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March 24 - March 30, 2020

**SMALL NEWS IS BIG NEWS**

Volume 14, Issue 655

## Local Hospitals Geared Up for Onslaught of Coronavirus

By Martin Wilbur

Representatives from three local hospitals expressed confidence last week that their facilities will be able to handle the anticipated spike in COVID-19 cases that have been forecast to be diagnosed throughout the metropolitan area.

Northern Westchester Hospital in Mount Kisco and Phelps Hospital in Sleepy Hollow reported being well-equipped at the moment, in part because they are part of Northwell Health's 23-hospital system which can draw on a staff of about 73,000.

"We monitor volume throughout the day and night, and as changes occur, the hospital is well positioned to open capacity and redeploy resources to provide the best care for our patients," said Derek Anderson, executive director at Northern Westchester Hospital. "This often requires looking at non-traditional hospital beds, like recovery units as safe locations to care for patients."

Northern Westchester currently has 245 beds, with 15 dedicated to intensive care.

Meanwhile, Phelps reported that should a surge occur the Northwell Health system has access to multiple sources of ventilators. Northwell has been able to increase that number by about 50 percent throughout the system. There are also about one million N-95 masks that have been secured for distribution.

About two months ago, Northwell also spent more than \$5 million to bolster its lab equipment and supplies, including masks, gloves, goggles, gowns and other personal protective equipment, according

to Phelps' Interim Executive Director Eileen Egan.

Phelps has plans in place to handle a surge in patient volume, having developed and refined emergency response plans dating back to the SARS outbreak in 2003, the swine flu outbreak in 2009 and Ebola in 2014.

At Putnam Hospital Center in Carmel, administrators said they are fully equipped to handle the growing number of COVID-19 cases. Hospital President Peter Kelly said there are ample supplies, staffing and beds, including ICU capacity.

"One of the many benefits of being part of a health system with seven hospitals is we can work together to help balance and accommodate a shifting census if we see an influx in patients," said Kelly.

Putnam Hospital is part of Nuvance Health.

However, Kelly said the hospital's staff is mindful that with COVID-19 the number of afflicted patients can multiply quickly. Cases throughout the United States are increasing daily, and in Putnam County the number of lab-confirmed cases went from zero to nearly 40 in about a week, he said.

Anderson said that Northern Westchester began preparing for COVID-19 in early February by activating its emergency command structure. The hospital is now running emergency operations around the clock. There were surge planning and drills and regional exercises with Phelps.

"Northwell Health has been gearing up for this pandemic since news of the coronavirus first emerged out of Wuhan,



KATE BAGGOTT PHOTO

### Keep Your Distance

Teenagers near Pleasantville High School get creative last Friday in hopes of socializing with friends but doing so with safety in mind. The youngsters managed to stay clear of one another after the school district restricted their outdoor facilities to individual exercise.

China," Anderson said. "Northwell's emergency operations center has been activated since January, and over the past seven weeks, Northwell has spent millions of dollars purchasing lab supplies, gloves, gowns, masks, eye protection and other material in preparation for COVID-19."

The hospitals have also amended their visitation schedules. In Putnam, all support groups have been temporarily discontinued. The Northwell facilities have suspended visitation except for end-of-life situations, pediatrics and NICU and the maternity and emergency departments.

Elective surgeries were discontinued on Mar. 16 for at least a month, which freed up bed capacity.

Staff has also emphasized to the public social distancing, proper hygiene and listening to medical advice during the current health emergency.

"Rest assured, we are preparing aggressively to meet this challenge and care for you, our community, if we are faced with a surge of COVID-19 patients," Egan said.

*Holly Crocco contributed to this article.*

## Mt. Kisco Diner Files for Bankruptcy Stemming From Labor Dispute

By Martin Wilbur

The Mount Kisco Coach Diner has filed for bankruptcy about two months after settling a lawsuit brought by 11 former employees who accused the owners of cheating them out of pay and discriminating against them.

Three Diamond Diner Corp. submitted a petition on Mar. 10 in U.S. Bankruptcy Court in White Plains after citing an inability to pay \$996,000 in labor claim settlements.

Julissa Morales, Aidee Geronimo-Romero and Ady Garcia, the three original plaintiffs who brought the litigation before eight others opted in, alleged in an Apr. 18, 2019, lawsuit in federal court that the diner's ownership failed to pay them wages for all

hours worked. They also neglected to pay overtime when the plaintiffs' hours exceeded 40 hours a week, cheated them on tips and "cooked the books" by falsifying records regarding the number of hours employees worked and how much money they received.

The complaint also stated that the predominantly Hispanic staff were subjected to a hostile work environment, which included racially derogatory insults. Members of the Georgiou family, who own and operate the diner, also "perpetrated and condoned rampant sexual harassment against female employees."

A settlement was reached between the parties on Jan. 7, providing a combined \$800,000 to the 11 plaintiffs. Another

\$100,000 is owed to the plaintiffs' lawyers from the Worker Justice Center of New York in Ulster County.

The owners declined to answer questions on the matter and issued a two-sentence statement related to the matter.

"Unfortunately because of the current crisis we need more time to make our payments," the statement read. "These include a settlement of a frivolous lawsuit which we settled to put behind us."

Maureen Hussain, one of the plaintiffs' attorneys, dismissed the owners' arguments. The diner's owners failed to pay the \$900,000 settlement within 60 days, violating the agreement, she said. As a result, penalties will now boost the amount

owed to \$2 million, Hussain said.

She said that a business doesn't agree to a \$900,000 settlement if it thinks the claims are frivolous.

"For the diner owners to sign an agreement promising to pay, and to turn around on the day that payment is due and file for bankruptcy to try to avoid paying, is incredibly destabilizing to the workers and their families, and simply adds insult to injury," Hussain said.

The diner, which was approved for an expansion in 2013 by the village's Planning Board, continues to operate with take-out and delivery service.

# Chambers, Business Groups Rally to Support Local Merchants

By Rick Pezzullo and Martin Wilbur

Local chambers of commerce and other business advocacy groups are working hard to help merchants find creative ways to stay afloat and draw customer traffic while everything surrounding them has virtually shut down during the coronavirus crisis.

"My heart breaks for these businesses," said Lauren Brady, events manager for the Hudson Valley Gateway Chamber of Commerce (HVGCC), who noted one restaurant owner had to let go 50 employees.

"Winter is hard for them anyway and spring is when they come out of the red. They're all trying to get very creative," Brady remarked. "I feel comfort in that the whole world is going through this. Everybody is trying to support each other."

Creativity and how quickly merchants can adapt may determine which businesses can survive this unprecedented storm, said Chappaqua-Millwood Chamber of Commerce President Dawn Dankner-Rosen.

"It will be those that are able to regroup quickly and come up with some new strategies, they will do well," said Dankner-Rosen. "Those who don't, they may tank. That's just what may happen."

The HVGCC, which has about 525 members in Peekskill and Cortlandt, and the Yorktown Chamber of Commerce have both put together directories of restaurants and other businesses that have stayed open.

Many of the chambers in the area, including Chappaqua-Millwood and Pleasantville,

have done likewise, regularly updating their websites to reflect which businesses are open, the ones offering sales and specials and others providing curbside service or delivery.

"We have also put together a list for gyms with their virtual workouts and where to tune in," said Sergio Esposito, president of the Yorktown Chamber of Commerce. "Next is a list for people in the construction and repair industry for people looking to get those projects done that you may not have had time for. We are encouraging businesses to stay active and relevant on social media and to forward their calls to a cell phone so they can answer and speak to would-be and future customers."

Pleasantville Chamber of Commerce President Bill Flooks said with so many people remaining at home, many local residents may not even be aware of who is operating, their hours or the extent of their services.

"We've never faced this before," Flooks said. "We're trying to do the best we can to let the public know what is available to them."

Esposito is hopeful relief for local businesses will come soon from the federal government.

"We have a phone number for people seeking info on the relief bill sponsored by the Senate as well as the Democratic-sponsored bill and fielding tons of questions on the pause order and all other questions especially those pertaining to essential business categorizations," he said.

"We are encouraging all businesses to 'stay the course,' assuring them that relief is on the way. Most businesses have already paid their



A deserted parking lot at Jefferson Valley Mall in Yorktown highlights the stark reality businesses are facing everywhere in the coronavirus health crisis.

March rent, but April is just around the corner. I am confident that the relief bill will pass. I know that \$350 billion has already been agreed upon for small businesses as potential grants but other parts of the Senate sponsored relief bill are still at issue."

Small businesses and nonprofits in Westchester and Putnam are eligible to receive low-interest federal disaster loans, according to the Pleasantville Chamber of Commerce. Economic eligibility is based on the financial impact of COVID-19. The interest rate is 3.75 percent for small businesses and 2.75 percent for nonprofits.

Brady said the HVGCC is also working closely with the Peekskill Business Improvement District (BID) and Cortlandt's economic development coordinator, George Oros.

The Yorktown Small Business Association

(YSBA) is using social media and coordinating with elected officials and other business leaders to offer assistance to at-risk local businesses.

"As consumers, please support our local small businesses however possible," YSBA President Bob Giordano and Executive Director Cheryl Sanchez stated in a message to members. "We remind you to please shop local and shop small."

Despite the federal disaster assistance and the hope that Congress reaches an agreement on a stimulus package, Flooks said it will be a tough road for some business owners.

"It's very important to have a functioning downtown," he said. "I'm sure there will be a couple (businesses) that will not survive. It's just a matter of economics and how long they can be closed for."



## Could You Have A Kidney Stone? Learn about symptoms, treatment and prevention...

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#### Q: What are the symptoms of a kidney stone?

**A:** You might feel waves of severe pain in your back or side below the ribs. Pain might spread to your groin and lower abdomen. Nausea, vomiting and blood in the urine are possible. If you experience extreme pain, vomiting, or fever, go to an urgent care facility, or your hospital ER. Otherwise, have your symptoms evaluated by your primary care physician.

#### Q: What actually is a kidney stone?

**A:** A stone is rock-like material formed within the kidney. Most stones have a calcium component, and are caused by inadequate fluid intake, an overabundance of calories, and excessive salt intake. Stones with a uric acid component are caused by an excessive meat intake. When a stone passes out of the kidney and enters the ureter, the tube becomes blocked, urine backs up, the kidney swells and pain results.

#### Q: What are my treatment options?

**A:** A small stone may "pass" from your body naturally. If necessary, your physician can provide medication for pain and nausea and allow natural passage of the stone. Uric acid stones can sometimes be dissolved

with medication. A large stone blocking a kidney, or a stone associated with an infection, can be life-threatening and must be treated urgently. For stones that cannot pass on their own, a urologist may advise one of three outpatient procedures, depending on the size and location of the stone.

- (a) External shock waves to shatter the stone, turning it to smaller stones that can then pass on their own.
- (b) Inserting a small telescope to laser the stone into tiny fragments.
- (c) If the stone is very large, a telescope is passed directly into the kidney through ones back to fragment and remove the stone.

#### Q: Can I help prevent kidney stones from forming?

**A:** Yes, however, once a kidney stone is removed, if a person does not change his or her diet or fluid intake, there's a 70 percent chance another will form. Help prevent calcium stones by remaining well-hydrated. Avoid consuming large amounts of dark leafy vegetables, peanuts, Vitamin C tablets and chocolate. To avoid forming a uric acid-type stone, limit meat, including red meat, chicken or fish.



# 'Several Months' of Social Distancing as State Scrambles for Supplies

By Martin Wilbur

Gov. Andrew Cuomo advised New Yorkers Monday that their routines won't likely return to normal for several months as the state scrambles to gather protective supplies for healthcare workers and increase hospital capacity to battle the coronavirus.

Cuomo mandated that all hospitals in the state increase bed capacity by at least 50 percent while trying to double the number of patients they can treat. There will also be four makeshift hospitals in the metropolitan area, including one housed at the Westchester County Center in White Plains. The others will be at the Javits Center in Manhattan and at SUNY Westbury and SUNY Stony Brook on Long Island.

Calls have been put out to retired doctors and nurses who are state-certified to be prepared to stand in for current healthcare professionals, some of who will get sick while caring for the spiraling number of cases and hospitalizations from COVID-19. About 30,000 have answered the call as of Monday, the governor said.

Cuomo said that social distancing must be practiced for the foreseeable future. He said he was distressed to see in New York City last Saturday that crowds were gathered in parks and in the streets on a beautiful afternoon as though nothing was wrong.

"Nobody can tell you is it four months, six months, eight months, nine months, but it is several months," Cuomo said. "We all have to now confront that that is not going to change. You're not going to turn on the news tomorrow morning and they're going to say, 'Surprise, surprise, this is all going to resolve within two weeks.' That is not going to happen, so deal with this reality."

The reality for hospitals across New York is that the projected need for hospital beds is 110,000, just over twice the state's current inventory of 53,000. There are currently about 3,000 ICU beds and an estimated 18,000 to 37,000 of those beds may be needed by the time the demand peaks in early May, Cuomo said.

ICU beds also need to be equipped with ventilators.

"The numbers are going up at such a rate, it's more than double the capacity of the hospital system and it's more than double the capacity of the ICU system," he said last Friday. "We can't get more ventilators. I can't increase that side of the equation. I can't create more ICU beds without ventilators. The only option available to us is to reduce the spread and reduce the rate of the spread."

By Monday, Cuomo said the state was having some success acquiring more equipment. The state had obtained more than 339,000 N-95 masks, of which nearly 17,000 are going to healthcare facilities in Westchester. There was also a fresh supply of 861,700 surgical masks statewide, including 43,085 for Westchester. The stockpile also includes 353,500 gloves, 145,122 gowns and 197,000 face shields for the state, while Westchester is receiving 17,675, 7,256 and 9,854, respectively.

As of Monday, New York had conducted more than 20,000 coronavirus cases, including 2,894 in Westchester. County Executive George Latimer said the first case in Westchester was reported on Mar. 1.

"This tells us how rapidly contagious this disease is," Latimer said. "We have to do everything we can to slow that growth. This is a national and international crisis. There are local realities to this. This is a pandemic. This is in every corner of the world. The mission is singular, it's to save lives. This is a test for this generation."

There are 54 positive tests in White Plains, 43 in Greenburgh and 25 in Cortlandt.

Last Friday, Cuomo ordered all nonessential businesses shut indefinitely by Sunday evening. Businesses that are not in certain categories will be shut by

authorities and owners subject to civil penalties.

Individuals who congregate will not be penalized but will be discouraged from meeting.

Essential services include supermarkets and food establishments, pharmacies, healthcare facilities, gas stations and auto repair shops, transportation and financial institutions. For a full list of exempted businesses, visit the Empire State Development page at <https://esd.ny.gov/guidance-executive-order-2026>.

In other actions, there is a 90-day moratorium on residential and commercial evictions and all credit card and ATM fees

will be waived.

The federal government announced last Friday that it would be extending the deadline for filing tax returns to July 15. The state also followed that revised schedule.

Cuomo said the state could face a revenue shortfall of as much as \$8 billion because of the shutdown of the economy and the upcoming delay in collecting tax revenues. However, he said the steps to shut down businesses is needed to help protect people.

"Let's deal with what's in front of us and let's save as many lives as possible," Cuomo said. "That's what these policies do."

Rick Pezzullo contributed to this article.



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# Child Care Available for Healthcare Workers, First Responders

School districts throughout Westchester County are providing child care for healthcare workers and first responders for children five to 12 years old.

All children of police, fire, EMS, corrections officers and all public health workers are eligible for the program.

Those who would like to drop off a child

must provide proof of employment (such as work ID) at their district's designated child drop-off. The service is available to all county residents, and those healthcare workers and first responders who live outside of Westchester County but work in the county. This service is provided from 8 a.m. to 6 p.m. Monday through Friday

regardless if your child attends a private or public school.

Children will be separated into groups of 10 to 12 and social distancing will be practiced. Each child will have their temperature taken when they are dropped off; no children with any flu-like symptoms may attend. Each room will have an aide and/or teacher present as well as a nurse. The program will be assigned a full-time administrator.

Residents should contact the districts directly for more information.

The following contains the drop-off point for each district:

- **Bedford:** Mount Kisco Elementary School
- **Byram Hills:** Armonk Children's Corner

- **Croton-Harmon:** Carrie E. Tompkins Elementary School
- **Greenburgh-North Castle:** Kenneth B. Clark Academy
- **Harrison:** Harrison Elementary School
- **Ossining:** Park Elementary School
- **Peekskill:** Uriah Hill Elementary Schools
- **Somers:** Somers Intermediate School
- **Valhalla:** Easter Seals or Valhalla Middle/High School
- **White Plains:** Post Road Elementary School (9 a.m. to 3 p.m.)
- **Yorktown:** Yorktown High School between 8 a.m. to 4 p.m.

Provisions for children up to five years old are still being fleshed out. Additional details will be shared when plans are finalized.

## Retired Doctors, Nurses Sought to Help With Expected Patient Surge

Westchester County Executive George Latimer is calling on retired and non-working nurses who are licensed in New York State to be on call to meet the spiraling healthcare needs caused by the coronavirus pandemic.

"The reality is we don't have enough nurses to meet our current demand – and that demand will only grow," Latimer said. "We need you now more than ever – your expertise, your education, your experience – you."

Nurses will assist at nursing homes, child care programs, congregate care facilities, senior buildings and other sites that serve vulnerable populations. The Westchester County Department of Social Services will coordinate the placements in partnership with the Department of Health.

"If the surge of coronavirus cases

reaches predicted levels as we saw in Italy, we need more testing, more beds, more ventilators, and more nurses and doctors," Latimer said.

"We need you for what may be coming – and we thank you in advance for your service during this unprecedented time," he added.

Those interested in serving the community in this capacity should contact Lindsay Jackson at [lajc@westchestergov.com](mailto:lajc@westchestergov.com)

Additionally, the State is asking all recently retired health professionals, including doctors, to volunteer to act as reserve staff. These professionals are asked to complete this survey: <https://apps.health.ny.gov/pubpal/builder/survey/retired-health-professional>.

--Martin Wilbur

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# Red Cross Pleads for Blood Donors at Upcoming Westchester Drives

By Martin Wilbur

Calls for hospital masks, protective gowns and ventilators have reached a critical point for many hospitals and healthcare facilities looking to protect staff while tending to patients during the burgeoning coronavirus crisis.

But there is another shortage that promises to be problematic as well – a dwindling blood supply.

With the public being asked to stay home as much as possible and the mandated shutdown of schools and non-essential operations, there have been mass cancellations of blood drives, which are often held in schools, churches and community organizations this time of year.

Already, more than 2,700 Red Cross blood drives have been canceled throughout the United States, said Abigail Adams, the director of communications for the Red Cross in Westchester County. Plus, others that would have been scheduled for later this spring almost certainly won't be held.

On Saturday, the New York Blood Center announced that there has been a 75 percent reduction in blood donations. The center has canceled all community blood drives until further notice, including an upcoming spring drive at Pleasantville High School.

However, donating blood, as long as proper precautions are followed, does not pose a health risk, Adams said.

"We want everybody to be safe," she said. "We're the leaders of preparedness. The immediate goal is urging people to donate



PHOTO COURTESY OF PEXELS

A blood shortage is one of the consequences of the coronavirus pandemic as hundreds of drives have been canceled around the nation and residents focus on their health and their jobs.

blood."

This week there will be two Red Cross blood drives in Westchester: on Tuesday from 9 a.m. to 2 p.m. at the organization's Hawthorne headquarters at 40 Saw Mill River Rd. and at the Paramount, located at 1008 Brown St. in Peekskill on Thursday from 10 a.m. to 4 p.m.

Adams said Red Cross volunteers will perform the pre-donation screenings and the venues are large enough to keep members of the public at a safe distance from each other.

Those who are waiting to give blood will be asked to wait outside.

Anyone who doesn't feel well is urged to stay at home.

"As much as we can we're practicing social distancing," Adams said. "What people need to remember is that a blood drive at any one time has less than 30 people, so that (addresses) the social distancing."

What people should also remember is that giving or receiving blood will not transmit COVID-19, said Robert Kessler, president

of Vitalant, the nation's second-largest community blood service provider, which holds blood drives throughout New Jersey and the Hudson Valley each year.

Kessler said that there's no proof that the virus can be transmitted from person to person through blood, which is important because many people who may be infected have no symptoms. There's no way for the Red Cross workers to be able to test donors for the coronavirus.

"I think the overriding message is we need blood because, again, if we don't have enough blood to meet the basic needs of patients that may well cause another public health crisis, so we're urging folks who feel well to come in and donate," Kessler said.

Blood donations also do not impact a person's immune system, he said.

Further exacerbating the looming danger is that March and April are a popular time for high schools and colleges to hold blood collections, Kessler said. This year that won't happen, he said.

Adams said for those who can take the time to donate this week they are strongly urged to make an appointment at [www.redcrossblood.org](http://www.redcrossblood.org) and enter the sponsor code ARC for Tuesday's drive in Hawthorne and the code Paramount for the one in Peekskill on Thursday. The Red Cross is looking to schedule another drive in Chappaqua in the near future, she said.

"We've been getting word out that if you're healthy and can donate please donate because you're saving lives," Adams said.



## Lil' Chocolate Shoppe

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# Center for Disaster Medicine Faces Potential Loss of State Funding

By Martin Wilbur

Assemblyman Thomas Abinanti (D-Pleasantville) last week called on his legislative colleagues and Gov. Andrew Cuomo to restore funding for the New York Medical College's Center for Disaster Medicine in Valhalla.

The center, which was established in 2005, trains doctors, nurses, other healthcare professionals and first responders on how to prepare for and respond to major emergencies and crises such as a biological attack, a nuclear accident or a pandemic, Abinanti said. He said it's the only center of its kind in the Hudson Valley.

"All of these people need to be trained," Abinanti said. "What do you do in a time like this?"

Its director, Dr. Robert Amler, said the center received state funding for the first time in Fiscal Year 2018, amounting to \$500,000. That sum was increased to \$750,000 the following year and to \$925,000 for the current year. This year, New York Medical College asked for \$1 million, which matches the state funding dollar for dollar.

Not having that money would be a crushing blow to the center's work, which includes training emergency personnel on containment of infectious diseases.

"What really makes it unique, it is designed to be a response to the kinds of emergencies we're having in New



Assemblyman Thomas Abinanti, left, with leaders from the Center for Disaster Medicine in Valhalla, including its director Dr. Robert Amler, center. The center is the only disaster civilian training center in the state.

York right now, facing a biological threat, whether intentionally, accidentally or through nature," Amler said. "It doesn't really matter because people have to face the threat, we have to deal with the consequences of the threat, so to suspend this initiative at this point in time would be very inopportune."

Cuomo had proposed the funding cut in January as part of his executive budget for the upcoming fiscal year before the coronavirus hit the United States.

The Center for Disaster Medicine is one of 24 centers around the state that are slated for cuts, Abinanti said. However, the other centers are research facilities.

"We need to be sure that our healthcare professionals and first responders are trained in the techniques most appropriate to protect the public and themselves," the assemblyman said. "What the center does is develop response techniques based on the best science available."

Amler said that the center is fully

functional, training hospital and emergency service personnel from every part of the state, from Long Island to Buffalo. He said he understands the need for the state to address its fiscal situation, but the loss of funding would jeopardize the center's work.

"We would have to cut back," Amler said. "Even though we're in the Hudson Valley, we train hospital personnel all over the state in things like responding to mass casualties, infection control, hospitals operating when they get overburdened, when their capacity gets overburdened."

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# State Looking at Difficult Budget as Deadline Approaches

By Martin Wilbur

As the deadline for the state budget looms next week, legislators are scrambling to provide critical cushion for residents and business owners as the full brunt of the economic shutdown caused by the coronavirus takes hold.

State Sen. Peter Harckham (D-Lewisboro) said he has a package of legislation that addresses some of the immediate pressing needs caused by the crisis, including zero interest loans for small businesses and nonprofits, continuing funding for special act schools that don't receive foundation aid but must operate to get state funding and allowing part-time police officers to earn more than \$35,000 this year.

Last week, the legislature passed an emergency paid sick leave bill for those quarantined because of COVID-19 that provides up to 14 days of paid leave. Businesses with 10 or fewer employees and net revenue under \$1 million last year will have the full cost of the leave paid through the state's insurance program. Businesses with more than 10 employees or with 10 or less with more than \$1 million in revenue will be required to pay for five days of leave with the state picking up the balance of the cost.

Outfits with at least 100 employees would have to pay for the entire cost.

"The original plan was to try and get the budget done early," Harckham said,



State Sen. Peter Harckham

"but now that we are seeing kind of the bottom drop out of the stock market, the impact on sales tax and the impact on local businesses, we're taking a fresh look at the revenue assumptions and the revenue assumptions drive everything else in the budget. It's a challenge."

State Comptroller Thomas DiNapoli issued an initial estimate last Tuesday that state revenues could be off by at least \$4 billion. That number could be in excess of \$7 billion if a more severe recession sets

in or if the markets continue to decline, he said.

During his daily briefing last Friday, Gov. Andrew Cuomo said with the tax filing deadline pushed to July 15, the fiscal situation could be even more dire because significant state tax revenue won't be collected for up to three months.

"The only way I sleep on that one, it's not just this state, it's every state and there is going to be federal action because the economy is going to be deteriorating for every state," Cuomo said.

Assemblyman Thomas Abinanti (D-Pleasantville) said at this point he would be in favor of passing a bare-bones budget by next week's Mar. 31 deadline, in part because there are only rough estimates of revenue shortfalls. Once the tax revenue comes in by July and the full scope of the economic wreckage is known, the legislature can reconvene and make adjustments.

"We need to do something before Apr. 1, either a continuation of this year's budget or some kind of budget that is modified to deal with the emergency," Abinanti said.

He strongly recommended that critical policy issues such as whether to legalize recreational marijuana or bail reform revisions should be pulled out of the budget and dealt with separately, a position the Democratic-controlled Assembly held at the start of the session in January.

Harckham said that the legislature is likely to make revisions to the bail law,

such as giving judges more discretion on whether to hold suspects, particularly those with long rap sheets.

The senator said there were very important issues raised by advocates for education, child care and special needs during last month's budget hearing at the County Center, and he expects the state to be able to fund what's necessary. However, the 2021 fiscal budget must hold the line because of the unprecedented circumstances, Harckham said.

"As much as everyone comes to Albany every year looking for goodies, this may not be the year for it," he said.



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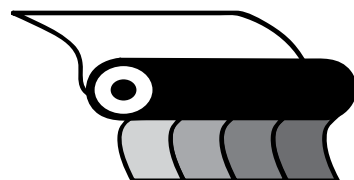
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# Obituaries

## Howard Donohue

Howard Donohue of Putnam Lake passed away on Mar. 14 after battling Alzheimer's disease. He was 82.

Donohue is survived by his daughter, Jennie; son Jim and daughter-in-law Terri; as well as his loving partner of 32 years, Ginny Stone. He is predeceased by his father, William; mother Helen; brother Norman; and sister Maxine.

Donohue was born in Yonkers on Mar. 1, 1938. He served in the Army and was based in Korea from 1961 to 1963 before meeting his wife, Jane. Although they divorced 14 years later, they remained good friends and successful co-parents, something which baffled most people. He also attended Westchester Community College.

Donohue was a 35-year veteran of the U.S. Postal Service, first in Yonkers and then in Carmel. He was the quintessential, old-school letter carrier who cared about his customers, both human and canine, and

often could be found chatting with neighbors or digging in his pocket for dog biscuits. Known as Howie to his friends, he was a hard worker and civic-minded, serving as a part-time constable, and later, as a court officer for the Town of Patterson.

In addition, he was a 30-year member of the Brewster Elks Lodge #2101. As his family knew all too well, he was always right, an expert at everything and will certainly be bossing everyone around in the afterlife. If he could, he'd be arguing about this obituary, too, although he'd appreciate the good-natured teasing.

Arrangements are being handled by Dwyer Funeral Home in Patterson. There will be a reception celebrating his life at the Brewster Elks Lodge in late spring or early summer.

In lieu of flowers, donations can be made to the Alzheimer's Association or the Wounded Warrior Project.

## Karen Beaumont

Karen Stenner Beaumont, the first female firefighter of the Lake Mohegan Fire Department, died unexpectedly but peacefully Mar. 14 surrounded by many loved family members. She was 88.

Beaumont was born Nov. 13, 1931, in Detroit, Mich. She married Donald Beaumont in 1950 and enjoyed more than 65 years together. Her children remember her as a kind, gentle and patient mother who encouraged them to pursue their goals.

She was an accomplished registered nurse and worked as a visiting nurse in Westchester for more than 25 years. She was a dedicated individual who enjoyed helping and teaching others. She, along with her husband, were New York State EMT instructors for many years, and taught more than 1,000 of the area's EMTs and paramedics.

She was a Lifetime Member of Lake Mohegan Fire Department, first as a member of the Lake Mohegan women's auxiliary. She was an EMT and driver for the Mohegan Volunteer Ambulance Corps for many years. She was also an EMT and driver for the Yorktown Volunteer Ambulance Corps.

Beaumont was also passionate about Girl

Scouts. She was a lifetime member of the GSUSA. She was a master trainer and taught thousands of leaders many skills. She was a member of the Heart of the Hudson Girl Scout Museum, very dedicated in working with archives, and a proud member of The Green Hat Society. She served as president of the Taconic Girls Scout for many years.

She was a member of Putnam Valley's garden club and the Red Hat Society. She was a devoted member of Shrub Oak Methodist Church for more than 50 years.

She had many things in this life that made her happy – family, friends, flowers and her cat, Tiger.

Beaumont is survived by her brother, William Stenner, and his wife, Janet, of Newark, Del., and her four children, Donald L. Beaumont and his wife, Ellen, of Everette, Wash., Gary A. Beaumont and his wife, Jeannine, of Fishkill, Beverly Thornton and her husband, Clinton, of Cortlandt Manor and Carol Schoen and her husband, Werner, of Flanders N.J. She is also survived by many loving grandchildren and great-grandchildren.

## John Gress

John (Jack) G. Gress Jr. of Brewster, a patriot, hardworking, well-loved husband and father, passed away peacefully at home on Mar. 22. He was 77.

Gress was born on Nov. 23, 1942, in the Bronx, son of the late Beatrice Byrne and John G. Gress Sr. He grew up in the Bronx and went to St. Helena's High School.

He is survived by his wife of 57 years, Josephine Gress; his four children, Michael Gress, Karen Merritt, Lorraine (Andrew) Chastant and Barbara (Dave) O'Hara; his six grandchildren, Michael Chastant, Patrick Chastant, Abigail Merritt, Ryan O'Hara, Lindsay O'Hara and Ashley O'Hara; his sister, Carol Connolly; his brother, Kenneth (Gerry) Gress of the Bronx; and many loving nieces and nephews.

His beloved wife, Jo, was always by his side. Fiercely devoted to one another, they raised four children in North Salem, where they lived for 48 years. To his six grandchildren, he was always "grandpa," lighthearted and proud. His children would all say that dad taught them a strong work ethic, good morals and the importance of community.

Gress grew up in the trades working with

his dad from childhood as a builder. A self-starter, he began a successful business, WR Repair Service, now owned and managed by his son Mike. Upon his retirement, he intensified his efforts as owner-operator of the Someday Retirement Community in Brewster.

Gress had many interests and it is an understatement to say he enjoyed helping others. He was a true jack-of-all-trades and loved any project large or small. His commitment to the community was endless. It would be impossible to list all of the organizations that he supported and where he volunteered his time. He was most proud of his work with the veterans and honoring of 9/11/2001. If you knew him, you would call him a friend. He will be sadly missed by all.

A private Mass of Christian burial was celebrated on Mar. 23 at St. Lawrence O'Toole Church in Brewster. Limited visitation was held on Mar. 22 at Beecher Funeral Home in Brewster.

In lieu of flowers, donations may be made in Jack's memory to Support our Troops in Carmel or your favorite veterans organization.

## Eliza Dalzell

Eliza Sloan Dalzell, a resident of Brewster, died Mar. 12. She was 92.

Dalzell was born Jan. 19, 1928, in Belfast, Ireland to William and Elizabeth (Crawford) Morrison. She came to this country through Ellis Island with her family in 1930.

She was married to her two wonderful husbands, John "Mike" Sloan, in Brewster for 25 years, and then as a widow found her second love, Graeme Dalzell, whom she married after the sudden death of John in 1977. She lived an active life with Graeme for 31 years in Murrells Inlet, S.C.

She was a wonderful cook and baker, sharing cakes and food with all in need. A loving wife, mother and friend, Dalzell worked many jobs before working at Reader's Digest as benefits administrator for many years before retiring to South Carolina. During this time, she and Graeme traveled and participated in the Senior Olympics, holding many medals at the age

of 80. She was a force to behold. Nonstop energy for life and did it with style. Anyone knowing this lady, will smile at that. She could light up the room with her smile.

She was predeceased by both her parents (William and Elizabeth); her brothers, William and Harry Morrison; her brother-in-law Matthew Kougasian; and her two loving husbands, John and Graeme.

She is survived by her sister, Mary (Morrison) Kougasian, in Florida; John's son and daughter Gary (SueAnne) Sloan and Heather (Russ) Sloan; and extended family Sue and George Dalzell, Jon, Margaret and Richard Dalzell and their families. She was very close to grandchildren Michael (Kristin), Jim and Emily Sloan; Lauren Dalzell Inman, Ryan and Rachel, as well as five other grandchildren and three great-grandchildren, loving nieces and nephews Matt and Tess Kougasian and countless friends she adored.

## Arthur DeMarchis

Arthur Walter John DeMarchis, who started a marina and boat repair business in Ossining, died Mar. 15. He was 96.

He was born Dec. 25, 1923, in Yonkers. A graduate of Yonkers High School, he was one of 10 brothers and sisters. He is survived by sisters, Anna Valle and Gloria DeMarchis. He was predeceased by his beloved wife and high school sweetheart, Florence. They were married for more than 70 years. He is survived by his devoted sons, Arthur Jr. (Debra), Dennis (Cathy), Joseph (Kathy) and Douglas (Virpi); nine grandchildren (Joe, Amalia, Luke, Nick, Olivia, Cedar, Emily, Meagan and Christa); and four great-grandchildren.

In 1958, DeMarchis started a boat-building business in Toms River, N.J., manufacturing a wooden boat called Tobin Craft. He moved the business to Ossining in 1959. At a time when fiberglass boats were replacing wooden boats, he decided to start a marina and boat repair business, Westerly Marina – A Home for Your Boat. The business celebrated its 60th year in 2019. DeMarchis was a fixture on the Hudson River and is well-known and loved in the boating community. Three of his sons and two of his grandsons now work at Westerly Marina. Westerly Marina will never be the same without Arty at the helm.





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# Restaurants Pledge 1M Gallons of Soup to Help Laid Off Workers

By Martin Wilbur

A group of Westchester chefs and restaurateurs pledged last week to make at least one million gallons of soup to help feed restaurant and hospitality workers who have been laid off because of the industry's shutdown.

John Van Dekker, founder of Enormous Creative, a firm that represents clients in the business, said he and his partners have

initiated the Million Gallons program, an effort to recruit colleagues to use excess product or make donations to buy materials that will help ease the burden for many restaurant workers.

While there may be the impression that most restaurateurs are well-off, most establishments are small, independently-owned businesses that operate on narrow margins, Van Dekker said.

For nearly all, there was no choice but to immediately lay off employees. He said 250,000

workers in the restaurant and hospitality industry were laid off within two days last week. Some projections peg that number to mushroom to between five million and seven million nationwide in the next month.

"They need our help. They are among the first and hardest hit with what's happening right now," said Van Dekker, who made the announcement last Thursday outside Captain Lawrence Brewing Co. in Elmsford. "This is an industry that uses today's receipts to pay tomorrow's payroll. From the biggest and the best restaurants to the smallest mom and pops, they're hurting now."

The partners in the project plan to distribute jugs or bottles of soup at various locations. Currently, the parking lot at The Factoria at Charles Point in Peekskill has agreed to be one of the sites. Other locations that are conducive to handling lines but also maintaining space between people will also be announced.

Chefs throughout Westchester and into New York City will join the cooking as well.

The project was the brainchild of Eric Korn, the proprietor of Monteverde at Oldstone in Cortlandt. Korn said that aside from soup being relatively easy to make, it can be frozen so it lasts. Plus, there's the symbolism that when things are going badly, soup can be therapeutic.

"When someone's not well, you make soup," Korn said. "When someone needs help, you make soup, you give it to them, you warm them and that's what we're doing right now."

Restaurateur and Peekskill real estate mogul Louie Lanza said his family's foundation is contributing \$100,000 toward the effort. He mentioned that he thought it was a great idea

and wanted to help.

"It's amazing the amount of people in the restaurant business who have the creativity and knowledge to make this happen," Lanza said.

Lanza's only concern was that many restaurant and hospitality workers might be too proud to accept help.

"You don't know how hard the work is in this hospitality business," he said. "These people want to work. They're the last people to go on unemployment, so let's see what we can do to help these people."

County Executive George Latimer lauded the efforts of the group, which also included Scott Vaccaro of Captain Lawrence Brewing Co., Mogan Anthony of Village Social Hospitality Group, Navjot Arora of Chutney Masala and Matthew Honeycutt from Feeding Westchester.

"We'll only get through this if we rely on each other," Latimer said.

Van Dekker said there is plenty of product available to the chefs. As of last Thursday, for example, there were thousands of pounds of chicken to make chicken soup at restaurants that will have far fewer customers even with take-out or delivery service.

He also appealed to any restaurant that has a large enough kitchen to join the cause.

"I've been watching the e-mails come in this morning from industry people who do want food, who do need food," Van Dekker said. "The need is beginning now."

For more information on the Million Gallons program, visit [www.milliongallons.com](http://www.milliongallons.com).



## Helping Hand

Community Cares, the United Way of Westchester and Putnam and the Putnam County Business Council are providing professionally prepared meals to Putnam County residents who are senior citizens, disabled or who are immune-compromised, as well as first responders and healthcare workers. The efforts will support the local economy by using Putnam food establishments, including restaurants, delis and grocery stores. For those in need of receiving meals, call United Way's 211 hotline.

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# Hillside Food Outreach Expands Service to Quarantined Residents

By Martin Wilbur

An Elmsford-based food pantry is working with Department of Social Services personnel in Westchester, Putnam and Fairfield counties to locate people who are quarantined or isolated because of the threat from the coronavirus.

Hillside Food Outreach, which has worked with the counties to deliver twice-monthly food packages to people in need, particularly seniors, was contacted last weekend by the Westchester County Department of Social Services to see if it could expand its services, said Kathy Purdy, the organization's founder.

Purdy said she was put in contact with a mother of two young children who is sick and tested positive for COVID-19 and cannot leave the house. While quarantined residents who aren't sick but have been exposed to someone who has the disease must remain home for two weeks, those who test positive must have two negative tests before they can leave home, which could last several more weeks, she said.

"I don't think any one of us in our lifetime has ever experienced something like this," Purdy said.

Hillside has more than 300 volunteers who deliver the packages to residents in the three counties. The nonprofit organization, which Purdy started 23 years ago, will continue to make its regular rounds in addition to the likely growing numbers of requests it will receive from people stranded because of the growing health crisis, Purdy said.



Volunteers for the Hillside Food Outreach, an Elmsford-based pantry, are now making packages for residents of Westchester and Putnam counties who are quarantined because of the coronavirus in addition to helping homebound seniors.

Since those eligible for the coronavirus coverage are being identified through the counties, she urged anyone who is quarantined or knows of someone who is quarantined and does not have anyone to go shopping for them to contact their home county's Department of Social Services.

Late last week, Purdy said there were 15 to 20 additional people who had been signed up for the new service.

"We don't know what we're looking at, we don't know how long this is going to go on," Purdy said. "We don't know how many people have it; it seems to be spiraling numbers

every day. This is really an unknown."

To protect the volunteers from excessive risk, Hillside calls the quarantined person to arrange for an approximate delivery time, she said. The volunteer leaves the groceries outside the door or on the porch. Volunteers do not enter the home, touch the door, doorknob, doorbell or any other object.

Purdy said the volunteer will then call the resident to notify the person that their package has been delivered.

"I am amazed. We can always use volunteers," Purdy said. "I'm amazed people are coming forward even in this contagious atmosphere to help out their neighbors. It's just incredible."

In addition to food, Hillside has been including certain over-the-counter products that it may have in stock at its Elmsford warehouse, such as Tylenol, Purdy said.

As much as Hillside Food Outreach needs volunteers, it also needs monetary donations to keep up with the increased demand. Hillside buys all of its food from Wakefern Food Corp., which is ShopRite's parent company.

For those who need deliveries because they are quarantined or cannot leave their home or know someone who is in that situation, they are asked to contact their county's Department of Social Services. The public can also call United Way of Westchester and Putnam's 211 helpline.

To make donations or to find out more about Hillside Food Outreach, visit [www.hillsidefoodoutreach.org](http://www.hillsidefoodoutreach.org).

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## Editorial

### If We're All in This Together, State Must Act Now to Save Main Street

You're a community-minded person so you shop local. You eat Sunday morning breakfast at your town's diner with your family, you buy your kids gear at the local sporting goods store, you patronize the area retail shops for clothing, jewelry and books. You even read your neighborhood newspaper.

But what happens when you're quarantined at home? The restaurant owners, the retail proprietors, the local entrepreneurs of all stripes and their employees are suddenly facing severe economic stress. They're either out of work or just scraping by.

And in this circumstance, when government inaction would allow us to slip into an American economic collapse not seen since the Great Depression, our elected leaders must — MUST — take bold action and take it quickly.

Thankfully, even though more can and should be done, the federal government has already taken forceful strides, like providing the opportunity for impacted small businesses in devastated regions to apply for emergency low-interest loans of up to \$2 million through the Small Business Administration. And, of course, our local governments and business groups can help around the edges, like many did last week in encouraging landlords to work with tenants on delayed rent before the 90-day statewide moratorium on evictions was announced.

But given the gravity of the health crisis and corresponding economic fallout, we need



By Adam Stone

more, especially from our state government.

To be sure, Gov. Andrew Cuomo, who has displayed incredible leadership, winning praise even from fierce critics, took the unassailably correct and necessary step to protect public health by essentially shutting down all nonessential activity in New York. Cuomo and our state legislators must now address the fallout of the needed but brutally painful executive orders.

Even the most ardent champions of small government and fiscal responsibility realize that only the state possesses the power and resources to adequately respond.

If small business owners across nearly all industries are dealing with empty accounts, with no new revenue coming in, and the inability to receive traditional bank loans or private investment, only one significant solution remains to stave off massive unemployment and economic Armageddon of the kind we haven't seen in our lifetimes. That significant solution is state-sponsored measures to lift up small business owners until they can stand on their own two feet again.

Heck, a face of American capitalism and private sector success, Sen. Mitt Romney, was the first prominent Republican, but thankfully not the last, to champion the idea of the U.S. Treasury sending checks to all adult Americans.

New York State, for its part, with progressive leadership in the Senate, Assembly and governor's office, can and

should take notes from Romney on the role of government amidst unprecedented financial meltdown.

What would be a good start? With many establishments unable to meet payroll, zero interest loans of up to, say, \$250,000, guaranteed by the state, would be a lifeline to Main Street businesses that might otherwise shut their doors. If possible, forgive loans entirely for businesses that avoid layoffs or hire back employees they have let go. Republican Sen. Marco Rubio of Florida has been working on a similar bill on the federal side.

And with so many middle-class business owners (who themselves can often live a paycheck-to-paycheck lifestyle usually associated with their employees) facing joblessness, government should extend unemployment benefits to everyone who is out of work, including freelance contractors currently ineligible.

Many elected officials, often poorly versed on private sector realities, conjure images of industry titans when crafting policy. Let's not forget a business owner can include essentially working-class individuals who might just operate a tiny limited liability company. Given the very real health concerns, who is having that painter into their home right now to touch up their kitchen? The painter has no work dates on the schedule, with none in the forecast, and he laid off his one employee.

Other than my grandmother and her generation, who endured the Great Depression as children, many of us might have concluded even the prospect of a gargantuan economic collapse featuring 20+ percent unemployment was just for the history

*continued on page 14*

## Letters to the Editor

### These Are Challenging Times But We Will Emerge Stronger Than Ever

One of my first memories as a rookie Manhattan prosecutor was meeting my Chief who personified justice only slightly less than Robert Morgenthau and Frank Hogan, the legendary District Attorneys he served under. We were the Spartans, he told us, and whether we realized it or not, together we stood shoulder to shoulder in the Battle of Thermopylae. No matter the adversary, we would fight for and with each other as one family.

Little did we know, that just over a year later, planes would crash into what today is an iconic symbol of fortitude and unity, the World Trade Center. The family that Chief spoke of not just held us together but

propelled us through a challenging time.

Although 9/11 was a tragic event of unparalleled magnitude, the comradery and compassion we had for one another as New Yorkers and as a far larger global family fostered our resilience through a terrifying and unknown future. Ultimately, when the smoke cleared, we did not merely survive. Our unity enabled us to flourish.

While our newest enemy, COVID-19, has insidiously crept into our lives in a way none of us could have ever imagined, we face the same frightening uncertainty. However, as scared as we may be, and that is understandable, let facts, not irrational fear, lead the way. With Gov. Andrew Cuomo

at the helm all the way down to your New Castle Town Board, know that every elected official, town staff member, first responder, neighbor, friend and even stranger you do not know, stands shoulder to shoulder with you. Yes, we may fall, and the skies may get dark. But we are a family. We will lift each other up and see one another through.

Have no misgivings. The clouds will break, and when they do, we will thrive even greater than before.

Jeremy Saland

Deputy Supervisor, Town of New Castle

### Somers is Not Taking Virus Pandemic Seriously

What were town officials thinking when they scheduled a Somers Sewer District #2 forum amidst a pandemic?

Our governor declared a state of emergency, advising high risk people to stay home. That is people 60 and up and anyone with pre-existing conditions, which likely consists of a large number of our residents within the 989 parcels/families at stake.

Many with coronavirus don't even know

they're infected. We're advised to exercise precaution to avoid infecting others.

Supervisor Morrissey sent residents a Mar. 19 letter asking we join the board on Mar. 25 so we can "informally" discuss the formation of the Somers Sewer District #2. Really?

The supervisor should know the coronavirus is more widespread and transmissible than previously believed.

We're experiencing a state of emergency in real time. Our businesses are being shuttered, unemployment skyrocketing, healthcare and emergency workers in Code Red and the stock market is crashing.

Call Town Hall: 914-277-3323. Demand our protection. May God guide us through.

Marian Murtha  
Somers



# COVID-19 Causing Pain Everywhere to Everyone

By Michael Gold

COVID-19 feels like watching a horror movie, except I'm in it. We're all in it.

The loneliness of the lockdown, the shut-in nature of the sensible response to this insidious virus has made our family feel a little on edge. My daughter misses walking to school. She misses waiting with her friends in the cool mornings for school to open for the day. She misses the clicking sound her lock makes when she opens her locker.

Last Friday afternoon, my daughter and I went for a walk around Pleasantville after a day of work inside. Our ordinarily vibrant village, with its tightly constructed main street, bustling diner, crowded coffee shops, pizzerias and restaurants and its charming bookstore, looked nothing so much like an empty, dusty Texas town whose denizens have fled in the face of an oncoming tornado. I visualized tumbleweeds, and nothing else, rolling down the street.

I worry about my mom. She's 90 years old and quarantined in an assisted living facility in Connecticut. None of the residents there can eat their meals in the common dining room. They must eat in their rooms alone. My mom is allowed to walk the hallways and visit other residents in their rooms, as long as they stay far apart. I guess they'll end up shouting conversation at each other from way across the length of their apartments.

Since I'm a kindergarten teacher in the Bronx, I'm no longer in a classroom.

Nobody is.

I spent last Friday on the phone, calling the parents of all my students, urging them to sign up for Google Classroom, which provides assignments to the children so they can learn while at home.

By Sunday, nine parents out of 25 had signed up. Two parents had no computers or e-mail addresses.

I'll be working at home every day, to meet online with the school administration, talk with parents about what they're doing to help their kids learn, monitoring student use of Google Classroom and reviewing the assignments the students complete.

My wife's uncle, who lives in Quincy, Mass. by himself in a big, handsomely constructed home, is in his late seventies and has diabetes. His kidney function is way down from the diabetes. My wife and I are worried that he will not get the treatment he needs to recuperate. He would not be a top candidate to get a respirator, which are in such short supply.

My mother-in-law, a widow, is stuck in her home in New Jersey. All her clubs and meeting places are closed – bridge game, canasta, mah-jongg, senior center, the library. She's cleaned everything in the house, done the laundry, washed all the dishes. She's bored and lonely.

My wife is working from home too, of course. She's tense.

I'm dealing with it differently. I watch CNN incessantly in the evening and read The New York Times and The Washington



MICHAEL GOLD PHOTO

A deserted downtown Pleasantville early last Friday evening.

Post, as well as a half-dozen other news sites on the web.

I got really scared when I read about a 17-year-old South Korean boy who died from multiple organ failure. His body has been tested for the presence of the virus. Multiple test results showed he was negative, but one indicated he may have had the virus, according to the Korean Biomedical Review on Mar. 19.

This genetic monster, which exists only to make more copies of itself, is threatening

everything we hold dear – our families, friends, work, way of life, our existence.

I'm scared, but I'm also angry. Last week, President Trump said he knew all along that the virus would cause a pandemic.

Based on what he said, my question to him is this: "If you knew all along that this would be a pandemic, why didn't you do something about it? Why did you wait so long to act?"

*Pleasantville resident Michael Gold has published op-ed articles in the New York Daily News and the Albany Times Union.*

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## Guest Column

### Managing Fears About the Coronavirus and Our Mental Health

By Rachel Merchan

The coronavirus is on everyone's mind. It's impacting how we work, learn and connect with one another. It's also the top story on all major news outlets.

All of this has many of us feeling scared, nervous or anxious. Unfortunately, that can make things worse, taking a toll on our mental health. Here are some tips to support your emotional health and well-being, and help you, and those you love, cope.

**Consider a news detox.** A never-ending stream of information and misinformation from a variety of sources may contribute to the rising sense of panic we feel when thinking about coronavirus.

- Consider taking a break from or reducing the number of updates you consume.
- See how you feel after taking a pause from the news for a few hours, or a day, and go from there.
- If you must search, seek trustworthy sources – the Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov), or your local health department.

**Make decreasing stress a priority.** Find ways to de-stress, such as listening to music, a deep breathing exercise or guided meditation, stretching or a walk outside.

**Understand the root of your concerns.** Ask yourself: What am I most worried about?

Fear often stems from the unknown. Try to understand why you are afraid, and then seek

reliable sources of information to address your concerns, such as the CDC or your healthcare provider. This can also be an important starting point when discussing the coronavirus with loved ones who are afraid. Open and honest communication can go a long way in helping us feel heard and understood.

**Ask for support.** If you're feeling overwhelmed, unable to manage your emotions or struggling to function, it's time to seek help. Let friends and family members know you're having a hard time and seek professional support.

**Acknowledge what you can control.** There's still a lot we don't know about coronavirus. It's okay, normal and expected to feel uncertain and scared. However, staying

in that scary, uncertain space long-term isn't good for us.

Think about taking action in a safe way:

- Learn the facts
- Share your knowledge with others
- Let loved ones know you are available for support
- Treat others with respect, whether you are a patient, care provider or community member
- Acknowledge that we're all in this together

We will get through this as a community and become stronger together. Take care of each other and take care of yourself – and wash your hands.

*Rachel Merchan is a social worker at Northern Westchester Hospital.*

### If We're All in This Together, State Must Act Now to Save Main Street

*continued from page 12*

books, despite 2008 and the Great Recession. My Nanny Roo's lessons, and the lessons of the Greatest Generation more broadly about community, patriotism and prudence, have never been more instructive.

And let me make clear: Examiner newspapers are no doubt impacted by the calamity. It would be wrong to avoid transparency on the subject when newspapers call on and expect unfiltered truth from the people and organizations we cover. We've shed payroll, consolidated much content between our four print editions, offering the possibility of unique

front and back pages, and have created a new business model that will allow us to emerge from this disaster a leaner and stronger local news organization for our readers and advertisers.

But, in the meantime, there's a human toll, and we're hustling every day to make good on our promise to deliver professionally reported local news to communities across Westchester and Putnam counties, in print and online. And with necessity being the mother of all invention, we've already seen an exploding expansion of our online readership and digital advertising support, both incredibly encouraging signals during

uncertain times, as we begin to think online-first in order to provide nearly real-time publication of critical information to our audience.

Already receiving well over 50,000 users per month on average and quickly growing on TheExaminerNews.com, we're working to lift that number above 100,000 in the weeks and months ahead as we redouble efforts to publish daily digital journalism and distribute it on our social media platforms and e-mail newsletters.

The bottom line is this: we are impacted together and must dig our way out together. Black and white, rich and poor, Republican

and Democrat, we are inextricably interconnected in myriad ways. We were reminded of that enduring fact in recent weeks in the most sobering fashion but, with lessons learned, and as our world reinvents itself for the long-term to function more remotely, for better and worse, we are, undeniably, all in this thing together.

Stay safe, stay strong, stay calm, stay diligent and we'll all eat Sunday morning breakfast together at the diner on the other side. I'll see you there.

*Adam Stone is publisher of Examiner Media.*



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# A Realtor Copes With Being Quarantined at Home

Funny, I've been writing about the joys of home life for more than 17 years. My home has been a significant element in my living experience, but now, homebound by the threat of the coronavirus, my home has become my universe.

Literally, I have not been outside for more than a week. Today, the home serves as my base for work, play and seemingly endless worry. Truly, I feel as though I'm living in an alternate universe, one created by H. G. Wells.

And, as a realtor, I'm used to being out and about, meeting new people, listing homes for sellers and showing homes for buyers. Suddenly, all that activity is gone and I am isolated.

There is some consolation in knowing that I'm not alone and that most Americans, as well as people around the world, are suddenly finding themselves stuck at home for a while. Some of us are staying home because the outside world has become a threatening place, and others are there because they are on hiatus from their jobs, some of which may be sadly lost forever.

Whatever the reason, I'm suddenly spending a lot more time at home, more than usual with the dual jobs of realtor and independent public relations consultant with a home office.

I am tempted to watch a lot of Netflix and TCM, but I'm just not wired like that, and neither are most people. But what to do with



By Bill Primavera

all this extra time?

As of this writing, it looks like I might have extra time for a while. From various sources, I've collected some suggestions for enduring an extended period at home that can provide significant benefits.

First, if you don't already have a home office as I do, it is suggested that a working area be designated for work inside your home and only use it for work. The reason is simple: psychologically, it's beneficial to mentally identify a place where you work as opposed to the place where you do anything else.

I've always had a dedicated workspace at home, always feeling that, when I want to do non-work things, I go somewhere else in the house. That mindset really helps, particularly if that place is isolated a little, by closing a door or through some other means.

This extra time can also be used to develop a new skill useful in your career. For me, I decided to brush up on my skills with the new technology.

Also, I've decided to rev up my exercise program, which I promised myself among my New Year's resolutions.

As far as exercise goes, my condominium complex has a wonderful gym, but it, along with other facilities where people can gather, is closed. So, I've resumed a program of walking outside where there are no restrictions, and this can be better facilitated



now that the weather is turning warmer. Also, I've resumed a system of bodyweight exercises that I haven't practiced in a long time.

Further, my condo is on the fifth floor, and until now I have never considered using the stairs. Now it's on my agenda for the coming week and, who knows, maybe I'll keep it going. Didn't I read someplace that climbing and descending stairs can be the best exercise?

Also, I'm catching up on sleep, perhaps too much. But when I'm fully awake, I have never felt so refreshed.

I'm finally getting around to reading that book about the Civil War that a good friend and historian has given to me.

And, I've promised to help my wife do a deep, thorough cleaning of our home and go

through the closets. The latter is a bit of a downer because the majority of my clothes are at least one size too small for comfort. There's the incentive for starting my exercise program!

It might be frustrating to be at home all the time right now, but I know that if I lean into some of the things on this list, I'll find that the time will pass in a meaningful way, leaving me feeling as though this period wasn't just a few lost weeks – or months.

Wish me luck.

Bill Primavera is a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc. ([www.PrimaveraPR.com](http://www.PrimaveraPR.com)). His site is [www.PrimaveraRealEstate.com](http://www.PrimaveraRealEstate.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.



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# Depew Street Project Returns, Receives Approval in Pleasantville

By Abby Luby

Lighthouse Living last week received final approval to build a 71-unit residential apartment house at 52 Depew St.

The two-year process had been through multiple reiterations since the original proposal was submitted in 2018. Three weeks ago, the resolution failed when the Pleasantville Planning Commission deadlocked in a surprising 3-3 vote. Dissenting commission members cited unresolved traffic issues near the site and a concern about overdevelopment in the village.

Last Wednesday, in a teleconferenced Planning Commission meeting with Lighthouse developer David Mann and his attorneys, a revised draft resolution had been worked out in hopes of obtaining approval. In a 5-1 vote, commission members Phil Myrick, Anjali Sauthoff, Henry Leyva, James MacDonald and Chairman Russell Klein were in favor of the project. David Keller was the dissenting vote.

One of the new provisions in the resolution is a \$7,000 escrow account to be set up by Lighthouse for the village to use to pay police enforcing no left turns at the intersection of Grant and Depew streets. A police officer will be at that intersection three weekday mornings from 7:15 to 8:15 a.m. and afternoons from 5 to 6 p.m. for one month after 75 percent of the building has been occupied.

Keller, however, objected to the periods referred to as peak hours as the project's traffic studies had indicated.

"The peak hours may be 3 to 5, but that's not really when traffic occurs," he said. Klein said the village has the option to adjust the hours when the guard is on duty.

"If we find that traffic is more severe in the afternoon, we can use those funds to change the hours," Klein said.

### Bee-Line Buses Free, Passengers Must Enter and Exit in Back

Recognizing the vital service the Bee-Line provides and the imperative need to protect the drivers, County Executive George Latimer that all passengers using the buses must now enter and exit buses from the rear-door. Drivers will not enforce fare payment on Bee-Line fixed bus routes. This new policy, which started on Monday, is the latest action taken to protect frontline employees from COVID-19 and stop the spread of the disease.

Additionally, the first three rows of seats on all fixed-route transit buses will be roped off in an effort to further distance passengers from drivers. Special accommodations will be made for handicapped passengers, who will still be allowed to utilize the front door.

Village Attorney Jennifer Gray said the escrow account had flexibility built in.

"If the police department feels the hours should be adjusted, they can do that," Gray said.

She explained the \$7,000 escrow account was determined after consulting with police Chief Erik Grutzner.

"They looked at the highest paid police officer, determined the overtime rates for that officer and added up the hours for the four weeks," Gray said.

Sauthoff asked what would happen if, after a month, there were still traffic concerns.

"It's up to the discretion of the police department," explained Gray. "The overtime hours would not be funded by this applicant beyond the period of one month."

Other changes in the resolution included a reduction in the number of parking spaces from 106 to 104. Because the Planning Commission had been concerned with how the building would be screened from the adjacent Saw Mill River Parkway, instead of 8- or 10-foot trees, Lighthouse will now be planting 14- and 15-foot spruce trees on the side of the building facing the parkway.

"We are happy the Planning Commission approved the resolution," said the applicant's attorney David Cooper. "This will allow us to move forward. We are also excited to clean up the site," he added, referring to

the remediation for the site's petroleum contaminated soil.

The cleanup will cost Mann \$1.5 million under the Brownfield Cleanup Program, which would reimburse him about two years later.

"We look forward to building a high-quality residential building and put people in Pleasantville's local restaurants and patronize village businesses," Cooper said.

The resolution is still subject to revisions but no further action is needed from the Planning Commission. Lighthouse has to satisfy a number of conditions before obtaining any of the required permits.

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# Holocaust Survivor's Daughter Recounts Father's Story in New Book

By Martin Wilbur

From as young as she can remember, Ella Scheinwald heard the stories from her father of him surviving the Holocaust.

It wasn't something that Zeev Scheinwald wanted to tell his daughter, but the inquisitive young girl implored him to tell her what happened.

"My first recollection was him sitting next to my bed and me asking him – maybe I was five – and he hated to tell me," said Scheinwald, a Chappaqua resident. "He always said it's too difficult, a little girl shouldn't hear it, and I would beg him to tell me and he would tell me. He censored what he told me but I had the sense that it was my job to save him."

By the early 1990s, when Scheinwald had her own children, she finally convinced her father – whose name translated to English is Wolf – to write down his thoughts and remembrances on paper. Scheinwald's intent wasn't to inflict more pain, but have a record to share with her children and future generations of the horrors that were inflicted to one man, millions of times over.

What made Zeev's story different, however, was at the start of World War II the 18-year-old was one of tens of thousands of Jews snatched from their homes and off the streets in his native Poland and throughout Europe to provide slave labor to international companies, a chapter of the Holocaust that is largely ignored, Scheinwald said. He spent much of the war at a weapons manufacturing firm HASAG.

Later he would be sent to Buchenwald,

Auschwitz and Mauthausen, where he managed to survive until the end of the war.

American-based companies, including Ford and GM, also took advantage of forced labor, Scheinwald said.

While the companies profited using the mostly young and free labor, they didn't care whether the workers lived or died.

"It was a paradox because when you have free manpower and you only give it maybe 800 calories a day, you want them to survive because they become skilled, but the paradox was the higher purpose was to exterminate them," Scheinwald said.

After years of holding onto her father's volumes of writings and about nine hours of tape recordings, about four years ago, at the behest of her husband who was captivated by the stories, Scheinwald decided to edit her father's manuscript and send it to Amsterdam Publishers.

The finished product was "Wolf: A Story of Hate," which will be released on May 5. While she had initially hoped to capture her father's story, agreeing to put that story into print was a step she hadn't necessarily planned.

"I think the trigger was my children got married, (the story) belonged to them and their spouses, to understand what's in their DNA," Scheinwald said.

Although her father, who passed away in 2016 at 93 years old, became a highly successful businessman and philanthropist, opening his own construction company in the Ivory Coast, where Scheinwald grew up, in many ways he never recovered.

"He lived like a murdered person inside,"



Chappaqua resident Ella Scheinwald has written a new book on her father's survival of forced labor camps and Nazi concentration camps in "Wolf: A Story of Hate." It's scheduled for release on May 5.

she said. "He was the only one left from his whole family, his whole community and he was ridden with shame and guilt and pain."

Scheinwald said that when Zeev was at Mauthausen near the end of the war, her father felt like giving up and dying. But he had a dream. Zeev would take the vision from that dream and years later built a memorial for all the murdered Jews in his hometown. It was vandalized with graffiti: "Holocaust Never Happened," accompanied by a smiley face.

Scheinwald hopes the story provides future generations with an account of the atrocities that millions of people allowed to happen through one man's life. She has seen not-so-

subtle parallels to contemporary events in the United States, including Westchester.

"Unfortunately, the climate that we live in the United States, not only in the States, it's really a climate of hate," she said. "Hate is okay now. So when we were discussing what to call this book with the publisher, everything that came to me was the story of hate, the story of hate, because this hate, especially when it's condoned by leadership, you get the green light to do anything you want."

"Wolf: A Story of Hate" is available on Amazon at [shorturl.at/rsvCF](https://shorturl.at/rsvCF) and at [shorturl.at/dDMP8](https://shorturl.at/dDMP8).

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# Accessing Some of Your Favorite Restaurants During COVID-19

By Morris Gut

I have been making my usual culinary rounds, though curtailed, from the start of the Covid-19 outbreak.

During this crisis, the restaurant business has been whittled to take-out and delivery during prescribed hours, mostly to 8 p.m. Many establishments offer in-house delivery and curbside pick-up. Some have chosen to completely shut down. If you miss a meal from your favorite eatery, you should call ahead, just to make sure they are still offering the service.

Also, many restaurants subscribe to larger online delivery services that you can check into in your area. Services such as Uber Eats, Grubhub, Door Dash and Seamless may offer more comprehensive lists on their websites.

If you want to go the extra mile and help the restaurant community, purchase an extra gift card, a signature t-shirt or an in-house cookbook.

In Westchester, here are some suggestions for take-out or EMPANADAS AT CANTINA, WHITE PLAINS for every palate. (Information is fluid and subject to change.)

**Westchester Burger Company.** A limited menu will be offered for take-out, curbside pick-up and online delivery via Grubhub. There's a tasty variety of their popular signature burgers, sandwiches and main courses. Located at 106 Westchester Ave., White Plains, 914-358-939; and 56 Garth Rd., Scarsdale, 914-403-8052. Visit [www.westchesterburger.com](http://www.westchesterburger.com).

**Alex's Bar & Grille.** Take-out and delivery

available daily. Proprietor Alex Ahmetaj serves big cuts of aged steaks and chops and classic Italian specialties. Free parking. 577 N. Broadway, North White Plains. 914-358-1444. Visit [www.alex577.com](http://www.alex577.com).

**Exit 4 Food Hall.** A take-out and online delivery menu is available. There's lots to choose from at Westchester's first food hall concept, from pizza to barbecue. Drinks, too. "Slow food, fast," as they like to say. 153 E. Main Street, Mount Kisco. 914-755-5147. Visit [www.exit4foodhall.com](http://www.exit4foodhall.com).

**Trattoria Vivolo.** Take-out menu available for pickup at lunch and dinner. Delivery for dinner only. Chef-owner and personable host Dean Vivolo serves his robust regional Italian cuisine out of a vintage diner. Surprising contemporary and traditional flavors emanate from his kitchen. Cocktails. Open seven days. Free parking. 301 Halstead Ave., Harrison. 914-835-6199. Visit [www.trattoriavivolo.com](http://www.trattoriavivolo.com).

**Cantina Taco & Tequila Bar.** Take-out menu and cocktails available for pickup starting at 3 p.m. on weekdays and noon on weekends. John Solo and his team opened Cantina last March. It has a bright aqua pastel façade. Tempting south of the border specialties. Open seven days a week. 166 Mamaroneck Ave., White Plains. 914-461-3959. Visit [www.cantinany.com](http://www.cantinany.com).

**La Panetiere.** Curbside pick-up available. Phone orders taken from noon. Delightful Gallic specialties from Jacques Poupic and his staff. Fine wines. Free parking. 530 Milton Rd., Rye. 914-967-8140. Visit [www.lapanetiere.com](http://www.lapanetiere.com).

**La Piccola Casa.** Take-out menu and



Chicken Payard with fresh mozzarella salad at Tesoro D'Italia in Pleasantville. Tesoro is among the dozens of restaurants that have been transformed into a take-out and/or delivery business.

drinks available for pick-up at lunch and dinner. The restaurant is housed in the landmark Delancey House where author James Fenimore Cooper lived for a time across from scenic Harbor Island Park. Walter serves his well-known Italian classics. Open seven days. Free street parking. 410 W. Boston Post Rd., Mamaroneck. 914-777-3766.

**Ambadi Kebab and Grill/Mughal Palace.** Take-out menu available for pick-up and delivery. Serving up the exotic sights, scents and flavors of regional Indian cuisine. Open seven days. Ambadi Kebab & Grill, 141 E. Post Rd., White Plains. 914-686-2014.

Visit [www.ambadiusa.com](http://www.ambadiusa.com). Mughal Palace, 16 Broadway, Valhalla. 914-997-6090. Visit [www.mughalpalace.com](http://www.mughalpalace.com).

**Tesoro D'Italia.** Pick-up and delivery are available. A veteran restaurant team has pooled their years in the hospitality business and opened a casual family-friendly Italian eatery. Heading the day-to-day operation is Peter Lucaj. Open seven days. Ample free parking. 160 Marble Ave., Pleasantville. 914-579-2126. Visit [www.tesoroditaliany.com](http://www.tesoroditaliany.com).

**Benjamin Steakhouse.** Take-out and delivery, as well as deals on packaged steaks and hamburger patties for home cooking are available Wednesday through Sunday from 3 to 8 p.m. 610 Hartsdale Ave., White Plains. 914-428-6868. Visit [www.benjaminsteakhouse.com](http://www.benjaminsteakhouse.com).

**X20 Xaviars on the Hudson.** Special to-go menu available for pick-up Tuesday through Sunday from 4 to 7 p.m. Complete family dinners and wine, too. Chef Peter X. Kelly puts creative talents to work. 71 Water Grant St., Yonkers. 914-377-2382. Visit [www.xaviars.com](http://www.xaviars.com).

**The 808 Bistro.** A special menu is available for take-out and delivery. Chef Sal Cucullo Jr. serves up flavorful eclectic American/Italian/Global specialties. Wine, too. 808 Scarsdale Ave., Scarsdale. 914-722-0808. Visit [www.the808bistro.com](http://www.the808bistro.com).

*Morris Gut is a restaurant marketing consultant and former restaurant trade magazine editor. He has been tracking the food and dining scene in greater Westchester for 30 years. He may be reached at 914-235-6591 or [gutreactions@optonline.net](mailto:gutreactions@optonline.net).*

## A Spiritual View

By Fr. Nils Chittenden

For everyone on this planet right now, this is an uncharted time. But this is a situation our ancestors have faced many a time and we will withstand this, too. Our society is resilient, inventive and caring.

Nonetheless, right now, we're all viscerally sensing the vulnerability of our lives, and how things can change on a dime. More than once this past week, I've thought how slender a thread life hangs on, and how easily it can be stretched – and broken.

But God can transform our experiences if we allow him to.

We might think we're just hanging by a slender thread, but rather than being fearful, we can instead choose to see that thread as what connects all of us together as the human race – an invisible thread that links us all together, and binds us closer together, and keeps us all connected.

Right now, let's focus on each other, reach out to our neighbors, family and

friends by phone and e-mail and make sure they are okay. And if you are tempted to think, "But at a time like this, I need to focus on myself and my family first and foremost," remember: we're not in this alone. We may be surprised to discover how much others will reach out to us, and help us, and make sure we have everything we need.

Reach out to others, and you may be surprised by the ways in which your own needs are met. We are the answers to other people's prayers – and they to ours. And when people say, "but where is God in this crisis?" the answer is: "right here. In all of us."

*Fr. Nils Chittenden is rector of St. Stephens Episcopal Church in Armonk and is part of the Armonk Faith Alliance. The alliance also comprises Congregation B'nai Yisrael, Hillside Church, St. Patrick's RC Church and St. Nersess' Armenian Seminary.*



## Correction

An article published in the White Plains Examiner's March 17-23 issue incorrectly reported that Graziella's Italian restaurant in White Plains was opening a second location at 130 W. Post Rd. Graziella's continues

to operate at 99 Church St. with no other restaurant planned for White Plains and it has no relation to the restaurant scheduled to move into the West Post Road location. The Examiner regrets the error.

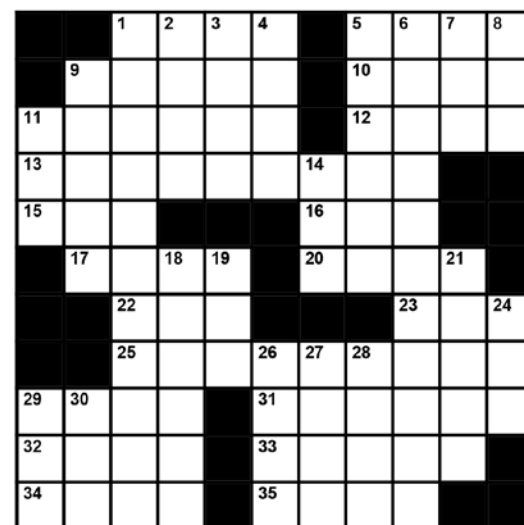
## Crossword

### Across

1. Ali \_\_\_\_
5. Victim of a 1917 revolution
9. Star Wars director
10. Put on the payroll
11. The Green Wave, in college sports
12. \_\_\_\_ Martin (cognac)
13. Pricey belt material
15. Venerable
16. Blade
17. In order (to)
20. The rest of the group, abbr.
22. Time in London
23. Marvin or Majors
25. White Plains restaurant for those who love food from the West Indies, \_\_\_\_ Thyme
29. Where firing takes place
31. Animal tracks
32. City west of Tulsa
33. Lovely, like a lassie
34. Western wine valley
35. Hawaiian goose

### Down

1. Spring clamp
2. Berry used in some energy drinks
3. You'll get a "\_\_\_\_" out of this White Plains Bangladeshi restaurant
4. On a voyage
5. Dracula's target
6. W. Africa republic



7. Supply weaponry
8. King, in Cádiz
9. Slow times
11. Confucian path
14. Part of a shoe
18. Actress Blake or Plummer
19. Bering, e.g., abbr.
21. "Rescue Me" star
24. USNA grad.
26. Library ID
27. Fraternal gp.
28. Beethoven's birthplace
29. Writer Follett
30. \_\_\_\_ sense

Answers on page 21

Legal Notice

FAMILY COURT OF THE  
STATE OF NEW YORK  
COUNTY OF  
WESTCHESTER

In the Matter of a Proceeding Under Article 10 of the Family Court Act  
**LIANNA RAMOS** (CIN# EM18967V) Docket No. NN-21557-19 **JOHAN RAMOS** (CIN# ES39924J) and Docket No. NN-21556-19 **JAYLON RAMOS** (CIN# FB62716D), Docket No. NN-21555-19A F/U No.: 125652 A Child(ren) under Eighteen Years of Age Alleged to be Neglected by **JEREMY CRUZ, SUMMONS** (Child Neglect Case)

Respondent.

**NOTICE:** PLACEMENT OF YOUR CHILD(REN) IN FOSTER CARE MAY RESULT IN YOUR LOSS OF YOUR RIGHTS TO YOUR CHILD(REN). IF YOUR CHILD(REN) STAYS IN FOSTER CARE FOR 15 OF THE MOST RECENT 22 MONTHS, THE AGENCY MAY BE REQUIRED BY LAW TO FILE A PETITION(S) TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIAN-

SHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION. IN SOME CASES, THE AGENCY MAY FILE BEFORE THE END OF THE 15-MONTH PERIOD. IF SEVERE OR REPEATED CHILD ABUSE IS PROVEN BY CLEAR AND CONVINCING EVIDENCE, THIS FINDING MAY CONSTITUTE THE BASIS TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIANSHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION.

UPON GOOD CAUSE, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE CONSIDERED AS A RESPONDENT; IF THE COURT DETERMINES THE CHILD(REN) SHOULD BE REMOVED FROM HIS/HER HOME, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE SUITABLE CUSTODIANS FOR THE CHILD(REN); IF THE

CHILD(REN) IS PLACED AND REMAINS IN FOSTER CARE FOR FIFTEEN OF THE MOST RECENT TWENTY-TWO MONTHS, THE AGENCY MAY BE REQUIRED TO FILE A PETITION(S) FOR TERMINATION OF PARENTAL RIGHTS OF THE PARENT(S) AND COMMITMENT OF GUARDIANSHIP AND CUSTODY OF THE CHILD(REN) FOR THE PURPOSES OF ADOPTION, EVEN IF THE PARENT(S) WERE NOT NAMED AS RESPONDENTS IN THE CHILD NEGLECT OR ABUSE PROCEEDING.

A NON-CUSTODIAL PARENT HAS THE RIGHT TO REQUEST TEMPORARY OR PERMANENT CUSTODY OF THE CHILD(REN) AND TO SEEK ENFORCEMENT OF VISITATION RIGHTS WITH THE CHILD(REN).

**BY ORDER OF THE FAMILY COURT OF THE STATE OF NEW YORK TO THE ABOVE-NAMED RESPONDENT WHO RESIDES OR IS FOUND AT:**

70 Hawthorne Ave. C314, Yonkers, New York 10701

Petitions under Article 10 of the Family Court Act having been filed with this Court, and annexed hereto,

**YOU AND EACH OF YOU ARE HEREBY SUMMONED** to appear before this Court at 131 Warburton Avenue, Yonkers, New York 10701, on March 27, 2020, at 10:30 A.M., and on any adjourned date thereafter, to answer the petitions and be dealt with in accordance with Article 10 of the Family Court Act.

Upon your failure to appear as directed, a warrant may be issued for your arrest and/or the Court may proceed to inquest and hear and determine the petitions as provided by law.

Dated: February 26, 2020

\_\_\_\_\_/s/\_\_\_\_\_  
Clerk of Court

Legal Notice

SUPREME COURT OF THE  
STATE OF NEW YORK  
COUNTY OF PUTNAM  
INDEX NO. 501311/2019

**BANK OF NEW YORK MELLON TRUST COMPANY, N.A. AS TRUSTEE FOR MORTGAGE ASSETS MANAGEMENT SERIES I TRUST, Plaintiff, vs. MARK B. HOWARD, AS HEIR AND DISTRIBUTE OF THE ESTATE OF HAROLD HOWARD; CHRISTOPHER HOWARD, AS HEIR AND DISTRIBUTE OF THE ESTATE OF HAROLD HOWARD; EDWARD HOWARD, AS HEIR AND DISTRIBUTE OF THE ESTATE OF HAROLD HOWARD; THERESA KELLER, AS HEIR AND DISTRIBUTE OF THE ESTATE OF HAROLD HOWARD; UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF HAROLD HOWARD** any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all

persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; **SECRETARY OF HOUSING AND URBAN DEVELOPMENT; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA,**

"JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants.

**SUPPLEMENTAL SUMMONS**  
Plaintiff designates PUTNAM as the place of trial situs of the real property  
**Mortgaged Premises:**  
8 CRESCENT ROAD MAHOPAC, NY 10541  
**District: Section: 63.16**  
**Block: 1 Lot: 15**

To the above named Defendants **YOU ARE HEREBY SUMMONED** to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff's Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York) in the event the United States of America is made a party defendant, the time to answer for the said United States of America shall not expire until (60) days after service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. **NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT** of the above caption action is to foreclose a Mortgage to secure the sum of \$544,185.00 and interest, recorded on July 13, 2006, at Liber 4892 Page 318, of the Public Records of PUTNAM County, New York, covering premises known as **8 CRESCENT ROAD MAHOPAC, NY 10541.**

The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above.

PUTNAM County is designated as the place of trial because the real property affected by this action is located in said county.

**NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME**  
If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action.

**YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.**

**RAS BORISKIN, LLC**  
**Attorney for Plaintiff**  
**900 Merchants Concourse, Suite 310**  
**Westbury, NY 11590**  
**516-280-7675**



# Classic Car Showroom Proposed to Set Up Shop in Cortlandt

By Rick Pezzullo

Car enthusiasts who pine for the days when the Cadillac of the 1950s, the Chevrolet Camaro of the '60s and the Ford Mustang of the '70s were on the roadways may soon have a place to view these classic automobiles and others like them in Cortlandt.

Details of a plan to construct a classic car showroom and storage facility on Lexington Avenue in Mohegan Lake were presented to the Cortlandt Planning Board earlier this month. The current vacant lot is located next to Mohegan Park Home

for Adults and across the street from Tom Thumb Preschool.

Being proposed is a 56,000-square-foot, two-story facility on 16.3 acres that will include a 4,900-square-foot showroom and a 3,528-square-foot storage building that can hold up to 400 vehicles. The showroom will feature a member lounge and a race car simulator room.

"It's for car lovers, especially classic car lovers," architect Heike Schneider told the Planning Board.

Schneider said cars will be sold from the showroom. Monthly events and attractions are also planned.

"It's really a specialized dealership for classic cars in my mind," said Planner Thomas Bianchi.



Planning Director Chris Kehoe said some landscaping plans for the project need to be ironed out and the 95 parking spaces being proposed may be too much.

Board member Bob Foley expressed some concerns about the development being on heavily traveled Lexington Avenue.

Foley said. "Are there any plans to widen the road up to this site? It's just a bad road. It's been that way for years."

The Planning Board was scheduled to do a site inspection this Sunday, Mar. 29.

There are two other classic car facilities in the area. Mid-Century Motoring is

located in the Village of Buchanan in the Westchester Industrial Complex off Route 9, while Classic Cars Café is situated on Peekskill Hollow Road in Putnam Valley.

Crossword  
Answers

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

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*continued on page 26*

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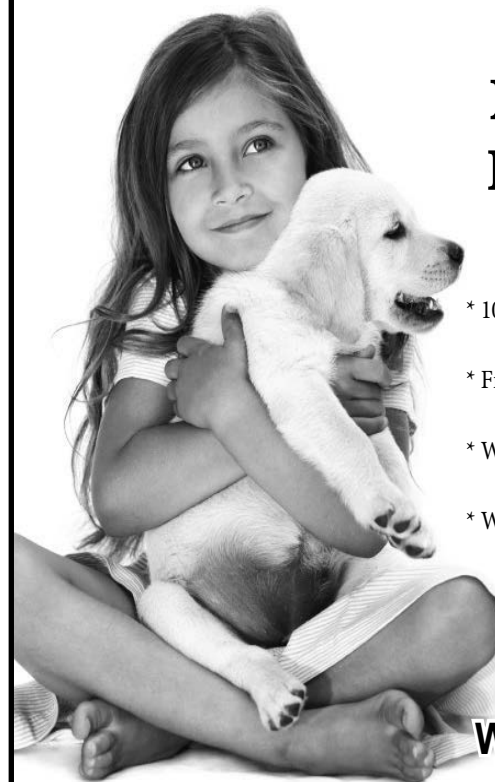
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# Pairing Traditional Irish Music and Wine – A Collaborative Effort



By Nick Antonaccio

Many of you follow a fellow columnist here at The Examiner, Brian McGowan. His column, Irish Eclectic, focuses on the diverse culture of the Irish diaspora, from its history to its arts to its deep impact on American

society.

Brian and I are friends as well as colleagues. We've often discussed finding a way to collaborate on a theme that might bear a thread of commonality between Irish culture and wine.

Brian forwarded a draft of his next column to me. Its theme is Irish traditional music, specifically one of the many styles, the slip jig. I refer you to Brian's column for an in-depth and fascinating discourse on this melodic style.

This theme provided

that thread: Irish music and an emblematic wine that symbolizes one of the deep Irish styles dating back several centuries.

Listening to a slip jig for the first time was much like discovering that particular wine for the first time.

*'a thread of commonality between Irish culture and wine.'*

Not having a point of reference to the uniqueness of the music or the wine allowed me to open my senses without any predisposed opinion. I drew in the essence of each, creating new memories in my sensory databank.

I decided to listen to one of the popular slip jigs mentioned by Brian, "The Butterfly." I discovered two performances: one played on a fiddle and the other on a tin whistle. Each was uniquely evocative in style and impression. In their simplicity, each engaged my basic sense of music appreciation, enabling me to interpret the song and the music style as if they were not just played on different instruments, but were unique styles unto themselves.

My exposure to the slip jig reminded me of the first time I experienced a

Pinot Noir wine many years ago. At the time, I was a fan of big, bold Cabernet Sauvignon wines. My new tasting experience with Pinot Noir exposed me to the seemingly simple, yet underlying complexity of the wine. I began experimenting with Pinot

Noir crafted by winemakers around the world. Each expression of the wine, while bearing the underlying characteristics of strawberry aromatics, mid-range fruit and soft tannins, imparted nuanced elements on my palate.

Listening to "The Butterfly," I was drawn into the underlying moodiness of the composition. Its simple but alluring notes were emotional, yet hauntingly beautiful. Beginning with a mysterious undercurrent, it built up to a level of ethereal inspiration.

So, too, a Pinot Noir. The underlying grape is moody, preferring a simple set of growing conditions to shine as a wine. The aromas initially tend to be simple and one-dimensional yet hauntingly complex. The taste on the palate opens a pathway to further complexity and the two-dimensional pleasure of pleasant flavor and a focused structure. The finish builds to a crescendo with a vibrant, bright profile, blending all of the components to create its own unique statement, easily distinguished from other grapes.

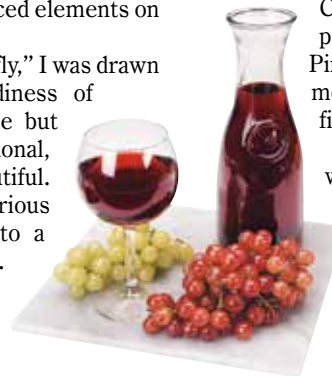
There are several winemakers of Irish descent making excellent Pinot Noir, one

right here in the United States. James Concannon emigrated to California in 1883. Today, the fourth generation of Concannons produces a Reserve Pinot Noir from the Russian River Valley in Sonoma that delivers 137 years of tradition to the discerning public.

Just as the slip jig has deep roots in County Cork and County Clare and has sustained its popularity to this day, so, too, Pinot Noir wine, dating to Irish monasteries as far back as the fifth century.

As dissimilar as music and wine may seem, similarities abound in their history and their ability to create evocative emotions, bringing joy to many hearts. I invite you to sip a glass of Pinot Noir and immerse yourself in one of the haunting slip jig compositions recommended by Brian.

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



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## STATE OF NEW YORK SUPREME COURT COUNTY OF PUTNAM SUPPLEMENTAL SUMMONS Index No.: 501323/2019

**BAYVIEW LOAN SERVICING, LLC,** Plaintiff, v. **ANY UNKNOWN HEIRS, DEVISEES, DISTRIBUTEES OR SUCCESSORS IN INTEREST OF THE LATE CHRISTOPHER STEWART A/K/A CHRISTOPHER M. STEWART,** IF LIVING, AND IF ANY BE DEAD, ANY AND ALL PERSONS WHO ARE SPOUSES, WIDOWS, GRANTEEES, MORTGAGEES, LIENORS, HEIRS, DEVISEES, DISTRIBUTEES, EXECUTORS, ADMINISTRATORS OR SUCCESSORS IN INTEREST OF SUCH OF THEM AS MAY BE DEAD, AND THEIR SPOUSES, HEIRS, DEVISEES, DISTRIBUTEES AND SUCCESSORS IN INTEREST, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO PLAINTIFF, UNITED STATES OF AMERICA BY THE INTERNAL REVENUE SERVICE, NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE, JACQUELINE M. STEWART, JENNIFER ANN STEWART, Defendants.

### To the above named Defendants:

You are hereby summoned to answer the complaint in this action and to serve a copy of your answer, or if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff's attorneys within thirty days after the service of this summons, exclusive of the day of service, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

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Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property.

Sending a payment to your mortgage company will not stop this foreclosure action.

### YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

This is an attempt to collect a debt and any information obtained will be used for that purpose.

The foregoing summons is served upon you by publication pursuant to an order of Honorable Victor G. Grossman, Justice of the Supreme Court of the State of New York, signed the 14 day of February, 2020 at Carmel, New York.

The object of this action is to foreclose a mortgage on the following property: Tax I.D. No. 33.57-1-23

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Town of Kent, Putnam County, New York, more fully described as being Lots numbered 13568 through 13572 both inclusive as shown and delineated on a map entitled, "Twelfth Map of Lake Carmel, Town of Kent, Putnam County, New York," filed in Putnam County Clerk's Office the 18th day of August 1930, as Filed Number 130KK being more particularly bounded and described as follows:

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**WOODS OVIATT GILMAN LLP**  
**Attorney for Plaintiff**  
**500 Bausch and Lomb Place**  
**Rochester, NY 14604**



# Teachers, Students Find Purpose Through Leadership Programs

Many teachers are drawn to education for the opportunity to make a difference in their students' lives. However, when faced with guiding students through trying times in order to meet their big goals, teachers need resources that strengthen social and emotional skills.

At Port Chester Middle School in Port Chester, teacher Allison Silverman faced this very challenge and used the lessons in the Lead4Change program to be successful. Lead4Change is a free student leadership curriculum offering the chance to submit a student-led service-learning project for a grant of up to \$10,000. Its series of leadership lessons provides opportunities for strong student engagement through collaboration, critical thinking, problem-solving and reflection.

Such programs offer students numerous benefits. An independent research study found that participating in Lead4Change caused significant growth in areas such as leadership skills (60 percent of students improved), respect for others (54 percent) and ambition and innovation (53 percent). However, teachers can have equally transformative experiences.

When Silverman and her students formed the "PC Hunger Fighters" team, her students studied the U.N.'s 17 Sustainable Development Goals and together, came to consensus on creating a vertical garden using upcycled materials, aiming to help the 200,000 food insecure individuals in their county. Then, Silverman heard from a

student participating in the program.

"I received a very desperate call from one of our students," she recalled. "There had been a shooting the night before and a 26-year-old Port Chester resident was killed. The student knew this man. I remember sitting on the bench next to my school garden and crying. I cried so hard. I had no idea what to do, or what to tell the kids."

"I thought about how insignificant our 'little gardens' would be alongside challenges like poverty and violence," Silverman added.

The students coped with the tragedy by using the Lead4Change's lessons in communication, overcoming barriers and working as a team. They knew more could be done because of what they'd practiced.

"I canceled our celebration scheduled for the following day and instead met in the boardroom with the kids," she said. "For three hours, we talked about injustices and inequalities, pledging to continue to work together to fight these things and make a real difference. We realized our project was important."

Their efforts were awarded as one of the grand prize-winning teams, earning a \$10,000 grant, though their participation was a reward in and of itself because of the leadership skills they mastered. This is just one of the hundreds of stories unfolding nationwide.

"The Lead4Change experience was as valuable to me as it was for the students," said Thomas Loner, a teacher from South Carolina-located Bates Middle school, whose



"Bates' Bodacious Bantams" student team helped a local homeless shelter by collecting supplies. "This program forced me to give up 'control' of my classroom and let students become leaders."

Teacher Holly Hartman in Lebanon, Pa. continues to experience the program's benefits after years of participation.

"This journey not only helps my students grow, but somehow also manages to help me become a bit wiser with each experience,"

Hartman said.

For more information about the Lead4Change Student Leadership Program, visit [www.lead4change.org](http://www.lead4change.org).

Leadership curriculum will not only prepare students for a future of increasingly complex social issues, but also serve as a catalyst for helping teachers and students alike find purpose and meaning.

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# Managing Screen Time While Kids Are Home From School

With many kids out of school and spending more time at home, finding ways to fill the time is essential. As most parents know, it can be tempting to allow children to pass some of the extra hours using digital devices; however, research shows that managing screen time is vital for developing minds.

When used in moderation and under parental supervision, devices of course can be incredibly powerful learning and communication tools, and in many cases, they will be vital to kids' continued academic progress while campuses are closed.

However, people aren't meant to spend all their time in front of screens, especially kids. Excessive screen time can lead to impaired mental and physical well-being; a loss of quality sleep; impeded impulse control, which for kids, is already hard enough; poor communication skills (nonverbal cues are learned in face-to-face interaction, not through device-to-device communication; addictive behaviors and even violent tendencies; vision problems; and an increased risk of obesity.

With all that said, here are a few ways to manage your children's screen time:

- Create a routine. Post a schedule each morning in a place that's easy for kids to see. Include such items as doing chores, reading books, practicing an instrument, creating artwork, playing in the backyard and any other activity that will help ensure chunks of the day are spent away from

screens doing something productive.

- Talk. Be extra proactive about starting conversations with your kids. Check in with them about progress on assigned homework. Ask them how they are feeling. Children are used to being surrounded by fellow students and teachers all day, so be sure to give them opportunities to practice social skills.

- Use tech tools. Every parent knows the struggle of limiting device use. But new tech tools can help you make rules that stick. One such tool is a parental control app called OurPact.

To start, parents sign up for a free account. After pairing their child's devices, they're able to manage them remotely through at-a-touch blocking or automated schedules. Customizable, flexible and easy to use, it's great for setting bedtime schedules, ensuring devices are being used safely and properly and enjoying ping-free family meals. It works on Wi-Fi and all cellular connections, meaning you can manage access all the time. To learn more or download, visit [www.OurPact.com](http://www.OurPact.com).

You may be spending more time together as a family these days, which makes this a key opportunity to be a good role model when it comes to proper device use. If you don't want your child to use their device in the middle of dinner, hold yourself to the same rule.

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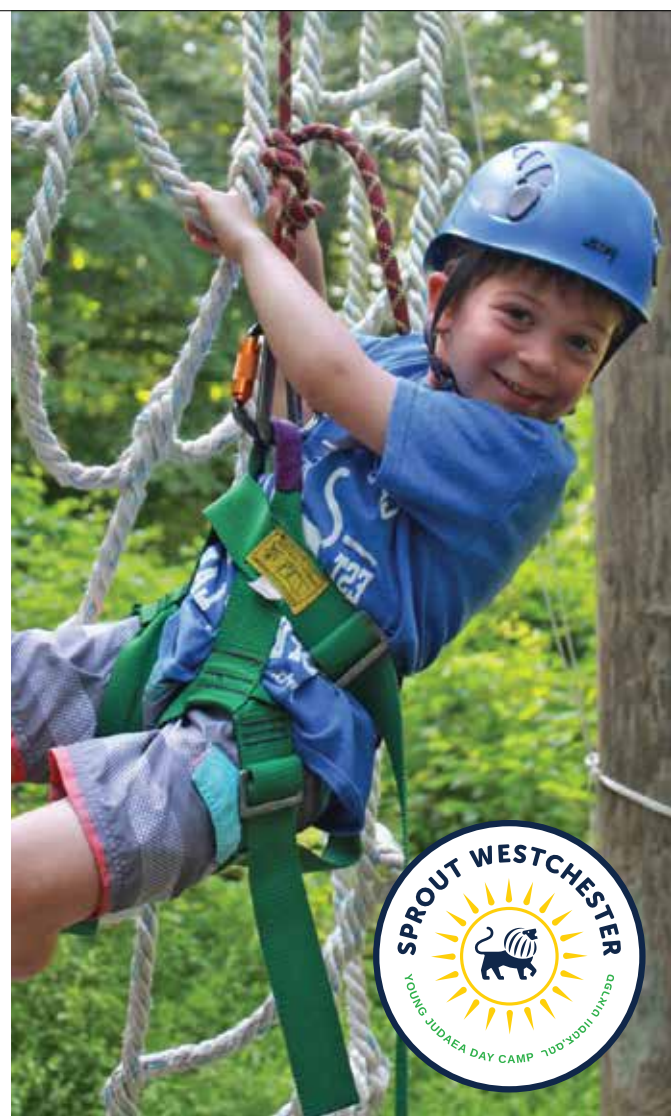
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continued from page 22

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# Sports

## Nobody Told Me There'd Be Days Like These, Strange Indeed



By Ray Gallagher  
Examiner Sports  
Editor @Directrays

*Update: Moments before the Examiner was due to go to press Monday, the NYSPHSAA announced the cancellation of all winter championships, including boys' and girls' basketball, ice hockey and bowling.*

I didn't always agree with Beatles legend John Lennon politically (maybe never!), but he often hit the ball out of the park: For these are "strange days indeed, most peculiar, mama."

As each day passes and the global pandemic – COVID-19 – drags on, the prospects of resuming the NYSPHSAA winter tournaments (hoops, hockey and bowling) are glum, chum and the impending shutdown of spring sports is looking more and more inevitable from Little League to varsity preps. My heart goes out to the high school seniors, in particular; many of them dedicated the better part of their lifetime to laying it all on the line for their respective schools, their coaches and the athletic programs they've so proudly served.

"As a fan of sports – not just a coach – I feel for the seniors on the teams across the section, and not just my own, who I had looked forward to watching play," Lakeland/Panas boys' lacrosse Coach Jim Lindsay said. "You spend so much time with these kids developing them from a young age, so that they have the opportunity to represent their respective schools as seniors. All senior years are special for the kids, regardless of success on the field, because it's their last opportunity to play for a district that most of them have spent the better part of 13 years attending."

And, regrettably, every 12-year-old across the country that envisioned playing baseball at Cooperstown this summer had their dreams crushed last Friday when Dreams Park closed for all 13 weeks of its cherished season. What do you say to that distraught child, who raised funds and practiced all year for the trip of a lifetime?

I can't imagine being a senior on the Yorktown lacrosse team, which is a way of life in northern Westchester. The 40-time Section 1 champion Cornhuskers were on a mission to end an unheard-of two-year championship drought. I can't imagine a spring where Yorktown lax isn't in the thick of a championship hunt and/or challenging Lakeland/Panas in the 31st annual Charlie Murphy Cup game. The Yorktown seniors are aghast at the notion they won't be able to make amends for the consecutive title failures in 2018-19.

"This whole thing has been unbelievably tough for me and my team," Yorktown senior Captain Timmy O'Callaghan said. "This off-season has been the best of my time here at Yorktown and this group is one of

the greatest I have ever played with. After the last two seasons of coming up short, and particularly the devastating way our season closed last year, we were more than ready this year to show the state and the country what Yorktown lacrosse is all about."

At Yorktown, infants are groomed for senior year; lax sticks placed near the swaddle of their cribs. I kid you not. It's as serious as anything they'll ever do in life. For the seniors – many who began preparation for 2020 upon leaving their strollers in vain. Like everyone else, though, the Huskers remain hopeful.

"This particular group, we have has been a family away from home and our chemistry is off the charts," O'Callaghan said. "On top of this, Coach (Sean) Carney, Coach (Rob) Doerr and the rest of the coaching staff has put an incredible amount of time and effort into this year and have boosted our confidence and positivity. With that being said, we are not even close to giving up on this year yet, as there is still plenty of time for a modified schedule and playoffs, even without fans if necessary."

Similarly, Lindsay's Rebels, winners of three of the last six Section 1 Class A titles, were expecting to challenge yet again. Heck, an absolutely stacked Lakeland High baseball team was staring down the barrel of a third-straight Section 1 Class A title in 2020, and now the Hornets find themselves in the same rudderless ship as most programs across the country.

"To say I'm disappointed is an understatement," said Lakeland senior pitcher Joey Vetrano, the 2019 New York State Gatorade Player of the Year. "I was so looking forward to one last ride with my teammates. We all trained hard through the off-season, and we were so excited to get back on the field. Hopefully, this virus will be under control sometime soon, so we can all get back to our regular routines."

But it's more than just the competition they've lost out on. It's the locker room, it's the social gatherings, the sidelines, the team dinners...it's prom and graduation for goodness sake. The things that lock down friends for life, oftentimes friends you've been playing ball with since the third or fourth grade. It's been devastating for impressionable student athletes to cope with.

"It's honestly the worst thing that could've happened," said Putnam Valley senior Kelli Venezia, an All-Section guard, who led the school to its only Section 1 Class B title in early March and into the regional finals, which were postponed for the foreseeable future, most likely forever.

"We pushed through so many setbacks



RAY GALLAGHER PHOTO

COVID-19 has taken a toll on every American, and high school seniors like Putnam Valley's Kelli Venezia know all too well.

throughout the season, and no one would have thought this is how it would end. To bring the first section title home to our school was so special, but we were so excited for states. I have been playing basketball with some of the girls since I was four years old, and I get very emotional thinking that the win over Marlboro was most likely my last time ever putting on a Putnam Valley uniform. I have just been trying to see the good out of this whole situation, but I really miss my team and would give anything to play with them one more time."

This strain of March Madness is unlike anything we've ever had to deal with, brackets busted across the board. "Survive and Advance" has a whole new meaning now. We will get past this, and our nation – despite its political insanity – will be stronger than ever. Our markets will roar again, our 401(k)'s will strengthen, for we are a resilient people with stupendous leadership.

However, our seniors may never get their senior year back.

"This is one of those seminal moments where everyone needs to take a step back

and reflect on the magnitude of the issue, not just in their own small towns but globally," Lindsay said. "Several politicians have used the metaphor that 'we're at war,' and that we must take necessary measures as if such was the case. I look at the situation we're in and am thankful that we merely have to ask our kids to stay home and be safe, and that we're not actually sending them off to a war, as many other previous generations were asked to do."

There are different interpretations of "war" and different versions of battles across time, but it's time to hunker down now and fight this one best we can. There are casualties in every line of combat, and the seniors in our high schools and college universities are on the front line of emotional distress, side by side with the selfless healthcare professionals, truckers, police/fire, cashiers, our president and everyone else who answers the call to duty during these trying times #StaySafeFriends and #FlattenTheCurve!

Ray Gallagher is The Examiner's sports editor. He can be reached at @Directrays.

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