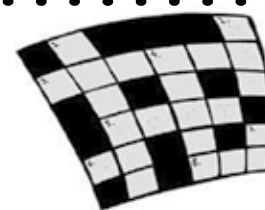
quaintances and distant places beyond the space we occupy.

Whether utilizing standard or custom lighting for our homes, when preparing to list a home for sale, it's good to remember to light it brightly, not only so that all its features can be seen properly, but also to elevate the mood of each room.

*Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.*



By Bill Primavera



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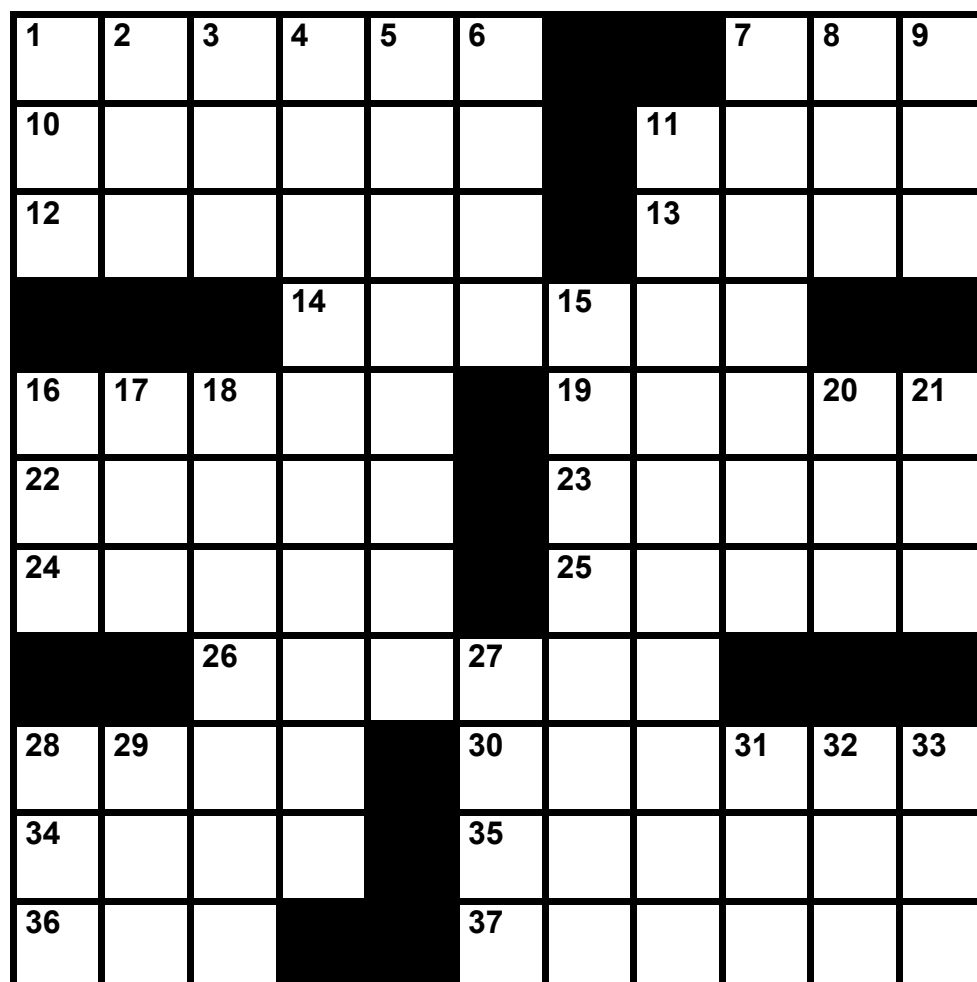
# Crossword

## ACROSS

1. Immeasurably vast
7. Randy's skating partner
10. Kia sedan
11. Virgil Sollozzo in "The Godfather" or Mt. Kisco restaurant, The \_\_\_\_
12. Dress pieces
13. First word in a fairy tale
14. Swiss granola
16. Baseballer Fielder
19. French film award
22. Messy people
23. Susan's Emmy-winning soap role
24. Anouk of film
25. Civil rights organization
26. VW model
28. Work detail
30. Bouquets
34. Way
35. Desert illusion
36. Top card or Mohegan Lake hardware store
37. "Already?"

## DOWN

1. Companies, abbr.
2. Pick
3. Cellos' sect.
4. Dade Co. Fla. city
5. Urges
6. Matter for Judge Judy
7. North African country
8. Semi-circle
9. President, for short
11. They put up with things
15. Game plan
16. Historic initials of 1861
17. Giants' Manning
18. Engage in a contest
20. N.C. State is in it
21. Song from the hood
27. \_\_\_\_ Club
28. Health resort
29. Lobbying grp.
31. He was the subject of a Warhol painting
32. Years \_\_\_\_
33. One of 100 in D.C.



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(Solution for puzzle on page 15)

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

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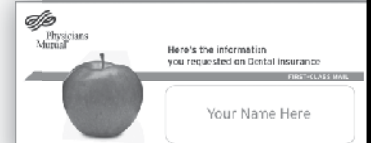
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The Northern Westchester  
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*Covering Putnam County and Northern Westchester Sports*

# Hauling Ash-ley!

## Yorktown Moves Quickly, Disposes Brewster, 57-50

Yorktown junior F Ashley Zeola pulls up for two of her 12 points in the host Huskers' 57-50 League II-C win over Adrianna Calicchia and the Brewster Bears last Tuesday in a week when the Huskers improved to 6-3 on the season and the Bears fell to 7-3... see Girls Hoops Notebook

BOB CASTNER PHOTO (PLEASE VISIT [WWW.CASTNERPHOTO.NET](http://WWW.CASTNERPHOTO.NET) FOR MORE)





# Sports

## Boys' Hoops Notebook

# Lakeland Fends off Panas, Maintains Top Spot in League II-C

By Ray Gallagher  
Examiner Sports Editor@Directrays

**LAKELAND** remains atop the local charts, which, from a local standpoint, won't produce much more than a League II-C championship, unless Coach Steve Fallo's Hornets (6-3) can figure out a way to get past its lack of a low-post presence. Lakeland can score with most anybody in Class A this season, proving so in a 63-57 win over Walter Panas last Tuesday, a 61-57 win over John Jay Cross River Thursday, and even in last Saturday's 71-69 non-league loss to host Our Lady of Lourdes.

The problem for height-challenged Lakeland is stopping the opposition in the paint and clearing the boards, but you wouldn't know it last Tuesday against Panas when senior G Jeffery Owusu did a little bit of everything. The 5'11" Owusu scored nine points, grabbed a game-high 12 rebounds, dished three assists and had four steals.

"He does it all for us," Lakeland Coach Steve Fallo said. "He's got a knack for the game. He reads rebounds well, scores the ball effectively and plays great defense for us. We started out slow and had to go on a run to get back in it, so I'm happy with our effort but we need to play all four quarters."

Lakeland's other issue was apparent in the loss to Lourdes. The Warriors were dominant in the paint, despite Lakeland torching them from the perimeter where senior swingman Jack Kruse hit 10 3's, including 6-of-6 in a frenzied fourth quarter when the Hornets erased a 16-point deficit to tie the game at 69-all. Kruse dropped a career-high



RAY GALLAGHER/BILL KENNEDY PHOTOS

Lakeland junior Aidan Welcome is greeted by Panas junior Rob Simmonds in Hornets' 63-57 win over rival Panthers last Wednesday.

32 on the night.

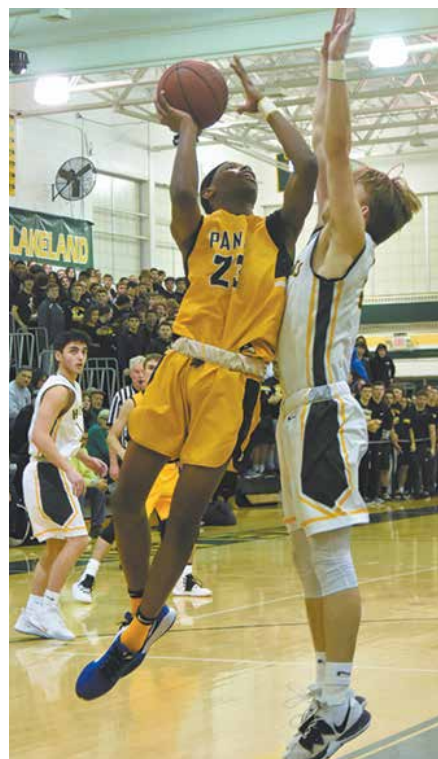
"Lourdes is going to be a tough out in the playoffs," Fallo said. "It was tough to stop them in the post. We played very well defensively and still gave up 71 to the them. We were outsized at every position."

### NWE/PUTNAM HOOPS POLL

**No.1 LAKELAND** -- Lack of a post presence probably won't hurt them in their hunt for League II-C title since nobody in this neck of the woods (north of say Fox Lane



Lakeland senior Augie Karaqi fires J over Panas junior Caleb Evans in Hornets' 63-57 win over rival Panthers last Wednesday.



Panas Caleb Evans is challenged by Lakeland senior Jack Kruse in Hornets' 63-57 win over rival Panthers last Wednesday.



Lakeland senior Jack Kruse skies for shot against Panas senior Tom Palmaffy in Hornets' 63-57 win over rival Panthers last Wednesday.



Lakeland senior Rob Nardelli takes on Panas' Andrew Keefe and Alex Tavarez in Hornets' 63-57 win over rival Panthers last Wednesday.

and south of Dutchess) has a big that'll make enough of a difference to slow Lakeland down. Hornets are 6-3 and opponents have been strong (62% winning percentage).

**No.2 PEEKSKILL** -- The 74-67 win over Beacon is a step in the right direction for the Red Devils (5-3), who saw Antonio Taylor go for 32 points while Jayson Tinsley (15) and Brennan Heaven (12) were significant. Big tests ahead, including Ossining last night, and the back half of the schedule is loaded with Dutchess powers Poughkeepsie and Lourdes, so it's wait-and-see what we have with the Red Devs.

**No.3 PANAS** -- Panthers had a shot at taking out Lakeland, even without sniper Lorenzo Santucci in the lineup. Had everyone played like senior F Tom Palmaffy did that night, the Panthers win going away.

**No.4 OSSINING** -- Won't be the slightest bit shocked if Pride (3-7) took out Peekskill last night, considering they have faced opponents with a 58% win percentage. In their 79-40 win over Port Chester, Khy'Leil Hawkins had 23 points, Jaeden Carr added 14 points and six assists and Griffin Dahle chipped in eight points and 10 boards for the Pride, who failed to sustain that momentum in a crushing 74-43 loss to Magnus.

**No.5 HALDANE** -- Coach JOE Virgadamo's Blue Devils (7-2) have done well

*continued on next page*



# Sports

# Boys' Hoops Notebook

## Lakeland Fends off Panas, Maintains Top Spot in League II-C

continued from previous page



Mahopac sophomore Patrick McMahon lets fly a jump shot in Indians' 54-42 loss to visiting RCK last Thursday.

Mahopac junior Vin Bastone pounds paint for two in Indians' 54-42 loss to RCK last Thursday.



Panas freshman Alex Tavarez is hounded by Lakeland senior Jefferey Owusu in Hornets' 63-57 win over rival Panthers last Wednesday.



Mahopac sophomore F Ryan Reilly goes up for shot in Indians' 54-42 loss to visiting RCK last Thursday.



Mahopac F Luke Syku goes up for two in Indians' loss to RCK last Thursday.

dram's (11 points) Tigers (4-5).

**HM MAHOPAC** -- Impressed by youthful Indians' (4-5) wherewithal to rebuild what was once a great culture from 2011-2015. Like to see them go 2-1 before seeing Arlington again after taking out Carmel, 60-46, behind a balanced attack led by Matthew McMahon (14 points), John Cosentino (12) and Luke Syku (11). Loss to RCK earlier in the week was depressing.

**HM HEN HUD** -- Sailors' record (3-4) might not show it, but they have played a tough schedule (58% win percentage) and there are some rough games ahead. Sailors (3-4) beat a good Ramapo club, 57-46, due to a spectacular 17-5 start, but they can't sleep on Beacon, Poughkeepsie, Ossining or Peekskill in the days ahead. Love to see a split here.

**HM CARMEL** -- Rams (6-5) have had a nice start but they have played a relatively soft schedule (37% win percentage), so they know for a fact that things will get much tougher in the days ahead, beginning with Arlington Wednesday and a rematch with Mahopac on Saturday.

**HM SOMERS** -- Tuskers (2-7) will need to figure out a way to score points in transition off their bread-and-butter defensive schemes, because the teams currently ahead of them in the conference -- Lakeland, Panas and John Jay -- appear to be better offensively at this point in time. Somers needs to find at least 4-5 wins from its remaining 11 games to qualify for the post season.

**HM YORKTOWN** -- Huskers (4-6) have two tough league games against Lakeland and Jay between this week and Jan. 29. If they can salvage a split, we'd be thrilled for them after beating Brewster 69-35 behind Eddie Brucaj (12 points, 7 boards), Rob Miller (11 points, 7 boards), Jared Faivre (11 points) and

Roni Brucaj (8 points, 6 assists). Nyack, though, snapped a three-game win streak Saturday.

**HM PUTNAM VALLEY** -- Tigers (1-6) get winnable game with North Salem today but Pali' Prep and Westlake are a combined 15-4 leading up to Peekskill (5-3), Valhalla (9-1) and Haldane (7-2), so there's a real rough patch ahead for the Tigers, who are rebuilding for the 2021-22 seasons.

**HM BREWSTER** -- After Lakeland and John Jay this week, the Bears (1-5) have four very winnable games with Riverside, North Salem, Somers and Port Chester. Set 4-0 as a goal and settle for 3-1 here.



Mahopac sophomore Michael Callahan gets hammered by Carmel sophomore Andrew Fiore in Indians' 60-46 win over host Rams Saturday.



# Sports

## Girls' Hoops Notebook

# Putnam Valley Figuring Things Out on Class B Circuit

by Tony Pinciario

**PUTNAM VALLEY** has begun 2020 rolling.

After knocking **BREWSTER** from the undefeated ranks three days into the new year, the Tigers added two more convincing victories, over Blind Brook (96-46) and Hastings (54-41), improving to 8-2.

Putnam Valley persevered through injuries through the first month of the season and is now healthy, which will continue to present problems for the Tigers' opponents.

The injuries did not deter Putnam Valley from doing what it usually does.

"We practiced with what we had at the time, kept working hard, no matter how many players we had, and we kept our heads high," PV junior F Arianna Stockinger said.

Even though Putnam Valley lost twice in December, the Tigers learned from each game and became a better team.

"I think these two losses showed us that we can be better," Stockinger said. "We knew our teammates were going to be back from these injuries in no time so we kept positive and, when they returned, we were ready to take the next step."

The Tigers received a game- and career-high 29 points from freshman Eva DeChent in the victory over Blind Brook. Kelli Venezia added 19 points and Amanda Orlando had 14 points in Putnam Valley's most-productive offensive showing of the season.

Putnam Valley followed it up with its trademark staunch defense against Hastings as Venezia scored a team-leading 18 points and Stockinger chipped in 15.

The Tigers played Clarkstown South, Monday, and will host North Salem, Friday,



BILL KENNEDY/BOB CASTNER PHOTOS

Mahopac freshman G Kristina Rush splits four Rams -- including Lilly Silverstein, Michaela Ndonu and Kyla Jean Jules -- for two of her career-high 20 points in Indians' 82-39 win over host Carmel Saturday.

as the second half of the season is underway.

"We have played complete basketball on both ends of the court and with our injured players back, it has boosted our confidence," Stockinger said. "We are very happy with the way we have been playing, but there are always things to improve on."

We have very tough games coming up in the second half of the season, which will test us."

**PANAS** entered the new calendar year at .500 and, with three recent victories, improved its winning percentage to .667 (6-3).

The Panthers defeated intra-district rival **LAKELAND** (65-54), **YORKTOWN** (54-34) and Croton (53-45).

"After having trouble scoring against the tough Lakeland defense in the first half, we erupted for 49 points in the second half to come back from 13 points down in the third quarter," Panas Coach Matt Evangelista said. "Kat Reynoso sparked the comeback by knocking down three 3s in the third and early fourth quarters."

Panas F Kristen Scrobola led the Panthers with 18 points and 12 rebounds and Eri-jona Rraci had 17 points and nine rebounds. Cailean Nolan added 12 points.

Nolan had a team-best 20 points against Yorktown and Kristen Cinquina added 13 points, six assists, five rebounds and six steals.

"We were able to win a game that contained runs by both teams before we blew it open in the third quarter," Evangelista said.

Evangelista said Panas limited Yorktown to 12 second-half points and credited Reynoso with leading the defense.

Evangelista said Reynoso had a major defensive impact on Croton.

"Kat hounded Croton's best player the whole night in a very impressive defensive

effort," Evangelista said.

Nolan paced Panas with 15 points and Cinquina added 13 points. Rraci finished with 11 points, 20 rebounds and seven blocked shots. Scrobola collared 11 rebounds.

**MAHOPAC** opened the week with a 47-31 loss to Arlington, but bounced back with victories over R.C. Ketcham (48-33) and rival Carmel (82-39). In both victories, Mahopac had a commanding lead at halftime. Sophomore Melanie DeMeo led Mahopac with 19 points against RCK and Caitlyn O'Boyle added 11 points.

Kristina Rush finished with a team-high 20 points as three Mahopac players scored in double digits against Carmel, including Mia Klammer (16 points and six steals) and De-Meo (14 points). Shannon Becker added nine points and led the team with 10 rebounds.

Rush scored 14 points against Arlington.

Ardsley experienced what many other **HEN HUD** opponents have when it comes to Marist-bound senior Caitlin Weimar.

Weimar, who is shattering school records by the game, poured in 31 points and season-high 27 rebounds in a 59-35 victory as Hen Hud outscored the Panthers by 10 in the second quarter to grab a double-digit lead at halftime.

"Caitlin had another monster game and she keeps playing consistently well," Hen Hud Coach Ken Sherman said. "We pulled away in the second half due to our press and Kira being the main cog in our press."

"Kira (Varada) forced many turnovers, which gave us easy buckets in the second half."

Varada had 12 points, seven rebounds, seven assists and nine steals. Grace Moretti added nine points and Mylene Smith had seven points and five rebounds.

**OSSINING** ran its winning streak to



Mahopac junior G Mia Klammer goes up for two of her 16 points in Indians' 82-39 win over Caitlin Webber's Carmel Rams Saturday.

three consecutive games with victories over Horace Greeley (85-36) and Port Chester (97-45).

"These last three wins have really brought up our confidence and showed us what we are capable of when we work as a team," Pride senior Julia Iorio said.

In both wins the Pride received contributions from everyone on the roster.

"It's really great to see everyone contributing, especially the newer girls," Iorio said. "We work really hard every day to get better and for all of us to see our progress and how our hard work is paying off is definitely something that motivates us."

Brooke Weeks led the way against Greeley with 16 points and eight rebounds, Kacie Scarduzio and senior Lily Barosi each had 12 points. Katie Marks contributed nine points and eight rebounds and Ede Walker had nine points and five boards.

Iorio scored a season-high 28 points, and grabbed seven rebounds, against Port Chester. Weeks added 13 points, five rebounds, seven assists and three steals. Ashley McFadden finished with 12 points, eight rebounds and seven assists and Scarduzio added 11 points. Mark collected 10 rebounds and Tamia Dimmie dished out six assists.

Ossining played at Ursuline, Monday. The Pride will also play on the road against Fox Lane (Friday) and against Kennedy Catholic (Somers) at Pace University, Saturday.

**YORKTOWN** went 1-1 on the week as the Cornhuskers beat Brewster (57-50), but lost to Panas (54-34). Yorktown Coach Brian Mundy saw four players score in double figures against Brewster, led by Jesse Barer with 17 points. Melissa Severino added 14 points, Ashley Zeolla had 12 points



Yorktown sophomore G Melissa Severino soars for two points in Huskers' 57-50 win over Brewster last week.



## Sports

# 25-Year Veteran Carmel Football Coach Cayea on Hot Seat *Rams' Brass Must Put Kids First*



By Ray Gallagher  
Examiner Sports  
Editor @Directrays

The gall of the Carmel Central School District Board of Education is beyond processing should they actually carry out this quest to unseat Carmel football Coach Todd Cayea. Unless there's something I don't know about, which is entirely possible given the fact it's a sensitive personnel issue, I'm confused by this board's stand between 25-year veteran football Coach Todd Cayea and the next generation of student athletes to benefit from his impact/influence on and off the gridiron.

Coach Cayea is officially on the grill, his good name and professional career at stake: This after the recently named the Section 1 Coach of the Year and the National Football League Coach of the Week escorted his Rams to the Section 1 Class AA championship and gave eventual state champ New Rochelle fits last November.

Now, Coach Cayea is suddenly on the brink of being whacked by the axe of the Carmel Board of Education and Superintendent Andy Irvin at the next BOE meeting on January 21st at the Matthew Paterson Elementary School.

I've steered clear of controversial topics in recent years because I got my own kids and I don't want the blowback kicking back on them, but I'll step up when I feel as though good people and the youth of our community are being affected by administrators and boards I don't necessarily agree with.

Having lived in the Town of Carmel (in the Mahopac School District) for nearly 20 years and having worked closely with Coach Cayea and his staff, I'll be outraged by the imminent actions of the membership of the Carmel Board of Education if they pull the trigger on Cayea: Trustees Matt Vanacoro, James Reese, Eric Mittelstadt, Richard Kreps, Tara DeTurris, VP Michelle Yorio and John Cody, President, who did not respond to an email seeking comment.

I've known about this impending breakup between the Carmel School District and



Carmel grid Coach and P.E. Teacher Todd Cayea.

Coach Cayea for well over two months now, since the inception of the spat between Cayea and former basketball Coach Paul Brennan, which is at the very heart of this matter. We low-keyed it in the hopes the district could find a way to sweep the matter under the rug and move forward for the good of all parties involved, including the many student athletes Cayea has positively impacted. Has there been a handful of unhappy athletes and parents over the years? Of course there has. Coaching kids and managing parents is a bitch of a time nowadays.

In a nutshell: Cayea and Brennan got into a heated confrontation about two months ago over Cayea's son, a sophomore, and his purported role within the Carmel basketball program. Brennan wanted the younger Cayea to try out for varsity after he worked out with them during much of the off-season. After tryouts, as per district policy, coaches speak with each player to inform them of whether they made the team, or, if they were cut, to let them know, and then advise them, what they need to improve upon in the event they wish to try out the following year.

**Direct  
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According to Coach Cayea, Brennan told his son that he wasn't sure what his role would be on the varsity, but that he could remain on the roster, or, if playing time was a consideration, he could go down to the JV. Cayea was in an adjacent room at the time and didn't necessarily agree with Brennan's handling of the situation. So, the two got into it...a boys-will-be-boys discussion between two strong-willed coaches ensued, which happens all across the country. In fact, one is happening right now, somewhere in America, and few are losing their career over it.

The next thing to happen was Brennan resigning the next day; citing personal reasons, just days before the basketball season was set to begin. Cayea was then metaphorically "called down to the principal's office" where he's told he needs union representation as the district is going after him for conduct unbecoming a professional: His 25 years of loyal service be damned.

Now, several members of the aforementioned board want Cayea's head on a platter for said conduct, or was it because of some

personal agenda that goes back a decade or so... I can't remember which. Whatever it was: I never actually thought it would get to the point where we need to beg these school board members to do the right thing; not just by Coach Cayea, but by the thousands of student athletes to be affected should this board wrongfully determine the outcome. Not to mention the potential cost to the taxpayers of Carmel should the board proceed with the 3020-a termination. This can cost taxpayers upwards of \$250,000. With people screaming about high taxes, this is an unnecessary expenditure at a minimum and utterly reprehensible on its face.

So Cayea's future, the future of his family and the Carmel football family, now lies squarely in the hands of seven board members and one superintendent, who doesn't appear to have his back. The room will be packed on January 21st, and one can only hope the board members listen to the room, hear the voices of parents and former players, read the letters to the editor in this newspaper and vote with their heads and not the axe of the predisposed.

Todd Cayea has never kissed an ass in his life, and he won't do so now, so don't expect some mea culpa parade up and down Fair St. That said, he does regret the way things went down and would play it differently in hindsight. This was never part of the game plan. But that's the price we pay to ensure that we maintain some old-school perspective in a coddling, politically correct world gone awry. If you ask me, the world needs more straight-shooters like Coach Cayea to provide some meat-and-potatoes balance. Toughness is a virtue, and he makes sure your kids are getting their daily dose on the gridiron.

Nobody envisioned this scenario playing out quite like this, and if there's a chance to put this behind us and move forward, let's do just that. I can't imagine a year in Section 1 football where both New Rochelle football Coach Lou DiRienzo, among the brightest and most successful coaches in NYS history, and Coach Cayea, off one of the most successful seasons in Carmel history, are both pushed out by their respective school boards.

And we wonder why nobody wants to coach anymore.

## Putnam Valley Figuring Things Out on Class B Circuit

*continued from previous page*

and Alyssa Giannasca chipped in 10 points.

"Thankfully, we defended real well in the first half against Brewster and that put us in a good position for the rest of the game," Mundy said. "Some of our girls were hitting shots and we had four players in double figures."

The shots that were falling against Brewster were not finding the bottom of the net against Panas.

"Against Panas, we only had one good quarter," Mundy said. "Shooting 18 percent isn't going to get you very far, no matter how well you defend. But we learned a lot from

our film session from that game and we were able to fix some things that will be useful going forward."

Severino led Yorktown with 11 points and Barer added eight points.

**BREWSTER** dropped both game last week, 57-50 to Yorktown and 60-53 to Somers, leaving the Bears at 7-3 for the season.

"In the Yorktown game we slept through the first two quarters as Yorktown outworked us and played smarter and hungrier than we did," Brewster coach Mike Castaldo said.

"Being down, 28-14, on the road, against anyone in our league is an almost guaranteed loss.

"We were able to cut the lead to four several times in the fourth quarter, but Yorktown always made the big shot and made plays when they needed to. They deserve the win."

Alexis Mark led Brewster with 19 points and eight rebounds and Grace Galgano added 13 points and eight rebounds.

Castaldo said his team led Somers by five midway through the fourth quarter. However, the Tuskers made the plays.

"Somers made plays, got stops and iced the game with free throws late," Castaldo said. "These past two games were winnable for us, unfortunately we are 7-3 instead of 9-1."

"Our league is like a gauntlet in that if you don't play for 32 minutes you are going to lose. Each team has weapons and great coaches. Hopefully, we will learn from these two losses."

Galgano led the Bears with 18 points and added 10 rebounds. Mark contributed 11 points and 15 rebounds.



# Jazzy Jeff is so Fresh!

## Lakeland Senior Spins, Wins vs. Rival Panas



RAY GALLAGHER PHOTO

Lakeland senior G Jeffery Owusu (L) was a thorn in the side of Panas junior F Caleb Evan and the Panthers in the Hornets’ 63-57 League II-C win last Tuesday when Owusu came up clutch with nine points, a game-high 12 rebounds, three assists and four steals while the Hornets improved to 6-3 overall, 2-0 in league play. Panas fell to 5-4, 1-1... see Boys’ Hoops Notebook



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