

The PUTNAM Examiner

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SMALL NEWS IS BIG NEWS

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Community Input Sought on New Carmel Master Plan

By Anna Young

Residential input is being sought by the Carmel Town Board as officials look to craft a new Comprehensive Master Plan.

With the town's current plan last updated in 2000, officials have been discussing plans over the last two years to draft a new proposal with goals intended establish the community's image for its future, along with recommended policy changes. Per town law, the Comprehensive Master Plan

must be reviewed and updated periodically.

While the primary role of a master plan is to provide direction to attain a municipality vision, it also offers the chance to reflect on existing conditions while providing direction to attain that goal. Currently, residents are being asked to submit their thoughts and fill out a 15-minutes survey on what they believe will best serve the Town of Carmel in years to come.

The Comprehensive Plan Advisory Committee has been working with town

staff, residents, and consultants from Nelson, Pope & Voorhis, LLC to prepare a Draft Existing Conditions Report. The document provides information about the current state of Carmel to help inform discussion about the future of the community.

According to state law, the plan may include a wide range of topics, such as residential growth, economic development, land-use, infrastructure, natural resource protection, and community character. Updating the zoning and subdivision regula-

tions is also imperative in crafting a new plan. By doing so, it ensures future growth contributes to achieving the community's vision and goals.

Officials have said the town will refine its local land use regulations as needed to be consistent with the plan toward the end of the process.

For those who missed the two community workshops held last week, the survey can be found at <https://www.surveymonkey.com/r/B9LVM6L>.

Brewster Middle School Students Dissect Presidential Campaign

Seventh graders in Marisa Gargano's social studies class at Henry H. Wells Middle School are not able cast ballots but if they could, their votes would be based on facts and the issues facing America.

Students in the class researched the issues and where both presidential candidates stand on them and formulated their own well-thought-out positions. They also worked on 2020 campaign posters.

Before starting, students took a self-quiz to determine where they stood on issues like health-care, the economy, the environment, and veterans' affairs. Next, students worked in pairs or individually to investigate two issues that are important to them. They visited Donald Trump and Joe Biden's websites to understand their views on the issues and then chose which candidate to support. Students were asked to give three supporting details to explain how their candidate will address each of the issues they chose.

Students in this particular class were split in their choice



Seventh graders at Henry H. Wells Middle School voiced their opinions in class.

of candidates, though Biden had slightly more support.

"I would like to see more LGBTQ rights, especially with the new Supreme Court justice and the possibility of their rights being stripped away," said Biden

supporter Samantha. "I would also like to see more equality between white people and people of color."

Her partner, Aleyda, agreed with her and the pair focused their work on LGBTQ+ equality

and racial equity.

Another student, who supported Trump and preferred to remain anonymous, found immigration to be one of the most important issues currently.

"Trump wants to build a wall

for the safety of U.S. citizens," she said. "And immigrants die trying to get over the border. I think they should come here legally so they don't have a chance of being deported or going to jail."

She added that she believes there is a lot of child trafficking and that she thinks it would be better if we could keep track of immigrants more carefully so that they do not just disappear.

Her campaign slogan was "Vote for Donald. He will keep us safe and do what's right for America."

Caylie Constantin was not a huge fan of either candidate, although her choice was clear.

"I don't like Biden, but I prefer him," she said.

Constantin had an extensive list of reasons for supporting Biden including his plans to protect the LGBTQ community, his criminal justice stance, his stance on racial equality, his plans to improve the police system, his immigration policy, his plan to raise taxes on people making over \$400,000 per year, affordable health care,

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No Fines for Overdue Books at Mahopac Library

By Rick Pezzullo

As of November 2, the Mahopac Public Library will charge no fines for books, audiobooks, magazines, DVDs, CDs and video games that are returned after the due date.

In addition, old overdue fines that currently exist on Mahopac and Mahopac School District patron accounts will be eliminated.

However, the library won't be waiving all fees. The library will still charge for lost or damaged items, assessed at their current, full replacement costs. Items borrowed from other Mid-Hudson system li-

braries, and interlibrary loan material, may also incur fines.

Late fines are still charged on museum passes, iPad minis, Kindle e-readers, WiFi hotspots, and audiovisual equipment circulated by Mahopac Library.

In addition, borrowing privileges will be suspended and outstanding materials billed to the patrons account for items retained more than 28 days past their due date.

"During this challenging time, we strive to be a welcoming place where everyone has an equal opportunity to begin a new chapter in our fine-free library," the library stated on its website.

Students Dissect Campaign

continued from page 1

policies to protect and empower women and more.

"I like that Biden believes in science," she said. "He actually believes in climate change. He believes in COVID and that people should wear a mask. He isn't playing down the virus. He's telling people to take it seriously. If he was president, I think more lives would have been saved."

Her slogan? "Biden is the best for me and the rest."

While the class was split on the question

of who was the best candidate, one thing was very clear: students were both knowledgeable and passionate about important issues in today's world. The exercise was a great way to ensure students dig deeper and back up their beliefs with facts, making their opinions stronger when they communicate them to others.

This lesson incorporated many of the essential skills that are part of the district's Strategic Coherence Plan, including collaboration and communication, critical thinking and civic responsibility.



Fun at the Farm

More than 650 families attended an open house at Tilly Foster Farm in Brewster October 22.

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Virus Cases Continue to Rise; Cuomo Scraps Travel Restrictions for Testing

By Anna Young and Martin Wilbur

Westchester County Executive George Latimer said that most of the rising cases of COVID-19 in the county are a result of localized and even private transmission and not because of specific clusters.

During his weekly briefing Monday afternoon, Latimer said the county continues to monitor the daily statistics from New York State for Westchester. Last week, from Oct. 26 through Sunday, Nov. 1, there were more than 100 cases every day in Westchester, with a high of 149 on Saturday. While cases dipped to 115 on Sunday, the daily positivity rate was at a new high for the county for the fall at 2.3 percent.

"We have not had any identifiable cluster in Westchester County but we are on the lookout," Latimer said. "We know we have large urban centers; maybe smaller in population but densely populated enough where it could be a cluster, and we're going to try to be as ready as we can."

The seven-day rolling average stands at 1.9 percent as of the end of last weekend, the highest of the season.

Active cases as of Sunday in Westchester reached 1,470, up from 1,399 on Saturday and nearly triple from the 498 at the end of August.

Deaths have also been on the rise over the past month. Latimer reported that there were 16 COVID-19-related deaths in October, up from four in September and seven in August.

The good news is that hospitalizations while slowly on the rise at 51 as of Saturday, have not increased proportionately from the end of August when there were 26.

Latimer said the county will continually observe the data and

"We're not looking to shut things down for sport," he said. "We want to make sure we've done our due diligence, and we're still looking at issues related to youth sports, scholastic sports and local recreational sports."

Putnam County's weekly update last Thursday revealed 41 active cases and three hospitalizations.

New Rules for Travelers

Gov. Andrew Cuomo last Saturday imposed a new set of quarantine rules for travelers entering New York.

With the COVID-19 travel advisory list recently mandating 45 states and territories to quarantine for 14 days upon arrival, Cuomo has shifted gears, scrapping the list and requiring travelers to get tested for coronavirus three days prior to entering New York and four days after arriving.

While travelers will be required to quarantine for three days upon entering the state, the individual may exit quarantine if both tests come back negative for the virus. States that are contiguous with New York along with essential workers are exempt from quarantine protocol.

The new protocol will go into effect on Wednesday.

"We're going to a new plan given the changing facts, and the experts suggest we shift to a testing policy," Cuomo said. "So, there will be no quarantine list; there will be one rule that applies across the country."

In June, Cuomo, along with governors in

New Jersey and Connecticut, implemented a travel ban on states with a positive COVID-19 test rate higher than 10 per 100,000 residents over a seven-day rolling average or an area with a 10 percent or high positivity rate over a seven-day rolling average. As of last Tuesday, that list included 45 states and territories, with Massachusetts, Connecticut, Pennsylvania and New Jersey qualifying but exempt due to a high rate of interstate travel.

Cuomo has said in recent weeks that while he wants to prevent the positive test rate from increasing, he knows people need to travel and will do so regardless of state mandates.

Travelers who were in another state for

more than 24 hours must obtain a test within three days of departure from that state, while quarantining for at least three days upon arrival. On day four of their quarantine, travelers must seek another COVID-19 test. If both tests come back negative, the individual may end their quarantine, Cuomo said.

For those who were in another state for less than 24 hours, the mandate states travelers do not need a test prior to their departure from the other state and don't need to quarantine upon arrival in New York. However, the individual must fill out the traveler information form upon entering New York and take a COVID-19 diagnostic test four days after arriving.

New York has the third lowest positivity rate in the nation, Cuomo said.

"We bent the curve of this virus by following the data and science, and we are continuing that approach with these new guidelines," he said.

Local health departments will validate tests, if necessary, and if a test comes back positive, will issue isolation orders and initiate contact tracing. The local health department must contact the state the traveler came from to ensure contact tracing procedures there as well.

All travelers must continue to fill out the traveler information form upon arrival into New York State.

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Byram Hills HS Shuttters for Two Weeks Following COVID-19 Exposure

By Anna Young

Byram Hills High School will remain on remote instruction for the next two weeks after district officials cited nearly 150 students and staff members were in quarantine after being exposed to COVID-19.

Superintendent of Schools Dr. Jen Lamia said in a letter to the community on Sunday that the high school will continue remote learning until Nov. 12, noting eight positive coronavirus cases reported in the building. The news comes after the school closed last week after two individuals tested positive for the virus.

Lamia said the two initial cases were linked to a social gathering that took place outside of school. She added the newly reported cases appear to be linked to the others the district was tracking.

Due to the exposure, 128 students and 20 staff members from the high school are now in quarantine. The quarantine period for each person concludes on Nov. 9, 10 or 11, depending on the date of last exposure to a positive individual, Lamia said.

"It is not possible to run our BHHS programs in-person with so many staff members quarantined, so we will remain on remote instruction," Lamia said. "During a

time when we have individuals quarantining at the high school and one cohort at Wampus, and with COVID-19 cases on the rise in Westchester, it is important that all school community members are kept informed."

Classes will resume in-person for the L-Z cohort on Nov. 12. Those who need essential materials from the high school should contact their assistant principal via e-mail, Lamia said.

Wampus Elementary School also has 30 students and six staff members in quarantine, with a positive case within the building also connected to the cases at the high school. However, Wampus will remain open for in-person learning.



Byram Hills Superintendent of Schools Dr. Jen Lamia announced last week that classes at the high school will be virtual until at least Nov. 12.

W'chester Fines National Retailers for Consumer Protections Violations

By Martin Wilbur

Westchester County has fined four national retailers a combined \$7,000 for consumer protection violations when the chains refused to make delivered to New Rochelle when a portion of the municipality was under a mandated containment zone.

Jim Maisano, the county's consumer protections director, said Monday that his office investigated eight complaints from New Rochelle residents for "unconscionable" practices and found that Home Depot, Peloton, Pottery Barn (and parent company Williams-Sonoma, Inc.) and Sears had violated the county code.

Although the chains had engaged in the practice, Maisano said once the companies were presented with the evidence, they quickly took steps to resolve the matter.

"Once we explained what was happening to these national retailers, they jumped right on it, they worked to address it, they worked to fix it, very little pushback," Maisano said. "They realized that mistake was made and that it had to be addressed."

At the beginning of the pandemic in March, County Executive George Latimer and New Rochelle Mayor Noam Bramson received complaints from New Rochelle residents that retail stores were refusing to make deliveries into New Rochelle when part of the city was

under a containment zone ordered by Gov. Andrew Cuomo. The matter was referred to the Westchester Office of Consumer Protection.

Consumer Protection's top priority was to help the consumers that came forward to make the complaints. The matter was resolved after negotiations. All of the retail stores ensured that the customers did receive the purchased item or a refund.

All four companies signed consent decrees agreeing they would not commit the violations again.

Maisano said that the \$7,000 in fines among the four retailers is in line with other entities that have been found to have run afoul of the county's consumer protection code.

Health officials stress that quarantine measures should be honored if you suspect you or child may have been in close contact with someone who has COVID-19. Symptoms of the virus include fever, chills, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache or new loss of taste or smell. Other symptoms include, sore throat, congestion, runny nose, nausea, vomiting or diarrhea.

Anyone with questions should contact their physician or the Westchester County Health Department at 866-588-0195.



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Pace Retires DJ Henry's Jersey 10 Years After His Death

By Anna Young

A Pace University student who was shot and killed by a Pleasantville police officer 10 years ago had his football jersey number retired last week on what would have been his 31st birthday.

What was intended to be a social justice rally on the Pleasantville campus turned into a small gathering to celebrate the life of Pace student athlete Danroy "DJ" Henry Jr. last Thursday. Those who gathered honored Henry's memory while urging the need to put an end to police brutality and eliminate systemic racism that they say resulted in Henry's death.

"It saddens me that DJ's Pace experience was cut short. Police brutality is still as prevalent today as it was 10 years ago," said Mikayla Wray, vice president of Pace's Black Student Union. "We will continue to fight this ongoing battle until justice is served for every innocent Black life taken."

Wray pressed the importance of stepping up and speaking out in times of social injustice. Others noted incidents of disrespect that was displayed by police in the months following Henry's death.

On Oct. 17, 2010, Henry, a Pace football player, was out with his friends at a restaurant and bar at the Thornwood Town Center when a fight between two men broke out that didn't involve Henry. Henry was in the driver's seat of a car that was parked in a fire lane when he was asked by police to move the vehicle. When he did, Officer

Aaron Hess stepped in front of the moving car and wound up on the hood.

Hess fired four gunshots through the windshield, killing Henry and wounding a passenger. Henry was unarmed.

In the aftermath, Hess maintained he repeatedly shouted for the car to stop prior to firing off shots, with former Pleasantville Police Chief Anthony Chiarlitti supporting there was no racial bias in Henry's killing. Advocates for Henry maintained that police reports were also released misrepresenting what happened that night. Witnesses have reportedly stated the shooting was aggressive and unnecessary.

Hess was never charged in Henry's death, with a grand jury declining to bring charges against him in February 2011. That same year, the Pleasantville Police Benevolent Association named Hess Officer of the Year for his constant display of professionalism.

The case was later reviewed by federal prosecutors but never tried. Henry's family eventually reached financial settlements with the Village of Pleasantville and Town of Mount Pleasant.

Henry's parents Angella and Danroy Henry Sr. said in a video message to the school community last week that they are still seeking accountability for their son's death. In recent months, members of the Pace community have protested and called on local and state officials to reopen Henry's case as other incidents of police brutality make national headlines.

"We need to have some resolution for him



ANNA YOUNG PHOTO

Members of Pace University's Black Student Union gathered last Thursday on what would have been Danroy "DJ" Henry's 31st birthday as his No. 12 football jersey was retired by the school.

but also we want to reward your good efforts by having change really happen," Henry Sr. said. "Not that we're calling for change, we need change to happen for us in this lifetime and those who will follow us."

During the ceremony, which was altered from a rally due to bad weather, Pace officials retired Henry's football jersey, which sported the number 12. Those in attendance stressed the need to fight for change and

ensure Henry's legacy and story is never forgotten.

"That (jersey) number signifies completion," said Rachel Carpenter, interim dean for students. "DJ's life may have come to an end, but on this day of his birth I want us to remember what still remains incomplete and unanswered. Don't just count your years; make them count for you and for DJ."

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State to Utilize Purdue Pharma Monies to Help Treatment Facilities

By Anna Young

As the nation grapples with the coronavirus pandemic, New York state lawmakers are imploring Gov. Andrew Cuomo to expend more money to improve treatment services as the opioid epidemic continues to worsen.

Outside the Lexington Center for Recovery in Peekskill last Tuesday, state Sen. Peter Harchham (D-Lewisboro), along with senators Timothy Kennedy (D-Buffalo) and David Carlucci (D-New City), called for funds stemming from the federal government's \$8 billion Purdue Pharma opioid settlement on Oct. 21 to go toward bolstering treatment services statewide.

Officials also requested a portion of any future pandemic relief funds be applied to helping treatment facilities offer those in need the necessary resources to recover.

"Because our treatment providers are in dire need of financial support, funding from both the Purdue settlement and the next round of federal stimulus is a must," said Harchham, who is the chair of the Senate Committee on Alcoholism and Substance Abuse. "This is money that should go to providing vital, lifesaving services, and not to fill potholes or to fill the general fund."

Purdue Pharma reached the settlement in federal court ending civil and criminal



State Sen. Peter Harchham, at podium, with, left to right, Susan Salomone, Dr. Adrienne Marcus, state Sen. David Carlucci, state Sen. Timothy Kennedy, Dahlia Austin, director of drug and alcohol services for Westchester County, and Debra Thomas, director of the Lexington Center for Recovery.

investigations, including conspiracy to defraud the function of the U.S. Drug Enforcement Agency, as the company continued to market products to more than 100 health care providers suspected of diverting opioids.

The company was also found to be dispensing its opioid products without a

legitimate medical purpose.

Carlucci pressed that funding is needed across the state to help treatment facilities meet their goals. Whether it is necessary medicines or different treatments, Carlucci said options need to be more accessible to those who need them.

"Right now, we are at an all-hands-on-

deck moment," Carlucci said. "Too many residents are slipping through the cracks and we cannot let that happen."

Officials noted that since the start of the coronavirus pandemic, access to treatment has been strained with 20 percent of funding withheld due to state budget constraints. As a result, they asserted new safety procedures in place at treatment centers are shrinking capacity.

Dr. Adrienne Marcus, co-founder and executive director of the Lexington Center for Recovery, emphasized the difficulty her facility has experienced over the last eight months. With protocols shifted to allow for curbside treatment and remote work, Marcus said extra funding could hire more staff, nurses and counselors to handle the growing caseloads.

She added the settlement money could also expand intensive care and the ability to treat more people. The facility is currently serving 260 patients, with the number of cases steadily climbing, said Lexington Center for Recovery Director Debra Thomas.

"The opioid crisis itself is enough to deal with, (and) the pandemic has clearly caused us a lot more difficulties," Thomas said. "We're trying to do the best that we can with all of these struggles so we can remain open."

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Somers Sewers Vote Reveals Deep Divide Over Issue in Community

By Martin Wilbur

For nearly everyone across the nation, Tuesday, Nov. 3 will mark the end of a long and nerve-racking election season.

For the 989 property owners in Somers' Lake Lincolndale and Lake Shenorock, that anxiety, and in some cases divisiveness, will continue for another week.

On Nov. 10, the homeowners of the two lake communities will decide whether Somers Sewer District #2 shall be established to allow diversion of an estimated 325,000 gallons of sewage each day to the Westchester County's wastewater treatment plant in Peekskill.

The \$62.2 million project that will help protect the lakes, and in turn the New York City watershed, will use \$10 million from the original \$50 million East of Hudson funds secured by the county from the city in 1997 for water protection projects in five high-priority communities in northern Westchester, including Somers.

Residents on both sides of the issue in town, where some of the rhetoric has divided a community and put opponents at odds with town officials, can agree on the importance of next Tuesday's vote.

"We kind of know what's in the water, and we said years ago, the best thing we can ever have here is a public sewer system and get rid of these private septic systems because they're really problematic," said Michael O'Keefe, chairman of the board of the Lake Lincolndale Property Owners

Association.

But those against the project have lodged a litany of objections. They argue a lack of transparency on the part of the Somers Town Board that is looking to push sewers through to pave the way for more development to questions about funding and whether they will be asked to pay more if the other money sources fail to materialize.

Lake Lincolndale resident John Mooren said he originally supported the project, but as time progressed there were too many questions about the cost to individual homeowners and where the majority of the funding will come from.

Mooren said many residents have lost faith in the town government because of the unanswered questions. He said he knows of no one with failing septic systems in the two communities – although some residents want sewers at any cost – and that he and others believe public water for Lake Lincolndale is just as important.

"I would love to have sewers but I don't want to think just about myself," Mooren said. "I want to think about my neighbors who are unemployed because of COVID-19 and their hardships. If there are hardships you can't force certain things on people."

Currently, the town has nearly \$27.7 million set aside for the project – \$10 million from the East of Hudson funds, which would pay for the first phase of the project to bring the first 103 properties on board, and a \$1.3 million grant from

the Army Corps of Engineers. If next week's proposition is approved, another \$16,197,000 would be borrowed.

That would translate into a cost of \$1,187 a year for each parcel owner if they connect, according to town materials. For those who don't hook up, and therefore would not have use of the sewers, they

would pay \$711 a year.

During Phase 1, the 103 property owners would initially pay \$591 a year until phases 2 and 2A are completed.

Supervisor Rick Morrissey, who did not return phone calls for this article, has previously said that there is no ulterior motive for the sewer project, including

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Somers Proud



JOHN BROOKS PHOTO

Somers High School freshman Jordan Markowski achieved his best time in a 5K cross country meet last Wednesday, completing the run in just over 27 minutes, a full five minutes faster than his last race and about a minute quicker than his personal record. Last week's meet, against Lakeland, was held at Somers High School.

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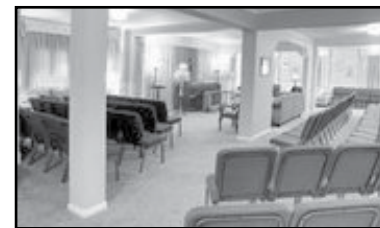
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Martin Wilbur

mwilbur@theexaminernews.com
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Editorial

Despite Significant Concerns, Sewers for Somers is the Responsible Choice

For many of the 989 property owners in Lake Lincolndale and Lake Shenorock, next Tuesday's vote on whether to create Somers Sewers District #2 is every bit as important as anything contested on Election Day.

A proposition, more than two decades in the making, is on the ballot, Nov. 10, a project that will use funds provided to Westchester County by New York City in 1997 for water protection projects for the city's watershed.

It's a pivotal decision for many residents in the district. The convenience of no longer having to service a septic system, worrying about sewage leaching into the two lakes and the Amawalk Reservoir or concern about whether sewage can seep near or into your well if you don't have public water will be solved if the vote is successful and the sewer system is built.

If you can afford the \$1,187 a year that it would cost, it's well worth the investment. Sewers represent a more reliable and permanent solution to handle waste than septic systems.

Unfortunately, there are those who are rightfully concerned about costs, either for themselves or for some of their neighbors. Some residents have lost income because of the pandemic while others are retired on fixed incomes and aren't in a position to increase their costs.

Other arguments aside, it's hard to convince anyone who may be close to the board financially to vote to increase costs. If you don't believe you can afford it or need it because you believe your septic system is functioning well enough where it doesn't hurt the environment, why would you support the proposition next week?

During the contentious public hearings that were held on the sewer district proposal, it would have been nice if the Somers Town Board would have recognized that the \$1,187 for a segment of the community is a hardship. Perhaps it would have been constructive for officials to spend some time discussing how those who can demonstrate financial need can receive assistance.

But even if retirees or families can afford the expense, legitimate alarms have been set off. The sewer project costs \$62.2 million. The East of Hudson funds provided by New York City more than 20 years ago will account for \$10 million. The vote would authorize about \$16.2 million to be borrowed while a grant from the U.S. Army Corps of Engineers throws in another \$1.3 million.

So where is the remaining \$34.7 million coming from? In materials distributed by the town and in explanations last summer,

Supervisor Rick Morrissey explained grants and funding from the state and federal governments and other sources will be vigorously pursued. Even if there wasn't a pandemic that has caused governments across the nation to tighten belts, that's a lot of money to try and cobble together to make the project a reality.

Town officials have said they will not start the project until they have the money in place, but by then isn't there a good chance that the \$62.2 million project would have escalated well past that figure as many construction projects do?

It's understandable that the opponents, especially those concerned about costs, would question whether at some point in the future they will be asked to foot the difference. The materials from the town have stated that borrowing is capped at \$16.2 million, but that doesn't prevent officials from going back to the voters to ask for more at some point.

Somers Sewer District #2 is a long-delayed and necessary project. For those who can handle the expense, it's an easy decision. Sewers more effectively protect the environment than septic systems.

But it's not an easy decision for many other residents. It's a shame that town officials had trouble recognizing that.

Letters to the Editor

Too Many Unanswered Questions to Support Somers Sewer District Vote

If the Somers Town Board was worried about water quality why haven't they fixed our water main problem in Shenorock so that we stop getting rust in our water?

We know it's not about septic leaking into the lakes (the engineers have said it themselves in 2014 and 2019), because if it was the Department of Health would have been all over them and Lake Lincolndale would be unsuitable for swimming.

What is more disturbing is the underhandedness about the Lincoln Hall property and that our supervisor already knew of the plan to build 23 homes there under the current zoning. With sewers, many more homes may be built. The Lake Lincolndale Clubhouse was left off the

Map, Plan & Report and we know the Lake Lincolndale Property Owners Association and Town Board members have been in cahoots regarding this entire project.

Our issue is stormwater runoff, which has been in the town's water quality studies for the last 11 years. If residents took the time to read the Map, Plan & Report they would understand why people are against this plan. It was poorly done with mistakes and it's very expensive. Our flat fee of \$1,187 a year is based on borrowing \$16 million; this number would be more than \$2,700 a year if the rest of the funding must also be borrowed. They purposely went with \$1,187 to make it look reasonable. No project is ever

completed on budget, and we don't have any guarantees with this plan.

Just remember, the Town Board tried to rush this project through last year with errors and costs based on residents' assessments without looking out for us. How will they be trusted in the future?

The town is looking for property values to go up by people adding onto their homes. With that comes property tax increases. Homes don't just go up in value because a sewer line comes down the street.

Vote No on Nov. 10.

Lori Jacobs
Concerned Shenorock Resident

Mistakes By Town Board Should Sink Somers Sewer Effort

If Somers Sewer District #2 was done right, this project wouldn't have been so contentious – and that's the Town Board's fault.

Information that the residents have brought out at meetings and in mailers is straight from the Map, Plan & Report. Our own board didn't know of the errors and rushed it up to the state comptroller last year, and their revised plan is still flawed. Residents have spent thousands of dollars to pay for mailers, something the town should've done, instead of spending \$13,750 on a public relations firm to sell their flawed plan. These residents are not the ones lying; they care about things being done the right way.

The proponents of sewers claim the opponents have been giving out misinformation but cannot back that statement up with anything because they can't. The proponents are not the ones who spoke up and found the errors, they didn't petition for a resident vote and they didn't care if residents' costs were based on their assessments instead of a flat fee.

They don't care because they want all of us to pay for them to have sewers. When people live a half-mile to a mile away from a lake and are being included, there is usually a motive behind it. A smaller district could have been done using the \$10 million from the East of Hudson funds, but the town is greedy and wants 989 residents to pay for

infrastructure that will benefit the town and their development plans.

The town didn't send out information on the vote and they didn't explain if you own more than one home you only get one vote. They didn't explain that if your deed has two homeowners on it, both parties get a vote. Residents were under the assumption that it was one vote per household.

Thank you to everyone who brought out the truth. Vote No and let the board come back with a better plan.

Marie Tomasetti
Shenorock

Column

Difficult to Understand How Others Can't See the Emperor Has No Lows

By Adam Stone

As someone with relatively moderate political views, to the left of conservatives on most social issues and to the right of many liberals on the abilities of government to efficiently fix certain problems, as a newsman who usually prefers to cover stories than opine, as a citizen with a desire for logical debate, one of the most personally frustrating aspects of the Trump era has been watching people refuse to believe their own eyes and ears.

I resent being forced into a perceived partisan corner because some claim up is sideways and left is a microwave oven.

Debating debatable topics enhances the national dialogue. But once you debate "both sides" of a fact, the dialogue becomes corrupted, counterproductive and, bluntly put, just stupid.

If I was wearing a hat on my head to a party, and you say the next day that I was wearing pants on my head, engaging in debate can make the phony story sound true to friends and family listening to our conversation. Arguing whether the earth is round or whether the Holocaust occurred can obscure the truth instead of illuminating it.

If Trump used his hands, facial expressions, body gyrations and voice to mock a disabled reporter, and you tell me the next day he didn't, or that it doesn't matter, we're having a parallel and often pointless conversation. As someone eager to listen and learn from a wide spectrum of ideas, this dynamic is maddening. More to the point, if you can't assert the truth in today's world without being assigned a misleading ideological label, then participating requires a willingness to be fundamentally misunderstood.

It's been a particularly complicated time for national journalists, especially given the misguided conclusions some media observers draw over what they characterize to be unfair coverage. As the saying goes, if someone says it's raining, and another person says it's dry, it's not a reporter's job to quote them both. The job is to look out the damn window and determine what's true.

When I look out the window, I see a man who pretended our first Black president was a foreigner; I see a man who objectifies and body shames women; I see a man who paid off a porn star; I see a man who says he grabs women by their genitalia; I see a man who characterized Mexicans as criminals and rapists; I see a man who plays rhetorical footsie with Nazis; I see a man whose administration separated children from their parents at the border to deter

illegal immigration; I see a man who trusts murderous dictator Vladimir Putin over our intelligence agencies; I see a man who downplayed a global pandemic.

How much of any of this is really up for debate? And even if any of it were hypothetically in dispute, why would more than one of these facts (or countless others we could rattle off) need to be true in order to cast Trump as unfit for office?

It's been said that Trump is a poor man's idea of a rich man, a weak man's idea of a strong man and a stupid man's idea of a smart man. But that belittles the intelligence and ability to judge character of so many intelligent and genuinely kind Trump voters. (And I'm distinguishing here between Trump voters and his most vociferous rally-going, bridge-blocking supporters).

continued from page 25

Letters to the Editor

A Science-Based Justification for Proposed Somers Sewer District

The Lake Lincolndale Property Owners Association (LLPOA) has maintained a lake management program since the early 1990s. This program includes lake management best practices as prescribed by the North American Lake Management Society, the state Department of Environmental Conservation (DEC) and the New York Federation of Lake Associations, of which the LLPOA is a member.

An important part of this program is frequent lake water testing as part of the New York State Citizens Statewide Lake Assessment Program, managed by the DEC and the Upstate Freshwater Institute in Syracuse. Since testing began in 1993 our lake management team has seen a steady increase in the loading of nitrogen and phosphorus into the lake water and a decline of general water quality. We also take visual observations beyond the lake water and continue to see soap suds in gutters and catch basins leading to the lake. In many cases septic leakage is apparent.

We have taken water samples at various points of feeder streams into the lake, showing elevated e-coli readings. Our Chemicals of Emerging Concern testing shows levels of caffeine, artificial sweeteners, pharmaceuticals and household chemicals, all indicators of septic leakage. Septic systems that surround all of our homes and the groundwater beneath them.

We have seen our lake fish population wane as algae, fed by excess nitrogen and phosphorus, outcompete the fish for available dissolved oxygen in the water. In the past three years alone, we have had two major fish kills and a lake-wide harmful algal bloom that closed our beach for six weeks.

There are two major causes for this nutrient loading: septic leakage and unmanaged stormwater. We need to address both of these issues to at least stabilize the lake's fragile ecosystem. This is why the proposed public sewer district is so important. If we can minimize

the septic effluent being carried through groundwater, and by storm water, into the lake, we have a fighting chance. It isn't too late.

We still need to address the stormwater issue, and that will be our next battle, seeking grants and working with the town to mitigate the flow of untreated runoff into the lake.

We love Lake Lincolndale and work hard to keep the lake as beautiful and viable for recreation as we can. Luckily our bathing beach remains well within Westchester Department of Health guidelines for a bathing beach, and we are able to treat

algal blooms with algaecides to keep the water pleasant. But we are merely treating symptoms and not the disease, and it's not a sustainable practice. By eliminating these sources of nutrients, we can begin to reclaim a naturally beautiful lake.

I am voting for the proposed Somers Sewer District #2 because its time has come. I hope you will, too. If you would like more information on the LLPOA's lake testing protocol and results please, contact me at info@lakelindale.org.

Michael O'Keefe
Lake Lincolndale

Creation of Somers Sewer District Needed to Prevent Leaching Contaminants

My house was built in 1929 on the shore of Lake Lincolndale, part of a small community of vacation havens for summer visitors and farmers' guests. There was not much else here until lots in the neighborhood became available through developers from 1937 to 1939, advertised and offered as contest prizes in the New York Post and Daily Mirror. At that time, with the population so sparse, there needed to be little concern about dealing with human waste. Septic systems were installed and were thought to be adequately processing the household discharge.

The migration to Lincolndale from New York City continued and increased. By 1956, residents began living here year-round. Flash forward to the 2010 Census and you'll find 1,521 folks residing in Lincolndale (0.37 square miles).

Updating to 2020, we also count 316 septic systems in the hamlet. This is a significant problem. The EPA says that more than 40 septic systems per square mile is high density. We have 21 times that. Most

of these systems are old and all are leaching contaminants into our drinking water. Lake Lincolndale is frequently tested and contains measurable amounts of chemicals that can reach it only through groundwater that is contaminated by septic systems.

The sewer issue is not about development. It has nothing at all to do with Lincoln Hall, which is free to dispose of its property in any legal manner. It is not about the status of the Lake Lincolndale Property Owners Association clubhouse. It is also not about lining anyone's pocket or forcing residents to leave. It is simply about using a \$10 million grant to address a serious threat to our drinking water.

We just can't keep pumping sewage into the ground while pretending that it won't pollute what we drink. I urge you to vote yes for the establishment of Somers Sewer District No. 2 on Nov. 10.

Michael Schwarzhild
Lincolndale

Support for Sheriff's Department at Putnam Budget Hearing Was Gratifying

I would like to thank the residents of Putnam County who took time out of their evening on Oct. 26 to participate in the public hearing on the Tentative 2021 budget. Your participation was important to our community so that your voices could be heard, and your concerns recognized by those who are elected to serve you. We the people should always be heard by our local government when it comes to government services and finances.

The recognition and support for the Putnam County Sheriff's Department during the public hearing was overwhelming and greatly appreciated not only by me but by the women and men in public safety who serve you each day. As

your sheriff I will continue to serve the people of Putnam County faithfully as a dedicated law enforcement professional, not a politician. I will stand by the members of the department and do right by our community.

In closing, I cannot thank our community enough for recognizing the shortcomings of this budget and the hard and diligent work that is done by the employees of the Putnam County Sheriff's Department to keep our community a safe place to live in, work in and visit given the hurdles we must overcome on a daily basis.

Robert L. Langley Jr.
Putnam County Sheriff

Obituaries

Former County Legislator Sue Swanson Dies at 75

Former Westchester county legislator Sue Swanson died peacefully with her family by her side on Oct. 24. She was 75.

Swanson was born on Dec. 4, 1944, in Brooklyn to Gerald (Bud) and Mary Ruppert. Sue was a graduate of Fox Lane High School, became certified as a registered nurse and graduated from Mercy College. She married Donald C. Swanson on Oct. 30, 1965, and they had two children, Devin and Donna-Sue.

Swanson was elected to the Westchester County Board of Legislators in November 1991, where she represented the 3rd District. She was the chair of the legislature's Committee on County

Officers and Departments and served on the Committee on Budget and Appropriations, the Committee on Public Safety and Criminal Justice, the Committee on Environment and Health and the Committee on Community Affairs. Her involvement in her community was extensive.

In addition to being a devoted wife, mother, grandmother and county legislator, Sue also supported her husband's business for 30-plus years as vice president.

Swanson was preceded in death by her parents, Bud and Mary. She is survived by her husband of 55 years, Donald; her son, Devin (Sarah) Swanson and

daughter Donna-Sue (Victor) Soto; her three grandsons, Jake and Luke Swanson and Luke Soto; her sister, Judie (Roger) McCandless; and nephew Scott. A private service will be held in Florida.

Her family would like to thank family and friends for their support during this difficult time. We would also like to thank the dedicated staff of Northern Westchester Hospital.

In lieu of flowers, donations can be made to the American Pancreatic Association (www.american-pancreatic-association.org) in her name.

Sue Swanson



Eugene Sheridan

It is with great sorrow that the family of Eugene A. Sheridan Jr. announced his passing on Oct. 24 after a prolonged struggle with cancer. He was 79.

Sheridan was born in White Plains on Easter Sunday, Apr. 13, 1941. The son of immigrant parents from Ireland, Gene inherited his love of art and beauty from his mother Jean, an artist, and an incredible sense of humor and industry from his father, Eugene Sr.

He grew up in Chappaqua, and from an early age, he loved to travel and loved foreign languages, especially Spanish. He had an excellent singing voice, and during his high school years at Archbishop Stepinac High School White Plains, performed in a production of "Oklahoma." It was one of his fondest memories, and as he would like to say of his acting career, "I coulda been a contenda!"

He attended Providence College, graduating in 1963. Pursing his passion for history, he graduated with a master's degree from Villanova University in 1965. Always intellectually curious, Gene continued his post-graduate studies at NYU, within reach of a doctoral degree.

Sheridan served his country as a U.S. Army captain during the Vietnam War, and after a brief stint as a teacher in Brooklyn, joined his father's real estate business in



Eugene Sheridan

Chappaqua.

His first marriage, to Patricia Connell, ended in divorce in 1978, after which Gene became active in the local chapter of Separated, Divorced and Remarried Catholics.

A man of great spiritual faith, it was at these meetings that he would meet the love of his life, Carmela Turco. After an eight-year courtship, they married in 1986, settling in Briarcliff Manor. Sheridan worked as a social worker with adolescents and seniors for 20 years. In 1999, together with Carmela, they

established and owned the Caldwell House Bed and Breakfast in Salisbury Mills, N.Y. They also enjoyed traveling extensively throughout the U.S., Mexico and Europe.

After retiring to Cape Cod in 2011, Gene enjoyed the Cape Symphony, fine dining, reading and continuing his historical research. His most recent subject – the life and work of the artist Alonso Wells. Sheridan was a member of St. Mary Magdala Ecumenical Church and was a loyal supporter of numerous charities. The memory of his gentle smile will forever warm our hearts.

Sheridan is survived by his wife of 34 years, Carmela; his son, David Sheridan, of Michigan; his sister, Sister Patricia Sheridan, RDC, of White Plains; his stepchildren, Susan

Corbo of Dennis, Mass., Andrew Corbo of New York City; and his granddaughter, Isabella Corbo of New York City. A stepson, John Corbo, predeceased him.

Viewing took place at Hallett Funeral Home on Oct. 30. The family received friends on Nov. 1 at the Beecher Flooks Funeral Home. A Mass of Christian Burial was celebrated on Nov. 2 at the Chapel of the Divine Compassion, 52 N. Broadway in White Plains. Interment followed at Gate of Heaven Cemetery in Hawthorne.

Our thanks to the VNA Hospice of Cape Cod for their devoted service to Gene and his family. In lieu of flowers, please make donations to the VNA Hospice of Cape Cod.

Frank Marcella

We are sad to announce that Frank A. Marcella, 92, of Pleasantville passed away on Oct. 28 surrounded by his family.

Marcella was born to Concetta and Frank Marcella on June 6, 1928, in Palermiti, Italy. He married Italia on Oct. 10, 1952, who survives him. Frank is also survived by his four children, Frank Marcella III, Carlo Marcella, Dominick Marcella and Rita Zegarelli, as well as his grandchildren, Frank Marcella IV, Lauren Murphy and Michael Murphy.

In lieu of flowers, the family asks for donations to the Veterans Association, the Wounded Warriors Project and Hospice Care of Westchester and Putnam.



Frank Marcella

Hildegard Berkelhamer

Hildegard Berkelhamer of Armonk passed away peacefully on Oct. 25. She was 86.

Berkelhamer is survived by her loving husband of 59 years, Lester, and her two children, Keith (Ginger) Berkelhamer and Karen (Steven) Harrison. She was also the loving grandmother of Katie Berkelhamer and Ben and Will Harrison.

Hida was born on July 12, 1934, in Nordlingden, Germany. She worked at the local U.S. Army base and met Les, who was stationed there after the war. Hida and Les married in New York City in July 1961 and

moved to Armonk in 1969, where they raised their family.

She loved tennis, bike riding, gardening and especially enjoyed her art class. Her paintings, including her beautiful etchings, expressed her spirit throughout her home. Everyone who knew Hida loved her for her caring, no-nonsense, spirited approach to life.

A graveside service was held at Sharon Gardens Cemetery in Valhalla on Oct. 27.

In lieu of flowers, memorial contributions may be made to NYU Langone Health at <https://nyulangone.org/give>.



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New Castle Fire Commissioners Working Toward Firehouse Expansion Vote

By Martin Wilbur

New Castle Fire District No. 1 commissioners are expected to decide in the coming weeks when they will put the King Street firehouse expansion proposition up for a vote.

Erik Nicolaysen, chairman of the district's Board of Commissioners, said late last month that the board is likely to come up with a decision within 60 days when the referendum might be presented to voters. Complicating the situation is that there will be a new commissioner who will come on the board, to replace Commissioner Anthony Oliveri, he said.

During that time, the district will also be creating informational material about the project that will be sent to voters, which will include detailed financial data.

"I think we have to come back with an estimate of how much it's going to cost us to do that," Nicolaysen said.

He gave no precise indication when a vote could be held next year.

On Oct. 20, the board met virtually with architect Bob Mitchell to review the next steps as drawings for the expansion are being refined. Mitchell said the schematic design has been completed, which will be followed by design development before a

more accurate estimate can be provided.

"What we are suggesting to the district is that they proceed with that at this time and have that more detailed estimate to take to the voters and to be able to say with a higher level of confidence what that number is, and have less value applied to a contingency number to account for things that are in the guessing category," Mitchell said.

Before its meeting with Mitchell, the district uploaded estimates onto its website for the tentative expansion project from Mar. 17. Nicolaysen said that the latest numbers are fairly close to what had been posted but there is the possibility that could change. The expansion, which would be a two-story addition, is roughly the same as the soundly defeated 2016 referendum with some reductions, he said.

In March, the total projected cost was \$12,064,228. That figure included \$10,217,806 in hard construction costs and \$1,846,422 in soft costs.

At that time, commissioners had been planning to use \$1 million from its reserve funds and for the Mount Pleasant portion of the district to contribute \$1,430,493, about 14 percent of the estimated total cost. That would have forced the district to finance more than \$9.6 million.



The latest artist's rendering of the expanded New Castle firehouse on King Street and Route 117. Fire commissioners are preparing to hold a vote sometime next year.

Mitchell said that the design development stage takes up to three months. He told commissioners that there are health and safety issues that are needed in a modern firehouse that don't exist in the current facility, including the ability to clean equipment after firefighters return from a blaze to quickly eliminate carcinogens and having uncluttered access to the truck and equipment that must be stored in safe and logical spaces.

Getting out of the building in a quick and efficient matter is essential for a fire

department, he said.

"We say there should be nothing on the floor but tires and feet, and to get to that place you basically have to plan for where everything should be," Mitchell said. "Not just where it is to be off the floor, but be where it is to make it logical to find, logical to put back."

The expanded building would also have space for firefighters to engage in training rather than expending resources to go to the county's facility in Valhalla, he said.

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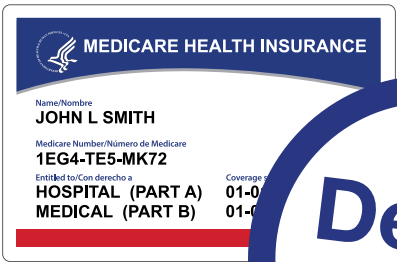


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Obituaries

Mary Cioccolanti

Mary Palmer Cioccolanti, a lifelong Brewster resident, died peacefully at her home with her husband, Joseph Cioccolanti, by her side on Oct. 17. She was 97.

Cioccolanti was born Jan. 24, 1923, in Brewster, the daughter of the late Edward and Sarah (Canny) Palmer. She was a 1941 graduate of Brewster High School, and a 1945 graduate of New Paltz State Teachers College. After teaching in the Carmel and White Plains school districts for a brief period, Mary moved to California and taught in Redwood City. Mary and Joe married in Menlo Park, Calif. in June 1952. They remained out west while Joe finished a degree at the American Institute of Foreign Trade after which they returned to Brewster.

Mary was a devoted teacher at the Garden Street School for 25 years and took exceptional interest in her students. She particularly enjoyed running the school plays, as well as organizing the annual trip to the historic (and unheated) Southeast Church where she made sure all the children had wrapped hot potatoes in their pockets so they could keep their hands warm as children did in the past.

Cioccolanti enjoyed traveling and sailing with her family and spending summers on Block Island. She was also passionate about



Mary Cioccolanti

her charities and supported many children's programs and schools in the United States and around the world.

Mary was an amazing wife and mother. She is not only survived by her loving husband of 68 years, Joe, but also her children, Mark Cioccolanti of Windhoek, Namibia, Africa, David Cioccolanti of Wilmington, N.C., Andrea Cioccolanti of Newton, Mass. and Noel Campbell of Patterson, N.Y.; seven grandchildren; and

one great-grandchild. She was predeceased by her brothers, Robert, Henry, Edward and John and granddaughter Hailey.

A Mass of Christian Burial will be celebrated at St. Elizabeth Seton Church, 520 Ridgebury Rd. in Ridgefield, Conn. on Nov. 14 at 11 a.m. Internment of her ashes will immediately follow at St. Lawrence O'Toole Cemetery in Brewster.

Sharon Ann White

On Oct. 6, Sharon Ann White was called home to be with the Lord, after battling with illness. She was 64.

White was born on Feb. 4, 1956, to Rebecca White and Edward Long in Valhalla. She received her early childhood education in the New Rochelle School District before returning to Ossining. She graduated from Ossining High School in 1974. Sharon then attended Mercy College where she received a bachelor's degree in sociology in 1978, and after graduation pursued a career as a social worker. She was employed by the Westchester County Department of Social Services for 30-plus years and retired a few years ago.

Sharon gave her life to the Lord at an early age and was a member of Star of Bethlehem Baptist Church for many years, singing in the Youth Choir. She enjoyed singing and playing bid whist. Those who knew her knew that if

In lieu of flowers, please consider a donation in Mary's name to the Red Cloud Indian School, 100 Mission Drive, Pine Ridge Indian Reservation, S.D. 57770 or online at www.redcloudschool.org.

Beecher Funeral Home in Brewster is assisting the family with arrangements.

she had the last bid, she was taking you out. And a lot of times even made it!

Sharon was a devoted mother and grandmother.

She leaves to treasure precious memories of her son, Jamahl Barrow, of Georgia; her mother, Rebecca White, of Ossining; two brothers, Michael (Kim) of Gainesville, Fla. and Jon Eric (Lori) White of Virginia Beach, Va.; a granddaughter, Jordyn; a grandson, Noah; one aunt, Beulah Cofer of Tacoma, Wash.; and a host of nieces, nephews, cousins, family members and friends. She was predeceased by her father, Edward Long; her sister, Sheila Cooper; two brothers, Fred Badger and Charles White; and a niece, Keyshia Cooper.

A celebration of Sharon's life was held on Oct. 13 at Andre Baker Funeral Home in Ossining. Interment followed at Dale Cemetery.

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Local Municipalities Schedule Police Reform Committee Sessions

Pleasantville and New Castle officials have scheduled police reform meetings for each of their municipalities for this Thursday evening, the first step in the process for communities to review their law enforcement operations.

The Pleasantville Village Board will be holding a planning meeting with a group of community stakeholders via Zoom at 7:30 p.m. The meeting can be accessed by the public via the Zoom link. The meeting precedes a public forum scheduled for Nov. 19 at 7:30 p.m.

Two weeks ago, the New Castle Town Board created a 12-member Police Reform and Reinvention Collaborative Committee, to be chaired by Deputy Supervisor Jeremy Saland. The committee will have representatives from a cross section of the community. It will include Police Chief James Carroll; PBA President Anthony

Rotolo; Hermian Charles from the Council on Race and Equity; Rev. Martha Jacobs from the Chappaqua Interfaith Council; Frank Luis from the Westchester District Attorney's office; Harvey Loeb from Legal Aid; Chappaqua Superintendent of Schools Dr. Christine Ackerman; Vincent Caziani from Children's Aid; Supervisor Ivy Pool; Town Administrator Jill Shapiro and Comptroller and Deputy Town Administrator Robert Deary.

Thursday's meeting is scheduled to start at 6 p.m.

The City of Peekskill Police Reform Task Force recently met to review its purpose, establish committees, appoint officers and create a schedule of public and confidential meetings.

In July and August, the city convened an organizing committee to recruit a task force of community members and policy experts

to facilitate community engagement. The full task force had a public kickoff meeting and heard public comment on Oct. 1. The task force met again on Oct. 8 to establish its structure, and on Oct. 15 to elect a chair, finalize committees and appoint members to the committees.

Antonio Knott and Mayor Andre Rainey are co-chairs of the task force. Eileen Sullivan was elected secretary.

Members have adopted a minimum schedule of public meetings at 7 p.m. via Zoom on Nov. 5, Dec. 17 and Jan. 21. Other dates may be added. The meetings

will include time for public comment and for committee reports and invited presentations. Meeting details will be posted to the task force webpage and promoted via the Peekskill's Facebook page.

For a complete list of task force members, visit <https://bit.ly/2FTQ4qR>.

In June, Gov. Andrew Cuomo issued an emergency order calling upon municipal leaders and police chiefs to create a community dialogue around police reform issues and propose recommendations by April 2021.

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Community Newsletter

November/December 2020

Your Checklist To Better Immunity

What an infectious disease expert wants you to know about “immune boosting” during a pandemic.

Author: Lisa Davis

Even if you don't typically think much about the inner workings of the body—the miracle of the circulatory system, say, or how vibrations hitting the eardrum are perceived as sound—there's a pandemic going on. So the question may have occurred to you: Isn't there some way to supercharge the immune system so it can help protect against the new and deadly coronavirus?

Unfortunately, internet advertisements for “immune boosters” notwithstanding, there's no Peter Parker secret to turning antibodies into a Spiderman superpower—the immune system is too complex (and still too imperfectly understood) to be easily dialed up or down. But research has shed some light on habits that can help or hurt your chances of fighting off germs, says Debra Spicehandler, MD, an infectious disease specialist with Northwell Health. It turns out that a few simple steps can go a long way toward keeping your immune system in good working order—and also help you feel better as you navigate this crisis.

Step 1: Put more stock in a healthy diet than in a supplement bottle

News stories early in the pandemic raised hopes that vitamin C might be protective against the virus, and a study is underway in China to see whether high doses of the vitamin, delivered intravenously, might help reduce lung damage in patients with COVID-19. So far, though, there's no evidence that the remedy actually works (the study is due to end in September). Even if it does, popping the supplement orally may not have the same oomph, Spicehandler says.

After all, countless studies over the years have explored whether vitamin C can prevent the common cold (which in many cases is caused by a coronavirus, although not the one responsible for COVID-19). The answer: meh at best, according to a giant review that examined 29 trials encompassing 11,000 participants. The reviewers' conclusion: Vitamin C doesn't cut the odds of catching a cold, though supplementing once you're sick might speed recovery.

There's no danger in taking a little extra if you're so inclined—just remember that megadoses of vitamin C can cause diarrhea and nausea. A multivitamin can also be a good insurance policy against nutritional shortfalls, especially if you're older. Still, paying attention to your diet is the more important move, Spicehandler says.

That's because your immune system needs proper nutrition to run effectively, including the micronutrients found in protein, fruits, vegetables, and whole grains. Processed carbs and fatty or sugary foods don't offer the same benefits and can pile on pounds.

“Comfort food can be tempting when you're stuck in the house, but it's a fast way to put on weight,” Spicehandler says. “And COVID-19 is much riskier for people who are obese. There's no question about that.”

Step 2: Pay off that sleep debt

Researchers have long sounded the alarm about the perils of our go-go-go culture—chronic sleep deprivation raises the risk of heart disease and diabetes, not to mention making accidents more likely. More to the point in the age of coronavirus: It also has an impact on the immune system, reducing both the number of key immune cells and their activity. In one study, volunteers kept track of their sleep for a couple of weeks, after which scientists dripped a bit of rhinovirus into their noses. The study participants who averaged less than seven hours of sleep nightly were nearly three times more likely to come down with a cold than those who got at least eight hours.

“Lack of sleep stresses the immune system, but who gets eight hours a night? No one,” Spicehandler says. “That may be changing while we're so cooped up. It's one small upside to this forced isolation.”

Step 3: Stay active (in a socially distanced way)

Years ago, when studies suggested that too much intense exercise could dampen the immune system, couch potatoes patted themselves on the back for resisting the urge to run a marathon. These days, however, scientists are more intrigued by the possibility that exercise actually ramps up the ability of the immune system to fight off germs. In fact, a number of studies suggest that getting moderate exercise most days of the week may cut the risk of catching a respiratory infection by 40% or more. And while going out for a walk or run might seem like an acceptable socially distant activity, Spicehandler still recommends staying aware of who else is working out in your vicinity. “People need to know that when you're exercising, the virus can travel more than six feet,” she says. “If you pass a runner who's sweating and dripping, you need to leave more space.”



How much distance is appropriate? It's too early for definitive answers, but in back-of-the-envelope calculations, a couple of engineers recently suggested that the prudent course is to leave a 15-foot safety zone when trailing a brisk walker, and 30 feet if you're behind a runner.

Step 4: Don't forget to give yourself some TLC

Being depressed, anxious, lonely, and stressed-out doesn't just feel bad—if negative emotions are chronic or severe, they can have an impact on your physical functioning. Persistent loneliness, for instance, has been linked to a higher risk of diseases, from coronary heart disease to dementia.

So it's important to care for yourself in this stressful time. Getting out for a walk, sharing a meal with the people in your household (and talking about anything other than the pandemic), and connecting with distant friends and family via Zoom or other platforms can all help. So can making a telehealth appointment with your primary care physician or a mental health professional.

“Don't just keep it inside,” says Spicehandler. “There are so many resources available. This is hard for everyone, and it's important to reach out for help.”

Step 5: Don't let up on the basics

It's important to do what you can to give your immune system a boost, but don't get complacent—even young and healthy adults, with immune systems that are likely in tip-top shape, have fallen victim to this virus. So continue to follow the public health guidelines as you remind yourself that this too shall pass. When your state relaxes its “shelter in place” rules, remember to keep washing your hands, wearing a mask, and maintaining safe distancing practices.

“The virus doesn't care about all the healthy steps you're taking,” Spicehandler says. “If you're exposed, it can just hit you. Don't give it the chance.”

November/December 2020 Healthy Life Calendar

Phelps Hospital offers the community a wide range of programs on health-related subjects as well as numerous health screenings and support groups. All events are free and will be virtual for the time being.

Lectures and Seminars

Virtual Lecture Series

Please visit our Phelps Hospital Event page for the most up to date list of lectures and seminars we are offering covering orthopedic, spine and stroke.

www.eventbrite.com/o/phelps-hospital-14367075435

To stay up to date on our monthly virtual lectures, scan here:



or visit this site:

<https://lp.constantcontactpages.com/su/duZPBfj/newsletter>

Cancer Institute Support Groups

These support group sessions are open to anyone with cancer as well as family, friends, caregivers and anyone else interested in attending. You do not have to be a Phelps Hospital cancer patient to join, all are welcome.

Women's Survivorship Support Group

1st and 3rd Wednesday of each month, 2:00pm – 3:00pm

To register, please reach out to Jane Hearty at jhearty@northwell.edu or 914-366-5495.

Men's Survivorship Support Group

2nd and 4th Tuesday of each month, 3:00pm – 4:00pm

To register, please reach out to Jane Hearty at jhearty@northwell.edu or 914-366-5495.

Patient & Family Support Group

2nd and 4th Monday of each month (no meeting December 28), 2:00pm – 3:00pm

To register, please reach out to Carol Greiner, LMSW at cgreiner2@northwell.edu or 914-366-1661.

Breast Cancer Support Group

Thursdays: November 12, December 3, December 17 6:00pm – 7:00pm

Please reach out to Carol Greiner, LMSW at cgreiner2@northwell.edu or 914-366-1661.

Support Groups and Programs

For support group questions and registration, please reach out to Ellen at (914) 366-3937 or vitality@northwell.edu.

Bereavement Support Group

Handled on an individual basis

Alzheimer's Caregivers Support Group

2nd and 4th Friday of each month, no meeting December 25, 10:00am – 12:00pm

Parkinson's Support Group

4th Tuesday of each month, 2:30pm – 3:30pm

Laughter Yoga

Thursdays: November 5, November 19, December 10 5:30pm – 6:30pm

To register, please reach out to Carol Greiner, LMSW at cgreiner2@northwell.edu or 914-366-1661.

Maternal Child Health

For more information on our Maternal Child Health classes and groups, please reach out (914) 366-3559. While these classes are offered virtually, they will be free of charge.

ABC's of Baby Care

Thursdays: November 19, December 3, 7:00pm – 9:00pm

Register here to receive information to join the meeting: <https://abcbabycare.eventbrite.com>

Postpartum Support Group

1st and 3rd Monday of each month, 11:00am – 12:00pm

Register here to receive information to join the meeting: <https://phelpspostpartumsupport.eventbrite.com>

Breastfeeding Class

Saturdays: November 14, December 5 10:00am – 12:30pm

Register here to receive information to join the meeting: <https://breastfeeding-class.eventbrite.com>

Childbirth Experience

Saturdays: November 7, December 12th 10:00am – 1:00pm

Register here to receive information to join the meeting: <https://childbirtheexperience.eventbrite.com>

Vitality for Seniors

In addition to the programs below, additional presentations will be scheduled. If you are interested in being added to the email list that will inform and remind you of presentation dates and times, please reach out to Ellen Woods at vitality@northwell.edu, or call (914) 366-3937.

Keeping Memory Alive – Cognitive and Social Engagement

Monday, November 2, 10:00am – 11:00am

Breakfast Club – Arthritis with Dr. Gutwein

Thursday, November 12, 9:00am – 10:00am

Osteoporosis with Dr. Hellerman

Thursday, November 12, 10:30am – 11:30am

Pain Management with Dr. Thorp

Wednesday, November 18, 9:00am – 10:00am

Breakfast Club – Healthy Aging with Dr. Kandarappallil

Thursday, December 10, 9:00am – 10:00am

Osteoporosis with Dr. Smith

Thursday, December 10, 10:30am – 11:30am

Keeping Memory Alive – Nutrition Guidance

Monday, December 14, 11:00am – 12:00pm

Bariatric Surgery

For more information on Bariatric Surgery and programs, please reach out to Marypat Hughes at mhughes10@northwell.edu or call (914) 269-1875.

Bariatric Seminar

At your convenience

Visit link to learn more about your options: www.northwell.edu/weightloss

Bariatric Support Group

Thursdays: November 5, December 3 6:00pm – 7:00pm

Register here to receive information to join the meeting: <https://bariatricsupport.eventbrite.com>

Stuffed Mini Pumpkins with Wild Rice & Sage Stuffing



Yield: 6-8 Mini Pumpkins

Prep time: 25 minutes

Cook time: 1 hour

Difficulty Level: Medium

Ingredients

- 1 ¼ cups Uncooked Wild Rice
- 2 ½ cups Water
- 6 to 8 Mini Pumpkins
- 2 Tablespoons Olive Oil
- 2 Tablespoons Whole Butter
- 1 # Finely Diced Butternut Squash
- 1 cup Finely Chopped Yellow Onion
- 1 cup Finely Diced Apple
- ¾ cup Dried Cranberries
- 2 Tablespoons Fresh Chopped Sage

Preparation

- 1) To cook the wild rice: Combine the wild rice and the water and bring to a simmer. Cover and continue to simmer over a low heat for 35-45 minutes; or until the water is gone and the rice is tender and fluffy. If your rice still is hard at this point, add another ½ cup of water and continue to cook the rice covered over a low heat for another 15-20 minutes.
- 2) To cook the butternut squash: Bring a small pot of water to a boil and add in the diced squash. Simmer the squash until fork tender, remove and drain well.
- 3) Preheat the oven to 350 degrees F.
- 4) Carefully slice the tops of your mini pumpkins and scoop out the seeds, (reserve the seeds for roasting and then topping the dish if desired). Rub the exposed flesh of the pumpkins with a little olive oil, salt and pepper. Roast the pumpkins and their tops in a roasting pan, covered with tin foil for 15 to 20 minutes, or just until the pumpkins are tender.
- 5) Meanwhile, heat a large skillet over medium heat and add the whole butter. Add the chopped onion. Sweat the onion in the melted butter until it is tender and translucent in color.
- 6) Add the diced apple, and continue to cook for about 2 to 3 minutes stirring often.
- 7) Stir in the cooked wild rice, cooked butternut squash, dried cranberries, and chopped sage. And continue to cook until the mixture is hot. Season with salt and pepper to taste.
- 8) Arrange the pumpkins in a large baking casserole and stuff each pumpkin with the wild rice mixture.
- 9) Place the casserole in the oven and bake for 10-20 minutes or until the pumpkins are soft and the wild rice stuffing has heated through.

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Chappaqua Schools Hires Director of Equity, Inclusion & Wellness

By Martin Wilbur

The Chappaqua School District last week appointed a New York City educator to a newly-created position that will help the district promote racial equity, social justice and anti-racism for its students and the community.

Last Wednesday evening, the Board of Education appointed Phillip I. Marcus Jr. as the director of Equity, Inclusion & Wellness. He will begin his role in the district on Nov. 30.

"I'm excited to be joining the Chappaqua Central School District and to work among students, families and educators who have chosen to prioritize equity, inclusion and wellness in this challenging time for our country," Marcus said. "Over the coming weeks, I'm most looking forward to listening to the needs of the community and engaging in conversations and learning experiences that lead to our collective growth."

Marcus has been a building leader within the New York City Department of Education for three years, after serving as a middle school and high school literacy coach and English teacher. He helps perform professional learning



Phillip Marcus Jr. was appointed last Wednesday evening by the Chappaqua Board of Education to be the district's first director of Equity, Inclusion & Wellness.

instruction for his colleagues and teachers

with a particular emphasis on equity, anti-racism and culturally-competent instruction. Marcus has published several pieces, including two on the issue of race, appearing in Medium and Columbia Spectator.

He was a middle school assistant principal of instruction at Bronx School for Law, Government and Justice. In that role, he oversaw about 30 teachers and several department chairs, grade-level leaders and instructional coaches in English, social studies and the arts.

Marcus has been described by supervisors and colleagues as someone who has a "following in the community" because of his strong relationships with students, teachers and families.

Dr. Tony Sinanis, Chappaqua's assistant superintendent for Human Resources and Leadership Development, said Marcus was the clear-cut choice from a competitive field of candidates that applied for the position last summer.

"Throughout the process he was consistent, he was clear, he was passionate, he rose to the top at every step," Sinanis said just before Board of Education's official appointment. "It is clear that this work of equity, anti-racism, social justice

and cultural competency is centered in everything he does. He speaks it, he lives it, he breathes it.

There's an authenticity that he brings to the work that we are excited about."

Creation of the position was part of the changes made by the district following a 10-second racist TikTok video featuring several Horace Greeley High School students that surfaced in June. In the days and weeks that followed, students, alumni and community members called for school officials to address not only racism in the schools but the lack of diversity among faculty and staff and include race and ethnicity into the curriculum.

"We are looking forward to welcoming Phillip to this new role, which enhances our important equity, anti-racism and social justice initiatives," said Chappaqua Superintendent of Schools Dr. Christine Ackerman. "His colleagues have shared that he is an educator who has a deep commitment to equity work and has successfully raised the racial consciousness of his colleagues to help create more inclusive and culturally competent learning experiences for students."

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2nd Annual

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Thanksgiving Week

November 21-29



Yes Covid-19 may have gobbled up our chance to gather for our 2nd Annual Turkey Trot, but there is still a lot to be thankful for. And, the Somers Track and Field Booster Club is thankful for everyone who joins us virtually this Thanksgiving! Run or walk, you choose when to trot your 5k/3.1 miles at any point from Saturday, 11/21 through Sunday, 11/29!

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The Westchester County Department of Health Navigator Program offers telephone assistance in multiple languages at no charge.

The 2021 open enrollment period in a Qualified Health Plan (QHP) began Nov. 1 for all new applicants and will start on Nov. 16 for all returning consumers. The deadline to enroll in QHP coverage for a Jan. 1, 2021, start date is Dec. 15. The open enrollment period will end on Jan. 31.

During these challenging times, NY State of Health remains committed to ensuring access to affordable, quality health insurance for all New Yorkers, so they can get the care they need. New York has extended the COVID-19 Special Enrollment Period (SEP) so consumers can enroll in a QHP now through the end of they year.

Consumers who enroll through the SEP will have the option to continue their enrollment in the same plan in 2021 without a break in coverage. In addition, many New Yorkers will qualify for Medicaid, Child Health Plus or the Essential Plan and can enroll in these programs year-round.

Weekday, evening and weekend hours are available. For more information on navigator services, locations or to schedule a telephone appointment, call 914-995-6350 or e-mail hnav@westchestergov.com.

To learn more about health coverage, visit www.nystateofhealth.ny.gov or call 1-855-355-5777. The NY State of Health customer service hours are Monday to Friday, 8 a.m. to 8 p.m., and Saturday from 9 a.m. to 1 p.m. For more health information, visit www.westchestergov.com/health.

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Surgery Potential Risks

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- May need pain medication after surgery
- Expensive, and co-pays and co-insurance may be significant, medications, time
- May need extensive time off work.

Many knee pain sufferers have been told their knees are “bone on bone” and the best option is knee replacement surgery. The truth is: this is NOT the truth! Read on.....

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Osteoarthritis Explained...

Osteoarthritis is also known as degenerative joint disease and is the most common type of arthritis. When osteoarthritis occurs, the surface layer of cartilage around the knee breaks down and wears away. The bones that connect at the knee joint then rub together with no cushion resulting in pain, swelling, and loss of motion in the joint. While the disease can progress quickly, in most people it develops gradually over a period of years.

Osteoarthritis is Not Your Fault...

It's not your fault that you have osteoarthritis. There are many reasons why this disease afflicts people. Heredity can be a major cause of osteoarthritis. If a parent or grandparent had it, it may be passed down to you. Other reasons for developing osteoarthritis include:

- Being overweight (medical factors can impact this, not just over-eating)
- Aging (wear and tear)
- Joint injury (falls, sport injuries)
- Joints aren't properly aligned or are imbalanced
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Our advanced technology allows our doctors to see the exact location in the knee where the greatest damage is. This is done through special imaging called flouroscopy. Once the affected area is located, an FDA-approved viscosupplementation gel is injected at the exact point where it will do the most good. From there, the healing process begins. The gel bonds with the existing natural fluid in the knee to create a lubricating and cushioning layer in the knee between the bones. This reduces pain, swelling and inflammation in the joint. Most

patients feel improvement quickly and can resume activities they hadn't previously been able to do because of the pain.

About Arthritis Knee Pain Centers

Our doctors at Arthritis Knee Pain Centers have decades of experience and are invested in utilizing the most cutting-edge technologies and methodologies to serve their patients. Through their experience they can customize a treatment plan that's right for you. The Arthritis Knee Pain Centers offers hope and healing for your knee pain.

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The Front Door as Key to a Home's Personality

As a realtor, I always stress to clients the important condition of their front door is. The front door can be the key to a home's personality, either reflecting the condition of the space within – or contradicting it.

A beautiful, sturdy door with quality hardware greets the visitor with a confident hello; a weathered door, perhaps out of alignment, with old or poorly functioning hardware, conveys something quite different about the house, something unappealing.

Just as a person is judged within a few seconds of a meeting, a house is judged in great part by the condition, functionality and look of its front door. When showing properties to prospective buyers, I'm always surprised to find an older home that has been upgraded, but the owners have not paid proper attention to the front door – especially its hardware.

If the door needs painting or is warped and if the hardware is tarnished and in poor working order, a pall can be cast over the entire house as being outdated. Perhaps some homeowners are not aware of a deteriorating front door because most people drive into their attached garage and walk directly into the mudroom or kitchen. However, visitors normally come only to the front door.

While the functional purposes of a front door are to withstand the elements, increase energy efficiency and provide protection, visitors view it as a statement, even a

psychological one. If the door is attractive and in good shape, that perception extends to the entire household, and to its owner as well.

Look at your front door and determine whether it needs a simple sprucing up or a total replacement. Some door problems can be repaired and others cannot. If the door is improperly hung, has trouble closing or latching, is only slightly warped or is just sticking, these problems may be worth fixing. But if it has rot or is outrageously outdated in style, consider options for replacement.

Whether you use a contractor or a handyman, you'll get different opinions about which kind of new door to choose. Some would suggest that the top-quality material is still considered to be wood. Steel or aluminum may be recommended as the most sturdy and secure, but according to most remodeling contractors, the best choice today is the new and high-quality fiberglass door. Its insulation quality is better than that of a wooden door, and it will not warp or crack.

The most appealing feature of a quality fiberglass door is that the manufacturers have managed to develop an incredibly realistic grain that matches real wood. Also, there is a virtually unlimited number of door styles and beveled glass options available. Fiberglass can be stained or painted, and fancy hardware can be applied to them, just as you would a wood door.



By Bill Primavera



That brings us to door hardware, which, in aesthetic terms, can make a door "pop," but if it's worn, that pop can be a dull thud. The polished look is one factor, but a lock and handle's functionality is the primary thing to consider.

Basically, locksets fall into two different categories, mortise or cylindrical. While I don't fully understand the mechanical workings of these two types of locks, my trusted locksmith tells me that mortise locksets, which are installed into a rectangular dugout in the door, offer the ultimate in security, design and ruggedness.

The choice of locksets and handles can be a daunting experience. When I went hunting for new hardware, I was overwhelmed by the selection. I took a picture of the set I thought the most attractive and showed it to my locksmith and asked him to supply

the best choice for my particular door, which is an antique and required all sorts of considerations for its installation. Better to leave such things to the experts, unless you're great at doing things yourself.

Highly polished solid brass knobs, backplates and thumb latches are desirable but, fair warning, they can be quite expensive.

When it comes to selecting a color for the front door, it is best to coordinate or contrast with one of the house's tones or the surrounding landscape. Most people today choose a deep green or red to have their front door stand out. There is a bigger trend now toward selecting yellow, which can be toned down with a covering glaze.

One cardinal rule about color: a front door should never be stark white. The theory here is that the door should relate to the landscape in some way and pure white is rarely found in nature. If your preference leans toward white, it should have a hue of another color, like pink or yellow. The large casing around the door should be a different color than the door itself. The casing should be treated like a trim which matches the windows and other trim.

For those of you with a bent toward feng shui, the front door is the main source of a house's energy. For practicality, curb appeal and resale value, spruce up the front door, and in a sense, you have a new home.

Bill Primavera is a Westchester and Putnam-based realtor and marketing practitioner associated with William Raveis Realty. He can be reached at 914-522-2076.

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Somers Sewers Vote Reveals Deep Divide Over Issue in Community

continued from page 7
enticing developers to the exclusively residential communities.

In an Oct. 19 letter to residents, he wrote that the project addresses health, safety and the environment and warned the East of Hudson funds could be lost if the town delays much longer.

“It has taken decades of advocacy by the Town to get the votes aligned in the County Legislature to permit sewer flow from Somers to be sent to the County wastewater treatment plant in Peekskill,” Morrissey wrote. “There are no guarantees that the \$10 million will be held for another decade if this project fails to pass, there is a good chance that it could be reallocated, and no guarantee that outside funds, political will, or treatment capacity will exist again in the future.”

Morrissey said in August that the balance of the money would be sought through a variety of state and federal grants addressing water, sewer and environmental issues. There would be no construction until the funding is in place.

But many project opponents view his words with heavy skepticism. Resident Luana Kottman said there are always cost overruns when it comes to major construction projects, and the town

hasn’t convinced her they won’t return to residents asking for more money.

Furthermore, a portion of the Lincoln Hall property is being sold, which will present development pressures.

“We’re in the middle of a pandemic, a global crisis,” Kottman said. “Nobody has any money to spare and nobody is going to give our government, (a) little sleepy town. I don’t know how good of a grant writer you are. How are you going to get that money? I don’t see it.”

For his part, Morrissey has said borrowing is capped at the nearly \$16.2 million and that amount cannot be increased without returning to the public for another vote.

Lake Shenorock resident Jay Batchelor said he would prefer to look at enhanced septs for those people whose systems are failing. Even when treated, the wastewater discharged isn’t good for the Hudson River.

While he said he would hook up if the proposition is approved, Batchelor advocates exerting more pressure on the New York City Department of Environmental Protection to see if they will produce more money.

“If the DEP has their sights set on this and if it’s as big a problem as they say it is,

then write us a check for \$62 million and then all I’d have to deal with are grinder pumps,” Batchelor said.

But County Legislator Vedat Gashi (D-Yorktown) said the city wouldn’t likely pitch in more money until the original \$50 million is used. Furthermore, with three of the other high-priority communities – Bedford Hills, Yorktown’s Hallock’s Mill Sewer District and New Castle – making progress on their sewage issues, there is a chance that the Somers money could be diverted if no solutions are advanced.

The fifth community, Peach Lake in North Salem, has completed its sewage project.

“It’s work that needs to be done, and it’s going to be done at some point whether you like it or not,” Gashi said. “It’s going to have to.”

Resident Michael Schwarzschild, of the Somers Lakes Sustainability Projects Committee, said the even if most residents’ septic systems are working properly, there is leaching of wastewater into the ground and chemicals in the lakes that are only a result of septs.

Furthermore, there are wells that are also in the ground that are near where untreated wastewater is seeping into the ground.

“The fact that (chemicals are) in the lake means that they’re flowing through the groundwater, which shows that they’re coming from septic systems,” Schwarzschild said. “This is our drinking water and there are too many septic systems because of the development of the community since the late 1920s. So it’s way past what the ground can absorb. I look at where my well is and I look at where my septic system is and it no longer makes sense.”

Schwarzschild and O’Keefe said a very real concern are neighbors who have lost income during the pandemic or are retired and on fixed incomes. They agreed the town should explore programs that can help them with the additional cost. Schwarzschild said no one should risk losing their home because of sewers.

O’Keefe said that neither the town nor the people who can afford should foist the expense onto those who can’t, but it’s a dilemma that needs to be solved.

“We really need this, there’s no question,” said O’Keefe. “It’s not even debatable in my mind.”

The vote will be held on Tuesday, Nov. 10 from 6 a.m. to 9 p.m. at Somers Town Hall. For more information, visit www.somersny.com.

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LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK COUNTY of Putnam Index No. 501433/2020 ORDER TO SHOW CAUSE
Paul Koehler and Wendy Koehler, Petitioners -against- Empire Financial Corporation and GMAC Mortgage Corporation, Respondents
UPON THE READING AND FILING of the annexed Petition of Paul Koehler and Wendy, verified October 20, 2020, and upon all the proceedings heretofore

had herein and the exhibits annexed hereto; LET THE Respondents SHOW CAUSE at the Putnam County Courthouse located at 20 County Center, Carmel, New York 10512, before the Honorable Victor G. Grossman, JSC, on the 25th day of November, 2020 at 9:30 o'clock in the forenoon of that day, or as soon thereafter as the matter can be heard, why an Order should not be entered pursuant to Real Property Actions and Proceedings Law Section 1931, directing the Clerk of the County of Putnam to cancel and discharge of record the Mortgage made by Paul Koehler and Wendy Koehler in favor of Empire Financial Corporation and serviced by GMAC Mortgage Corporation dated October 16, 1991 in the principal amount of \$148,200.00, recorded on October 25, 1991 in the office of the clerk of the County of Putnam in Liber 1439 Page 325, and the Mortgage made by Paul Koehler and Wendy Koehler in favor of Empire Financial Corporation and serviced by GMAC Mortgage Corporation dated August 5, 1993 in the principal amount of \$7,539.94, recorded on August 20, 1993 in the office of the clerk of the County of Putnam in Liber 1760 Page 254, and the Consolidation, Extension and Modification Agreement made by Paul Koehler and Wendy Koehler in favor of Empire Financial Corporation and serviced by GMAC Mortgage Corporation dated August 5, 1993 in the principal amount of \$154,000.00, recorded on August 20, 1993 in the office of the clerk of the County of Putnam in Liber 1760 Page 268, covering the real property known as RD7 North Brewster Road, Brewster a/k/a 399 Tonetta Lake Road, Town of Southeast, County of Putnam, State of New York, Tax Map No. 56.12-3-57 and to mark upon the records a statement that the mortgages have been cancelled and discharged by virtue of said Order, together with such other and further relief as this court deems just and proper. **SUFFICIENT REASON APPEARING THEREFORE**, let service of this Order to Show Cause and the Verified Petition be made upon the Respondents in the following manner on or before the 13th day of November 2020 be deemed good and sufficient service: By Publication of this Order in Putnam County Press and Putnam

continued on page 26



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What Happens When You Lose a Will?

Here is the scenario: You sign a document in front of witnesses which tells everyone in your life how your possessions and assets are to be divided. Then you stick it in a box where it remains for 20 or 30 years.

Hopefully, the people in your life are aware of the box. The length of time and storage methods utilized for original wills allow for numerous opportunities for disaster.

While scanning technology, portals and digital signing have devalued the importance of an original document in hand, a Last Will and Testament remains bound in tradition. A will is paper and ink. It is securely fastened. Wills with staples removed for copying are suspected of being tampered with and must be accompanied by a staple affidavit explaining the cause of the missing staple.

Missing staples are problematic, but a lost will can be extremely distressing. There are usually three storage spots that a will may be situated. At home, a fireproof box or important paper drawer is the most common spot.

The drafting attorney's office may have the original will in a safe.

Finally, a safe deposit box in a bank was where generations of individuals placed valuable papers.



By Alan D. Feller, Esq.

If a search of the home does not turn up the original will, then see if there is a copy of the will. Wills usually list the name of the drafting attorney either in the document or on the will cover. Knowing the name of the attorney will allow you to track down their office and inquire as to the original's whereabouts.

If these steps fail to bear fruit and the decedent had a safe deposit box, a family member may be able to

petition Surrogate's Court to order the safe deposit box opened. An appointment with the bank is then set up and a professional will drill open the box to reveal its contents.

Exhausting all avenues leads us to the Lost Will Proceeding. If a will cannot be found, the law places the burden of proof on the proponent of the will (the proposed executor) to prove that the decedent did not destroy the will. Much of the evidentiary proof would center on the decedent's organizational skills, hoarding tendencies and lack of any discussions on changing or destroying the will. Lost Will Proceedings can be difficult to successfully complete. The singularity and importance of an original will limits some of the discretion that a court exercises in non-will cases.

How do we deal with the inherent

problems of storing an original will for decades? One way is to limit the will's scope by having updated beneficiary forms for most financial accounts. This allows for easier distribution outside of probate. Creating trusts or life estates for deeded property will also ensure that property passes by operation of law and not through probate.

Having a will is very important; storing



a will properly is just as important. Contact the professionals at Sloan & Feller today for more information.

Alan D. Feller, Esq. is managing partner of Sloan & Feller Attorneys at Law, located at 625

Route 6 in Mahopac. He can be reached at alandfeller@sloanandfeller.com.

Difficult to Understand How Others Can't See the Emperor Has No Lows

continued from page 9

The truth is, I don't understand why these otherwise astute, normal people fail to see through the transparent con, or at least I don't understand why they don't care about the man's deep and dangerous flaws.

But, as I continue to try to understand why so many people refuse to believe what they see, why they won't condemn behavior they'd admonish from a fellow parent on the sidelines of a youth soccer field but not in the leader of the free world, I'm reminded of the child in "The Emperor's New Clothes."

"But he hasn't got anything on," a little child reveals of the naked emperor in the fable while adults gush at the emperor's phantom fancy clothing.

Trump might be wearing (and selling) a silly red hat but this small-minded, morally bankrupt, weak emperor is standing in front of us, stark naked. All you need to do is look and listen.

Just don't forget to believe what you see and hear. Character should trump all other considerations.

Adam Stone is the publisher of Examiner Media.

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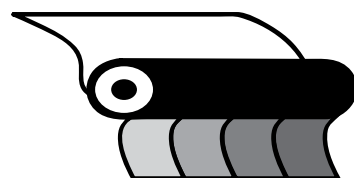
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County Examiner newspaper(s) for 2 weeks, at least 14 days prior to the return date herein, and by first-class mail to last known addresses of (1) Chief Executive Officer Marc J. Thomaes; (2) GMAC and GMAC Mortgage Corp; and Chief Executive Officer David Applegate. ORDERED that Answering affidavits, if any, shall be served upon the attorney for plaintiff no later than November 20, 2020. **PERSONAL APPEARANCES ARE NOT REQUIRED ON THE RETURN DATE.** Dated: Carmel, New York October 22, 2020 ENTER Hon. Victor G. Grossman Justice of the Supreme Court

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How Chiropractic Care Can Help Treat Headaches

If you suffer from headaches you are not alone. Nine out of 10 Americans have suffered from a headache at least once in their lifetime. They can be dull, throbbing, constant and even debilitating.

How do you take care of a headache? Do you try to fight through it? Do you stop to lie down for a few minutes? Or do you take medication and hope for it to go away?

It does not always occur to suffering patients to try chiropractic care. Recent studies suggest that chiropractic care, including spinal manipulation, may lessen symptoms and frequency of headaches.

A majority of the population are confined to a sedentary lifestyle in which they may sustain an improper posture. This unfavorable positioning can cause joint irritation and muscle straining of the scalp, neck and upper back, leading to a headache.

At times, there can be certain triggers that can cause a headache, including types of food, alcohol, environmental stimuli (noise, light, change of weather) or behavior (excessive exercise, stress, insomnia). In rare cases, a headache can



By Dr. Ivana Monserrate Vargas

be the cause of a serious condition such as a brain tumor, hypertension or diabetes.

Some patients may experience an aura before or simultaneously with a headache. Auras can be any type of perceptual disturbance such as a strange light, an unpleasant smell or confusion.

There are red flags associated with headaches that can be emergent. Some examples include having the worst headache you have ever had, any head trauma, neurological signs or symptoms, cognitive changes (confusion, drowsiness or giddiness), vomiting without nausea, low diastolic blood pressure associated with the headache or severe neck rigidity.

Chiropractors are well-trained in identifying the source of a headache through history and examination. In the office, chiropractors can perform manual therapy to the surrounding musculature and joints along with spinal manipulation to improve function and alleviate any stresses. Chiropractors also can offer nutritional advice, recommend supplements and educate patients on correct posture, ergonomics and

stretching techniques.

There are different categories of headaches in which each demonstrate unique symptoms. A migraine-type headache is one-sided, pulsating in nature and may be associated with an aura. Cervicogenic headaches are caused by an abnormality of the structures within the neck. This is usually one-sided as well and can last from three hours to a week. Pain and tenderness in the neck and head usually coincides with this type. With specific neck movements or maintained neck positions, the intensity of cervicogenic headaches may increase.

Cluster headaches are typically severe, occur at night and are most common amongst females. While they are short in duration, they can last for weeks or months at a time.

Lastly, tension-type headaches are the least severe. Ranging from mild to moderate intensity, they can be felt on both sides of the head. With all types of headaches, if very severe, a patient may experience nausea, vomiting, sensitivity to noise and light, nasal congestion and/or watery eyes.

How can you prevent a headache from occurring?

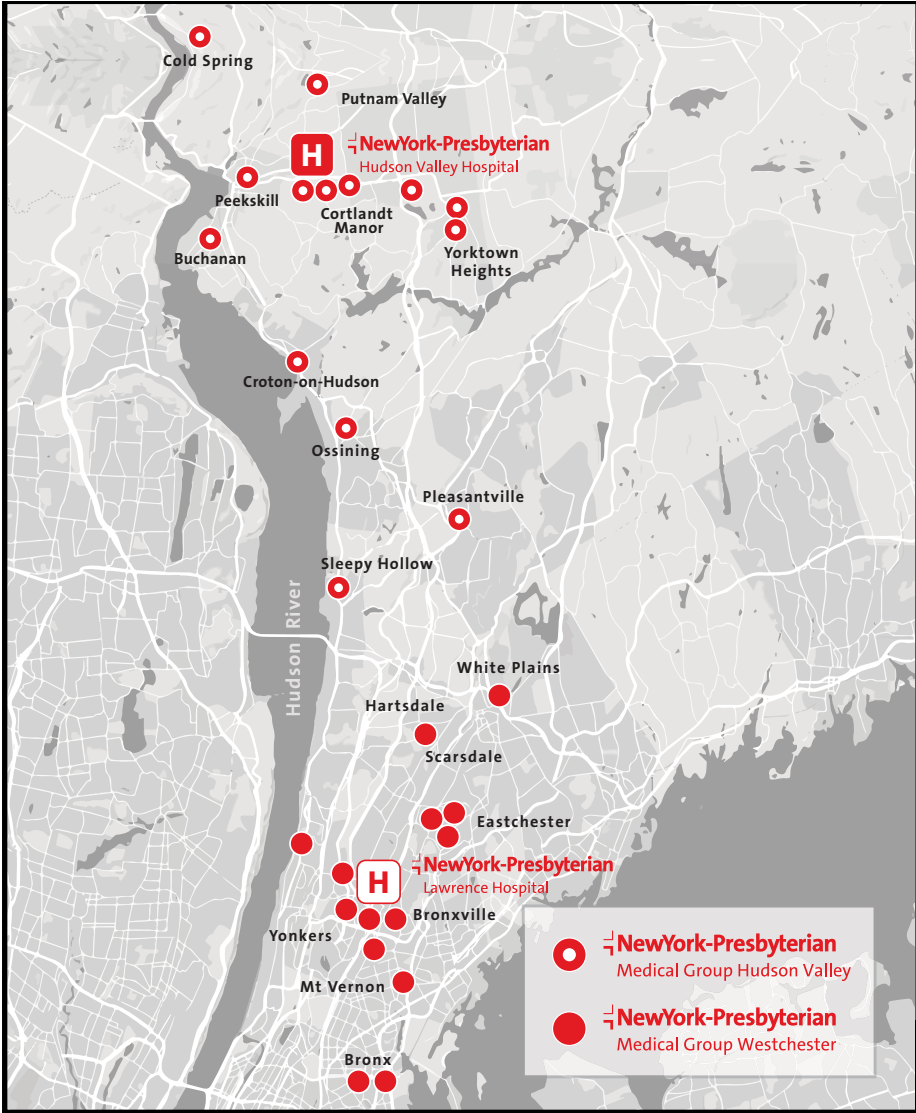
1. Take a break and stretch your head by moving through comfortable ranges

of motion every 30 minutes to an hour, especially when in a prolonged posture.

2. Engage in low-intensity aerobic exercises, such as walking.
3. Avoid clenching your teeth to avert from stressing the jaw and the neighboring muscles.
4. Continuously drink water throughout the day to prevent dehydration.
5. Manage and modify ordinary behaviors such as sleep, stress or not skipping meals.
6. Avoid sleeping on your stomach. Sleep on your side or back with your head supported and level with the spine.

Chiropractors undergo extensive training on how to help their patients in more ways than just for low back pain. Chiropractic care does not have the level of side effects compared to other methods and is a superior alternative when it comes to headaches.

Dr. Ivana Monserrate Vargas, DC is a chiropractor at ProClinix Sports Physical Therapy & Chiropractic, and is also Active Release Technique certified. She treats patients in ProClinix's Armonk location. She can be reached at 914-202-0700. For more information, visit www.ProClinix.com.



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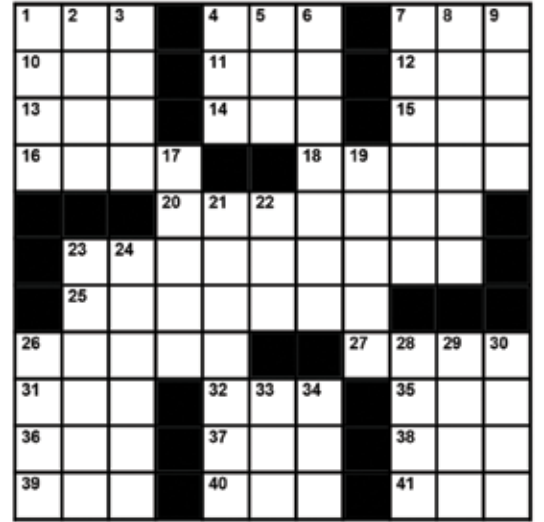
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1. Guy
 4. It creates hydroelectric power
 7. Do a simple math sum
 10. Take advantage of
 11. Be indebted to
 12. Small green vegetable
 13. Command to a dog
 14. Chamomile drink
 15. Touch clumsily
 16. Something to do
 18. Back of a boat
 20. Unspoiled
 23. Mainly
 25. Sports arbiter
 26. More delicate
 27. ___ bell, in the gym
 31. Biting insect
 32. ___ a girl!
 35. Glimpse
 36. Freebie in a hotel
 37. Headgear
 38. Notable period of time
 39. Crimson color
 40. One taken at random
 41. "Game, ___ and match"
- ### Down
1. Has to
 2. Three oceans touch it
 3. Comes away with
 4. ___ com, on the web
 5. Overwhelming admiration
 6. Find how long something is, for example



7. Claim to a higher court
8. In an affectionate way
9. Early morning time
17. Bowie's weapon
19. Tested
21. Song that starts "My country, 'tis of thee"
22. Sticky stuff
23. Son of a king
24. Let
26. Event for exhibitors
28. A versatile tool has many
29. Nothing more than
30. Exhausted
33. Light brown
34. Get inside data

Answers on page 30

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Exploring the Piedmont Region of Italy and its Wines



By Nick Antonaccio

this region is not a magnet for the typical tourist.

However, in my opinion, this region, more than any other, exemplifies Italian culture in its simplest, yet most evocative, embodiment. The sophistication here is in the personalities of its residents, in its cuisine and in its wines.

Our focus this week is on the grapes of Piedmont.

Its residents have elevated basic farming and local cuisine to a fine arts plateau. Whether foraging in the forests for aromatic truffles that rival the allure of precious

10th century Venetian spices, or crafting robust, world-renowned wines that rival, even surpass, the fabled wines of Tuscany, these Piemontese (as the locals are called) have honed an innate Sprezzatura (the art of effortless mastery). This gift is evident in their precious, but elusive, white truffles (currently commanding up to \$200 – per

This week, our virtual tour of Italian regions growing lesser-known grapes brings us to one seemingly forgotten (or avoided) by the Renaissance. Lacking the major architectural relics of other regions, or a history of fine art,

ounce) and their magnificent, hand-crafted wines.

Sitting in northwest Italy, at the foot of the Alps, bordering France and Switzerland, Piedmont is favored with a unique climate of foggy days and cool nights, ideal factors for rich, robust wines. When I think of Piedmont, I think of Tuscany on steroids: lush hills, yet more numerous and crowned with ancient fortresses; quaint towns dating to Medieval times, but still exuding the rustic spirit of those ancient times, unlike the tourist-influenced atmosphere in several Tuscan cities.

On to the indigenous grapes. First the reds:

1. Nebbiolo. Certainly not a lesser-known grape, I would be remiss not to mention “the King of wines and the wine of Kings.” These wines bear the names of the localities in which they are produced: primarily Barolo and Barbaresco. I compare this small area to the Burgundy region of France: numerous small plots farmed

by multiple generations of family winemakers who are fanatical about the quality of their wines. Mature wines are complex with rounded tannins, plus aromas and flavors redolent of the very forests and soil in which the Nebbiolo grape thrives.

2. Barbera. The wine produced from this

grape, the most prolific in the entire region, is what the Piemontese drink while their Barolos and Barbarescos are maturing in the wine cellars. The wines are produced in several subregions, including, by geographic location: Barbera d’Asti, Barbera d’Alba and Barbera del Monferrato. These are earthy wines, with an exceptional balance of fruit and acidity. Aromas of black cherries and plums, with hints of pungent mushrooms, make them excellent for pairing with wild game and rich sauces.

3. Dolcetto. A fruity bouquet of black cherries with a hint of chocolate make for a fresh wine to be consumed young. Pair it with rich tomato-sauced pastas; a perfect pizza wine.
4. Brachetto. A sweet, red sparkling version, Brachetto d’Acqui, is the most popular expression of this grape.

Other reds produced in much lesser quantities include Grignolino, Freisa, Quagliano, Bonarda, Vespolina and Pelaverga.

On to the whites:

1. Moscato. An increasingly popular wine in the United States, Moscato d’Asti is slightly effervescent and favored by sweet-wine lovers, while Asti Spumante is a sweet, more effervescent version.
2. Cortese. More famously known by

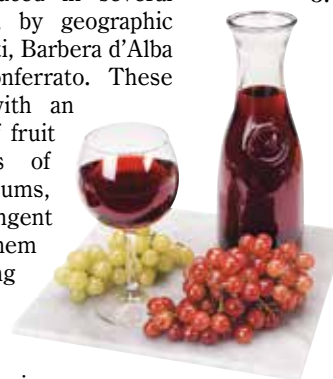
the locale in which it is most prolific – Gavi – this light, crisp wine with hints of citrus and pear pairs well with mild Mediterranean fish.

3. Arneis. Don’t like highly acidic wines? Arneis had been lost in obscurity as a vapid, simple wine. It has been recently resurrected as a crisp, medium-bodied wine with aromas of almonds and peaches – and still low in acid. It is excellent with light chicken and fish dishes.

Other whites include Erbaluce, Favorita and the previously obscure Timorasso, resurrected in the 1970s.

The Piedmont region, long famous for its signature lusty Nebbiolos, is reaching out to the American market with wines that are eminently pleasing to the American palate. Add several of these to your must-buy list.

Nick Antonaccio is a 45-year Pleasantville resident. For over 25 years, he has conducted wine tastings and lectures. Nick is a member and Program Director of the Wine Media Guild of wine journalists. He also offers personalized wine tastings and wine travel services. Nick’s credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



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ArtsWestchester Accepting Applications for New Poet Laureate Post

County Executive George Latimer and ArtsWestchester announced Tuesday a competitive call for an inaugural poet laureate position for Westchester County for the 2021-22 term.

Westchester's poet laureate candidate will be an advocate for poetry and the literary arts and have significant personal poetic work. The person will also encourage the community to engage with poetry by creating and leading activities that inspire writing and poetry performances among all age groups while initiating a dialogue between local poets, cultural organizations and community institutions.

While the first-ever holder of a poet

laureate position dates to the 13th century, America's first poet laureate was Robert Frost who was officially appointed in 1961. Today, the position is not restricted to the national level: nearly all states have a poet laureate, as do many counties, cities and other jurisdictions. Westchester County officials suggested it is a perfect time to join other counties around the state in creating a poet laureate position at the local level.

"When we think about memorializing a time, a place, a struggle or an occasion, we turn to one of the highest forms of expression – poetry," Latimer said. "It is this language in the hands of a poet laureate that we can reframe and restate the ideals we hold true."

"Support for our creatives is more important than ever during this pandemic," said Janet T. Langsam, CEO of ArtsWestchester. "The concept of a poet laureate is an affirmation that in our present-day society words matter and that it is important that these words be truthful, poetic and emblematic of our principles and our aspirations. We look to a poet laureate to express for us the things we might like to say ourselves, if only we had the poetic license."

The poet laureate program is managed as a partnership between ArtsWestchester and the county's executive's office.

How do poets apply?

The open call for applications for the 2021-22 poet laureate is now active, with a deadline of Nov. 16 at 11:59 p.m. The two-year term is set to begin Jan. 1 and continue through Dec. 31.

Applications are only accepted through ArtsWestchester's grant site through submittable.

Applicants must be at least 25 years old, must have resided in Westchester County for two years prior to application; during the time of application and for the duration of the appointment; and must have past work that is of high artistic quality demonstrated by journal publications, chapbooks, books, audio or video. Full eligibility requirements and terms are here.

Eligible applications will be reviewed by a panel of judges, including ArtsWestchester staff or board and County representatives and well-regarded poets from the region. The top candidates will be interviewed before a final selection is made and announced by the county.

The selected poet laureate will serve a two-year term and receive an honorarium of \$1,250 per year to fulfill the post's duties. Additional funds of up to \$500 will be available for materials and other approved costs associated with the community engagement programs the poet laureate facilitates.

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