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August 16 - August 22, 2022

SMALL NEWS IS BIG NEWS

Volume 12, Issue 574

White Plains Man Found Dead in Bear Mountain Creek

By Rick Pezzullo

A White Plains man was found dead last week in a creek at Bear Mountain State Park after slipping while hiking with friends.

State Police and New York State Park Police responded to the park in the Town of Highlands Aug. 9 at about 9 p.m. for a report of a missing hiker.

An investigation revealed the lost hiker, Omar Benitez, 23, was hiking with two friends when he became separated from

them. Troopers and park police searched the area with a Bloodhound until 2:45 a.m. when darkness and safety concerns came into play.

The search resumed on Aug. 10 at 8:30 a.m. with investigators, an unmanned aerial surveillance, an aviation unit and an underwater recovery unit.

The body of Benitez was located at about 10 a.m. in Popolopen Creek. Investigators concluded Benitez slipped and fell into the water. Police said there were no signs of foul play.

County Launches \$10M Landlord Tenant Assistance Program

By Rick Pezzullo

County Executive George Latimer and the Westchester County Board of Legislators last week announced the creation of a Landlord Tenant Assistance Program (LTAP) in an effort to promote affordable housing.

According to county officials, LTAP will allow small landlords who own eight units or less and who maintain rent levels that are affordable to residents to apply for up to \$25,000 per unit for repairs to their rental properties. To be eligible, landlords/owners must charge rents that are affordable to households earning between 60% and 100%

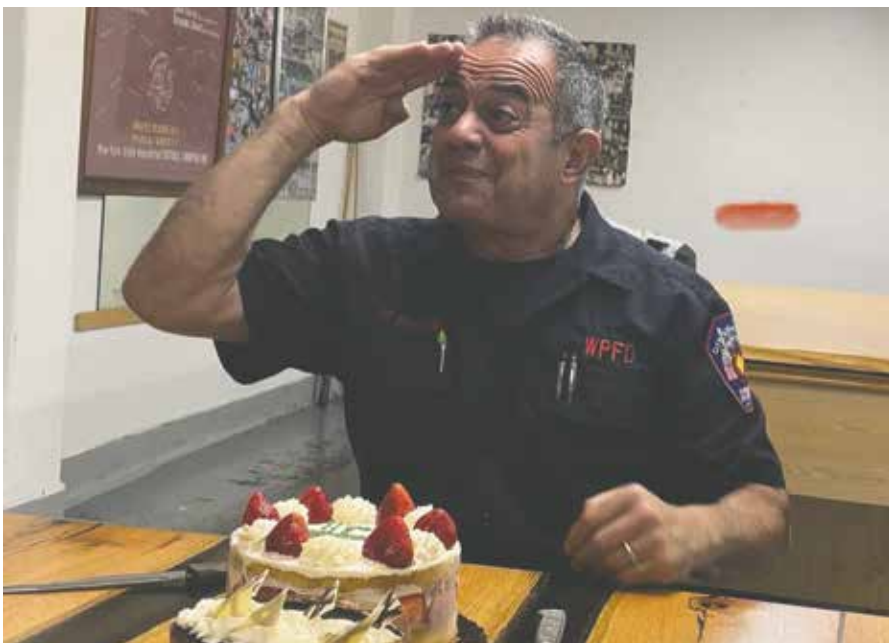
of the Area Median Income (AMI). Those rents range from \$1,457 for a studio to \$3,465 for a three-bedroom unit.

Home improvements may include, but are not limited to, roof replacement, or upgrades to electrical, windows, accessibility ramps, plumbing and heating systems. With \$10M available in funds, 400 units can be rehabilitated.

"The COVID-19 pandemic, and its aftermath, have greatly impacted our small landlords who have not been able to receive rent increases to make improvements to

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33 Years of Dedicated Service Celebrated



Salvatore Birittieri, affectionately known as "Sal B," recently retired after 33 years of service as a professional firefighter to the City of White Plains.

WCC Budget Includes No Tuition Increase for 2022-23 School Year

By Rick Pezzullo

Tuition for students for the upcoming 2022-23 school year at SUNY Westchester Community College will not be increasing.

An increase in sponsor support from Westchester County government helped annual full-time credit student tuition remain at \$4,730, despite rising costs associated with inflation.

"The county's extraordinary gesture increasing its sponsor support is a heartening demonstration of confidence in SUNY Westchester Community College and its central role uplifting our region by providing economic advancement opportunities for individuals and businesses," said SUNY WCC President Dr. Belinda Miles. "Our partnership in keeping tuition affordable for students and families is a cornerstone of the community college mission to keep students on the path to high-quality higher education and is especially impactful as we expand academic degree pathways at our new Yonkers Campus this fall."

SUNY WCC students are eligible to apply for need-based federal and state

financial aid that covers tuition, and the WCC Foundation distributes more than \$2 million in scholarships annually. In 2022-2023, eligible students can receive federal Higher Education Emergency Relief Funds to offset any impacts from COVID-19.

"If rising prices on everyday purchases are already significantly influencing consumer behavior, imagine what a tuition increase would mean? It means postponing graduation and delaying one's higher income earning potential," county Board of Legislators Chairwoman Catherine Borgia said. "The board recognizes the role that SUNY WCC plays in providing upward mobility to students who wouldn't otherwise be able to afford a college education. Those students deserve support and access now more than ever."

SUNY Westchester Community College, which has more than 24,000 full-time and part-time students, offers options at six locations across the county, and with classes held on weekdays, evenings, and weekends. A new, state-of-the-art Yonkers Campus opens this fall at Cross County Center, offering a full array of student services and more than 140 classes.

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Artwork Fosters Healing at Burke Hospital in White Plains

Burke Rehabilitation Hospital demonstrates its commitment to treating the whole person by displaying art installations in its inpatient and outpatient settings. The restorative quality of art reinforces the treatment provided by Burke's highly trained therapists.

According to Jodi Moise, the Director of The Fine Art Program and Collection at Montefiore Medicine, art humanizes the patient experience and supports Burke's mission by addressing emotional and physical needs. The art program fosters a healing environment in service to patients, visitors, and staff. "Studies show that art, especially pieces that reflect nature or floral themes, promotes health and healing," she said. "At Burke, we also choose art that incorporates movement to further its rehabilitative mission."

A recent addition to the Burke campus, entitled Celebrate, is a series of four paintings in the Burke CARES Staff Lounge. Artist Jennifer Glover Riggs experimented with bright and joyful colors to foster an optimistic feeling that brighter days always lie ahead.

Another example, Infusions by artist Jamie Harris, adorns The Bonnie and Tom Grace SCI/Neurorehabilitation Gym. This artwork, spanning 31 feet, creates an atmosphere of encouragement by employing uplifting colors and imagery that projects a sense of motion.

According to Burke's Vice President of Inpatient Rehabilitation Sandra Alexandrou, PT, MBA, "When someone enters the Bonnie and Tom Grace Gym, especially for the first time, they are immediately captivated by this beautiful piece of art which highly complements this already impressive space." Alexandrou also noted, "For those individuals receiving therapy in the gym and for the employees, the sense of movement and transition captured by the art communicates the essence of rehabilitation in such a graceful manner and raises the spirits of everyone who spends time in the gym."

The collections are curated to enhance the unique characteristics of each location. Rachel Hellman's mural, Light Paths, consists of shifting panes of warm and cool colors that are inspired by Burke's landscape. Sited in the Outpatient Gym in White Plains, this mural creates a positive environment that encourages patients along their rehabilitative journey. The artwork enriches this newly renovated space outfitted with modern technology.

Burke's locations throughout Westchester and the Bronx also incorporate art to continue this restorative mission.

Moise concluded, "When I curate art for Burke, my hope is for everyone to experience the artwork as they move through our various facilities and that it transforms the experience of their rehabilitation process."



Burke Rehabilitation Hospital demonstrates its commitment to treating the whole person by displaying art installations in its inpatient and outpatient settings. This artwork is titled Infusions by artist Jamie Harris, which adorns The Bonnie and Tom Grace SCI/Neurorehabilitation Gym at Burke. Photo Credit: Lori Adams

ALS Ice Bucket Challenge



The 2022 ALS Ice Bucket Challenge took place July 31 at Empire City Casino by MGM Resorts trackside at the historic Yonkers Raceway. Local and state elected officials joined Empire City executives, friends and family of late Yonkers native and ALS Ice Bucket Challenge co-founder Pat Quinn, including his father Patrick Quinn Sr., current ALS patients and their family, and hundreds of members of the community who are focused on continuing Pat Quinn's mission to raise awareness of ALS and the need for research funding to find a cure. The annual event, co-founded by Quinn after his diagnosis of Amyotrophic Lateral Sclerosis (ALS) in 2013, became a global phenomenon in 2014 as thousands of people from around the world participated in the challenge on social media. Quinn died in Nov. 2020. This year, more than 350 people doused themselves with five-gallon buckets filled with ice and water.

County Launches \$10M Landlord Tenant Assistance Program

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their properties in years," Latimer stated. "My administration stands committed to preserving affordable housing in all of our communities, and this funding will help our landlords make upgrades that will ultimately preserve the life of these units. We hope the prospect of receiving up to \$25,000 per unit will incentivize our landlords to maintain their rental properties at a price point that everyone can afford."

Commissioner of the Department of Planning Norma Drummond added: "The Planning Department is excited to launch this program that particularly assists small landlords who need to make much needed repairs to their rental units. By offering this program, we know that we will help

small landlords and renters alike, who were hit hard by the pandemic. LTAP funds will preserve and enhance smaller multi-family housing stock in the county that will improve the living conditions of many county residents and maintain its affordability."

A Westchester County Rehabilitation Specialist will inspect the property after an application has been submitted to the Department of Planning. If the property qualifies, a three-party contract will be signed between the county, the landlord/owner and the contractor, for work to be completed by contractors that are licensed and insured to work in Westchester County. Funds will be disbursed directly to the contractor from the county after a progress inspection has been completed.



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Pandemic, Cost of Living Leaves Thousands in Westchester Food Insecure

By Jonathan R. Notis

In a county that is considered to be one of the most affluent in the United States, it is troubling that a child sitting next to yours in class or a person sitting across from you on the train might be unable to afford their next meal.

Food insecurity, generally considered to be a disruption of eating patterns because of an inability to afford an appropriate amount of food to accommodate a healthy lifestyle, is not a new problem in this country or in Westchester County.

The number of food insecure people in Westchester rose by about 50 percent during the height of the COVID-19 pandemic. It affected people earning low wages and struggling to pay their rent but also those faced with unanticipated circumstances that impacted their finances.

Research conducted by Feeding Westchester revealed that 7.9 percent of residents, about 76,000 people, are food insecure. In 2021, the Community Center of Northern Westchester in Katonah distributed close to 1.3 million meals to families in need. Feeding Westchester is currently serving food to over 200,000 people every month, including 71,000 children.

"It is extremely expensive to live in Westchester County," said Andre Thompson, vice president of impact programming at Feeding Westchester.

That perspective is shared by representatives at several other local



Feeding Westchester serves more than 200,000 people every month in the county.

organizations that assist families get enough to eat.

Thompson said the base cost of living for a family of four in Westchester is \$99,000, well above the federal poverty level of \$27,750, which one normally equates with people in need.

Lisa Brotmann, Feeding Westchester's communications manager, and Clare Murray, executive director of the Community Center of Northern Westchester, noted that 20 percent of people in Westchester County were food insecure last year. Thompson points out that food insecurity is a significant

issue for Westchester residents who are living above the poverty line but are wracked by high expenses. These people are going hungry, but because of their income they fail to qualify for federal nutrition programs. Instead, they rely on local food pantries, such as the Mount Kisco Interfaith Food Pantry and programs like Feeding Westchester.

Food insecurity is an unending, year-round problem. Roberta Horowitz, director of operations and programs at the Mount Kisco Interfaith Pantry, and its board President Sharon Seidell suggested that Westchester's most vulnerable residents are reeling from

the one-two punch of two-plus years of a pandemic followed by crippling inflation.

Mount Kisco's Interfaith Food Pantry, which serves more than 20 communities, saw its home delivery program quintuple in size at the height of the COVID-19 pandemic. Its annual budget is about \$800,000 annually.

Ensuring that food was available to those in quarantine prompted the Community Center of Northern Westchester to start a robust home delivery program, driving grocery bundles to seniors, those who were sick or immunocompromised and people without transportation. The center is continuing the program to better serve local seniors and homebound individuals.

These new programs are valuable to the community. Brotmann said the Community Center currently serves more than 3,000 families in northern Westchester. Horowitz and Seidell note that the Mount Kisco Interfaith Food Pantry is still seeing elevated numbers of food insecure people.

Addressing Westchester's food insecurity problem requires more than distributing food. Thompson said that Feeding Westchester is "looking to analyze the root causes of hunger in Westchester so that we can approach this issue systemically" and help more people in need.

Besides partnering with food pantries, soup kitchens and schools, Feeding Westchester helps residents sign up for programs like the Supplemental Nutrition Assistance Program (SNAP), brings mobile

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Pandemic, Cost of Living Leaves Thousands in Westchester Food Insecure

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food pantries to underserved communities and lobbies elected officials for more program and policy changes that will get food to communities in need. Feeding Westchester also publishes blogs about hunger, poverty and nutrition to inform the general public about need.

Horowitz and Seidell also believe that educating the community is vital to whittling the number of residents who need assistance. In addition to serving as “a reliable, weekly source of abundant and nutritious food,” the Mount Kisco Interfaith Food Pantry offers a Food 4 Wellness Program, a program that supports the health and wellness of those in need. This program offers “culturally-resonant,” healthy, flavorful food that is sourced locally.

Mount Kisco’s pantry offers a grocery store-like environment for visitors, “minimizing any stigma associated with needing help.”

Horowitz said the pantry is working to add additional services to help guide their visitors and helping to resolve any associated challenges.

The Community Center of Northern Westchester provides resources and services to its clients in addition to helping with food insecurity. Murray said that the center provides clothing support, classes, employment education, academic scholarships, health screenings and wellness programs.

“By offering supports that help people



Clients at the Mount Kisco Interfaith Food Pantry are able to shop in a grocery-style setting to eliminate stigma associated with reaching out for help.

secure better employment, scholarships for higher education and resources to navigate social services, we are making strides to end food insecurity in our community,” Brotmann said.

While these and other Westchester organizations work tirelessly to ensure that those in need have access to food, these organizations do not operate in a vacuum. They rely on donations and support from community members who have the resources to make a difference.

At the Community Center of Northern Westchester, one-third of their families



Volunteers sort and bag food at pantries throughout Westchester.

were served by donations, despite receiving over 250,000 pounds of food donations last year.

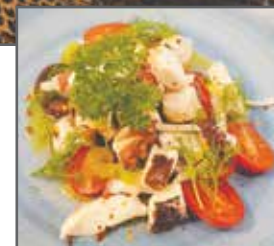
Getting involved makes a difference. Horowitz pointed out that local pantries “rely on people power,” and suggests that community members can run food drives, help sort food at pantries and deliver food to those who are homebound. The more people volunteer, fundraise and donate food, the closer our community can get to solving the problem of food insecurity.

For more information about how food insecurity impacts Westchester

and how you can help, contact Feeding Westchester at <https://feedingwestchester.org>; the Community Center of Northern Westchester, <https://communitycenternw.org>, which is open Tuesdays, Wednesdays and Fridays from 10 a.m. to 4 p.m., Thursday from 12 p.m. to 6 p.m. and Saturday from 10 a.m. to 1 p.m.; and the Mount Kisco Interfaith Food Pantry, <https://www.mountkiscofoodpantry.org>, with hours of operation on Tuesdays from 4 to 7 p.m. and Wednesdays from 9 to 11 a.m. Home deliveries are available on Thursdays.



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Spring 2024 Opening Eyed for New Mt. Pleasant Assisted Living Facility

Benchmark Senior Living, the largest senior housing provider in New England, will be adding its third assisted living community in New York come spring 2024 with the recent start of construction of Benchmark at Mount Pleasant.

This will be Benchmark's first community in Westchester County. Its two other New York communities are on Long Island: Whisper Woods of Smithtown and Orchard Estate of Woodbury.

The company is partnering with Shelbourne Healthcare Development Group LLC, a development and investment firm in Wayne, Penn. Benchmark will serve as the sole operator of the assisted living and Mind & Memory Care community, which will be the first of its kind in Mount Pleasant.

"We're excited to bring our nationally recognized and award-winning care and experiences to Westchester County," said Tom Grape, founder, chairman and CEO of Benchmark. "For 25 years, Benchmark has fulfilled a need for seniors and their families across the Northeast. We are pleased to have the opportunity to help seniors in Westchester County age well near loved ones."

Benchmark at Mount Pleasant will be located on undeveloped land bordering Westlake High School near EF Academy, as well as many shops and restaurants. It will offer 100 senior living apartments – 74 designated for senior assisted living and 26 for memory care assisted



An artist's rendering of the Benchmark assisting living community in Mount Pleasant. With construction crews having broken ground this summer, it is expected to open in less than two years.

living. The community will also feature hotel-like amenities, first-class dining, engaging programs and personalized care administered by specially selected and trained staff for which Benchmark has become known.

Benchmark began operating in New York in 2018 when it built and began operating Whisper Woods of Smithtown. A year later, Orchard Estate of Woodbury was added to fulfill growing demand.

"Over the past 25 years, Benchmark

has continually raised and exceeded the bar for the senior living industry," said Jim Kane, co-founding partner of Shelbourne Healthcare Development Group LLC. "We are incredibly pleased to partner with them on this project and together look forward to creating a community that seniors and their family members will be proud to call home."

In addition to Benchmark at Mount Pleasant, Benchmark currently has two other communities under development.

Benchmark at Hanover in Hanover, Mass., will open late this summer. Benchmark at Alexandria in Virginia, the company's first community in the greater Washington, D.C. area, is also slated to open in 2024.

Westchester Airport Meetings to Continue in September

Westchester County will be holding two additional public engagement sessions in September that are expected to help yield a new airport master plan.

On Tuesday, Sept. 6, there will be a session at the Chappaqua Performing Arts Center, located at 480 Bedford Rd. in Chappaqua, at 6 p.m.

A week later, the county will hold a meeting in Greenwich, Conn. at Harvest Time Church, at 1338 King St. at 7 p.m.

There were three live meetings in central Westchester in May and June followed by a virtual session in early July.

If the Master Plan update is completed, this would be the first time in 33 years that Westchester County has revised the plan.



Yorktown Lions Club 2022 Summer Concert Series

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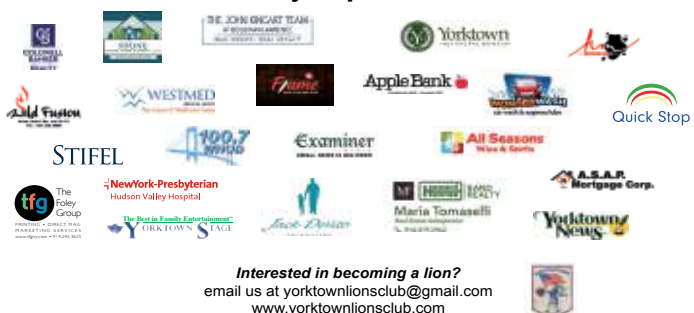
- 6/26 Andrea & the Armenian Rug Riders**
- 7/10 The Showtime Dance Band**
- 7/17 The Rave-On's Early Rock & Roll Radio Review**
- 8/7 Danny V's 52 Street - Tribute to Billy Joel**
- 8/21 Tramps Like Us - Bruce Springsteen Tribute**
- 8/28 Class Action - Military Appreciation show featuring Alyssa Martin starting at 5PM**

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County Police/Mount Kisco

Aug. 9: Adelmo Ramirez-Garcia, 57, of Columbus Avenue was charged with fourth-degree criminal possession of stolen property, a felony, at 4:51 p.m. Ramirez-Garcia is accused of being in possession of a credit card belonging to a woman who reported that unauthorized transactions had occurred on the card in the previous days. The investigation into those transactions is continuing.

Aug. 9: Octavia Johnson, 37, of West Hyatt Avenue was charged with fourth-degree grand larceny, a felony, at 2:01 p.m. based on a complaint from her employer. Loss prevention staff at Staples on North Bedford Road provided documentation alleging that Johnson stole more than \$2,500 from the business through fraudulent refund transactions. She is due to answer the charge in Mount Kisco Justice Court on Aug. 25.

Aug. 10: Officers responded to a Kisco Avenue business at 4:27 a.m. on an activated burglar alarm. Officers checked all windows and doors and determined the premises were secure. The false alarm was the third in two weeks at the location.

Aug. 10: An officer responded to South Moger Avenue at 5:22 p.m. after a business owner reported that a man who is barred from the premises was outside the shop. The officer determined that the man never entered the establishment and advised employees that no violation had occurred. Since the business was closing for the day, the officer remained until all

employees had left.

Aug. 10: At 10:15 p.m., a woman arrived at the Green Street precinct to report that an ex-boyfriend had approached her on Lexington Avenue and then began following her after they spoke for a few minutes on the street. The woman said the encounter made her uncomfortable so she came to the police station. An officer documented her concern in a report and then escorted her to her residence to ensure she got home safely.

Aug. 11: Officers conducted a welfare check at 10:26 a.m. at a Carpenter Avenue residence after a tenant had not been seen for several days. Officers made contact with the man and became concerned for him based on their observations of his appearance and conditions in his apartment. He agreed to be taken to Northern Westchester Hospital for evaluation.

Croton-on-Hudson Police Department

Aug. 4: A Brook Street caller reported a dispute at 9:59 p.m. and stated that she doesn't want it to escalate. The caller refused to provide further information and disconnected. Patrols responded to a Brook Street residence and reported handling a verbal dispute between neighbors. Both neighbors were advised to cease contact for the remainder of the evening.

Aug. 7: A caller from a Croton Point Avenue business reported at 3:08 p.m. that four males had stolen items from the

store and left on foot. Patrols responded and located the suspects nearby. The caller did not wish to pursue criminal charges and the suspects were given a warning and sent on their way.

Aug. 8: An Amber Drive resident reported at 10:30 a.m. that an unknown subject gained entry to his vehicle in his driveway and several items were stolen. Patrols responded and took a report. An investigation will follow.

Aug. 8: A caller reported at 5:49 p.m. that a patent he filed in 2013 was stolen. Both involved parties responded to Croton Police headquarters for further investigation.

Aug. 8: At 9:40 p.m., Amtrak police requested assistance with a disorderly passenger on a southbound train arriving at Croton-Harmon. Patrols responded and assisted with removing the passenger from the train.

New Castle Police Department

Aug. 5/Aug. 11: Two motor vehicles were stolen from Devoe Road and King Street on these two dates. The investigations revealed that both vehicles were stolen during the overnight hours and the keys were left inside them. Both vehicles have been recovered in the Newark, N.J. area. The investigation is ongoing.

North Castle Police Department

Aug. 5: A Hollow Ridge Road resident reported at 8:21 a.m. that her vehicle was stolen from her driveway sometime overnight. The responding officer confirmed the vehicle was stolen from the listed location. A deposition was secured. The vehicle was entered into the eJustice system.

Aug. 6: This department received a call from Westchester County police in reference to the recovery of a stolen 2021 BMW X5 reported on Aug. 5. County police were contacted by the Irvington (N.J.) Police Department reporting that the vehicle was recently recovered in their jurisdiction, and is also suspected to have been used in a shooting that is being actively investigated. The registered owner was subsequently notified of the same and instructed to contact the Irvington Police Department to provide them with a consent form to search the vehicle. There was an updated eJustice report to reflect that the stolen vehicle was located.

Aug. 9: A caller reported at 4:19 p.m. that there were solicitors outside the premise who are refusing to leave the

Stop & Shop on North Broadway. Parties are described as two young males. The responding officers reported making contact with the parties who left without incident. The unit was cleared. Later, Stop & Shop security called back to report that the two parties threatened employees inside the store. Officers responded back and spoke to the complainant who stated that the confrontation was verbal in nature and no threats were made.

Aug. 10: A caller reported at 7:23 a.m. that a black bear was eating out of the garbage on Business Park Drive. The responding officer reported that the animal was gone on arrival.

Pleasantville Police Department

Aug. 10: Report of identity theft at 12:35 p.m. A resident reported that someone had obtained their personal information but nothing was stolen.

Aug. 10: An arrest was made at 8:38 p.m. on Weskora Avenue following a report of a domestic dispute. Police did not release further information because of the nature of the incident.

Aug. 11: A village resident reported at 9:51 a.m. receiving harassing e-mails from another party.

White Plains Police Department

Aug. 5: Juan Rodriguez, 37, was charged with fifth-degree criminal possession of a controlled substance with the intent to sell K2 at the intersection of Grand and Quarropas streets.

Aug. 7: Jason Guzman, 22, was charged with fourth-degree grand larceny following an incident on Franklin Avenue.

Aug. 8: Santiago Valdoinos, 21, was charged with second-degree strangulation following an incident at 77 S. Lexington Ave.

Aug. 8: Kenneth Allen, 58, was charged with third-degree burglary and grand larceny in connection with an incident at 135 Westchester Ave.

Aug. 10: Dominick Dickerson, 27, was charged with first-degree criminal contempt following an incident at East Post Road and Martin Luther King Boulevard.

Yorktown Police Department

Aug. 10: Freddy Alvarez Ordonez, 26, of Ossining, was charged with DWI at 9:45 p.m. following a two-car accident on Navajo Road.

Editor's note: The policy of providing names of people who have been arrested varies between each department.



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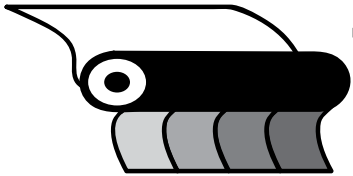
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Bowman, Gashi, Parker Compete for Democratic Nod in 16th District

By Bailey Hosfelt

Two years ago, Rep. Jamaal Bowman (D-Yonkers) ousted longstanding Democratic congressman Eliot Engel in the race for New York's 16th Congressional District, a significant victory for the party's progressive contingent.

Now, the freshman congressman faces three opponents vying to unseat him in the Aug. 23 Democratic primary.

Westchester County legislators Vedat Gashi (D-Yorktown) and Catherine Parker (D-Rye) are each hoping their political experience will translate well to serving in Congress. Another candidate, Mark Jaffe, is also on the ballot but has suspended his campaign on Aug. 8 in a Facebook post.

The district includes White Plains, lower Westchester and portions of the Bronx.

Endorsed by various local labor unions and associations, Gashi is an attorney who graduated from Lakeland High School in Yorktown. Last November, Gashi was elected to a second term on the Board of Legislators representing New Castle and portions of Somers and Yorktown. If victorious, he would move to the district.

Born in Kosovo, he came to the United States at four years old with his family as political refugees. After passing the New York State bar exam, Gashi helped draft some of the then-newly-formed state of Kosovo's foundational legal documents and establish its Ministry of Local Government Administration.

"The fact that I've worked on drafting legislation abroad does give me an understanding of the process and the capacity to do it," Gashi said.

While the district leans heavily Democratic, Gashi believes running for office out of Yorktown – a decidedly purple part of the county – provides him with good experience to collaborate with Democrats and Republicans.

"I think there's a tendency to only talk with each other and not worry about communicating our points of view or convincing the other side," Gashi explained. "That's not the way I would choose or the answer to moving (the country) forward together."

First elected to the county legislature in 2013, Parker was re-elected to a fifth term last year, representing Mamaroneck, Rye, Larchmont and parts of New Rochelle and Harrison. A Fox Lane High School graduate, Parker served six years on the Rye City Council and was a small business owner for 23 years.

Endorsed by current and former local elected officials, Parker said her experience and deep roots in the district will position her well to serve in Congress.

"We need somebody strong to really stand up for our communities and fight to represent us in Washington," Parker said. "I'm going to fight on the issues that we care about, whether it's affordability and helping return us to a full SALT deduction or infrastructure dollars coming in (to address) the climate crisis and flood mitigation."

Bowman said the vision he has had for the district coupled with the achievements he's made during his freshman term sets



Vedat Gashi



Catherine Parker



Jamaal Bowman

him apart from his two opponents.

"Since I began my first term in Congress, I've brought hundreds of millions of dollars directly back to this district to invest in our towns and communities," Bowman said. "I've worked to ensure vaccination sites were open and accessible in the district. I brought in much-needed money and resources into the district following the devastating effects of Hurricane Ida and I also passed legislation condemning white supremacy."

With the economy top of mind for many voters due to high gas prices, inflation and the pandemic, Bowman believes the nation needs a new foundation.

"Poverty and economic difficulties are here by design," he said, highlighting that billionaires have gotten richer during the pandemic while the working class fell behind. "Corporate profiteering is increasing inflation, and it is preventable."

Bowman said Congress needs to pass his Babies Over Billionaires Act, which would tax the unrealized capital gains of the top .01 percent of taxpayers with more than \$100 million in assets.

"America has a two-tier tax system: one for millionaires and billionaires and one for everybody else, which includes all of us struggling to pay for basic needs including food and housing," Bowman said. "To counteract inflation sticker shock, prices for necessary goods should be controlled instead of the customer paying for inflated prices just to pad the company's profits."

Additionally, Bowman would like to see President Biden make good on his promise to cancel student debt, which would provide opportunities for 46 million Americans.

Gashi said that while there is no magic bullet to improve the country's economic outlook, he believes it will take sober reflection to make changes to positively impact people's lives.

"I think it's important if we can pay attention to the sorts of levers that'll help people's lives – even if it's going to be just a little bit," Gashi said, citing the federal gas tax holiday as one example. "Oftentimes we'll lose focus because we can't keep everything at the same time. My answer is usually let's achieve what we can and then move on to the next thing so we can

actually get change."

Parker sees infrastructure dollars as important to fight against climate change and give the local economy a boost.

"Having projects where we're focused on helping companies and homeowners retrofit for renewable energy will give opportunity to put people to work," Parker explained.

She would also like to see the full SALT deduction returned to homeowners, which would help everyone from young families to the elderly.

"I see it as tax parity as well as just good economic policy," Parker said.

In addition, she noted that the federal government needs to do more on affordable and low-income housing for Westchester residents.

"We have to recognize that we have a shrinking and almost missing middle class," Parker said. "If we can connect the two needs – housing and infrastructure dollars – and get people working, I think that we will be able to achieve so much to help increase the social safety net for families and reduce the trauma and stress from poverty, which is oftentimes driven by systemic racism."

Regarding flooding, Gashi would work to bring additional federal money to the county to address vulnerabilities due to climate change. Parker agreed that more money is necessary.

"Flood mitigation projects are in the multimillions, and no municipality can fund that just based on property taxes," Parker said. "It's unfair to think that even the wealthiest communities within Westchester should have to go at it alone."

Bowman said he has been working on numerous environmental protections and will continue to do so through flood mitigation projects, environmental justice efforts and sponsored legislation to handle extreme weather events.

With the recent overturning of *Roe v. Wade* and Justice Clarence Thomas' indication that other rights may be re-examined, Bowman said codifying marriage equality, access to contraception in federal law and passing the Women's Health Protection Act are crucial. He also wants interracial marriages protected.

"We must operate under the assumption that no rights are safe," Bowman said,

highlighting that he would also like to see the U.S. Supreme Court expanded.

While Democrats and Republicans may disagree about abortion protections, Parker said cybersecurity is one area where the parties could collaborate.

"I think it's important that we codify *Roe v. Wade* in the Constitution, but if we can't do that, we're going to have to look at all types of legislation where we can help embed protections for a woman's right to choose," Parker said. "One of the issues that I think is important is cybersecurity protections for the apps that women use to track their menstrual cycles and ride sharing apps, which somebody may take to go to an abortion clinic out of state."

Gashi said that an extremist Republican Party has been pushing a view that isn't shared by the vast majority of Americans.

"Abortion is healthcare, and access to healthcare is a human right," Gashi said, noting that New York has made significant progress in protecting abortion access.

Now, he said, Congress has an opportunity to pass an amendment to protect abortion nationally.

On the campaign trail, Gashi has expressed disagreement with some of Bowman's votes, namely his opposition to President Biden's \$1.5 trillion bipartisan Infrastructure Investment and Jobs Act because Bowman felt it didn't do enough to increase social safety net funding. The bill passed regardless.

Gashi also criticized Bowman for voting against emergency funding for Capitol police following the Jan. 6 insurrection.

"He thinks he represents an ideology and seems to dismiss the needs of the people in this district," Gashi said.

Bowman said that while he always supported President Biden's infrastructure plan, he didn't support abandoning Build Back Better and endangering some of the most critical parts of Biden's agenda and investments for the district as a result.

"In NY-16, we consistently see horrible flooding after rainstorms. We must respond by investing big on combating climate change," Bowman explained. "That's what Build Back Better would have done, which is why I and many other Democrats

Continued on page 10

Maloney Looks to Fend Off Biaggi Challenge in 17th Congressional District

By Martin Wilbur

Democrats in most of northern Westchester and Putnam County's new 17th Congressional District are faced with a choice that has become emblematic of the party's internal struggle.

Support five-term Rep. Sean Patrick Maloney, a party centrist by all accounts who has been representing the 18th Congressional District since his initial victory a decade ago or opt for the progressive in the matchup, two-term state Sen. Alessandra Biaggi.

The court-ordered redistricting threw out the Democratic-dominated state legislature's heavily gerrymandered districts and replaced it with a court-ordered map. The district includes roughly the northern half of Westchester, Putnam and small portions of southern Dutchess County, along with Rockland and bits of Orange County on the western side of the Hudson.

Biaggi, a longtime Pelham resident who had announced her bid for the District 3 seat under the initial redistricting, switched when those lines were thrown out. She has since moved to North Castle and announced her District 17 candidacy when she learned that current Rep. Mondaire Jones was moving to the 10th Congressional District in lower Manhattan and parts of Brooklyn rather than face Maloney or freshman Rep. Jamaal Bowman in District 16.

"I am absolutely progressive and proud

to be progressive," Biaggi said. "I'm also a Democrat since I was 18 years old and able to register to vote, and I think what it comes to, what really distinguishes me from my opponent is not progressive versus moderate, but who has the independent voice, which I do, who is the one who cares about reform of government and accountability, I do, and who is the one who did not take corporate PAC money."

Maloney, a Cold Spring resident, and his campaign pointed to nearly a decade of achievements, such as banning oil barge anchorages on the Hudson, delivering billions to the state to protect clean drinking water systems and as a member of House leadership to pass the first gun safety legislation in 28 years.

Adopting the child tax credit helped lift millions of children and their families out of poverty.

"Democrats want us to fight hard and make the tough decisions needed to win this November," Maloney said.

Maloney said he is committed to reducing inflation to a more acceptable 2 percent average and working to bring gas prices down that will help families survive financially. He noted that the price for a gallon of gas is down nearly a full dollar since June.

A multifaceted approach to keeping gas prices from spiraling out of control includes releases from the strategic petroleum reserve, working with U.S. allies around the world to avoid production shortages and conservation.



Rep. Sean Patrick Maloney



State Sen. Alessandra Biaggi

Major pieces of the inflation puzzle are to address supply chain issues and getting prescription drug prices under control.

"We're going to bring down the costs by forcing big drug companies to negotiate prescription drug prices," Maloney said. "That's going to happen and that's going to have a big impact on drug prices and, of course, doing other things to help people with the cost of health insurance."

Biaggi is an advocate of Medicare for all. She also wants the federal government do its part in increasing the affordable housing stock and properly funding the Section 8 program to help working families. In her first year in the legislature, she supported the 2019 Tenant Protection Act.

In addition, Biaggi wants to make the child tax credit permanent.

Taking bold action to reverse climate change is essential, Biaggi said. She advocates for no new gas hookups and developing and converting to hydro, solar, wind and geothermal, which will create thousands of new jobs.

Democrats must also stay true to their principles and avoid taking money from Big Oil.

"The one thing that we can do to send a signal that we are serious about climate change is not to take one cent from the fossil fuel industry," Biaggi said.

Both candidates voiced support for the Green New Deal.

One of the reasons why Biaggi ran for state Senate in 2018, she said, was to codify abortion in New York. She was branded by some as an alarmist at the time.

"Some of us had the foresight to believe it was just a matter of time," she said of the U.S. Supreme Court's repeal of Roe v. Wade.

Codification of abortion, access to contraception and protection of marriage equality must be done at the federal level, Biaggi added.

Maloney said the rollback of Roe gave Democrats a chance to enact legislation for emergency contraception and allowing women to travel across state lines to receive reproductive healthcare. Preservation of marriage equality is also

critical, he said.

"People need to understand this MAGA Republican Party and the attack on individual freedom is just beginning," Maloney said.

He said he wants to strengthen policing by investing in train and technology to help the do their jobs. Maloney took Biaggi to task for calling the police "soulless."

I think that it's insulting and it's wrong," Maloney said of Biaggi's comments.

The state senator has also taken heat for her support of New York's cashless bail for non-violent offenders, which Republicans have charged has significantly contributed to rising crime rates.

But Biaggi was unapologetic. She said the state's bail reform was about fairness. For those with the money to make bail, they are out on the street for the same offenses, but the poor, many of whom are people of color, were not.

"It's criminal that Republicans want to use people's lives for talking points," Biaggi said. "It's really a turnoff for me."

She supports all the major gun legislation reform passed in New York at the federal level, including red flag laws, enhanced background checks and an assault weapons ban.

Both candidates support raising the SALT deduction cap but they will have to fight regional opposition in both parties in low- and moderate tax states before that occurs.

Maloney ripped leading Republican candidate, Assemblyman Michael Lawler, who has repeated charges that Maloney has failed to raise or repeal the SALT cap with a Democratic Congress and President.

"It's guys like me who have been fighting that tooth and nail," he said. "We're going to get that done, with no thanks to Lawler who supports the party that let that get away."

As a member of the House Intelligence Committee, Maloney said continued support of Ukraine is critical but so is sharing relevant intelligence with the country and our allies.

Bowman, Gashi, Parker Compete for Democratic Nod in 16th District

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were committed to passing the entirety of President Biden's agenda together through both Build Back Better and the bipartisan infrastructure framework."

Because conservative Democrats, namely Joe Manchin, insisted on separating the two, Bowman said he and other progressives voted against it.

Bowman highlighted that the Jan. 6 attack on the Capitol wasn't caused by lack of funding but rather a lack of preparation and intelligence sharing.

"I voted against the supplementary bill because we must learn from the mistakes of our past and seek holistic solutions to public safety instead of writing a blank check to police departments," Bowman explained, adding that the bill excluded other Capitol employees such as cafeteria and janitorial staff, despite his asking for that funding to be included.

Parker also blasted Bowman's votes, particularly regarding the infrastructure bill, the Israel Relations Normalization Act and the \$1.5 trillion spending package with military aid for Ukraine.

"His vote against the infrastructure bill speaks to not understanding how we need to all be working together," Parker said,

She added that his positions related to Israel is out of step with the district's Jewish voters and policy that protects

American security.

"Positioning himself on a soapbox with The Squad I don't think serves our community well," Parker said.

Having worked in local government when Democrats were both the majority and minority, Parker said she knows how to get things done and will be a good team player in Congress.

Gashi said he's a product of the American dream and is ready to do the work if elected to Congress.

"As a former undocumented immigrant who didn't speak English, I never thought running for Congress would be something that I'd be capable of doing," Gashi added. "It's something that I've proven that I can do, and I feel compelled to do it."

Bowman said the country must invest in people and families, and that's what he's spent his first term in Congress delivering on for his constituents.

"Voters believed in this vision for our district enough to elect me once, and I have confidence they will make the right choice for this district once again," Bowman said.

The winner of the Democratic primary will run against Republican attorney John Ciampoli in November. The district has not had a Republican representative elected to Congress since 1949.

Republicans Set Sights on Nomination for 17th Congressional District

By Martin Wilbur

Historically, the congressional mid-term election is often seen as a boon for the party that is in the minority.

With Democrats holding the White House and razor-thin majorities in the House and Senate, it isn't surprising multiple candidates are vying for the Republican nomination in next week's primary for the 17th Congressional District. It covers the northern half of Westchester, all of Rockland and Putnam counties and small portions of Dutchess and Orange counties.

Whether it's history, soaring inflation or a newly-configured congressional district for what could be called an open seat despite the presence of incumbent Democratic Rep. Sean Patrick Maloney running in his party's primary.

Assemblyman Michael Lawler (R-Pearl River) is seen as the frontrunner, endorsed by much of the party's leadership, including former Westchester County executive Rob Astorino. He is joined on the ballot by Somers Councilman William Faulkner, Rockland County Legislator Charles Falciglia (R-Suffern), businessman Jack Schrepel, a resident of Chester in Orange County, and Harrison resident Shoshana David.

Faulkner and Lawler are also facing off in the Conservative Party primary.

David failed to respond to requests for an interview and did not participate in the League of Women Voters' candidates' forum.

Charles Falciglia

In his seventh year on the Rockland County Legislature after serving a term on the Suffern Village Board and losing a tight race for mayor, Falciglia said he entered the primary to give himself a chance to address larger issues.

He announced his candidacy in May 2021, before the original redistricting, which was thrown out after state Republicans sued and new lines were drawn.

"I said I'm going to take a shot at a bigger prize, a bigger election where you can really talk major issues," said Falciglia, who worked in banking for 41 years in a variety of capacities from mortgage lending to being a bank secrecy officer, where he monitored suspicious financial activity for his last 15 years. "You can talk about health issues, corruption, Social Security."

He also hopes to bring decency to Washington rather than engaging in counterproductive quarreling with Democrats and some new ideas to help solve some of the most pressing issues of the day.

One of Falciglia's more intriguing proposals would be to create hospital-zone districts, where instead of employees and their company paying a private health insurance company, that contribution would go toward their local hospital. The rationale is that since hospitals don't turn away anyone seeking help in the emergency room this would ensure the hospital receives payment.

Another out-of-the-box proposal would be to remove the wage cap on Social Security so the highest earners continue to pay into the system and help keep it solvent. For 2022, that cap is \$147,000.

Falciglia would also lower the full retirement age to 65, eliminate the earnings limit for those collecting before full



Michael Lawler

retirement age, raise the "ridiculously low" \$255 death benefit to a surviving spouse and provide a death benefit to someone's heirs if they should die before collecting.

"I believe the economy works best the more disposable income people have and I would expand Social Security," Falciglia said.

To combat gun violence and crime, Falciglia said he supports the addition of 100,000 law enforcement personnel. An overwhelming majority of the gun violence is committed with handguns, many of those illegal, he said.

Falciglia said the new hires would include 50,000 police officers patrolling the streets while the other 50,000 would be in the form of prosecutors, FBI agents, U.S. marshals and IRS criminal investigators, he said.

Increasing capital reserve requirements would slow down the economy, which would help to start ease inflation.

Falciglia believes the nation should invest in more nuclear plants and solar power to battle climate change. Continuing to develop electric car technology is vital, he said.

"We are moving in that direction, Falciglia said. "Solar fields and solar panels, I would make an investment in that, and nuclear energy."

Unlike his primary opponents, Falciglia said abortion is a national issue and he opposes the patchwork approach of having the states decide its parameters. In fact, there should be a national referendum voted solely by women, he said.

"This is a national issue; this is not a state's rights issue," Falciglia said. "It's sort of a cop out."

During his campaign, Falciglia said women he has spoken to have almost universally said they would never have an abortion but it should be legal.

Falciglia supports term limits for Congress and would tax campaign contributions 10 percent.

William Faulkner

Faulkner became interested in running for Congress last winter after Westchester County GOP Chair Doug Colety e-mailed office holders in the party to see if they would be interested in running for a variety of positions up for election this year. It came two months after he was elected to a third term last November on the Somers Town



Jack Schrepel

Board.

Initially, Faulkner appeared to be on his way to the Republican nomination for the 16th Congressional District seat now held by Rep. Jamaal Bowman. The lines were redrawn and Somers was placed in the 17th District. The switch had no consequence on Faulkner's decision to continue with his campaign.

"I know we will prevail; I know we will be successful and the reason for that is simple – we are the choice of the people," Faulkner said. "Everybody I've spoken to and on the issues, we are in dead alignment with all the major issues that are dedicated to today."

Those issues start with the economy and tackling steep inflation, registering nearly 9 percent, and what is likely now a recession. For Faulkner, the solution is to cut taxes and spending, the opposite of what has been happening. The more than \$30 trillion deficit is a result of the country continually spending more than its revenues.

"I spent 25 years in Fortune 100 companies, all in finance, and you have to have accountability," said Faulkner, who now owns and operates three flight schools. "I don't see accountability in Washington."

While assistance was needed to help those most deeply affected during the height of the pandemic, Congress took advantage of the crisis, he said.

Raising or eliminating the cap on the state and local property tax (SALT) deduction is a priority for Faulkner, if elected. He said homeowners in high-tax states should not be penalized because the cost of living is greater.

For those locally concerned about abortion, the U.S. Supreme Court decision overturning Roe v. Wade has no impact in New York.

"Let's remember that in the state of New York, nothing changes. Nothing changes," Faulkner said. "We have some of the most liberal abortion laws in the country and the overturning of Roe v. Wade has zero impact on the citizens of the 17th district."

Asked whether legislation is needed to protect access to contraception and marriage equality, Faulkner responded that he would not support any extreme measures like that.

Faulkner characterized himself as a Second Amendment supporter and a defender of



William Faulkner



Charles Falciglia

all the amendments. A law-abiding citizen should be able to receive a handgun permit in less time in New York in order to protect themselves. In some cases, he said, it takes as long as two years, which is in violation of the state constitution.

"I don't think we need anymore legislation keeping honest citizens from defending themselves because Democrats won't fund the police to do that for us," Faulkner said.

He did laud the Safe Streets program, which has proven successful in Westchester and other locations where local and federal agencies partner on

Faulkner backs the financial and weapons support for Ukraine against Russia, but would not support troop involvement. He said over the past 25 to 30 years, the United States has placed its allied like Ukraine in peril during Democratic administrations because they have failed to heed President Ronald Reagan's words of peace through strength.

Ukraine, along with Sweden and Finland, should be supported to join NATO, Faulkner said.

With respect to China, the U.S. should similarly protect Taiwan against Chinese aggression. However, Faulkner said China is much more patient and disciplined and are watching carefully what happens in Ukraine.

Michael Lawler

Lawler, who previously worked for

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Letters to the Editor

Biaggi Will Make Things Happen on Issues That Democrats Care About

It is high time for Democrats to vote their convictions rather than their fears. This is why I am supporting Alessandra Biaggi in the Aug. 23 Democratic primary.

I was raised by Kennedy Democrats who believed in the values of moral, social and political equity built into democracy. Remember when the Democratic Party was about championing civil rights, supporting living wages and fair taxation, especially of wealthy individuals and corporations, investing in public education and public health and saving the environment? Those were the values the Democratic Party used to stand for. When did we lose all that?

As a Peekskill Democratic district leader, I saw firsthand what an engaged and fired-up Democratic voter base can accomplish at the polls. Mondaire Jones, the current District 17 congressional representative and fellow progressive, did just that. He doubled voter

turnout in my district in Peekskill. Voters now are confused as to why Mondaire Jones isn't running in this district, something Sean Patrick Maloney hasn't bothered to publicly explain, really. When Democrats believe in a candidate they get out and vote.

Can voters trust that a real Democrat like Alessandra Biaggi will win the general election? This is what we need when facing the new kind of GOP candidate, like Mike Lawler. Simply, real Democrats can beat him in a new +7-point blue district (in favor of Biden) if they come out and vote.

Sen. Biaggi's progressive and inclusive vision is exactly what we need to bring voters out. She has hit the streets in rallies with young and old over the loss of Roe and the terrible human losses of children from guns and mental illness. Remember: Maloney has been in office when these

major losses have happened. Courage means fighting for what you believe in. I say this as I look at the pile of fear-inducing hate mail from "police friends" that I've collected in the last month. This has been generated by dark money PACs. Maloney has not denounced this in the least. Instead, he is spending millions of dollars, corporate PAC money, so we can watch endless commercials of him in his kayak in the Hudson River. Some of us environmentalists know he'd voted with Republicans to cut taxes on oil exports. He backed Danskammer and his relationship with the CPV fracked-gas plant propelled his status in the Democratic Party fundraising structure. Maloney is a corporate monied Democrat and this is not who we need representing us in Congress.

Today we are faced with a choice: We sit back and watch the Democratic Party fade

into oblivion or we get up and support the candidate that shares our values. Biaggi will codify Roe, she will not only support but advocate for the two critical pieces of the Green New Deal, she will take on gun control measures and fight the terrible influences of the NRA at every turn. This is not the time to give up. Bring Democrats back by voting for Biaggi. Early voting runs through this Sunday, Aug. 21. There is in-person voting on Tuesday, Aug. 23. You can also vote by mail.

Tina Volz-Bongar,
Peekskill Democratic Party District
Leader
Election District 1

Yorktown's Par 3 Golf Course Boondoggle Has Been Regrettable

There is an old adage: If it walks like a duck, talks like a duck, then it is a duck. For eight years, the Town of Yorktown has waited in anticipation for the Par 3 golf course to be renovated and completed. For eight years, we drove down Route 6 and saw a truck here or a machine there. I understand construction delays and I can understand supply chain disruptions but we are all kidding ourselves if we are going to believe

it has been the cause of eight years of delays. I, for one, disagreed with the town's extension in 2018, but here we are four years later and all we have to show for it are three holes and a clubhouse that apparently is unable to obtain a certificate of occupancy. At this rate, we will not see the course completed for another six years, and after eight years of trying maybe the clubhouse will pass inspection.

If it walks like a duck, talks like a duck, then it is a duck. For the past eight years we've let ducks walk, talk and work on the town-owned Par 3 golf course. This latest episode proved the inability of the selected company to properly manage its construction; however, we are supposed to believe they will be able to actually manage the day-to-day operations? It is time for our town officials to finally move on from this current "partnership,"

who can quack all they want about our elected officials. As a lifelong resident, it is refreshing to know that we finally have leaders in town who can call it as it is: They saw a duck, heard a duck and they know a duck cannot build a golf course. Good riddance.

Martin McGannon
Yorktown Heights

Biaggi Deserves Democratic Party Nod in 17th Congressional District

If, like me, you're concerned about the direction in which our democracy is going, I invite you to take a moment to learn about (and urge you to cast your vote in the Aug. 23 primary) for Alessandra Biaggi, Democratic candidate in New York's 17th Congressional District. It's clear the Democratic Party establishment is ill-equipped to adequately respond to the alt-right, pro-Trump movement, which threatens basic truth and

the rule of law. In these times when so many constitutional rights are at stake (e.g., school safety, gun safety, health care, abortion, voting and election reform, climate justice, renewable energy, housing, etc.), it's urgent we unify and support candidates who'll champion working class values in D.C. Unfortunately, it appears the Democrats have been doing just the opposite. The Democratic Campaign Congressional Committee (DCCC), which is the main

fundraising arm for the caucus, recently spent close to a half-million dollars in ads uplifting a Trump-endorsed Republican candidate in Michigan. And that's just one example of the Democrats' stunningly irresponsible political calculus, which happens to directly implicate Biaggi's primary opponent, currently the chair of the DCCC. In decisive times like these, I urge you to ask yourself: What better way to send a strong message than by electing a passionate

(AOC-like), experienced (currently a state senator) brave voice who'll work tirelessly to get money out of politics and restore the sacred democratic values (i.e., our voice is our vote) foundation to our great country? Please get involved today and visit <https://alessandrabiaggi.com> for more information.

Rhett Sullivan
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Publisher
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Laura Markowski
Associate Publisher
lmarkowski@theexaminernews.com

Peter Stone
C.F.O.
pstone@theexaminernews.com

PO Box 611
Mount Kisco, NY 10549
914-864-0878
www.TheExaminerNews.com

Print Team:

Martin Wilbur
Editor-in-Chief
mwilbur@theexaminernews.com

Rick Pezzullo
Editor
rpezzullo@theexaminernews.com

Ray Gallagher
Sports Editor
rgallagher@theexaminernews.com

Andy Jacobs
Sports Editor
ajacobs@theexaminernews.com

Annette Van Ommeren
Designer

Paul Cardì
Senior Account Executive
pcardi@theexaminernews.com

Jeff Ohlbaum
Senior Account Executive
johlbaum@theexaminernews.com

Ken Gulmi
Senior Account Executive
kgulmi@theexaminernews.com

Nick Antonaccio
Wine columnist

Bill Primavera
Real estate columnist

Morris Gut
Food Writer

Gus Amador
Distribution

Digital Team:

Robert Schork
Digital Editorial Director
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Dean Pacchiana
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Column

Latest Gannett Layoffs Sting Westchester, Communities Across U.S.

It was two decades ago, in late 2000, and I was 22 years old, seated in my goofy ill-sized suit in the corner office of a Head Honcho at The Journal News, interviewing for a position as a reporter.

Growing up on Long Island, anything north of New York City might as well have been the tip of Niagara Falls, all some vague, fuzzy “upstate.” I didn’t know Westchester County from the North Country.

If printed news, for example, wasn’t in Newsday, the Daily News or The New York Times, it generally wasn’t on my newspaper radar screen. So I was just genuinely making innocent conversation when I asked Mr. Honcho a question as my job interview was winding down.

“So what grade might you give The Journal News as an organization?” I asked, or something along those lines.

“A C-minus,” he immediately replied, with a wry grin.

In a moment, I’ll get back to my story, the brutal impact of Friday’s wrenching Gannett layoffs, and my illuminating conversation with Asher Stockler, a local government accountability journalist at The Journal News/lohud, and the secretary for the Hudson Valley News Guild, a union repping the editorial staff at The Journal News, the Poughkeepsie Journal and the Times Herald-Record.

But a quick other point first. There’s always been a weird dynamic when it comes to The Journal News and, more recently, the outlet’s important digital platform, lohud.

My oversimplified analysis: the individual reporters, visual journalists and editors are consistently first-rate, to this



By Adam Stone

day, producing excellent work, while the upper Gannett corporate management has, generally speaking, to use a technical term, sucked.

It strikes me as an organization where ambitious young reporters, award-winning mid-career journo and seasoned vets get dragged down by corporate bureaucracy, schizophrenic company priorities, and myopic bottom-line thinking.

So, back to that Head Honcho and his C-minus grade. I recall being taken aback by the answer.

He seemed to relish delivering the zinger about his own organization. When I started at the paper a few months later in 2001, and relayed the story to one of my new colleagues, I learned that Mr. Honcho had since left for a different newspaper.

And I also eventually saw how his exhausted mood at the end of his tenure foreshadowed what I’d soon myself discover about the surroundings.

At first, I didn’t know what Honcho was talking about. I was one of the young reporters hired to produce community journalism for the newly-launched Journal News Weeklies division, with a beat covering the City of Peekskill for The Star. A great first job, lucky to have it.

I was surrounded by a creative, talented crew – young reporters and senior editors eager to deliver high-quality, fact-checked content. (The local executives were also generally warm, supportive and smart, albeit seemingly unnerved by ever-changing corporate edicts from Gannett’s McLean, Va. headquarters.)

But over the next 15 months, before I left for a different newspaper job, I saw

how cringey corporate mandates and a morale-sapping culture fostered by folks outside the newsroom sometimes turned editorial startup energy into stale air, as much fun as we often had.

In fairness, some of my analysis at the time was a result of being a young punk. Yet even with that distorted lens in mind, looking back years later, I can objectively identify some signs of real, festering toxicity.

As one of the biggest newspaper publishers in the country, made somehow even less journalistically-motivated in 2019 after the merger with GateHouse, Gannett’s financial woes are our woes – and by “our” I mean our communities across the country, hurt by the downsizing of already skeleton-staffed newspapers.

Last week, after the most recent quarterly reporting showed Gannett’s revenue dropping 7 percent compared to the same time last year, the company’s plans to cut editorial staff were announced; newspaper ad sales and subscription sales are still suffering. And on Friday, as planned, the hammer dropped.

Lohud lost its top editor – the executive editor, Mary Dolan – and the investigations editor, Frank Scandale, while dozens of other Gannett journalists at news organizations across America also found themselves suddenly unemployed.

Without yet knowing all the particulars, it feels safe to say that losing two top editorial leaders can crush the ambitions of an already drastically undersized staff.

“At lohud, they essentially decapitated the newsroom,” said Stockler.

As of this writing, there were 20 confirmed newsrooms across the country zapped by the layoffs but that number is expected to grow.

To be clear, the very real challenges

faced by Gannett and news publishers large and small are impossible to exaggerate.

It’s a herculean effort for any local news organization to generate enough revenue to fund even a tiny group of community journalists. But Gannett’s troubles, in particular, always seem exacerbated by its decision-making.

Moreover, company leaders are tone-deaf and/or excessively greedy with the compensation they dole out to top corporate brass. It’s money they could more wisely use to invest in sustainable future business models for local news – ways to improve business and journalism simultaneously.

I don’t want to paint too cartoonish a picture here of the good guy worker bees exterminated by bad guy corporate killers. (Although you should read the piece about Gannett’s CEO, who reportedly bought \$1.22 million in Gannett stock for himself as Rome burned. And it’s not just the CEO; plenty of Gannett executives and even board members are seeing their pockets generously lined these days in excessive fashion.)

Gannett aside, the most well-intentioned industry bosses are genuinely overwhelmed by a historic tidal wave of local-news-specific business hurdles. More than anything, beyond the morality play, this is a sad story – it’s impossible to calculate the impact of insufficient staffing at news organizations.

Across the country, there are just way too many trees falling in the forest without anyone there to tell us what happened.

- Adam Stone is the founder and publisher of Examiner Media.

A full version of the article can be read at www.theexaminernews.com.

Letters to the Editor

Maloney’s Record of Accomplishments Makes Him Clear Choice in Primary

Congressman Sean Patrick Maloney has well-earned our votes for his re-election. I ask my fellow Democratic Party voters and activists to support him in this primary in which early voting began on Aug. 13 and continues through Aug. 21, followed by in-person voting on Aug. 23.

Historians recently met with President Biden to warn him about the grave danger our democracy is in, comparing it to pre-Hitler Europe and the pre-Civil War U.S. This gravity and urgency seem to elude people like Alessandra Biaggi who has abandoned her Bronx constituents, moved to our district and seeks to unseat a man on the front lines of protecting our democracy. As a fellow Italian-American, we should fathom that Trump is America’s Mussolini and our leaders like President Biden and Congressman Maloney are the Resistance, the Partisans, the heroes.

Last Saturday in Peekskill, Maloney and his husband, Rudy, rallied voters and showed the energy, vigor and courage which has brought him to serve 10 years in Congress and authored over 40 bills! This week, he advocated and

voted for the most comprehensive climate action legislation in history along with major curbs on prescription drug price gouging. Sound like an enemy? Sounds like someone who needs to be defeated? No!

On top of his energetic work as a congressman, he is a father and husband and our longtime neighbor. His colleagues in the Democratic Party elected him to lead the Democratic Congressional Campaign

Committee to keep our majority in Washington, D.C. No wonder he was first elected in a region that voted for Trump while being openly gay and having a multiracial family.

He has protected our environment including our precious Hudson River. As a child, I learned about Pete Seeger and the Clearwater movement to clean up the Hudson and protect nature. Congressman Maloney has fought to clean up the PCB dumping, halt the obscene

parking of oil tankers on our river and renew the funding for the EPA to fight toxic dumping.

Let’s keep this fighter, this man of valor, in Congress and donate your time, money and energy to keeping our Democratic majority in Congress.

Nicola Antonio DeMarco, JD
Peekskill

There’s Only One Way to Celebrate National Banana Split Day

You scream, I scream, we all scream for ice cream.

Take a day off from worrying about cholesterol, triglycerides and your weight. Treat yourself and beat the heat and humidity by going to your favorite local ice cream parlor and order a banana split.

Thursday, Aug. 25 is National Banana Split Day. It was established by David Evans Strickler, a 23-year-old apprentice pharmacist, at his Latrobe, Pa. store’s

soda fountain in 1904. The cost for this tasty treat was 10 cents, which was twice the price of any other ice cream sundae.

Why not have an all-ice cream dinner? Enjoy a couple of scoops of your favorite ice cream. It should be properly served in a long dish sometimes called a boat. The banana is cut in half lengthwise with three scoops of ice cream in between. Tradition dictates that there be vanilla, chocolate and strawberry ice cream, but many substitute

other flavors.

Add some hot fudge, whipped cream, crushed nuts, maraschino cherries and other toppings. It will put a smile on your face and bring back childhood memories of when you frequented your favorite ice cream emporium.

Larry Penner
Great Neck

Republicans Set Sights on Nomination for 17th Congressional District

continued from page 10

Astorino and is in his first term in the state Assembly representing a portion of Rockland County, said he jumped into the race because of the mistakes made as a result of one-party rule in New York and in Congress.

"What we're seeing right now, the Democrats control everything in Washington, everything in Albany and from an economic standpoint and from a public safety standpoint our country and our communities are in shambles, and that's something that really drove me two years ago and is driving me now to run in this newly-configured 17th Congressional District, which I believe is very competitive," Lawler said.

Reigning in runaway spending and putting an end to printing money are the first and most critical steps to addressing inflation, he said.

"The only way you're going to get out of it is by cutting spending, cutting taxes and regulation and allowing the free market to work because what's been going on under Biden and Pelosi and Maloney is not working," Lawler said.

To get gas prices under control, the nation must have greater energy independence, according to Lawler. That means continuing to produce oil and natural gas while the country develops more renewables.

He blasted Maloney for being unsuccessful in raising or eliminating the cap on the SALT deduction cap from the current \$10,000 despite the Democrats controlling Washington the past two years. Lawler said if Republicans regain Congress, he would be able to reach a

compromise with legislators from elsewhere in the country as he has done in Albany.

With the nationwide surge in crime the past two years in some areas, Lawler pledged to support sending resources to communities. Lawler said the country needs to signal its support for police by helping to provide them with the training and resources to do their job properly.

"The federal government has an obligation to make sure that if we're going to be sending resources to the states, they're using these resources appropriately and to protect the residents," Lawler said. "You can't allow criminals to walk free, especially violent criminals."

Lawler is a supporter of red flag laws, as long as due process is ensured, and background checks to prevent firearms from falling into the wrong hands. However, citizens have the right to protect themselves, he said.

"People have the right to bear arms and they have the right to protect themselves and their families and that is something that I certainly support," Lawler said.

Government and law enforcement must work to fight illegal guns. Penalties should be stiffened for offenders who commit a crime with an illegal firearm as well as anybody caught trafficking guns, Lawler said.

He said he is supportive of federal legislation to protect gay marriage and LGBTQ rights. On abortion, the Supreme Court ruling returns it to the states, which is appropriate.

"Abortion in the state of New York is

not going anywhere," Lawler said. "I think the issue to me is the extreme position of Sean Patrick Maloney in which he supports abortion to the day of birth."

Lawler said support for Ukraine is essential, but the Biden administration, along with NATO allies, should have been doing more to arm the Ukrainians before Russia's invasion.

"This has really been unfortunate, and frankly, had a Republic president been in office, this would not have happened," Lawler said.

Lawler said by strongly supporting Ukraine, it sends a clear message to China that unwarranted aggression will not be tolerated.

Jack Schrepel

Schrepel is making his first run for public office, having come out of the private sector working in marketing and digital advertising. He also headed the call of Colety, the Westchester GOP chair, for Republicans to step up to a variety of offices.

Schrepel decided to run for the seat after he recently retired.

"I am not one to complain and sit idly by while things are not going the way they should," Schrepel said. "I've seen a distinct change with this administration back in January '21 and I wanted to step up and serve my community."

The candidate said sharp inflation, which has been about 9 percent in recent months, can be traced to the start of the Biden administration. That includes the spike in gas prices.

Schrepel supports opening up the Keystone

XL pipeline and providing leases to the oil companies, which would make the U.S. energy independent again.

"It all seems like too simple a formula but things were going quite well and in the right direction with the previous administration," he said.

Schrepel wants the country to continue planning for the reduction of fossil fuels by developing a wide range of energy sources, including renewables as technology improves.

Penalties must be strengthened to combat the proliferation of illegal handguns. Using illegal firearms in the commission of a crime must be a felony, and the sentence should include jail time, Schrepel said.

Abortion is now rightfully left to the states, he said. Schrepel decried the extremes on the issue, criticizing those who support abortion until the day before birth while also supporting some exceptions, such as allowing termination of a pregnancy when the life of the mother is in jeopardy.

It is not entirely coincidental that Russia's invasion of Ukraine came within six months of the Biden administration's flubbing the departure from Afghanistan, Schrepel said. The U.S. must do everything to protect its national interests.

"We have to beef up our military, our defense spending significantly, and again, strength would be a deterrent to aggression and substantiate our role as the world's peacekeeper by a strong military," Schrepel said.



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Local Man Helps Out Neighbors During His Dog Day Afternoons

By Martin Wilbur

When dog owners in Hawthorne are stuck at work, go away for a few days or have a medical procedure that temporarily prevents them from walking their pet, there's one person who they turn to first.

That would be 33-year Manhattan Avenue resident Victor (Doc) Netri, a lifelong dog lover who slowly turned into the neighborhood's designated dog walker and foster provider since shortly after the onset of COVID-19.

Netri, who along with his wife have three dogs, including two chocolate-colored labs and a black lab mix, started interacting with more of his neighbors during the first six months of the pandemic. That was especially true for Netri who had left for work in the wee hours of the morning for two jobs until his recent retirement – at the Hunts Point market in the Bronx and also as a real estate appraiser.

But with so many people at home during the opening stages of COVID-19, Netri became familiar with more of his neighbors – and they became familiar with him, if they weren't already. For dog owners, walking the family pet is partially a social experience, never more so than during the lockdown, he said.

"I would say since the pandemic, the dog population here has probably doubled, at least doubled, since the start of COVID," said Doc, only referred to by his nickname by neighbors. "For a long time, people wouldn't go anywhere and then a couple of

them (who) don't walk their dogs, started walking their dogs."

With his three dogs in tow, some residents assumed he might have been a professional dog walker.

"On any given night, we've had nights where there have been like 20 of them, just walking, and it's really because we're a big dog community," said Netri, who along with his wife foster dogs through The Joshua Fund Dog Rescue in Jay, N.Y. near Lack Placid, where his wife, Kami, is originally from.

When society started opening up and many families weren't at home as much, some of the area residents needed help with walking their dog or having them socialize with other pets instead of being alone for hours at a time.

Neighbors have also reached out to him to dog-sit while they go away for several days.

"I have seen people who have kenneled their dog. When the dog comes home, they're not the same dog anymore," said Netri, who got his nickname because two relatives who worked in a pharmacy were also named Victor. "That's not that uncommon. Aside from getting kennel cough and other things, things happen in the kennel."

For neighbors who have increasingly relied on Doc, his assistance has been a God-send. He fostered Kristin Turco's now two-and-a-half-year Lab Sampson when he was a puppy.

His even-keeled nature and his love for animals shines through, Turco said, and the dogs can sense it. Whenever Sampson walks



MARTIN WILBUR PHOTO

Victor (Doc) Netri who recently sat for J.C. when his owners were on vacation. Netri walks and cares for many of his neighbors' dogs when they are busy.

past Netri's house, he gets excited.

"The dogs know him and love him," Turco said. "He's an animal lover; he's just a good person. He's well-known in the neighborhood. Everybody knows him and

he's just always willing to help, always happy to offer up his time."

Another neighbor, Alexis Zerbo, said there are times when she's delayed getting home to walk her pit bull mix Rebel and all she has to do is give him a call and Doc will walk over to her house and get him. Doc provides peace of mind knowing that she can rely on someone who is trustworthy.

"He's such a great guy. He really puts the dogs first," Zerbo said. "He treats all of them as if they are his own."

Netri has a box of toys for the dogs and plays with them, along with having a backyard for them to be outside in good weather. When dog-sitting for any length of time, he makes sure the pet has its favorite food and any other necessities. He also requires the owner to provide him with their veterinarian's contact information, just in case.

Mainly, he watches larger dogs because generally they are less finicky eaters.

Netri said he accepts no pay or gifts for walking or caring for a dog, not that his neighbors don't try to offer remuneration. Sometimes he relents, particularly if he had the dog over his house for an extended stay and the owner insists.

But the benefits of caring for neighbors' dogs and getting exercise for himself pays for itself.

"We usually walk like three times a day, which is good for me, too, no matter what because the exercise is good," Netri said.

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A Vital Community Ally

A local HIV treatment and prevention clinic combats both old myths and new complacency to drive down a persistent infection rate.



By Sherrie Dulworth

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Thirty-six years ago, scientists gave the AIDS virus a new name, calling it the human immunodeficiency virus, or HIV. It was often lethal, and patients were treated (when they could be) in inpatient acute care hospitals.

Founded in 1990, the AIDS Care Center served a vital role in the Hudson Valley, caring for people with HIV infection. It has transformed from being an inpatient care model to one that is entirely outpatient. It also has a new name, the Ally Care Center,

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an HIV Treatment and Prevention Primary Care Clinic. The Hawthorne-based center is part of the Westchester Medical Center Health Network (WMCHealth).

Dr. Rebecca Glassman is the Medical Director for the Ally Care Center. She attended medical school and did her internship, residency, and first five years of medical practice in Boston. She and her husband, both Westchester County natives, moved back about 18 months ago with their three young children. She described it as a real homecoming.

While a series of medical breakthroughs have left the general public thinking that HIV is a thing of the past, the reality is that HIV continues to spread at an alarmingly high rate, given all we know. In 2019, 36,801 people received an HIV diagnosis in the United States. From 2015 to 2019, HIV diagnoses decreased only 9% overall in the U.S.

Examiner+ recently spoke to Glassman about the clinic, changes she has seen in caring for people with HIV, and some common public misperceptions.

Examiner+: What led you to specialize in HIV care?

Rebecca Glassman, M.D.: I am truly a primary care physician, not an infectious disease specialist. Traditional internal



WESTCHESTER MEDICAL CENTER PHOTO

Ally Care Center staff

medicine residencies have a heavy focus on inpatient care. I was interested in in-depth training opportunities to learn about outpatient medicine.

I trained in an inaugural HIV primary care program, where I also learned about gender-affirming care and became proficient in providing gender-affirming hormone treatment. I felt like I found my passion and calling to be able to provide comprehensive primary care for individuals living with HIV.

E+: Tell us more about the evolution and the

current focus of the Ally Care Center.

Glassman: The name Ally Care Center was a shift for several reasons. One is that we want to make sure that we are more inclusive of the individuals that we serve. We provide care to approximately 450 patients. AIDS doesn't capture the majority of our patients who never reach that diagnosis — so many of our patients are living with HIV and are healthy.

We really want to make the Ally Care Center a primary care clinic for everybody, and the big push for us is to create a very safe and welcoming environment to provide gender-inclusive care to anybody seeking it.

We have several patients who are HIV-negative but have an ongoing risk of acquiring HIV, and we offer them protection with ...

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Ronald McDonald House Launches Chef for a Day Program

Ronald McDonald House of the Greater Hudson Valley recently launched a new Day of Service volunteer program that calls for local chefs to bring their culinary talents to the facility's newly-renovated kitchen.

The program, Chef for a Day, connects local chefs with Ronald McDonald House volunteers who commit to a day of service and create, prepare and serve brunch, dessert and dinner to the families that stay at the House.

The House, just steps away from the Maria Fareri Children's Hospital in Valhalla, provides a home away from home for families of sick children and serves two meals a day, 365 days a year. Since the House was opened more than a decade ago, the staff and volunteers have prepared

almost 70,000 meals through their Meals that Heal volunteer program.

The new Chef for a Day program gives the local business community an exciting opportunity to be socially responsible while enjoying a new experience. The guest chefs create the menus, prepare the meals and guide the volunteers through the cooking demonstration. The volunteers work alongside the chefs and then serve the meals to the families currently staying at the House.

"Our Day of Service program is designed to give families home-cooked meals and more through the pairing of generous community organizations, local businesses and trained culinary experts," said Brittany Moretti, Director of Operations of the Ronald McDonald House of the



Employees from Webster Bank participate in Chef for a Day and get a cooking demo from Chef James Burton while serving Ronald McDonald House families.

Screening of 'Boss Baby 2' at Kensico Dam Plaza This Week

White Plains Hospital Screenings Under the Stars presented by Westchester County Parks and Sharc Creative continues this Wednesday evening with the family comedy, "Boss Baby 2: Family Business" (2021-PG) at Kensico Dam Plaza in Valhalla.

The gates open at 5:30 p.m. and the screening begins at sundown. The event will be held rain or shine. Admission and parking are free.

Moviegoers should bring blankets, folding chairs and a picnic dinner. Refreshments will be available for sale.

Greater Hudson Valley. "Volunteers from the community will sign up to spend the day at the House working alongside the experienced team and volunteer chefs to create, hope, help, comfort and delicious meals for our families."

The Chef for a Day program, which

runs on Wednesdays, offers three tiers for corporations to choose from depending on the number of volunteers participating. Interested chefs can contact Ashlyn Hay at ahay@rmhghv.org. For more information or to register a team for Chef for a Day, visit www.rmh-ghv.org.

**Join a new fun youth field hockey program this fall grades 1st through 8th
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Registration is open now and see information at <https://www.westchesteryouthfieldhockey.com/programoverview>
email questions to westchesteryouthfh@gmail.com

Westlake STEAM Symposium Inspires Next Generation of Innovators

By Em Stangarone

The halls of Westlake High School were abuzz with curiosity last Tuesday and Wednesday as students attended the Mount Pleasant School District's STEAM Symposium.

The fifth annual event engages students in the areas of science, technology, engineering, art and math. After two years of virtual programming, students were overjoyed to return for two days of in-person, hands-on scientific exploration.

"Our STEAM Symposium is an opportunity for students to explore their passion and learn about fields they may not be familiar with," said Mary Knopp, the school's library media specialist and symposium co-chair. "Our goal is to inspire and empower students about opportunities in STEAM (fields) that will fuel curiosity, inspiration and wonder."

About 40 Westlake students in grades 7-10, participated in this year's symposium, as well as 10 upperclassmen serving as volunteers who helped ensure the program ran smoothly.

Students chose from over 20 workshops led by educators and experts in their fields, many of whom volunteered their time to teach the next generation of innovators. Workshop topics included archaeology, Arduino electronics, Artificial Intelligence, cryptology, design thinking, drones, electronic music, food sensory science, forensics, quantum computing and veterinary science.

Following the workshops, students participated in an activity block of their choice, such as building a Banana Piano, conducting

an archaeology dig or racing robots.

"Based on student feedback, this symposium exceeded our expectations," said Janet Matthews, a Westlake learning specialist and professional developer who co-chairs the event alongside Knopp. "Students were so involved in their topics that they didn't want to leave their workshops. Many students discovered a career path they never knew existed."

Some of the most popular workshops included a drone demonstration, building an underwater robot, a visit from Swoop (the world's first vehicular MRI system) and a lesson on the chemistry behind ice cream, which ended with a tasty homemade dessert for all.

"A Look Inside the Brain' (the MRI truck) was my favorite workshop," said ninth-grader Isabelle Chacko. "It gave a really good insight as to what an MR scan is and insight into the brain, and I would like to pursue a career in neurology someday."

For seventh-grader Duncan Force, the highlight was "Battle Stations," a mathematics workshop led by Westlake High School Vice Principal Kenneth Amann. Students played a scaled-up version of the game Battleship.

"We got to mess with velocity and angles," Force said. "And most importantly, we got to shoot metal balls at cardboard ships we made!"

The symposium is the brainchild of Matthews, who was inspired to create STEAM programming for students after attending a fellowship in the Middle East.

"I became keenly aware of the challenges



MOUNT PLEASANT SCHOOL DISTRICT PHOTO

More than 40 Westlake Middle School and Westlake High School students participated in the increasingly popular STEAM Symposium last week.

facing educators to prepare students with the knowledge to be innovators for the future of their countries," Matthews said. "Thinking about the gap between traditional education, the needs of a global workforce and the power of STEAM to solve human issues, I proposed to a supportive administration the concept of a symposium that would bring together experts in the field who would inspire possibilities for the next generation of Mount Pleasant Central School District students."

After collaborating with Knopp, administrators and other educators, the first STEAM Symposium was launched in 2018.

"The student feedback was so positive that we knew we had to not only inspire possibilities but also continue to grow possibilities," Matthews said.

Since then, Knopp and Matthews have done just that. They've expanded and adapted

the symposium, taking into consideration developments in STEAM fields and incorporating the feedback collected in student interest surveys.

One such adaptation was this year's keynote presenter, Dr. Stephanie LaMassa, a scientist who studies the feeding habits of black holes. The symposium now collaborates with universities and industry leaders such as Fujifilm Healthcare Americas Corporation and Hyperfine, Inc., the creators of the Swoop portable MRI truck.

"With so many evolving new technologies, there is an abundance of jobs in STEAM-related fields," said Knopp, who hopes to continue reprising the symposium and has plans for a possible STEAM field day. "Students not only need to be aware of these career opportunities, they also need to have hands-on experiences and the opportunity to engage with professionals in the field."

And while the "A" in STEAM may seem out of place alongside math and science, its role is crucial, as human skills cannot be easily replaced by A.I. and machinery. Adding art to STEM means encouraging collaboration, adaptation and imagination within the hard-science fields.

"Students live in a visual world and the tools of creativity, problem solving and visual literacy are essential skills for innovation and product design," Knopp explained. "The inclusion of A for Art strengthens how students view and creatively solve problems."



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How to Ensure Your Belongings Are Properly Stored

When I lived in a two-family townhouse in Brooklyn Heights, I had absolutely no storage space. There was no attic or basement or even so much as a big walk-in closet.

But that was okay because being newly married, I didn't have much to store.

But within 10 years, by the time I had moved to a large house in the country, my wife and I had piled up quite an inventory for storage – the remains of a couple of businesses, including leftovers of an antiques shop we had owned in the city.

Basically, there are two types of storage: the kind where you keep items that are no longer needed for day-to-day use and the kind where you have easy access for more occasional need.

If there isn't a daily or even an occasional need for possessions, they probably should just be discarded. That decision took years for me to come to. However, both short- and long-term storage with easy accessibility is a great way to house belongings during a transition period or to free up space in your home.

I happen to live in a condo that offers a reasonably sized storage room just down the hall from our unit. We keep items such as Christmas decorations and supplies for heavy cleaning; in other words, those things not needed on a daily basis. For other things, mostly leftover accessories from



By Bill Primavera

when we lived in a larger home, I made the early, smart decision to invest in large see-through plastic containers, where I don't have to guess or even label what's inside.

We don't need any additional storage space that is easily accessible. But for those who do, to ensure optimization of storage and keeping things safe, there are tips on how to attack the job like a pro.

It's important to do some research and choose a reliable storage company. When you store items, you're placing trust in a third party to take care of your belongings and even if you're not storing anything of major value, it's still important that you choose a company with a proven track record. Read reviews and past customer experiences before choosing a space. You can research options online in our area or ask your friends and family for referrals.

The storage unit you ultimately choose should be based on a few key factors, including size, price and convenience level that makes the most sense for your situation.

Be sure to take an inventory of what you have to store. This is helpful because, one, it helps you determine what size unit you're likely going to need, and two, it helps you stay organized once everything is there. Based on that inventory, you'll be able to use a storage unit sizing guide provided by the storage company to select the best fit for

your belongings.

If it's not practical to use see-through containers, precisely label each box, even if you swear to yourself that you'll remember what's in them. It's too easy to forget what a box contains once it's sealed.

Don't store anything that is super valuable. To be safe, find an alternative way to house art, jewelry, family heirlooms and other valuable items that you don't want to take any chances with.

Pack your belongings yourself – and strategically. The one time we had a moving company pack all our things when we made a long-distance move from Boston to New York, we discovered some heartbreaking results, such as our hammer and nails packed in with a small Tiffany bowl that was destroyed.

In our storage unit, we keep those items we are more likely to need toward the front of the space, and things we can live without for a while in the back. Also, we approach storage vertically. Instead of crowding things across the bottom, we have taken advantage of the room's height and stacked most of our items, keeping the heavier things closer to the ground. Also, I have left a pathway from the front of the unit to the back so that no item is completely out of reach.

Don't leave items unprotected. Prevent them from getting damaged by taking the time to properly pack and wrap them. Furniture should be covered with blankets or moving pads, and anything small should



be boxed up. Fragile items should be carefully wrapped in bubble wrap.

Check to see if your renters or homeowners' insurance covers personal property in storage. If it doesn't already, you may be able to add it to your policy or purchase a separate storage insurance plan.

It should be obvious, but don't store anything perishable. In addition to leading to bad odors, rotting food and plants could attract bugs and rodents, and you definitely don't want to discover either of those when you open your unit.

General self-storage advice might also include being wise about who you share access to your unit with. Always use your best judgment and never allow someone into your unit unless you already know that you trust them around your belongings.

Following these self-storage tips will help ensure that you have the best storage experience possible and that your belongings are kept safe and in good condition for when you're finally ready to use them. You'll be glad you took the time to do it right.

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

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Back to School!

Everything You Need to Know About Funding College With Student Loans

While the majority of parents today strongly value higher education, that doesn't always alleviate their sticker shock when it comes to college-related costs.

A new College Ave survey finds that 91 percent of parents believe a college degree is important for their child's future. At the same time, 74 percent of parents found the cost of college surprisingly high. From having their children kick in – 46 percent of parents strongly believe their children should financially contribute to their education – to borrowing – 16 percent currently or plan to take out private student loans – many families explore a range of avenues for funding college.

"If you'll be using private student loans to fund college, it's important to create a budget and do your research," said Angela Colatriano, chief marketing officer at College Ave Student Loans. "Having a plan can help you avoid surprises down the line and reduce the overall cost of your loan."

Here's what to know:

First Things First

Before even considering private student loans, Colatriano notes that it's essential to apply for scholarships and to fill out the



NUTHAWUT SOMSUK/ISTOCK VIA GETTY IMAGES
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Free Application for Federal Student Aid at FAFSA.gov to determine your child's eligibility for certain scholarships, grants, work-study and federal student loans. You should also explore cost-saving housing options and ways to spend less on school supplies, such as buying used textbooks.

Shopping Around

If federal student loans don't cover

your remaining costs, shop around to find the right private student loan, advises Colatriano. Here are four factors to consider when comparing loan options:

1. **Competitive rates.** Securing a lower interest rate can help you land lower monthly payments and pay less interest over the life of your loan. To get a sense of the overall cost of the loan and your monthly loan payments, use the student loan calculator at CollegeAve.com.
2. **Flexible loan terms.** Find a student loan with a variety of repayment options. Some lenders, like College Ave, let you choose how long you want to repay your loan and whether to start making payments right away or defer until after graduation. The important thing is to select a loan with terms that fit your budget.
3. **Fees.** Private student loans don't typically have origination fees, but you should still take time to check. You should also make sure your loans don't have any prepayment penalties.
4. **Positive company reviews.** Only work with a reputable, honest company. Check the Better Business Bureau for accreditation and read reviews to learn

about customer experiences and see each company's customer ratings.

Taking Out a Loan

Wondering how much to borrow?

"A good rule of thumb is to figure out what your student's expected annual salary after graduation will be and then try to keep your total borrowing below that amount," Colatriano said. "For parents with strong credit who want to take on the debt alone, parent loans can be a good choice."

For competitive rates, flexible loan terms and great customer service, check out specialists in the industry with College Ave Student Loans. The lender offers private student loans and parent loans, and its simple three-minute application can quickly determine your eligibility, helping your family breathe easy from day one of the process.

To learn more and for additional resources, visit www.collegeave.com.

Bottom line? Being a strategic borrower and finding a simple loan experience can help your family get on with what matters most: preparing for a bright future.

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Steffi Nossen Offering Free Week of Dance Open House Next Month

At Steffi Nossen School of Dance, the 2022 ArtsWestchester Education Award recipient, dance educators share their joy of dance and its inherent discipline with pre-professional, recreational and adaptive students.

The faculty's encouragement and enthusiasm stems from the belief that dance education is not only about steps; it enriches the mind, body and soul.

Learn about the school's new

The Sharing Shelf Kicks Off Backpacks to School Initiative

In a few weeks, students will return to their classrooms, gearing up for a new school year.

For many families with children living below the poverty line or in low-income homes, the return to school is a period of stress as they try to secure the tools their children need for academic success, including backpacks, pencils and pens to write with, calculators for geometry and science classes, notebooks, binders, paper, markers, colored pencils and crayons.

Each summer, The Sharing Shelf organizes its Backpacks to School initiative to buy new backpacks and fill them with grade-appropriate school supplies for low-income children in Westchester County.

Between May and August, the program works with individuals and businesses across the county to raise funds to purchase everything needed for this effort.

The Sharing Shelf plans to provide backpacks to at least 1,500 children and teens, and seeks to raise \$50,000 for this project. To reach this goal, it ordered supplies early and sought financial support to cover the cost and ensure the success of this vital initiative.

Even before the pandemic, Westchester County was a community with a mix of great wealth yet home to nearly 60,000 low-income children. In some communities, 8 in 10 public school students are living below the poverty line or in low-income homes.

This summer, the challenges of inflation and supply chain disruptions is further burdening these families. Recent reports indicate that families plan to spend more than \$500 on their children's supplies this summer, an increase of 11 to 25 percent since last year. It is a sum out of reach for families struggling financially.

Volunteers are assembling the backpacks at The Sharing Shelf's Port Chester warehouse during August. The backpacks and supplies are critical to the academic success of poor and low-income children and will allow them to return to school prepared, confident and ready to learn.

To donate, visit <https://www.sharingshelf.org/backpacks-to-school>. To find out more about The Sharing Shelf, contact Program Director Deborah Blatt at 914-305-5950 or at dblatt@sharingshelf.org. You may also visit www.sharingshelf.org and click on Backpacks to School.

partnership with Yoga Haven offering exciting ways for children and adults to move – both for dance training and for all to support the whole body.

Founded in Westchester in 1937 by dance legend Steffi Nossen, the school continues to offer quality, developmentally appropriate dance instruction and performance opportunities for toddlers up to those those at the pre-professional level.

The diverse offerings reflect the Steffi Nossen philosophy that dance is universal; a supportive environment and educationally sound, sequential curriculum

foster technical and artistic growth through exploration. The faculty nurtures creativity and emphasizes technique and proper body alignment while focused on a culturally responsive curriculum. Students experience a complete performance from the creation of choreography to costuming and staging.

Learn about classes in Chappaqua and White Plains and sign up to participate for the free Week of Dance Open House from Sept. 19-24.

For more information, call 914-328-1900 or visit www.steffinossen.org.



Students of all ages find value in Steffi Nossen School of Dance's curriculum.

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A Tale of Two Delicious Tortilla-Wrapped Burgers

I have a thing for tortilla-wrapped burgers, and in my travels, I have found two that are special.

El Barrio chef and owner Sal Cucullo Jr. serves the wonderful El Barrio Burger with toothsome fig jam and Oaxaca cheese wrapped in a flour tortilla.

The other is Boxcar Cantina in Greenwich, where the Farrell family has been serving up the flavors of Northern New Mexican for 28 years.

Cucullo, who created El Barrio to highlight Mexican street food, prepares dishes with knockout flavors and a playful atmosphere. Additional specialties include Mexican street corn off the cob; calamares y camarones fritos with arbol aioli; traditional guacamole; wood-fired open-faced quesadillas; tacos and tostadas; and fresh-made south-of-the-border cocktails.

Boxcar Cantina offers the Boxcar Burger, topped with Jack cheese, hot New Mexican green chiles, wrapped in a flour tortilla and served with organic hand-cut fries and organic ketchup. They also focus on Tex-Mex dishes, like their extraordinary Tee Pee Nachos, among the best nachos I've had.

There is a main dining room and the tavern room, which has a seasonal fireplace. There's an outdoor patio, too.

El Barrio is located at 185 Summerfield St. in Scarsdale. Info: 914-723-2600 or visit www.elbarrio.com.

Boxcar Cantina is located at 44 Old Field Point Rd. in Greenwich, Conn. Info: 203-661-4774 or visit www.boxcarchantina.com.

Seafood Platter for Two

I like to sneak down to City Island on occasion, the charming seaport village in the Bronx. It's like taking a mini vacation.

Artie's Steak & Seafood is a favorite dining spot, where there are big combination platters to share. Owner Spiro Chagares and his staff offer patrons an inspired melding of traditional and contemporary dishes served with flair.

Sit back in one of several dining areas and



By Morris Gut

enjoy the delectable lamb or scallop sliders; hearty seafood chowders; smoked salmon roll-ups; wood-grilled jumbo shrimp and scallops; chunks of tender short rib; a massive zuppa di pesce; tender oven-roasted rack of lamb; American shellfish jambalaya; chardonnay poached salmon with seafood; and fresh lobster prepared in a variety of styles.

The cold seafood salad for two is a favorite. There's a loaded lobster salad roll at

lunch and the Mediterranean-style pizzas are good to share, too. Check out the bar and lounge for good networking.

Artie's Steak & Seafood is located at 394 City Island Ave. in the Bronx. Open seven days. Free parking. Info: 718-885-9885 or visit www.artiescityisland.com.

Oysters Rockefeller at KEE

Ekren and Elvi, owners of KEE Oyster House in White Plains, serve a delightful seafood-rich menu in a contemporary setting. A pristine selection of East and West oysters is served every day with all the trimmings. An indulgent platter of Oysters Rockefeller is a specialty.

I recently enjoyed a loaded lobster roll with a side of chips for lunch. Their version of fried calamari teases my palate while a taste of their pan-seared scallops with seafood risotto and brown butter sends me into foodie heaven.

There are dramatic hot and cold seafood towers, too. For you carnivores out there, a hefty 16-ounce dry-rubbed prime sirloin is on the menu. There's also a good beer and wine selection.

KEE Oyster House is located at 126 E. Post Rd. in White Plains. Open Monday through Saturday. Info: 914-437-8535 or visit www.keeoysterhouse.com.

Happy Hours at Saltaire

Proprietors Les and Beth Barnes have done a fine job maintaining the popular Saltaire Oyster Bar and Kitchen in Pelham. I enjoyed a recent Happy Hour here, and



The El Barrio Burger with Oaxacan cheese and fig jam at El Barrio in Scarsdale, above, and the Boxcar Burger with Jack cheese at Boxcar Cantina in Greenwich, are two of the best places in the region to get tortilla-wrapped burgers.

judging from the crowd, it's a big draw.

They serve a wine and brine weekday Happy Hour in their Oyster Lounge from 4 to 6 p.m. Monday through Thursday featuring 50 percent off the price of oysters, along with a discounted selection of wines and beers and small plates. The wine and brine on Saturday and Sundays is available from 3:30 to 5:30 p.m.

On my last visit, I had my eyes set on a bowl of Mussels Provencal with white wine, shallots, garlic and parsley with butter toasted baguette. A side of crispy cauliflower was a perfect crunchy complement.

Saltaire Oyster Bar and Kitchen is located at 55 Abendroth Ave. in Port Chester. Info: 914-939-2425 or visit www.saltaireoysterbar.com.

Dog Days at The Dog Den

Hot dog mavens find their way to The Dog Den all day long this time of the year, located at the former bus depot at the White Plains Metro-North station.

Hot dogs are an ode to the ultimate comfort food, according to dynamic founder and owner Dennis (Big Dennis) Rubich. On a beautiful late afternoon, Big Dennis, who stands 7-foot-1 and once played pro basketball in Europe, was chatting with customers as they ate their dogs and sides with gusto. The seating area has been expanded.

The combinations and toppings are plentiful along with alternative bites galore. The Dog Den uses Sabrett all-beef certified gluten-free dogs and Martin's potato long rolls.



On a recent visit we tried the Bernie Mac n' Cheese, wrapped in bacon and loaded with a decadent mac n' cheese topping. The other, The Cool Beans, was topped with bacon bits and baked beans. We ordered a pile of crinkle cut fries, too.

Previously, I consumed The Cali Double Dog with bacon strips, guacamole, tomato, ranch dressing and celery salt, and The Chili Willy (chili, nacho cheese sauce and chopped white onions). Both were well-assembled by the eager staff and delicious!

There are free half-hour parking spaces or you can walk over if parked elsewhere.

The Dog Den is located at 1 Main St. in White Plains. Open Tuesday through Sunday. Info: 914-328-3288 or visit www.thedogdenwhiteplains.com.

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



The Bernie Mac n' Cheese and the Cool Beans are two of the favorites at The Dog Den in White Plains.



KEE Oyster House in White Plains is known for its decadent Oysters Rockefeller.

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DESIGNATED POLLING LOCATIONS IN THE TOWN OF YORKTOWN

THE PRIMARY ELECTION is scheduled to take place in the Town of Yorktown on Tuesday, August 23, 2022.
The polls open at 6:00 A.M. and close at 9:00 P.M.

The following is a list of polling locations in the Town of Yorktown, which have been designated by the Westchester County Board of Elections:

E.D. No.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Lakeland High School Cafe - 1349 East Main Street, Shrub Oak, NY 2. B.P.O.E. Elks Lodge Basement Dining Room - 590 Waverly Road, Yorktown, NY 3. Church of Jesus Christ of Latter-day Saints - 801 Kitchawan Road (Route 134), Ossining, NY 4. *First Presbyterian Church Fellowship Hall - 2880 Crompond Road, Yorktown, NY 5. Thomas Jefferson School APR Room - 3636 Gomer Street, Yorktown, NY 6. B.P.O.E. Elks Lodge Basement Dining Room - 590 Waverly Road, Yorktown, NY 7. Albert A. Capellini Community & Cultural Center Gym - 1974 Commerce Street, Yorktown, NY (Enter off Veterans Road to back of building) 8. Walter Panas High School Café (rear of building) - 300 Croton Avenue, Cortlandt Manor, NY 9. United Methodist Church Parish Hall - 1176 East Main Street, Shrub Oak, NY 10. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 11. *First Presbyterian Church Fellowship Hall - 2880 Crompond Road, Yorktown, NY 12. *First Presbyterian Church Fellowship Hall - 2880 Crompond Road, Yorktown, NY 13. John C. Hart Memorial Library Community Room - 1130 East Main Street, Shrub Oak, NY 14. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 15. French Hill School Cafeteria - 2051 Baldwin Road, Yorktown, NY 16. Town Hall Board Room - 363 Underhill Avenue, Yorktown, NY 17. Town Hall Board Room - 363 Underhill Avenue, Yorktown, NY 18. Walter Panas High School Café (rear of building) - 300 Croton Avenue, Cortlandt Manor, NY 19. Grace Lutheran Church Fellowship Hall - 3830 Gomer Street, Yorktown, NY 20. Sparkle Lake Service Building - 176 Granite Springs Road, Yorktown, NY 21. Copper Beech Middle School Library - 3401 Old Yorktown Road (Route 132), Yorktown, NY 22. United Methodist Church Parish Hall - 1176 East Main Street, Shrub Oak, NY | <ol style="list-style-type: none"> 23. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 24. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 25. United Methodist Church Parish Hall - 1176 East Main Street, Shrub Oak, NY 26. Albert A. Capellini Community & Cultural Center Gym - 1974 Commerce Street, Yorktown, NY (Enter off Veterans Road to back of building) 27. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 28. Lakeland High School Cafe - 1349 East Main Street, Shrub Oak, NY 29. Town Hall Board Room - 363 Underhill Avenue, Yorktown, NY 30. French Hill School Cafeteria - 2051 Baldwin Road, Yorktown, NY 31. Albert A. Capellini Community & Cultural Center Gym - 1974 Commerce Street, Yorktown, NY (Enter off Veterans Road to back of building) 32. Church of Jesus Christ of Latter-day Saints - 801 Kitchawan Road (Route 134), Ossining, NY 33. Town Hall Board Room - 363 Underhill Avenue, Yorktown, NY 34. Albert A. Capellini Community & Cultural Center Gym - 1974 Commerce Street, Yorktown, NY (Enter off Veterans Road to back of building) 35. B.P.O.E. Elks Lodge - 590 Waverly Road, Yorktown, NY 36. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 37. *First Presbyterian Church Fellowship Hall - 2880 Crompond Road, Yorktown, NY 38. John C. Hart Memorial Library Community Room - 1130 East Main Street, Shrub Oak, NY 39. Sparkle Lake Service Building - 176 Granite Springs Road, Yorktown, NY 40. Copper Beech Middle School Library - 3401 Old Yorktown Road (Route 132), Yorktown, NY 41. United Methodist Church Parish Hall - 1176 East Main Street, Shrub Oak, NY 42. Jefferson Village Community Building - 3500 Hill Boulevard, Yorktown, NY 43. Walter Panas High School Café (rear of building) - 300 Croton Avenue, Cortlandt Manor, NY |
|---|--|

***The polling location for Election District Nos. 4, 11, 12, and 37 has been returned to the
First Presbyterian Church, 2880 Crompond Road, Yorktown, NY 10598.**

If you have any questions, please contact the Town Clerk's Office at 914-962-8152 or the Westchester County Board of Elections at 914-995-5700.

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Visiting Nurse Services Launches Memory Care Training Program

Visiting Nurse Services in Westchester (VNSW) recently launched its Inspired Memory Care Dementia Training Program as part of its continued mission to bringing the best care home.

The new program is providing training for all VNSW home health aides, nurses, therapists and other staff, with funding received by Aging in America, Thomas & Agnes Carvel Foundation, Valley National Bank and the VNSW Foundation.

“We are excited to have launched our Inspired Memory Care Dementia Training Program,” said Timothy P. Leddy, President and CEO of Visiting Nurse Services in Westchester. “Alzheimer’s and dementia have touched many of our lives and this training program will help our staff improve their care for our patients and their caregivers who are experiencing and living with cognitive decline. We are forever grateful for the support of our funders as we enhance our quality of care and continue our tradition of keeping our communities healthy at home.”

According to the Alzheimer’s Association, more than six million Americans are currently living with Alzheimer’s, with the number projected to rise to 13 million by 2050.

Along with an increase in cases, about one-third of people with mild cognitive impairment due to Alzheimer’s will develop dementia within five years of diagnosis. These alarming stats highlight the importance of VNSW having this training program as it continues to lead the industry in providing the best care.

This one-year training program for VNSW will be managed by certified Alzheimer’s/dementia professionals with an emphasis on positive reinforcement to provide virtual training, home visits with staff and in-house training on how to effectively communicate and provide care for clients and caregivers that are affected by Alzheimer’s and dementia.

Aging in America, Supporters

Aging in America is a nonprofit organization dedicated to providing individuals, families and caregivers the assistance they need to live, work and remain a vital part of their communities.

The Thomas & Agnes Carvel Foundation is a nonprofit organization with a mission to benefit the Westchester County area and the general public by giving primarily for health care, including hospitals and children’s hospitals, funding for the arts, funding for children, youth and social services, and for higher education.

Valley National Bank is a regional bank with more than \$40 billion in assets, committed to giving people and businesses the power to succeed.

The VNSW Foundation is a nonprofit organization that was created to expand resource development opportunities and support the programs and services of VNSW through building strategic partnerships and conducting charitable outreach in the communities they serve to help ensure VNSW’s long-term growth and sustainability.

VNSW is the largest and only independent nonprofit, Medicare-certified home healthcare agency in Westchester

that also serves the Bronx, Dutchess, Putnam and Rockland counties. VNSW promotes and supports the health and sustains the independence of residents in the communities they serve through the delivery of home healthcare and related community health services by VNS Westchester, VNSW at Home, and VNSW at CCN, their Community Care Navigation agency.

For more information about VNSW and the services it provides, call 914-682-1480 or visit www.vns.org.

The Inspired Memory Care Dementia Training Program, which was recently launched.



LEGAL NOTICE

PLEASE TAKE NOTICE THAT PURSUANT TO CHAPTER 283, SECTION 301 OF THE WESTCHESTER COUNTY ADMINISTRATIVE CODE, THAT I, THE UNDERSIGNED RECEIVER OF TAXES FOR THE TOWN OF CORTLANDT HAVE RECEIVED FROM THE SUPERVISOR OF THE SAID TOWN, THE ANNUAL WARRANT FOR THE COLLECTION OF SCHOOL TAXES OF THE SAID TOWN FOR THE YEAR 2022, AND THAT I WILL ATTEND DAILY (SUNDAY AND HOLIDAYS EXCEPTED) AND WITH THE EXCEPTION OF DAYS HEREINAFTER SPECIFIED FROM 8:30 O’CLOCK A.M. UNTIL 4:00 O’CLOCK P.M., DAYLIGHT SAVINGS TIME, AND THE LAST SATURDAY IN SEPTEMBER FROM 9 O’CLOCK, A.M. UNTIL 12 O’CLOCK NOON, DAYLIGHT SAVINGS TIME, AT MY OFFICE, TOWN HALL, 1 HEADY STREET, CORTLANDT MANOR, NEW YORK, FOR THE PURPOSE OF RECEIVING PAYMENTS OF THE AFORESAID TAXES.

NOTICE IS HEREBY GIVEN PURSUANT TO THE PROVISIONS OF SAID STATUTE AFORESAID THAT THE COLLECTION OF SUCH TAXES WILL BEGIN ON THE FIRST DAY OF SEPTEMBER, 2022 AND SAID TAXES WILL BE RECEIVED WITHOUT PENALTY OR COLLECTION OF FEE; THEREAFTER PENALTIES WILL BE ADDED AS FOLLOWS;

IF PAID DURING THE MONTH OF OCTOBER, TWO (2%) PERCENT MUST BE ADDED;
IF PAID DURING THE MONTH OF NOVEMBER, FIVE (5%) PERCENT MUST BE ADDED;
IF PAID DURING THE MONTHS OF DECEMBER AND JANUARY, SEVEN (7%) PERCENT

MUST BE ADDED;

IF PAID DURING THE MONTHS OF FEBRUARY AND MARCH, TEN (10%) PERCENT MUST

BE ADDED;

IF PAID DURING THE MONTH OF APRIL, TWELVE (12%) PERCENT MUST BE ADDED. THEREAFTER, AN ADDITIONAL ONE (1%) PERCENT PER MONTH ON THE “DELINQUENT TAX” UP TO SUCH TIME AS EITHER ALL TAXES AND ASSESSMENTS HAVE BEEN PAID OR THE TOWN HAS TAKEN

TITLE OF THE PROPERTY.

SINCE THE INSTALLMENT PAYMENT OF SCHOOL TAXES WILL BE ACCEPTED IN TWO

EQUAL INSTALLMENTS, THE FOLLOWING WILL APPLY:

IF ONE-HALF OF THE TAX IS PAID IN SEPTEMBER – NO PENALTY WILL BE APPLIED AND

IN JANUARY THE BALANCE OF SAID TAX IS DUE.

HOWEVER, CHAPTER 283, SECTION 311 OF THE WESTCHESTER COUNTY TAX ACT PROVIDED THAT UNLESS THE FIRST INSTALLMENT PAYMENT OF SCHOOL TAXES IS RECEIVED IN SEPTEMBER; AND THE SECOND IN JANUARY ALL OF THE FORMER PENALTIES PROVIDED AND LISTED WILL APPLY.

THE LAST DAY ON WHICH I WILL COLLECT, WITHOUT PENALTY, ON THE FIRST

INSTALLMENT PAYMENT WILL BE SEPTEMBER 30, 2022.

THE LAST DAY ON WHICH I WILL COLLECT, WITHOUT PENALTY, ON THE SECOND

INSTALLMENT PAYMENT (BALANCE OF TAX DUE) WILL BE JANUARY 31, 2023.

THE ENTIRE BILL MUST BE PAID WITH NO HALF-PAYMENTS ACCEPTED AFTER

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LEGAL NOTICE

Sealed Bids will be received and publicly opened at the Office of the Purchasing Director of the Town of Cortlandt, Town Hall, One Heady Street, Cortlandt Manor, New York at **2:00PM, August 24, 2022**, for the bidding of **Kennedy Hydrants #22-21**. Those interested in submitting bids may secure copies of the specifications at the above address during business hours weekdays. Anyone who wishes to attend a bid opening should make an appointment. If you are a reporting agency, kindly email the Town of Cortlandt and we will forward you a copy of the bid results.

Jennifer Glasheen
Purchasing Director
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NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing Monday, September 26, 2022 at 8:00pm in person at Village Hall located at 80 Wheeler Avenue, Pleasantville, New York 10570 and via Zoom Meeting id 82985393914, Password 787164 to hear comments on Introductory Local Law 8 of 2022 concerning two-family dwellings in the two-family resident R-2A District.

Alyssa Hochstein
Deputy Clerk,
Village of Pleasantville

NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing Monday, August 22, 2022 at 8:00pm in person at Village Hall located at 80 Wheeler Avenue, Pleasantville, New York 10570 and via Zoom Meeting id 89638084262, Password 720276 to hear comments on Introductory Local Law 7 of 2022 to amend Chapter 173, Article I, Section 1 and create Chapter 173, Article III, Section 31.1 and Chapter 173, Article VII, Section 76 concerning electric vehicle parking spaces.

Alyssa Hochstein
Deputy Clerk,
Village of Pleasantville

continued on next page

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ERA Insite Realty Welcomes New Personnel to its Team

ERA Insite Realty is thrilled to welcome back Associate Broker Carla Palacios to its team, as well as adding three additional experienced agents and one newcomer.

Palacios, along with Donna Young and Amal Salameh, are now affiliated with ERA's Pleasantville office, while Donna Materasso and Lorei Kwok join the Bronxville office, ERA's co-founder and principal broker Lou Budetti said.

Palacios, of Thornwood, has been licensed for 18 years, working in both real estate listings and sales as well as extensively in property management. A graduate of Westlake High School and Pace University, she holds an associate broker's license.

Palacios has been extremely successful throughout her career, working full-time across Westchester. She worked with ERA Insite for many years previously and has now returned.

Young is an associate broker with 25-plus years of experience in real estate, property management, construction, sales and marketing. Born and raised in the Bronx, she is a graduate of the Bronx High School of Science and holds a bachelor's degree from Queens College.

Young moved to Putnam County in 2005 and has served on her condo board for the past 12 years, as well as the local school board and Board of Elections. She is noted for providing a high level of personal attention to her clients.

Materasso, also an associate broker, has



Associate Broker Carla Palacios, a Westlake High School graduate, returns to ERA Insite Realty's Pleasantville office along with several new members.

developed an outstanding reputation over 30 years of serving clients in Westchester and the Bronx. Her business is now primarily sourced from longstanding relationships and referrals from enthusiastic past clients.

She founded and owned Pelham Realty, a successful independent brokerage, for 22 years. A Bronx native and now longtime Pelham resident, Materasso earned her undergraduate degree in food and nutrition from Lehman College and a master's from NYU. She and Kwok recently partnered as a team to more effectively work with their clients. They will operate as The New Door



Associate brokers Lorei Kwok and Donna Materasso are joining ERA Insite Realty's Bronxville office.

Team @ ERA Insite Realty.

Kwok has been licensed since 2010. A New Rochelle resident, Kwok achieved a bachelor's degree in communications from the University of Alabama and a second bachelor's in education. She purchased her first home at 24 years old and embarked on a real estate career as a means of helping others while also working toward her own goals. She is respected as a problem-solver and go-getter, with the ability to overcome any obstacle for her clients.

Kwok has previously worked for brokerages in New York City, Philadelphia

and Westchester.

Salameh, of Yorktown Heights, is newly-licensed as a real estate salesperson. A native of Jordan, Salameh moved to the U.S. in 2015. She earned a degree in information technology in Jordan and an associate's degree in accounting from the College of Westchester. Salameh is fluent in Arabic and brings an international and investment perspective to her real estate practice.

"Our goal is to continually expand our team with quality agents who serve all markets, property types and price points so that we can meet our clients' needs, whatever they may be," Budetti said. "We feel like we hit the jackpot with this latest group of agents to join us, and look forward to supporting their individual productivity as well as creating extraordinary outcomes for their clients. We are the 'just right' fit for agents who want all the tools and resources of a larger entity, with the hands-on guidance and total flexibility of an autonomous brokerage."

ERA Insite Realty Services, part of the ERA global network and the region's top ERA company, has been serving the Westchester market for 35 years out of the same White Plains headquarters. It also has offices in Bronxville, Pleasantville, Yonkers and Bethel, Conn.

For more information, contact Palacios, Young or Salameh in the Pleasantville office at 914-769-2222 or Kwok or Materasso in Bronxville at 914-337-0900.

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Mountainside Enhances Family Support Services in Virtual Workshops

Mountainside treatment center is launching an ongoing series of virtual family wellness workshops starting this Wednesday, Aug. 17 that will provide knowledge about some of the most pivotal aspects of recovery as family members seek to build their own support network.

The workshops will also serve as a safe and nurturing space for family members to ask questions and share their experiences with addiction. The launch of the workshop series represents an enrichment of offerings for family members that is consistent with Mountainside’s holistic approach to wellness and treatment, focused on providing a compassionate experience for clients and their families.

Research has shown that involving family members in addiction treatment increases entry into treatment and is linked to better overall outcomes for the individual struggling with addiction.

“Addiction impacts the whole family as a system,” said Bruce Dechert, director of family wellness at Mountainside. “As individuals in recovery continue their path of sobriety, we understand that their loved ones may also need additional resources and support. These workshops are a way of showing our support for those who have provided unconditional love to their family members struggling with addiction.”

The workshop series, led by licensed and credentialed clinicians, is free and open to the public. Donations are welcome and will go toward the Mountainside Scholarship Fund, which provides financial support for comprehensive addiction treatment services to individuals in need.

The first workshop, entitled “Family Roles,” will take place virtually on Wednesday, Aug. 17 at 5 p.m.

The aim of the workshop is to help families gain a better understanding of the impacts of stress and the roles each family member takes on, in order to find balance for themselves. Future workshops include the topics “Wellness into Action,” “Healing Relationships” and “Neurobiology of Addiction.”

To register for the “Family Roles” workshop and to access the full schedule of workshop dates and descriptions, visit <https://mountainside.com/family-wellness-workshops/>.

Immediately following each workshop, Mountainside will have a virtual Family Support group available to help create a supportive environment for family members to build a network of shared experiences.

Mental Health Association of Rockland, Westchester Announce Merger

The Mental Health Association of Rockland and The Mental Health Association of Westchester have announced their intent to merge and create a combined behavioral healthcare organization.

By increasing the size and scope of services, the new organization will build upon a long legacy of reducing barriers to quality mental health care in the greater Hudson Valley region.

Upon state approval of the merger, the new organization will serve more than 15,000 people across the region through a wide array of integrated services – including therapy, care management, peer services, employment services, residential services, medication management, substance use recovery and more – as well as educational opportunities and advocacy efforts.

Certified Community Behavioral Health Clinics in Mount Kisco, White Plains, Yonkers and Upper Nyack complement a variety of community-based mobile services for all ages. Services will continue uninterrupted as the agencies work to complete the merger.

“This merger will expand opportunities for quality mental healthcare in our communities,” said Stephanie Madison, president and CEO of The Mental Health Association of Rockland.

She said the merger is the natural evolution of the robust relationship the two agencies have enjoyed for decades.

“Our agencies share a longstanding commitment to providing person-centered services and supports that help clients achieve their goals,” Madison added. “These services are needed now more than ever, and together, we proudly bring nearly 150 years of experience to the table to serve the larger community.”

Charlotte Östman, LCSW-R, CEO of The Mental Health Association of Westchester, identified the merger as mirroring the agencies’ values.

“For more than 75 years, we have responded to the needs of our community by creating person-centered, trauma-informed behavioral health services delivered where, when and how they best benefit each individual,” she said. “Today, we see these needs increasing at a rapid speed due to countless current events and injustices. By joining forces, we will be able to increase the ability and agility with which we deliver and create new services, ultimately helping more individuals strengthen their resilience and find hope on their journey.”

THERE’S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Literary Words. The words in the quiz this week come from the list of literary words found at lexico.com. The Lexico list of words “would largely be used in writing that was intentionally seeking a literary tone.” However, “you may simply want new words for language games, or hope to impress friends and family.”

1. **abode** (n.)

A) an ample quantity

B) a home

C) a heavy clay
2. **clarion** (adj.)

A) discerning

B) traditional

C) loud and clear
3. **dulcify** (v.)

A) to sweeten

B) make silent

C) dip into
4. **eld** (n.)

A) short of funds

B) enthusiasm

C) old age
5. **fulminate** (v.)

A) to explode violently

B) emit fumes

C) handle clumsily
6. **evanescent** (adj.)

A) giving off bubbles

B) quickly fading

C) conditional
7. **gloaming** (n.)

A) lowness of spirits

B) worthless material

C) dusk
8. **illude** (v.)

A) to trick someone

B) declare illegal

C) enlighten spiritually

- ANSWERS:
1. B. A home

2. C. Loud and clear

3. A. To sweeten; make sweet

4. C. Old age

5. A. To explode violently

6. B. Quickly fading

7. C. Dusk; twilight

8. A. To trick someone; delude



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Our Family Adventure in Tuscany: Journey to a Favorite Restaurant



By Nick Antonaccio

In my last three columns, I've recounted our family trip to Tuscany. Several readers have asked about specific restaurants we especially enjoyed. This week I am presenting one restaurant we will be having exhilarating

flashbacks about for a long time.

For the last night of our vacation, I arranged with our driver, Mauro, to find a traditional Tuscan restaurant. My criteria: An intimate, decades-old building nestled in the hills of a nearby town; family-owned, where the entire family is immersed in offering locally grown and produced ingredients and wine produced on the property.

Mauro assured me a few such cantinas were still operating. Reservations were made and we piled into a van and car headed for La Cantinetta di Rignana.

Our journey took us along narrow 18th century roads. After a few miles of driving, we suddenly made a right turn into what seemed like a narrow dirt cow/goat/sheep path, but for the tire ruts in the dusty soil. Mauro kept barreling along (20 miles per hour can seem quite fast under these conditions), raising clouds of dust, obscuring the next treacherous turn.

After a seemingly interminable ride (only 10 minutes of elapsed time), we arrived at a clearing. All I saw were two long-abandoned buildings. Mauro assured us the clearing was a parking lot and the restaurant was behind the buildings. The 11 of us dutifully walked down the narrow dirt path between the two buildings. As we passed them, the path turned to the left.

What to my wondering eyes did appear?

A most unexpected – and breathtaking – vision. A dining terrace replete with terra



Not only was the food delicious at Cantinetta di Rignana in Tuscany, but the property provided an awe-inspiring vista to savor.

cotta floors, old oak tree timbers supporting an ancient roof. Our view? Of all the vistas of the Tuscan hillsides we photographed, the one before our eyes was the most breathtaking: rolling hills planted with acres of mature grapevines, all basking in the onset of a classic Tuscan sunset.

We were led to our table by the matriarch of the family. Her husband, Massimo Abbarchini, together with sons Lorenzo and Cosimo, create rustic, local dishes in front of a roaring wood-burning oven in the kitchen, a former olive oil mill built in the 11th century.

Then we were presented with menus.

The famous bistecca alla fiorentina of the area was listed as a secondi piatti, but, to our surprise, was offered in multiple cuts, presentations and cooking wellness. Tuscan chefs are adamant that this signature steak dish is served bloody rare, no exceptions. My carnivorous family members prefer medium-well-done steaks. Finally, a solution.

The sliced steak on the menu was offered with multiple sauces; mine with a balsamic drizzle was exceptional. Other authentic local dishes we enjoyed included an appetizer of pork with arugula and pine nuts, primi piatti of tagliatelle bolognese, rigatini with truffles and sausage and pappardelle with wild boar sauce.

Did I mention the proprietary olive oil produced on site?

Next, the wines.

For white wine, I expected the usual offerings of Vernaccia. For red wine, a typical local Sangiovese. Our waitress presented

the family-made selections.

I ordered a Cantinetta di Rignana Bianco 2021, a light – almost clear – color, fresh bouquet, mineral on the palate with a nicely balanced fruit and acidity. The grape? To my surprise, it was a white Sangiovese, my first, which we all thoroughly enjoyed.

My favorite delineation of Chianti Classico red is the Gran Selezione, the highest rating of the region. Lo and behold, I was offered one produced at Cantinetta di Rignana from the best vintage of the century, 2016. Each glass was redolent of black plums and tobacco with a whiff of roasted coffee bean. The wine was balanced with food-friendly acidity and just the right finish of silky tannins. Perfect with each of our dishes. The 15 percent alcohol level didn't seem to bother some of us.

Our family took hundreds of photos to memorialize Tuscany and the unique Tuscan landscape during our travels. But the one iconic, postcard-like photo was that of the view from La Cantinetta di Rignana. This will become an oversized poster to be enjoyed for years.

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

**You Heard It
Through the
Grapevine**

Putnam Chorale Invites Singers to Register, Rehearse for Fall Concert

The Putnam Chorale recently announced that all experienced singers are welcome to join the group to rehearse and sing in the all-Bach concert on Dec. 4. The venue and possible additional dates are still to be determined.

The program consists of the following cantatas: Lobet den Herrn, Alle Heiden (BWV 230); Christ Lag in Todesbanden (BWV 4); and Wacht Auf, Ruft Uns die Stimme (BWV 140).

Rehearsals will begin on Monday, Aug. 29 at 6:30 p.m. at the Carmel High School Music Building, located at 30 Fair St. in Carmel. There will be registration and music distribution in addition to rehearsal.

After Labor Day, rehearsals will resume on Monday, Sept. 12 from 7 to 9 p.m. and continue on Mondays thereafter. Dues will be \$125 for the fall semester (plus \$15 for anyone requesting a spiral bound booklet ready for concert), but all are welcome to join during September with no obligation. Waivers are always available.

Masking will be optional, subject to local mandates.

Visit <https://forms.gle/qhtBmHQAqB4SiCtg7> to complete a brief survey indicating your interest in singing this season. (If you participated in the spring or summer, please take the survey whether you intend to sing or not.)

Taghkanic Chorale Hosts Summer Sing on August 25



The Taghkanic Chorale

The Taghkanic Chorale invites singers to join in a fun, informal sing-through of Faure's sumptuous "Requiem" on Thursday, Aug. 25 from 7 to 9 p.m. in Yorktown Heights.

Singers of any skill level are invited to share the joy of singing great choral music. The Sing will take place in the main sanctuary at First Presbyterian Church of Yorktown, located at 2880 Crompond Rd. (Route 202) in Yorktown Heights. Music will be available or singers can bring their own, and water will be provided. Masks are optional. The fee is \$15.

The Taghkanic Chorale is a nonprofit, nonsectarian organization that has served enthusiastic avocational singers and concertgoers from Westchester, Putnam and the lower Hudson Valley for 55 years. For more information, visit www.taghkanicchorale.org.

Study Shows Americans Aren't Planning for Future Healthcare Needs

If you haven't spent time considering what your healthcare needs will be in the years or even decades from now, you're not alone.

Recent research suggests that many aging Americans aren't aware of the full range of options available to them. As we age, our healthcare needs intensify, and experts say that the U.S. healthcare system will need to embrace home healthcare options to meet the demand of an aging population.

The new national survey, titled "Aging in Place: Assessing Senior's Understanding of Home Healthcare Options," conducted by Bredin on behalf of Cross Country Workforce Solutions Group, shows that while most people aged 50 to 79 years old would prefer at-home care as they age, 91 percent of respondents have not proactively researched the care they may need as they grow older.

Further, 34 percent have not thought about their care needs, and awareness of existing managed-at-home care programs was low among the survey respondents.

"By living at home, seniors can maintain their independence

and be close to their loved ones and community, and by and large, that is what they want to do," said Pamela Jung, president of Cross Country Workforce Solutions Group, a division of Cross Country Healthcare, the nation's leading provider of in-home clinical and non-clinical care for aging seniors.

"At-home care can both meet the needs of those requiring long-term care, while alleviating some of the mounting challenges faced by hospitals and healthcare systems,"

As you explore your options, consider the following tips:

- Leave no stone unturned. From transportation to medical appointments to help with household tasks, consider what your potential needs might be and research programs in your community to address them. While there are assistance programs available to help seniors age with dignity, the Cross Country Workforce Solutions Group survey found that the majority of older Americans are unaware of an important one: Programs of All-Inclusive Care for the Elderly (PACE), a national program of comprehensive care for adults age 55 and over who

would prefer to remain living at home rather than in a nursing facility.

In some communities, PACE is known as Living Independently for the Elderly (LIFE). These programs can make living at home a safer and more affordable option than institutionalized care.

"This program has provided me with the best caregiver. She is a great person with a great heart, and she goes above and beyond during my home care services," said Luther Bell, PACE participant. "I feel like I have improved a lot in many ways because my caregiver meal preps for me, provides quality care, and our daily interactions bring positivity to my life."

- Start a dialogue. Talk to your family and friends about your wishes and where you would like to receive care. Also, continue to have regular conversations with your doctors about your health.

- Consider your budget. While the average senior collects just \$18,000 annually in social security, 57 percent of survey respondents have not considered the budget they will need for aged care services and support. Take time to learn how much various aspects of care will cost, factoring



in standard living expenses.

For additional survey results and information about home healthcare, visit www.crosscountryhealthcare.com/aging-in-place.

"At a time when the burden on hospitals and health systems has at times compromised their

ability to deliver quality care, living at home with support can provide optimized care and independence to seniors," Jung said.

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ExaminerSports

ProSwing Concludes Banner Season with 11U Title; Yorktown 9U Crowned

After losing their first three games of the season, the ProSwing 11U Team (playing in the most competitive Greater Hudson Valley Baseball League division) rattled off nine wins in their final 11 games behind excellent pitching, stellar defense and some clutch hits when needed. The GHVBL championship game was a classic pitcher's duel, as Cameron Read of the Grayhounds went the distance, letting up only one run and five hits, while whiffing two and walking none in a 3-1 championship victory.

Outside of the GHVBL league games, the Grayhounds also captured a Tournament Victory at the Frozen Ropes 'The Rock' Tournament in July led by three home runs by James Tilden (including a grand slam in the championship) and home runs by Sam Lewis and Mark DiCintio as well.



ProSwing P Cameron Read was dealing, letting up only one run to the East Fishkill Patriots in 3-1 GHVBL championship.



ProSwing slugger Federico Alarcon loading up at the plate in 11U GHVBL champions win over East Fishkill.



ProSwing players Sam Lewis, Will Citrin, Eamon O'Shea and team embracing and celebrating their 3-1 GHVBL 11U championship victory over East Fishkill Patriots.



9U Yorktown Huskers celebrate their GHVBL championship win in recent action.



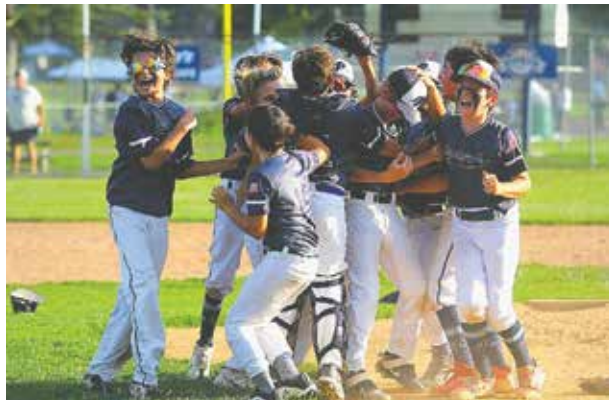
James Tilden working behind the plate for the 11U Proswing Grayhounds.



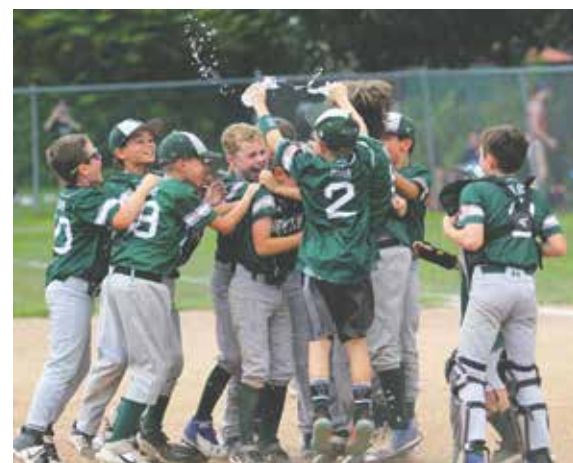
Proswing Grayhounds, based in Mount Kisco, are all smiles after recently taking home D-I 11U GHVBL title in Danbury, CT.



Proswing Hounds take in the action in 11U GHVBL championship win over East Fishkill.



11U ProSwing Grayhounds get after it in their 11U GHVBL title win over East Fishkill.



In a moment they'll never forget the 9U Yorktown Huskers celebrate their recent GHVBL title win.

Sports

Lots to Look Forward to as 2022 Fall Prep Seasons Approach



By Ray Gallagher
Examiner Sports
Editor @Directrays

There are just so many things to look forward to as the 2022 fall high school preps begin their ascension from pre-season to league, sectional and state titles. Let's bounce around a bit and drop some names, shall we?

I can't imagine the level of hype at **SOMERS** High where Coach Brian Lanzetta's reigning NYS CLASS A

champion Tuskers are poised to take the pitch and repeat as boys' sectional soccer champs while Coach Anthony DeMatteo's NYS Class A runner-up football team – led by All-NYS OL/DL Jake Polito – takes aim at what would be the Tuskers' fifth sectional title since 2012.

Tusker Nation was treated to something similar – only better – in 2016 when Somers was crowned state champs in both soccer and football. The many treks I made that season in pursuit of catching Tusker greatness made me wonder why I ever leased a car with mileage limits, but I did get some bang for my buck last year when chasing Somers, NYS Class AA champ **CARMEL** and NYS Class B runner-up Pleasantville to Syracuse in the state gridiron tourney.

I've got a strong inclination suggesting **PLEASANTVILLE** is set to load the buses for the Carrier Dome in Syracuse, yet again, on Thanksgiving weekend, and wouldn't be surprised if Somers does likewise. The versatile junior Picart boys – RB Daniel (22 total TD's last year) and QB Aidan (who will assume a massive role in 2022) – have strong ties to the Pleasantville community, as both mom and dad hail from there. Chances are they rally the township together again with Coach Tony Becerra for yet another magical run for what might be the Panthers' second state crown since 2017 and its third state title appearance, while also honing in on what could be the Panthers' fifth sectional crown since 2013 and 11th since 1973.

But crazy as this may sound, stoutly-built **HENDRICK HUDSON** could be standing between the Panthers and a sectional title, as the Sailors return a massive offensive line and witness the return of 6-foot-2, 280-pound Stepinac transfer Dougie Travis as they go in search of Hen Hud's first sectional title.

Oddly enough, the massive Travis, a senior and two-year starter at Stepinac, won't be the biggest dude in the Sailor trenches, so you can bet your bottom dollar that Coach John "Big Cat" Catano's Sailors will have P'ville on their radar, provided their skill players have what it takes behind this O-line.

And before we get off Hen Hud it's important to note they will be seeking their 17th Section 1 volleyball title since 2000 under Westchester County Hall of Fame Coach Diane Swertfager, the best in the biz.

I'm itching to see if 13-time NYS field hockey champion **LAKE LAND** Coach Sharon Sarsen (also the best in the biz) can



A whole new era of Somers soccer is set to take the stage in the fall of 2022.

keep this ridiculous streak of 13-straight Section 1 Class B titles going. Led by All-Section senior G Celeste Pagliaroli, the Hornets will continue to be up against enormous pressure to win a 14th straight title despite a full-fledged youth movement led by sophomore M Gabriella Santini. The bullseye is squarely on Lakeland's back, but it's nothing the Hornets haven't handled before.

And one field hockey player that excites me is **CARMEL's** All-NYS senior M Laila Rosenquest, who led the Rams to one of their finest seasons in 2021, much like their football team did

under Coach Todd Cayea, who guided the undefeated Class AA Rams to a dominant state-title performance. One can expect a heavy dose of senior RB's Thomas Keating, Matt Risley and workhorse Nick Rosaforte, who is also one of the best defensive players in the state, running behind senior OL/DL Owen Boland, an absolute beast at 6-foot-5, 250.

Circling back to field hockey, this sensational **FOX LANE** sophomore F Samantha Reder comes off an All-Section campaign after a fabulous rookie season, as does **WHITE PLAINS** All-Section senior Sophia Emmert. Keep eyes on these field hockey players for sure, and while you're

spotting Tigers, keep an eye on White Plains' soccer G Kevin Espinosa Duque, an All-Section returnee.

Over at **WALTER PANAS**, I'm sure as heck curious to see how third-year Coach Bill Castro is going to utilize speedy junior Travis Carlucci, who can do a little bit of everything, including electrifying kick returns to the house. Castro has preached special teams' importance to his players since arriving at Panas in 2020 and he has a game-breaker in Carlucci. But all eyes will be on the Panther volleyball team, which went deep into states last year and has one sectional title goal in mind despite losing a

continued on next page

Direct Rays



Mahopac and senior Anthony Porco hope to flex some mighty muscle across the board in 2022.



Pleasantville junior RB Daniel Picart is among the finest players in the state and will carve an epic legacy the next two seasons.

Sports



Praying for more memorable moments like this one at Yorktown in 2022.

continued from previous page

ton of talent. Like Class B Hen Hud volley, Class A Panas just reloads year after year.

When you think of fall sports at **BYRAM HILLS**, the first thing to come to mind is boys' soccer Coach Matt Allen's Bobcats and whether or not they can challenge Somers, upstart Lakeland and Coach Zoran Milojevic's summer league champion **YORKTOWN** for Class A supremacy. But that won't be the case this season with Byram Hills dropping down to Class B.

This is a hotbed we can't wait to cover

this fall – good teams, great coaches, fun for all. In fact, **LAKELAND** looks stacked with returnees like Bryan Jaramillo, Connor Daly and All-Section senior F Michael Rodriguez, but we could be staring straight down the barrel of yet another epic Yorktown-Somers finale. If attitude is everything, Somers repeats as champs with the likes of Brady "Baby" Leitner and Liam Healy, but the Tuskers lost a ton of senior leadership and skill and will replenish its forces with a slew of talented sophomores.



Byram Hills will turn to Aiden Heffner and Christian Bellantoni to continue the strong Bobcat tradition in Class B this fall.



Yorktown senior D Sean Horlacher and the Huskers are poised to challenge for sectional dominance in 2022.



The Carmel Crazies had plenty to cheer about last year and hope to keep their mojo flowing in 2022.

Yorktown, the early favorites, is mighty big, gifted and very athletic, led by Ryan Tomeny and Chris Coppola. And don't dismiss **HORACE GREELEY**. The Quakers are on a tier just below the aforementioned bigwigs, but soccer is life at Greeley and field hockey is right up there, too, with Greeley sophomore Nina Byrne ready to take the scene by storm.

While we're kicking the ball around the pitch this fall, be sure to keep an eye on whether or not Class B **BRIARCLIFF**, **BYRAM** **HILLS**, **WESTLAKE** and **VALHALLA** can run with Bronxville, the clear favorites. Briarcliff can move the ball creatively and boasts some legit talent in junior Miles Prosperino, rising senior Ethan Klar and Sam Fash, who will lead the Bears' back line. Byram is a tough defensive club led by CM Aiden Heffner that has played Class A competition for years now, and Valhalla is sneaky good with senior D Oliver Tecuapetla, Vincent Reyes and Owen Rubio Heeney returning.

Westlake lost a ton from what was one of its finest teams last year, including three All-Section talents (Martin Sunjic, Gianluca Ruggiero, Thomas Casale), but the Wildcats had a taste of what it takes last year while reaching the state semis, though they are really up against it this year with a ton of departures, a new head coach, a new assistant coach and really just Thomas Lyden as the top returning player.

And Class C boys' soccer features a bold **HALDANE** club that Coach Ahmed Dwidar – my main man – truly believes in, including League III-D Player of the

Year William Sniffen, an All-Section senior, and G Ronan Kiter.

And while we're on the subject of great goalies, **BRIARCLIFF** senior Dylan Zednik led the Lady Bears all the way to the sectional finals last year while posting shutouts in 16 of her 18 junior-season games. Can't wait to see her repeat that feat or something close to it.

Here's what we know about **MAHOPAC**: The Indians had a very competitive fall season in 2021, but they lost one of their finest senior classes in the last decade, so we'll see if they can challenge – almost across the board in field hockey, girls' soccer, volleyball and football – as they did last year.

We're just scratching the surface in this week's bounce around the circuit, but we'll be taking deeper dives in the days ahead.

Coaches and ADs, please do us a favor and respond to the forthcoming e-mails regarding our fall previews. When in doubt hit up Rgallagher@theexaminernews.com, so we can publicize the exploits of our driven student athletes in the Examiner-area sports programs.



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