

August 23 - August 29, 2022

SMALL NEWS IS BIG NEWS

Volume 12, Issue 575

Greenburgh Town Board Appoints Powell as New Police Chief

By Rick Pezzullo

The Greenburgh Town Board unanimously voted last week to appoint Captain Kobie Powell as the new chief of police of the Greenburgh Police Department.

Powell, the first African American to lead the force, has worked for nearly 25 years in the department and will oversee a staff of 115 sworn officers and 42 civilian members and an annual budget of \$25.5 million. He officially began his new position on Aug. 22.

"Although many will highlight Chief Powell is the first African American Town of Greenburgh Chief of Police, which we all celebrate, Captain Powell's life-long Greenburgh residency, his extensive Greenburgh community-focused interactions, empathy, and commitment to the highest standards of policing earned him the top spot, which has the added benefit of him serving as a role model for our youth whose goals for similar success may have previously seemed unachievable," said Councilman Francis Sheehan.

"This is truly an historic moment for the town. I am extremely honored and exceedingly proud to play in this an

important role in appointing the town's first African American Chief of Police," said Councilwoman Gina Jackson. "Captain Powell's appointment represents the home-grown talent in Greenburgh prepared to lead one of the most important and critical town's operation. I know he is not only capable and qualified but is ready to protect and serve our community with integrity."

Powell will replace former Chief Chris McNerney, who resigned to become the Police Chief of Larchmont, and Interim Chief George Longworth, former Police Chief of Dobbs Ferry and Westchester County Commissioner of Public Safety, who took a leave from his position in a law firm to oversee the department until the Civil Service procedure for the hiring of a new chief could be concluded.

Powell was educated in the Greenburgh School District and earned a Bachelor of Science degree from Mercy College, Summa Cum Laude.

"Chief Powell grew up in town, lives in town, has an extremely close bond with residents and has been an exceptional asset to the Greenburgh Police for almost 25 years," said Supervisor Paul Feiner. "Chief Powell's drive and commitment to



New chief of police of the Greenburgh Police Department Kobie Powell

law enforcement and personal/professional excellence has been the hallmark of his success."

"I have had the honor of working with Kobie Powell. He long ago proved to me that his years of experience, dedication to community, his ability to objectively assess any given challenge, along with his empathy

and leadership skills, make him the perfect choice to be our next police chief," said Councilwoman Ellen Hendrickx. "He has earned the respect of the entire Greenburgh community and as importantly, his fellow officers. There is no doubt that he will serve the community in which he has vested his life's work, with distinction."

Summer Fun in White Plains



Middle Schoolers from the 2022 Health & Fitness White Plains Youth Bureau summer program had a great six weeks of fun in the sun, building new friendships and learning new practical skills that will last a lifetime. The summer curriculum included Backyard Sports, martial arts, sports and fitness, financial literacy, volleyball clinic, nutrition, healthy eating, group mental health counseling, swimming and, of course, field trips to Splash Down Water Park, Bear Mountain, and local movie theatres.

Renovations Completed at Affordable Housing Development for Seniors

By Rick Pezzullo

State, county and city officials last week marked the completion of a \$36M rehabilitation of an affordable housing development for senior citizens in White Plains.

The renovations at the Kingsley House on Barker Ave. included the upgrading of apartment amenities and improving the building's safety and energy efficiency to enhance the quality of life for the 163 senior residences.

"The Common Council and I are dedicated to preserving and expanding low and moderate-income housing in the City of White Plains. The Kingsley House has served as an important affordable senior building in our city for many years," said White Plains Mayor Tom Roach. "The completion of this rehabilitation project preserves essential low and moderate-income housing for seniors providing them with quality, energy-efficient housing. I am grateful to HCR, MDG, Smith & Henzy, and the various partners that collaborated to bring this important project to completion."

Kingsley House was constructed in 1968



Kingsley House in White Plains.

under the New York State Mitchell-Lama Program, which provides housing to low- and moderate-income residents across the state. Located at 41 Barker Avenue, the development features 163 apartments for seniors age 62 and older. All apartments are affordable to households earning at or below 50 percent of the Area Median Income. The 12-story building has 33

continued on page 2

Deputy County Executive Jenkins Named to National Leadership Post

Deputy Westchester County Executive Ken Jenkins has been appointed to chair a national subcommittee addressing transit and rail policies facing counties across the nation.

At a recent Annual Conference in Adams County Colorado, the National Association of Counties (NACo) President Denise Winfrey tapped Jenkins to Chair the Transit/Rail Subcommittee of the NACo Transportation Steering Committee.

"Effective, reliable and sustainable transportation is critical to Westchester County families and I'm excited to have a leadership role representing County Executive George Latimer and Westchester County advocating for smart investment in this critical infrastructure," Jenkins said. "I'm honored to be chosen for this important leadership position with NACo."

The NACo Transportation Steering Committee works to shape policy on all matters pertaining to federal transportation

legislation, funding and regulation and its impacts on county government, including highway and bridge development, finance and safety, public transit development and finance, transportation planning, airport development and service, passenger and freight railroads, ports and waterways, freight movement, and research and development of new modes of transportation.

"New York's counties are on the cutting edge of multimodal transportation innovation and leadership and have a wealth of knowledge to share with other county leaders around the nation," said Marte Sauerbrey, president of the New York State Association of Counties (NYSAC). "I'm proud to see members of our association taking their creative vision and passion for local government and public service to National Association of Counties (NACo)."

NACo serves nearly 40,000 county elected officials and 3.6 million county employees.



Ken Jenkins

Founded in 1935, NACo advocates for county priorities in federal policymaking, promotes exemplary county policies and practices, nurtures leadership skills,

optimizes county and taxpayer resources and cost savings, and enriches the public's understanding of county government.

The New York State Association of Counties (NYSAC), founded in 1925, is an affiliate of NACo and works closely with the organization to advance priorities of New York's counties at the state and federal level.

"As counties across New York State work to rebuild from the pandemic and respond to new and challenges and opportunities facing local government, it's critical to have strong representation in the nation's capital," said NYSAC Executive Director Stephen Acquario. "Having Ken Jenkins from Westchester County, New York bring his talents and experience to the National Association of Counties (NACo) will help shape advocacy at the national level resulting in better, more resilient transportation modes in our great state and around the nation."

Renovations Completed at Affordable Housing Development for Seniors

continued from page 1

studios, 115 one-bedrooms, 15 two-bedrooms, and one superintendent unit. There is also one commercial space that is currently vacant.

All apartments underwent substantial renovations including installing new cabinets, sinks, flooring, and updated bathrooms. Improvements to the building's common areas included new finishes in the library and community room, installation of security cameras, elevator modernization, balcony and façade repairs, a new roof, and a wheelchair-accessible entryway.

"The completion of a \$35.8 million rehabilitation project at Kingsley House is an incredible step towards generating safe and affordable housing for our residents in White Plains," said Senate Majority Leader Andrea Stewart-Cousins. "With this project, we are able to provide high quality housing to seniors living in the area, improve their dignity and wellbeing, and protect them from skyrocketing rates. I am proud that funding for this project included \$13.9 million in permanent tax-

exempt bonds through state financing as part of our ongoing effort to keep housing affordable for all New Yorkers."

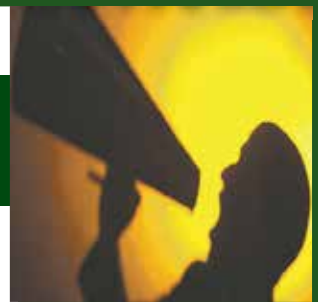
State financing for the project included \$13.9 million in permanent tax-exempt bonds, Federal Low-Income Housing Tax Credits that generated \$10.5 million in equity, and \$2.4 million in subsidy from New York State Homes and Community Renewal (HCR). HCR is also providing 53 Section 8 Project Based Vouchers.

"We want our Westchester County neighbors, no matter what age they are, to know that they are welcome and can make a home here," said Westchester County Executive George Latimer. "Affordable housing has been a top priority of my administration since we first took office in 2018, and we want the availability and opportunity for affordable housing to be there in every city, town and village. The Kingsley House helps us carry out that mission in Westchester, by providing safe and decent housing at a price point our seniors can afford."

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COVID Cases Continue to Decline in Westchester County

By Rick Pezzullo

Active cases of the COVID-19 virus have been steadily dropping throughout the month of August in Westchester County.

During his weekly briefing Monday, Westchester County Executive George

Latimer reported the number of active cases of COVID-19 as of Aug. 21 were 2,033, as compared to 3,581 on July 21. He said the infection rate is at about seven percent, a drop from double digits earlier this summer.

"We seem to be managing it as well as we can," said Latimer, who recalled there

were approximately 36,000 active cases in the county during the winter holiday season. "We're not going to take a victory lap because we don't know what can be next. We don't know what variant might be lurking around the corner."

The county's Health Department is offering free pediatric COVID vaccines for youngsters six months to five years old on Fridays between 9 a.m. to noon at 134 Court St. in White Plains by appointment only. Other vaccines children are required to have to attend school are also being offered by the Health Department on Fridays, starting Aug. 26, from 9 a.m. to 2 p.m. Appointments are also required by going on the county's website or calling (914) 995-5800.

Meanwhile, Latimer also reported there were currently 40 active cases of monkeypox in the county. To date, 75 individuals have contracted monkeypox. Monkeypox vaccines have been given to 700 county residents so far.

"We have taken an aggressive approach to monkeypox," Latimer said.

HERRO Program

Latimer also spoke highly about the Higher Education Recruitment and Retention Opportunity (HERRO) program that he launched several months ago to help bolster the ranks of volunteer fire departments and EMS agencies. HERRO provides active volunteer emergency services personnel with tuition reimbursement or student loan repayment assistance.

Close to \$250,000 has been dispensed so far to more than 50 recipients under the

HERRO initiative.

"The HERRO program seeks to encourage more people to serve their communities as volunteer firefighters or ambulance corps personnel," Latimer said. "We are off to a great start and hope to build further on the success we have had in the program's first few months."

Volunteers are eligible for up to \$6,000 annually in tuition reimbursement or student loan repayment assistance. To be eligible, a HERRO applicant must be an active member of a volunteer fire department, fire company, fire district or EMS agency for one year. Volunteers must maintain acceptable volunteer activity and training levels as set forth by the County during their entire course of study. An applicant's department or agency will have to verify that these training and service requirements have been met.

The HERRO program is administered by the Department of Emergency Services, which oversees volunteer fire and EMS training programs in Westchester County.

HERRO recipient Madelyn Contreras, who volunteers with the Mount Kisco Fire Department, said, "The HERRO program has enabled me to pursue my educational aspirations while being a present member of my department. I am so appreciative of the program, not only for what it has provided me with, but simply for the recognition that Westchester County is giving back to us as we serve our communities."



New Business Opens in Peekskill

Signal Fire Bread held a ribbon cutting and grand opening ceremony in Peekskill last week at 706 N. Division St. In attendance were: (L-R:) Justin Wingenroth, The Dance Conservatory and Hudson Valley Gateway Chamber Board Member, Erin Detrick, Signal Fire Bread, Liz Rauch, Signal Fire Bread, Marianne Oros, Hudson Valley Gateway Chamber of Commerce Board Member, Peekskill Councilman Brian Fassett, Peekskill Mayor Vivian McKenzie and Deputy Mayor Patricia Riley.



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New York Residents Will Soon Need a REAL ID to Board Plane

By Rick Pezzullo

Representatives of the New York State Department of Motor Vehicles and the federal Transportation Security Administration (TSA) held a joint press conference at Westchester County Airport last week to stress the importance of residents getting an enhanced or REAL ID driver's license to board a domestic flight.

Starting May 3, 2023, New York residents who want to use their driver's license to travel in the United States will need an enhanced or REAL ID license or other acceptable form of identification at a TSA security checkpoint.

New York's REAL ID-compliant driver's licenses and ID cards have a star inside a black circle, in the upper right corner. Additionally, New York State enhanced IDs have a flag in the corner.

"Travelers are not required to get a state-issued REAL ID, however, starting May 2023, if you typically use your driver's license or non-driver ID to fly within the United States then you probably want a New York enhanced license or a REAL ID," said Robert Duffy, TSA's Federal Security Director for Westchester County Airport. "Otherwise you will need to use a valid U.S. passport or another federally approved valid form of identification when you walk up to the TSA document checking podium. The consequence for not having a valid ID is that you won't be permitted to board your flight."

Duffy noted REAL ID is a "coordinated effort by the federal government to improve the reliability and accuracy of driver licenses and identification cards."

"The improvements are intended to inhibit terrorists' ability to evade detection by using fraudulent identification," he explained.

New Yorkers have three options from the state's Department of Motor Vehicles. They can get an enhanced ID, a REAL ID or a standard ID. The enhanced ID and REAL ID are both compliant with the REAL ID laws, however the standard driver's license is not. The New York Department of Motor Vehicles offers an online tool to help residents determine which ID is right for them.

An enhanced ID can be used instead of a passport to return to the U.S. by land or sea from Canada, Mexico and some countries in the Caribbean, although it is not acceptable for air travel between these countries. However, an enhanced ID is REAL ID-compliant and is accepted to board a domestic flight.

"The good news is that you do not have to wait to get a REAL ID or Enhanced ID," said Mark J.F. Schroeder, Commissioner of the New York State Department of Motor Vehicles. "You can get one now at your local DMV office. We urge all New Yorkers who want to travel within the US to act now, and we certainly are doing everything we can so people know about this change and act before May 3, 2023. We don't want



TSA PHOTO

TSA Federal Security Director Robert Duffy talks about the importance of getting a REAL ID-compliant driver's license during a press conference at Westchester County Airport.

any customers caught by surprise when they go to travel after May 3."

To get an enhanced license or a REAL ID-compliant license, individuals will

need to visit a local Department of Motor Vehicles office in person and bring certain documents to prove U.S. citizenship and state residency. Required documents include one proof of identity, one proof of legal presence, two proofs of state residency, one proof of your Social Security number (if you've been issued one) and a current driver's license if you are applying to exchange one issued by another U.S. state.

TSA officers who staff the ticket document checking station at airports will not allow travelers into the checkpoint without a REAL ID-compliant license or another form of acceptable ID after May 2023, because of the federal law (The REAL ID Act of 2005) that mandates that a REAL ID is needed. Individuals who are unable to verify their identity will not be permitted to enter the TSA checkpoint and will not be allowed to fly.

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Monumental Murals and Sculpture Begin Appearing in White Plains

A series of monumental murals and sculptures are appearing in downtown White Plains as part of the Serious Fun Arts Fest, a street celebration of public art.

The five-day Serious Fun Arts Fest (Oct. 12-16) in downtown White Plains will brighten the city with activities ranging from concerts to live mural painting, a public art walking tour and dancing in the streets. There will be performance art, massive public art unveilings by renowned artists, fun family artmaking and more throughout downtown.

Artist Chris Soria is painting an 18-by-30-foot mural at the former Macy's at the White Plains Galleria entitled "Painted Lady in the Ironweeds."

"In my work, I've been inspired by nature and this spot is an ideal canvas for me to explore my focus on making these really small insects, in danger of extinction, really large in my murals," Soria said. "I am treating the new mural 3-dimensionally and playing with a juxtaposition of hard geometry with an organic natural image. This is a pairing that I particularly enjoy exploring in my work. Certainly, working on the street in White Plains takes the work of the artist out into the public transforming the entire process and making the art available to all."

Other new monumental new works of public art in downtown White Plains include:

- A two-story reflective stainless-steel tear drop sculpture by Bulgarian artist



ART NELSON PHOTO

Artist Chris Soria painting a mural at the Galleria mall in downtown White Plains as part of the upcoming Serious Fun Arts Fest.

- Georgi Minchev.
- A nine-story vibrant fabric installation by internationally renowned artist Amanda Browder.
- Sculpture installations by artists: Shelley Parriott; Tom Fruin; Cheryl Wing-Zi Wong and more.
- Two major art installations by Barbara Takanaga at the White Plains Station.

- A block-long mural at the construction site of the future Hamilton Green.

A Serious Fun Block Party and Headliner Concert Celebration are scheduled for October 15 and 16 on Mamaroneck Avenue, which will be closed to vehicles.

On October 15 block party performers include Matt Turk & Friends, Will Evans and Porter Carroll, Jr. The

celebration's headliner event is October 16 with performances by Sammy Rae & The Friends, The Brighton Beat and ANDROMEDA. Sammy Rae & The Friends is an electrifying act that is selling out concert venues in New York City and throughout the East Coast. The band channels a kaleidoscope of influences ranging from classic rock to soul in high-energy performances. Tickets for the Sunday headliner event are \$25. Music all day on Saturday is free.

"When we talk about 'Serious Fun,' we are talking about bringing the arts outdoors, right onto the street for everyone to enjoy... isn't that a fun way to bring our community together?" said ArtsWestchester CEO Janet Langsam. "The five days of public art and music is all about access - on and off the walls in White Plains for visitors and residents of all ages."

Successful "mural fests" in urban settings like Jersey City, Miami and Brooklyn inspired the strategy behind the Serious Fun Arts Fest. The festival is accessible from Metro North's White Plains train station.

The festival is ArtsWestchester's latest investment in a public art program that since 2020 has provided artists with more than \$700,000 in grants and commissions and delivered two dozen new works throughout Westchester County.

This is a lightly-edited press release provided by the organization.



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Mount Kisco Chamber of Commerce SeptemberFest '22

The Mount Kisco Chamber of Commerce will be hosting a three-day block party called SeptemberFest '22 from September 16-18.

The event will be held on Fri., Sept. 16 from 5 to 11 p.m., Sat., Sept. 17 from 11 a.m. to 11 p.m., and Sun., Sept. 18 from noon to 8 p.m.

"Plans are in the works for an epic SeptemberFest '22" said Matt Grasso, President of the Mount Kisco Chamber of Commerce.

SeptemberFest '22 kicks off on Sept. 16 with a full-blown Carnival in Shopper's Park. The excitement spans all age groups and the energy builds throughout the evening. Rides and amusements, many of which are sponsored by Chamber members, will delight and thrill the whole family and provide a night of fun. The weekend includes free continuous musical entertainment throughout the weekend on SeptemberFest's stage sponsored by Mount Kisco Dental Group. The Festival Eats & Ale Food Court and Beer Garden opens at 5 p.m., featuring many different types of Food Trucks, and a thirst-quenching Beer Garden, including Exit 4, Leonard Park Wines & Spirits and Captain Lawrence. Dine and relax at the Consumers Energy Cooperative, Inc. (CECI) Hospitality Tent and get ready for the electrifying sounds of the Jay Prince Band, sponsored by D'Errico Jewelers



There will be fun and music at the return of Mount Kisco's SeptemberFest to be held Sept. 16-18.

on the Mount Kisco Dental Group Stage! Richie D'Errico, said, "Prepare yourself to be wowed, they are simply amazing and you will find yourself dancing, simply because you can't help it!"

Saturday features Kisco's eagerly anticipated annual Street Fair! Find something you've had your eye on, luck into something that catches your interest, meet some of the inspiring non-profits from Mount Kisco and surrounding communities and perhaps even sign up to volunteer for one or more. The Mount Kisco Volunteer Fire Department will be holding their annual Boot Drive on So.

Moger Ave., please contribute what you can. Visit their truck and find out what it takes to be a firefighter and about volunteering. The Mount Kisco Volunteer Ambulance Corps will also be on hand to show you the ambulance and talk about what it is they do to help those in need. The Westchester County Police will have several of their trucks and the K9 unit to see, so make sure you stop by and meet our First Responders. Catch an eyeful of the exquisite Antique Cars before your stroll leads you down So. Moger Ave., through the carnival and over the brook to the Festival Tent area for more fabulous shopping finds. And this year, Main St. has several surprises as well!

The Eats & Ale Food Court and Beer Garden opens at 11 a.m., with delectable selections for both lunch and dinner. Pizza, wraps, sandwiches, chicken, burger, fries, tacos, ices and more! Come hungry and relax at the Hospitality Tent sponsored by CECI. Stay for our special guest, Kacey in the Morning from WHUD, from 12 to 2 p.m. (She is back again this year due to so many requests) and will be happy to say hi and take a request or two! Enjoy local talent and live music before the evening's exciting main show, Exit 5, sponsored by McGrath Realty takes the Mount Kisco Dental Group Stage at 8 p.m. Rock on until 11 p.m.! "C'mon, sing along, you know the words!" said owner Brian McGrath. Believe him, you do know the songs and the words!

The Carnival will entertain from 11 a.m. to 11 p.m. Enjoy the entire breadth of SeptemberFest!

Sunday morning features the exciting MK 5K race, sponsored this year by the Mount Kisco Fire Department.

Following the 5k is another opportunity to take advantage of the Street Fair, Carnival, Food Court, Beer Garden and Community Talent music sponsored by On the Mend Medical Supplies and Equipment. Owner Liam O'Keefe says that "being part of this showcase of talent from the Mount Kisco community gives me and my amazing staff tremendous pride". Maybe one of them will entertain us next year...You will find yourself overwhelmed with emotion at the talent, please do yourself a favor and stop by the Mount Kisco Dental Group Stage.

The Food Court and Beer Garden will be in full swing until 6 p.m. The Street Fair will have a full line-up again, treat yourself.

The Carnival will keep you, your family and friends squealing with delight until 8 p.m.

Mount Kisco also presents Third Thursday on September 15. Many downtown shops are open until 8 p.m. with advanced sales and goodies to kick start the SeptemberFest weekend.

This is a lightly-edited press release provided by the organization.

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Column

Suburbs Beware: NY’s Bail Reforms are Threatening Your Safety

By Paul DiGiacomo, President of the Detectives’ Endowment Agency and Matt Slater, Supervisor of the Town of Yorktown

In 2019, New York State’s legislature made a series of ill-fated “reforms” that turned the state’s criminal justice system upside down. The policies and laws cater to criminals – and send a message that there are no consequences for breaking the law.

From the moment these laws took effect, crime began to skyrocket. Despite the police making it known that these laws are the cause of the new crime crisis, many politicians and district attorneys have ignored the facts. Their dismissal of these facts have sent an unmistakable message to every law breaker that there are no consequences and judges lack the discretion to stop them from reoffending. With each passing day, the criminals grow more and more emboldened and New Yorkers become more and more in danger.

This summer, every weekend has produced

a highlight reel of crime on New York City’s streets. While the news media is often focused on the five boroughs, the crime surge resulting from Albany’s cashless bail system is spilling into the suburbs. Just ask any cop protecting Westchester or Nassau or Rockland or even Suffolk Counties.

Yorktown has become one of the first victims of the criminal spillway from New York City. In the afternoon of June 30th, three men from Brooklyn entered the Yorktown Pharmacy, located two miles from the Taconic State Parkway, and walked behind the counter—terrifying the employees and clearing narcotic substances off the shelves. They proceeded to flee and, a half mile from the scene, they caused a traffic accident injuring innocent bystanders. Two of the suspects fled on foot causing a four-hour manhunt through quiet streets and backyards of this suburban town.

Ultimately the suspects were apprehended because of high quality and coordinated police work but, think about this, under these

dangerous new laws, all three would have walked out of the police station that night without bail being set. The only reason the judge was able to set bail was because of the traffic accident they caused fleeing the scene. Two of the three suspects had histories of being arrested by the NYPD for possession of a controlled substance, one of whom was arrested last year and released on his own recognizance.

Any politician who voted for these reckless changes to our laws and says this is an isolated incident is kidding themselves and woefully out of touch with the realities of the world they created. These bail reforms are making every community in New York State less safe. This is not just a New York City problem and, just like the Town of Yorktown, every suburban community is coming under attack because criminals know the system now operates in their favor.

The highly touted “reforms” to the state’s no cash bail law that were made earlier this

year did nothing to curb criminals and only fueled this summer of crime. New stats confirm that the number of murders, shootings and gun violence in New York City increased from July 2021 to July 2022. And don’t think the suburbs are faring any better.

The failure by Governor Hochul and legislative leaders to recognize the climate of crime they have created is infuriating—and extremely dangerous for residents, tourists and our police. New York will never regain its prominence while criminals run free and police are prevented from upholding their oath of preserving and protecting.

Since Governor Hochul and legislative leaders are refusing to fix the broken system they created, even with New York City Mayor Eric Adams pleading for action, it is up to the voters to elect the right leaders who will have the courage and common sense to create a safe and thriving future for all New Yorkers.

Letters to the Editor

State Law on Late Term Abortions are Very Specific

Recently I read a Letter to the Editor in several local papers with a discussion of the 2019 New York Reproductive Health Act. That letter provided misinformation as to what the law does and I felt it important to provide the facts about this state law. Our state legislature took this action several years ago because there was always the possibility that Roe v. Wade would be overturned. As you know, the U.S. Supreme Court ruled in June that each state had the responsibility for determining its policy regarding abortions.

The 2019 NY Reproductive Health Act allows for a woman to have an abortion up to 24 weeks into the pregnancy. After that time, a pregnancy can be terminated only if the woman’s health or life is threatened or there is an absence of fetal viability. The law allows for an abortion to be performed

by a licensed, certified or authorized practitioner under our public health laws and acting within their scope of practice, as we require for all medical procedures.

In 1970, New York had legalized abortion. This 2019 law updated the former legislation to comply with Roe v. Wade and to amend the law from criminal

I am voting for Kathleen Valletta for State Assembly because she is a proven champion of a strong economy, clean air and water, comprehensive and affordable healthcare for all, and an education system that is accessible and fair to all students to prepare them for college and careers.

And, as we face a Draconian movement that is restricting women’s rights and returning

procedure to public health.

Whatever your views are on this issue, I wanted to clarify that only abortions after 24 weeks can occur if the life or health of the women is in jeopardy or the fetus will not be able to survive outside the womb. These rare later abortions are made in consultation with medical professionals –

Kathy Valletta has served our community for nearly four decades as a family law attorney and volunteer (Rotary president, Mental Health Association of Putnam County board member, among other organizations), working tirelessly on behalf of all citizens,

exercising medical judgement. The state law, Chapter 1 of 2019, is very specific and detailed and follows the policy established on a federal level in Roe v. Wade in 1973.

Sandy Galef
Member of the NYS Assembly, 95th AD

particularly women and families.

We need more Democrats and more women in office, and in my view there is no one better to represent Carmel and Putnam County in the State Assembly than Kathleen Valletta.

Jeanne Nelson Mahopac

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Column

Key Factors in Recovering From Substance Abuse Disorder, Addiction

Substance use disorder in Westchester and Putnam counties is still leaving its mark.

Christina Feola, a certified recovery coach with Mountainside Treatment Center in Chappaqua, explained that substance abuse is continuing to increase with the ongoing COVID-19 pandemic.

"We're seeing more people coming in," she said.

Part of the problem with substance abuse is that many times it seems to occur with mental health issues.

"Addiction can combine with a mental health issue or trauma from the past," Feola said.

She has seen many co-occurring issues, from anxiety to depression.

"Drugs are a temporary solution to the problem," she said.

A person with an addictive personality "always wants more, needs more. They lack self-esteem and they want instant gratification," Feola explained.

"I try to get people in recovery to find those passions they once enjoyed. I tell them to go on a bike ride, go for a hike. They can do arts and crafts. Those are the tools they need when they're stuck, as well as the healthy coping skills they learn in outpatient counseling."

Feola's superpower seems to be empathy. "They (those suffering from substance



By Michael Gold

use disorder) need a strong-knit support system," Feola said. "I can walk them through that urge to drink or use. I offer a listening ear, with no judgment. They need to know they're not alone. I share my experience, my strength and my hope with them. Kindness can be the saving grace for a lot of people."

Feola walked me through three case histories of substance use disorder. The first one she talked about became severely addicted to alcohol in college. Let's call them Alpha.

"Alpha was drinking so much, particularly when alone, that it became their life. They ended up in the hospital with potential liver failure, 'at a very young age,' Feola said.

"There are a lot of people who drink themselves to a place that has medical consequences. I've seen it happen - people between 20 and 30 years of age who have serious medical issues because of drinking or drugs," Feola pointed out.

Alpha was fortunate in a way because they had a supportive family. Feola helps with that, too.

"I help family members help the addicted person," she said. "That makes all the difference, that they have someone in their corner."

Alpha spent 30 days at a treatment center, then joined a 12-step program. They're now looking for work.

"Their compulsion to drink lifted because

they can now experience the joys in life."

The second case history was more difficult. Let's call this one Beta. Beta became addicted to nitrous oxide.

"It's more popular than people think," Feola explained. "You can buy whippets at the local smoke shop, in a canister, with an adapter."

Whippets come from whipped cream cans, which is how they got their name.

"This person was using hundreds of canisters per day."

Beta's goal was to escape from reality, but their whippet usage induced neuropathy in their legs.

"Their nitrous use caused their nerve endings to not work," Feola said. "They couldn't feel the pedals in their car. They had to go to rehabilitation to learn how to walk again."

Beta's mother was an alcoholic, which hindered Beta's recovery. The mother and Beta argued a lot. Feola pointed out how critical it is for a person in recovery to have a supportive living environment. The last Feola heard from Beta, they had gone back to using nitrous oxide.

"This person is stuck in addiction. It's sad to watch," Feola explained.

"Recovery is all about the willingness to work, to want it," she said. "If you're not committed, it's not going to work. This person wasn't ready to stop."

The third person she talked about was addicted to alcohol and cocaine, which they

started doing in college. We'll call them Gamma. Gamma had family trauma in early adolescence, yet they found a good career.

Gamma started gambling, in addition to their alcohol and cocaine usage.

"They were severely addicted," Feola said.

Gamma was doing all their gambling online, playing the slots, poker, and blackjack, which indicates the potential dangers of these sites.

"It's a game, but you're playing with dollars," Feola explained. Gamma "was taking out credit cards to gamble. They were tens of thousands in debt."

With Feola's help, Gamma has been sober and has not gambled in 10 months. Gamma bought a new business and "is happier than they have ever been. They love to exercise. They really value the idea of being structured and disciplined. It's a testament to their dedication," Feola said.

"My job is recovery coaching," Feola explained. "My job is to understand and motivate and be that cheerleader because they may not have that at home. I want them to know that they're valued. I am that compassionate, kind, motivating person in their corner."

Pleasantville resident Michael Gold has had articles published in the New York Daily News, the Albany Times Union, The Virginian-Pilot, The Palm Beach Post, other newspapers, and The Hardy Society Journal, a British literary journal.

On the Street

Consumers Will Pay the Price if Credit Card Competition Act Passes

By Elaine Albano

Over a decade ago, Congress passed an amendment to impose regulations on our debit market. Although their intentions were not to harm consumers, we ended up losing big time. Now, members of Congress are considering passing the Credit Card Competition Act of 2022, which would impose the same types of regulations on our credit market.

The original debit card amendment, called "the Durbin Amendment", was damaging to say the least. It added a routing mandate

to debit cards, which meant that instead of being able to use only the payment networks they know and trust, banks were forced to allow an additional "unaffiliated" network to work on their debit cards. It also capped debit card interchange fees, which are the fees merchants pay to process electronic transactions.

Big box stores like Target and Amazon gained a windfall of extra revenue after the regulations dramatically cut how much they paid to process debit transactions. The interchange fee cap limited the amount they pay per transaction, no matter the

size, and the routing mandate forced all payment networks to lower their rates to stay competitive, draining billions out of our electronic payment system and depositing it directly into the pockets of big box stores.

While big box stores like Walmart and Amazon raked in an additional \$90 billion in profits, they did not use these savings to lower prices for consumers. Georgetown University Professor Vladimir Mukharlyamov and University of Pennsylvania Professor Natasha Sarin studied the impact of the regulations and found "little evidence of across-the-board consumer savings." Big retailers made billions and gave consumers nothing in return.

It gets worse. For banks of all sizes, the routing mandates cost them billions which they then tried to make up at the expense of consumers. Banks lost billions in interchange fee revenue, which they used to fund free checking and keep fees and account minimums low. This particularly hurt small and community banks. A 2014 study conducted by the Mercatus Center found that the Durbin Amendment had reduced earnings at nearly three-fourths of local financial institutions.

When banks lost money, they passed these losses down to us by cutting free checking and adding new and higher account fees. A 2017 Federal Reserve study found free checking declined by 35% at large banks and 15% at small banks and that the minimum balance for checking accounts increased

by hundreds of dollars. Many low-income families and marginalized consumers rely heavily on free checking and low fees to keep their bank accounts open, so one million Americans lost their bank accounts after the regulations made banking more expensive.

Under no circumstances should Congress pass the Credit Card Competition Act. Just like before, big box retailers will pocket billions more and consumers will pay the price. Banks will lose billions in interchange revenue, which they will again pass onto consumers by raising interest rates, hiking up fees, cutting rewards programs, and raising credit standards. This will make credit much less accessible to low-income families and kick out anyone already on the margins of our credit system. Economists in 2021 estimated this could kick 10 to 15 million people out of our credit system.

Australia implemented similar regulations on interchange fees a few years ago, and now there are no more free credit cards and rewards programs are much less valuable. In total, a move like this in the US will transfer \$40 to \$50 billion a year away from ordinary Americans and into the pockets of big box stores.

We cannot let huge retailers make credit less accessible for our communities like they did with banking a decade ago. Congress should vote no on the Credit Card Competition Act of 2022.

Elaine Albano is a Somers Resident, activist, mother, and small business owner

Letter to the Editor

Primaries in August are a Form of Voter Suppression

New York officials should never again schedule an August Congressional primary. The August 23rd primary date is a travesty --a form of voter suppression. Many voters are on vacation. Other voters are preoccupied -taking their children to college. And others are picking up their kids from camp. My guess is that a very small percentage of voters will bother to watch any of the Congressional debates.

There are key Congressional primaries in NYS. It's possible that the low turnout of voters will result in the nomination of

candidates who don't have the majority of support of the voters. There is no reason why the NYS Legislature scheduled separate primaries for the Assembly and Governor races in June ---and then scheduled Congressional primaries two months later. Also - holding two separate primary dates is very costly to the taxpayers --money wasted on election location rentals, paying for election inspectors.

Paul Feiner
Greenburgh Town Supervisor

Police Blotter

Croton-on-Hudson Police Department

August 9

5:50 p.m. - A caller reported that her license plate was stolen off her vehicle while it was parked in a parking lot of a business on S. Riverside Avenue. A report was taken and an investigation will follow.

9:18 p.m. - A caller from N. Highland Place reported that someone was in the woods behind his home shining a flashlight into the windows. Patrols responded and checked the area which was clear of any people or vehicles.

August 11

9:42 a.m. - A caller from Cleveland Dr. reported the catalytic converter was stolen from his vehicle. Patrols responded and took a report. An investigation will follow.

11:41 a.m. - A caller from Farrington Rd. reported finding what she believed to be cocaine in a plastic bag. Patrols responded and recovered the property.

August 12

9:27 p.m. - A caller reported that a group of children knocked on his door on Oneida Ave. and ran away. Patrols responded and checked the area for the children with negative results.

August 15

1:46 p.m. - A caller reported that a male was acting aggressively in the parking lot of a business on S. Riverside Avenue. Patrols responded and reported that it was a verbal dispute between multiple parties. All parties went their separate ways.

Kent Police Department

August 16

1 p.m. - Police responded to the Kent Center for a report of a male had struck a car and was possibly intoxicated. The suspect exited the center and was heading southbound on Route 52 in a black Dodge Ram. A traffic stop was initiated in the parking lot of the Lake Carmel Fire Department. The driver, Vincent Cobelli, appeared to have slurred speech and

impaired motor skills and admitted he had taken numerous prescription medications. He was arrested for Driving While Ability Impaired by Drugs.

Yorktown Police Department

August 16

4:08 p.m. - Willy Jean-Francois, 36, of Jamaica, Queens was charged with forcible touching following an investigation of a past incident in April where he allegedly forcibly grabbed a victim's breasts multiple times.

8:20 p.m. - Maya Jean-Louis, 21, of Peekskill, was charged with criminal possession of a controlled substance in the fourth degree, a Class C felony, and aggravated unlicensed operation after being stopped on East Main St. for driving a vehicle with excessively tinted windows. Further investigation revealed her driver's license had been suspended and a quantity of marijuana products were found in the vehicle.

White Plains Police Department

August 15

Von Thomas, 31, was charged with attempted robbery in the first degree on Martine Ave.

North Castle Police Department

August 12

3:34 p.m. - Report of a brush fire at 670 North Broadway. Fire extinguished by fire department chief.

9:48 p.m. - Report of a male collapsing at 44 Washington Ave. Individual transported to Westchester Medical Center.

August 13

8:59 a.m. - 911 call made requesting an ambulance for his eight-year-old son who was accidentally struck with a golf club at 18 Maple Way. Officer reports party refused medical attention at the scene.

12:56 p.m. - Anonymous caller reports a female soliciting money standing near his vehicle at 670 North Broadway. Female was sent on her way without incident.

Obituary

Ann Howard

Ann Howard, a devoted wife, a loving mother and grandmother, and a Yorktown resident since 1967, died peacefully at her home on Thursday, Aug 11. She was 90.

She was passionate about caring for others in many personal and professional capacities. As a registered nurse, she worked for many years at Northern Westchester Hospital in Mount Kisco, as well as at Maryknoll in Ossining. In retirement, she was a dedicated volunteer at the Birthright crisis pregnancy center in Peekskill.

Her life's passions, however, were her family and her Catholic faith. She married Joseph Patrick Howard of the Bronx at St. Adalbert's Church in her native Elmhurst, Queens, on June 13, 1959. They were married 54 years until his death in 2014. They moved to Poughkeepsie, before settling in Yorktown Heights. After raising their seven children, they took the time to travel, notably to the shrines at Medjugorje and to Ireland, where they both traced their roots. She fostered in her children a deep belief in the value of education, compassion for others, and generosity of spirit. She loved cooking, gardening and beautifying her home by painting and wallpapering.

She was born on June 21, 1932, to Thomas and Eileen Smyth. She was a longtime parishioner and member of both the Altar Rosary Society and Third Order of St. Francis at St. Elizabeth Ann Seton in Shrub Oak. She is survived by a sister, Frances; her children: Eileen (Craig), Cathi (Raul), Tony (Alison), Mary Beth (Joseph), Claire



Ann Howard

(Martin), Teresa (Peter) and Brian (Kristen); 19 beloved grandchildren; and countless friends.

Her loved ones will forever recall her love of children, her appreciation for laughter and her outgoing spirit. In lieu of flowers, donations may be made to Medical Mission Sisters, 8400 Pine Road Philadelphia, PA 19111 or to the Alzheimer's Association at alz.org.

Holtec to Test Indian Point Siren System Aug. 24

The Indian Point Energy Center emergency notification sirens will sound during a test of the system on Wed., Aug. 24 between 10:30 and 11 a.m.

As part of the test, sirens will sound at full volume for approximately four minutes in Westchester, Rockland, Orange and Putnam counties.

Because this is only a test, the public is not required to respond during the siren sounding.

PLEASE NOTE: Sirens are not a signal to evacuate. In an actual emergency, the sirens would sound to alert the public to tune in to a local EAS radio or television station for important information and direction. These stations are listed in the emergency planning booklet mailed to households and businesses in the

10-mile Emergency Planning Zone around Indian Point. An electronic version of the booklet is posted on the Indian Point web site, Indian Point Energy Decommissioning | Holtec International.

Indian Point Energy Center was home to three nuclear power plants that operated from 1962 to 2021. Holtec International acquired Indian Point Energy Center in May 2021 from Entergy Corp. Holtec plans to complete decommissioning activities at the site decades sooner than if Entergy continued to own the facility. Indian Point Unit 3 was shut down on April 30, 2021 after generating electricity for 45 years. Unit 2 was shut down in April 2020. Unit 1 was permanently retired in 1974.

Calendar Submissions

We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words "Calendar Submission" in your email subject line. Entries should be sent to Robert Schork at happenings@theexaminernews.com.



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Get Growing and Plan Entries for 2022 Yorktown Grange Fair

The time to start preparing entries for the 98th Annual Yorktown Grange Fair is here! Contest rules have been added to the Grange Fair website and there are options for all ages and skill levels. This year's theme of "We've Got a Good Thing Growing" encourages everyone in the community to participate and show off the things that bring them joy - or the good things we've got "growing". Whether you're a newcomer to fair contests or you've been on the blue ribbon hunt for years, there is a place for you at the 2022 Yorktown Grange Fair.

Crafting contests are a great way to participate and get in the community spirit at the Grange Fair. Art After 55 gives seniors the opportunity to show off the gorgeous artwork they've created. Needlework is a great entry point considering there are so many different divisions. Crochet, knitting, needlepoint, embroidery, cross stitch, rugs, quilts, afghans - all have youth and adult groups as well as multiple skill levels. Try something new, or show off the projects you've been working on for a while! If taking photos is what sparks joy, show off your work (and put them up for sale) in the Photography competition. Ages 12 and up can enter their still life photos, people photos and more. Woodworking offers opportunities for all ages but if building with bricks is more your thing, there is even a Lego



contest. The crafting contest options are plentiful for everyone to get involved with the Grange Fair.

If food and flowers are more your style, show off your skills in the Baking, Flower Show, or Produce contests. Bakers of all ages can enter sweet treats and decorated cakes as well as home canned items. Lovers

of flowers can show off their bouquets or photos of full gardens. Kids can create and enter their fairy gardens and terrariums. If your thumb is a little less than green, take a shot at showing succulents! The produce show is always a fan favorite. Show off your squash, greens, or just about anything that grows in your garden. There are special

contests for "freak/novelty" produce and if your kids love to play with their food, they can enter their "veggie creatures". Whether you are more comfortable in the kitchen or in the garden, the Grange Fair has a place for you.

Those that prefer outdoor activities may want to check out the contests that involve our lovable animal friends. The Livestock Show allows you to show off the fabulous farm animals you put so much work and love into raising. Enter the Poultry and Waterfowl Show to exhibit your backyard flock. If your kiddo (ages 8-19) loves adorable cottontails, then the Rabbit Show is for them. There is even a bunny costume contest for those looking to make their furry friend even more adorable. Kids of all ages share a love for animals - flaunt your farm friends at the Grange Fair.

Whether you are a fair contest veteran or a newbie, now is the perfect time to "Get Growing" and plan your entry for the Grange Fair taking place September 9, 10, and 11 at the Yorktown Grange Fairgrounds (99 Moseman Rd, Yorktown Heights, NY 10598). Westchester County's only true country fair is a reflection of our talented community. Let's show off "We've Got a Good Thing Growing." Check out the full contest booklet complete with rules and entry dates at www.yorktowngrangefair.org.

This is a lightly-edited press release provided by the organization.

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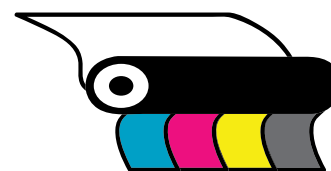


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Cool Sites and Apps to Help Connect With New College Classmates

Heading off to college can be an exciting, yet stressful time. You'll be moving away from the friends and family you've known your whole life and will be living with roommates and making completely new groups of friends.

Luckily, (especially for shy students out there) there are many social media platforms and apps to help meet people, connect and showcase your personality. Here are just a few to consider:

A New Way of Networking. For students just starting their college search, in the application process or already in college, the free ZeeMee app provides a variety of networking features for each step of the way. It allows students applying to college to supplement their admissions materials with a collection of images, videos and documents that showcase their achievements beyond grades and essays. And once admitted, community and chat features offer an easy way to connect and make friends at your school.

Personalized Greetings to Show Your Personality. Whether you're celebrating lifelong friends at their graduation parties or making your new connections feel special, there is a SmashUp to be shared. SmashUps by American Greetings are smile-inducing sharable videos that feature celebrities, fun characters and selfies that can be personalized with hundreds of names for numerous occasions. Simply find the SmashUp that showcases your personality; personalize it and share via email, text or social media.

Plus, with a monthly, yearly or two-year American Greetings account, you'll be able to send an unlimited number of videos to all the



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new friends you make in the coming semesters. To sign up for a SmashUps membership, available for \$6.99/month or \$29.99/year, visit www.americangreetings.com.

Connect, Don't Creep. As you prepare to meet your new roommate and classmates at orientation, social media platforms such as Facebook, Instagram and Snapchat are great ways to communicate with your new friends and build relationships. One word of advice: don't creep on older posts in their social media profiles. Why? Because you may formulate opinions about them before you even get to know each other. You've likely changed quite a bit through your high school years, and likely so have others. And let's be real – it's easy to misrepresent yourself online.

Deck Out Your Dorm. Moving into a dorm requires a lot of stuff, and it can be difficult to determine what you'll need to bring versus

what your new roommates may contribute. A college dorm registry is the ideal way for each of you to add everything on your checklist to one convenient gift list that you – or your friends and family – can shop with ease.

The free MyRegistry.com site and app allows you to create and then sync your registry from your favorite stores to take advantage of their perks. For example, Target offers a great discount on remaining registry items when you shop online. A win-win!

With a few new apps, you'll be on your way to college connection success.

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The Great Jack O'Lantern Blaze Returns in September

Get ready for a magical fall season in New York with The Great Jack O'Lantern Blaze® and Legend of Sleepy Hollow-themed experiences. Blaze: Hudson Valley returns to its location at Van Cortlandt Manor in Croton-on-Hudson for the 18th year. On the grounds of Washington Irving's Sunnyside in Tarrytown, visitors can enjoy two special celebrations of the author's most famous work: Home of the 'Legend,' during the day and dramatic evening performances of Irving's 'Legend.'

Great Jack O'Lantern Blaze® experiences are bigger and better than ever and feature thousands of hand-carved jack o'lanterns lit up in elaborate displays throughout historic landscapes. Blaze: Hudson Valley will run for 54 nights from September 16 through November 20. New displays this year at Blaze: Hudson Valley include an animated "Jack" Smith working in his shop and a hive of glowing bees.

More Halloween fun can be found at the estate of Washington Irving, America's founding father of literature. Historic Hudson Valley is bringing his classic spooky tale to life at Sunnyside, where daytime visitors can tour Irving's home, take in an original shadow puppet film and see a special Legend exhibit at Home of the 'Legend.'

In the evenings, master storyteller Jonathan Kruk casts a spell with dramatic performances of Irving's 'Legend,' performed outdoors under the stars. Complete with live music by Jim Keyes, this performance is sure to thrill audiences of all ages.

HHV's experiences are largely outdoors and touch-free, with masks required indoors. Visitors should consult hudsonvalley.org/covid for our most current policies.

Blaze: Hudson Valley's Supporting Sponsor is Servpro of Peekskill, Ossining, and Contributing Sponsors are JPMorgan Chase and Captain Lawrence Brewing Company.

All events are held rain or shine. Proceeds support Historic Hudson Valley, the Tarrytown-based private, non-profit educational organization that owns and operates several National Historic Landmarks.

Ticket and date information

These events have limited capacity and sell out. All admissions are by advance purchase only.

Blaze: Hudson Valley dates are September 16-18; September 22-25; September 28-October 31 November 2-6; November 9-13; and November 18-20. Online tickets start at \$32 for adults and \$24 for children 3-17, and are free for children 2 and under. Historic Hudson Valley members can attend

Blaze: Hudson Valley for free.

Irving's 'Legend' dates are September 30-October 2; 8-10; 14-16; 21-23; 28-31. Online tickets start at \$30 for adults and \$24 for children. Historic Hudson Valley members receive a 15% discount on tickets.

Home of the 'Legend' dates are September 16-18, 23-25, 30; October 2; 8-10; 14-16; 21-23; 28-31 and November 4-6, 11-13. Online tickets start at \$12 for adults, \$10 for seniors and children 3-17, and are free for those 2 and under as well as Historic Hudson Valley members.

Buy tickets online at www.hudsonvalley.org or by calling 914-366-6900 (\$2.50 per ticket surcharge for phone orders).

Details: The Great Jack O'Lantern Blaze Hudson Valley

The Great Jack O'Lantern Blaze: Hudson Valley features illuminated, individually hand-carved jack o'lanterns in elaborate displays which are professionally lit throughout the landscape of Van Cortlandt Manor in various themed areas.

Favorite installations, such as the Statue of Liberty and the Pumpkin Planetarium, are joined this year by new creations like an animated "Jack" Smith working in his shop and glowing bees... all made of jack o'lanterns!

Creative Director Michael



Natiello leads a small team of Historic Hudson Valley staff and local artists who carve. The Great Jack O'Lantern Blaze Shop offers a selection Blaze-specific merchandise including T-shirts and hats.

Van Cortlandt Manor is at 525 South Riverside Avenue, just off Route 9 in Croton-on-Hudson.

Details: Irving's 'Legend'

Performing amid the lush landscape of Washington Irving's estate, master storyteller Jonathan Kruk, accompanied by live music by Jim Keyes, brings to life the story of The Legend of Sleepy Hollow in this outdoor, evening event.

Sunnyside is on West Sunnyside Lane, off Route 9 in Tarrytown.

Details: Home of the 'Legend'

Sunnyside celebrates its connection to Washington Irving's


classic tale, The Legend of Sleepy Hollow, at this family friendly daytime event. Home of the 'Legend' includes a tour of the cottage, an original short shadow puppet film and a Legend-themed exhibit.

Sunnyside is on West Sunnyside Lane, off Route 9 in Tarrytown.

About Historic Hudson Valley

Historic Hudson Valley, Westchester County's largest cultural organization, educates and entertains more than 325,000 visitors a year through school programs, tours of five National Historic Landmarks, and Halloween themed experiences, which have earned a national reputation as among the best in the country.

This is a lightly-edited press release provided by the organization.



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Veteran Coach Weighs In: How to Protect Young Athletes

By Ken Gulmi

Through the 1980s children mostly played sports for their own community-based teams and “professional,” for-pay trainers were usually only found working in unaffiliated camps. Since then, however, the landscape has evolved, and not always in the best interests of its youth athletes.

Currently, virtually every youth sport features paid coaches and/or trainers, usually charging substantial fees. Certainly, in some cases, these “professional” sports educators are well qualified and have worked diligently to acquire the skills and credentials (licenses) necessary to give youngsters a solid foundation in which to optimize their athletic abilities.

Unfortunately, there are also many others who present themselves as having the expertise and education to serve as qualified to instruct youngsters without the credentials that entitle them to make that claim. How then can parents ensure that they are actually spending large sums on their child’s behalf and choosing the best person for his or her development?

Before committing their child to an “elite” team, or program and instructional staff, parents can insure they are doing everything to insure they are making the best possible choice as to whom to entrust with their son or daughter.

Here are several steps that will assist them in accomplishing that goal:

1. Be realistic about both your child’s desire and ability to make a strong



commitment to develop in their sport. It’s about what the player wants; not about what the parent wants for them. Be sure they understand and are enthusiastic about the amount of work for which they are signing up.

2. Has the instructor provided you with his/her resume of their experiences. If so, check their references. If not - why not? This cannot be optional.
3. What license does he/she possess. If the sport offers ascending levels

of licensing (for example soccer) is it sufficient for your child’s level? A license demonstrates their willingness to develop themselves as educators.

4. Has the instructor passed a background check? This is mandatory in many sports to weed out those with criminal backgrounds, drunk/drug backgrounds and child predators. Never accept anyone who hasn’t.
5. Has the instructor been certified CPR training and Concussion protocol?

This too should not be optional.

Legitimate professionals will have no problem meeting these demands from a parent. Self-proclaimed experts with no real qualifications will dismiss their importance or offer excuses for why they cannot.

In short, do not be lured by anyone just because they are offering to make your child the next superstar in their sport. The real qualified instructors usually won’t while the posers are really just eyeballing the balance in your bank account.

Ken Gulmi is an Examiner account executive and a veteran local soccer coach.

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Studio	4 units**	\$1,456.00	60% Area Median Income	NA
1 Bedroom	13 units	\$1,560.00	60% Area Median Income	3 units (Hearing/Vision) 2 units (Mobility)
2 Bedroom	10 units	\$1,872.00	60% Area Median Income	NA
1 Bedroom	5 units	\$1,850.00	80% Area Median Income	1 unit (Hearing/Vision)
2 Bedroom	5 units	\$2,200.00	80% Area Median Income	1 unit (Mobility)
Studio	2 units	\$1,650.00	90% Area Median Income	NA
1 Bedroom	3 units	\$1,850.00	90% Area Median Income	NA
2 Bedroom	5 units	\$2,200.00	90% Area Median Income	NA

Support Connection Launches Team Spirit Campaign for Walk

Support Connection has announced the launch of the “Team Spirit” campaign for their 2022 Annual Support-A-Walk, scheduled for Sunday, Oct. 2. This year’s Walk will take place in FDR Park in Yorktown Heights and in communities nationwide! Support Connection is based in Yorktown Heights, but their toll-free and web services allow for a nationwide reach. Whether showing your support locally or from afar, you can participate in the Support-A-Walk **WHEREVER YOU ARE**.

The Support-A-Walk is held to bring attention to the needs of people affected by breast, ovarian, and gynecological cancer and to raise funds for Support Connection’s free programs and support services for those living with these diseases. Since the organization was founded in 1996, many thousands of people locally and across the country have received help from Support Connection.

The Team Spirit Campaign encourages friends, family members, co-workers, neighbors to “team up” for the Support-A-Walk. Teams are groups of people who decide to participate together in any way they wish. Team activities can include seeking donations, planning fundraising activities, inviting others to participate, spreading the word about the Walk. Teams can create their own t-shirts and signs or banners to share their stories and express



One of the many teams that took part in the 2021 Support-A-Walk.

their inspiration for participating.

Team members can live close to one another or far away. Those who can’t all be in one place can make plans to walk at the same time in different locations. It’s a great opportunity to connect with loved

ones to work for a common cause.

Team Spirit Awards will be presented as part of this campaign. Awards will go to: The top 3 Teams for amount raised; The top 3 Teams for number of donors; The most creative Team sign or banner.

To learn more about Walk Teams and awards, visit <https://supportconnection.org/form-or-join-a-team/>

To learn more about the Support-A-Walk, or to make a donation, call 914-962-6402 or visit <https://supportconnection.org/support-a-walk/>

ABOUT SUPPORT CONNECTION:

Support Connection, Inc. is a 501(c)(3) not-for-profit organization that provides free, confidential emotional, social, and educational support services to women, their families and friends affected by breast, ovarian, and gynecological cancer. Services include peer counseling, support groups, wellness and educational programs, referral and information services, and a toll-free cancer information and support hotline. Founded in 1996, Support Connection is based in Yorktown Heights, NY, but through our toll-free services and website we serve people throughout the country. To learn more, visit www.supportconnection.org or call: 914-962-6402 or 800-532-4290. Support Connection Breast, Ovarian, Gynecological Cancer Support: We’ve Been There. We Care.

This is a lightly-edited press release provided by the organization.

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Electronic proposals are accepted. Anyone who wishes to attend a proposal 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 results.

Jennifer Glasheen
Purchasing Director

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Hot Summer Movies to Enjoy; Flicks that Flopped to Avoid

By Rick M. Pezzullo

It's been a busy summer for movies, so here's a few of the biggest hits and some you may want to avoid as you look to beat the summer heat.

Top Gun: Maverick

The long-awaited sequel to the 1986 classic, *Top Gun: Maverick* has taken the box office by storm this summer. I think it goes without saying: This movie is hands down better than the original. While *Top Gun* was certainly everything we loved about 80s cinema, its sequel does not suffer from cheesy, lazy writing and jamming the same two songs down your throat for two hours. *Top Gun: Maverick* flashes forward into the future with Maverick (Tom Cruise) returning to *Top Gun* to teach young pilots and lead them on a dangerous mission to take out an uranium enrichment plant. One of those pilots happens to be Maverick's deceased partner's son, Rooster (Miles Teller). Their relationship complicates Maverick's judgment throughout the training and whether to take Rooster on the mission. The film does a nice job of capitalizing on the nostalgia of the original, while not feeling like a retread. I was never

bored and I appreciated the film's commitment to navigating a complex character relationship. The plane stunts are excellent and give a real feeling of authenticity. If you are one of the few people in the world who haven't seen *Top Gun: Maverick*, then you might be missing out on the best film of the summer.

Rating: 9.25/10

Where to watch: In theaters (probably not much longer)

Doctor Strange in the Multiverse of Madness

Marvel's long-awaited sequel to the 2016 original was certainly polarizing among fans. Taking a step away from the normal Marvel blueprint, director Sam Raimi injected his horror perspective into the film, which definitely turned heads. The film begins with Doctor Strange (Benedict Cumberbatch) encountering America Chavez (Xochitl Gomez), who has the power to traverse the multiverse. Doctor Strange attempts to consult Wanda Maximoff (Elizabeth Olsen), but finds

that she is responsible for the attacks on America Chavez. Wanda wants to control her power in order to reunite with her children in another universe. This sets

up the premise of the film as Strange and the other sorcerers try to protect Chavez from Wanda. While many disliked the portrayal of Wanda, I felt that it was a refreshing change of pace for Marvel to embrace chaos and horror. It certainly is not a film for the faint of heart as guts and blood were more present than any other MCU film I've seen. While it definitely had its share of plot flaws and CGI lapses, I felt the film was a valuable addition to the MCU and I was excited to finally see a Latina superhero hit the big screen. It is important to note that watching *WandaVision* and *Dr. Strange* is essential viewing before watching this film in order to fully understand what is happening. Overall, *Doctor Strange in the Multiverse of Madness* is a solid superhero movie that doesn't break the upper echelon of the MCU, but is certainly original and entertaining.

Rating: 8/10

Where to watch: Disney+

Lightyear

Another addition to the Toy Story universe, *Lightyear* succeeds in making the audience care about a fictional character in a film inside of a fictional universe. *Lightyear* is supposed to be the movie that Andy watches that makes him buy his Buzz Lightyear toy. Buzz is marooned on a distant planet and in his attempts to reach hyperspeed to return home, his friends and colleagues age around him at a much faster rate. After the government tries to shut his program down, Buzz is forced to train a group of misfits to help on his mission. I found *Lightyear* to be entertaining and surprisingly emotional. It provided some interesting insight into Buzz's backstory and created a solid foundation for an extended Toy Story cinematic universe. I was expecting the film to be slightly more light-hearted, but I give credit to the movie for attempting to provide some depth to its characters. In summation, Disney continues to capitalize on its beloved characters and *Lightyear* is certainly a film worthy of reviving the Toy Story franchise.

Rating: 7.5/10

Where to watch: Disney+

Thor: Love and Thunder

Thor (Chris Hemsworth), the only Marvel superhero with four titular movies, returns to face off with Gorr the God Butcher (Christian Bale) in *Thor: Love and Thunder*. Thor reunites with his ex-love interest Jane Foster (Natalie Portman) and longtime friend, Valkyrie (Tessa Thompson), as they work together to stop Gorr from murdering gods across



By Rick M. Pezzullo

the universe. Jane, who is battling cancer, was granted powers by Mjolnir due to an enchantment placed on the hammer by Thor years ago. Similar in style to *Thor: Ragnarok*, this film is never short on humor and is a fast-paced adventure. While there were a few shortcomings with the plot, *Thor: Love and Thunder* is certainly enjoyable and a fun time for any superhero fan. Christian Bale played an excellent villain, who is odd, but has a surprising amount

of character depth. The ramifications of the movie are yet to be determined, but it seems as though we haven't seen the last of the Asgardian prince. At times, I felt like the film was too similar in style to its predecessor, but it was entertaining nonetheless. Overall, *Thor: Love and Thunder* is another solid addition to the MCU, but doesn't quite crack its upper tier.

Rating: 8/10

Where to watch: In theaters and coming soon to Disney+

Jurassic World: Dominion

Jurassic World: Dominion, the last movie in the *Jurassic Park* franchise, unfortunately ends the wildly popular series of movies with a thud. The movie's plot revolves around dinosaurs living in the wild and causing dangerous conditions for humans as they attempt to co-exist. A genetics company, Biosyn, claims to have a sanctuary for the dinosaurs where they can live and prosper. However, it becomes obvious that it is not out of a genuine care for dinosaurs, but for ulterior motives. Now, let me preface: I love dinosaurs as much as the next guy. I was willing to give this movie a chance and not only was it two-and-a-half hours long, but it was riddled with lazy film editing, writing, and countless plot flaws. I understand that this is a movie about dinosaurs, so I should temper my "realistic" expectations, but it was like they didn't even try or thought I was too stupid of a moviegoer to see how ridiculous some of the details were. The shining light of this film was the CGI because the dinosaurs looked awesome and I genuinely enjoyed some of the dinosaur action scenes. All of that was overshadowed by how the film was so unbelievably negligent with its details. I believe that this franchise has certainly run its course and will be rightfully put to bed. If you want to watch this movie, all I can say is good luck and keep your expectations low.

Rating: 3.5/10

Where to watch: Online streaming services for a fee

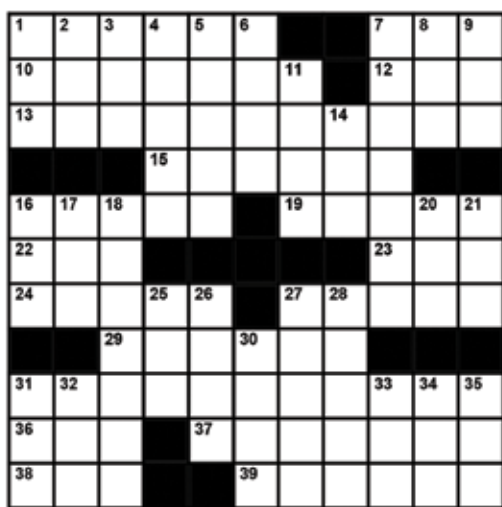
Crossword

Across

1. "Down in the ____" or Westchester heating oil supplier
7. Alien craft
10. Chevy models
12. Prefix with profit
13. Urban travel option
15. Bard's poem
16. Cynthia of "Sex and the City"
19. Brewster home contractor
22. '80s prime-time alien
23. Sun Devils' sch.
24. Shine
27. Receive enthusiastically
29. Pitch
31. Acrobat, e.g.
36. Brazil's tourist lure
37. Beachgoers' goals
38. "Weekend Edition" ailer
39. Steamed

Down

1. Enthusiasm
2. Physicians' org.
3. CD predecessors
4. Roundup need
5. British megastar pop-rock singer, first name
6. Knitting need
7. Loosen
8. Data Act, abbr.
9. Neighbor of Minn.
11. ____ souci
14. Formerly



16. Criticize
17. Unhealthy
18. Unknown element
20. The Buckeyes, initially
21. Chow down
25. Corinne Bailey ____ 2007 Grammy nominee
26. Messes up
27. Rimes of country music
28. Santa ____ Park (California track)
30. Pin holder
31. Ending for east or west
32. Short snort
33. Quick sleep
34. Compass point
35. Q followers

Answers on page 26

The Advantages and Disadvantages of an Open Floor Plan

When I was a younger homeowner, I was probably an old-fashioned kind of guy when it came to my preferences for a home floor plan. In the first home I remember as a child, the kitchen was shut off completely from the dining room and living room. In those days, there was no way a homemaker wanted guests, or even family, to see into her/his kitchen. (Note that I added a masculine possessive pronoun, which I probably never would have done in our early caveman age).

Today, sitting in my home office and looking out, I see directly into my living room and diagonally into my dining room and kitchen. And, I like it that way.

For many years, I lived in an 18th Century historic house where every room was shut off from the other. It was a matter of practically, especially in winter where only certain rooms would be warmed with a fireplace. And, particularly in the south, the kitchen was most likely separated from the rest of the house, even in a separate building, to deal with the heat of the fireplace used for cooking.

An open floor plan is the architectural design of a living space with fewer separations between major rooms. A standard open floor plan design includes enclosed private spaces like bedrooms and bathrooms and one great room that combines the roles of traditional common areas like the kitchen, living room, and dining room. This floor plan design



By Bill Primavera

merges common rooms into one open space to promote better communication, ease of movement, and increased lighting from outside while maximizing square footage.

The advantages of an open plan are:

1. Improved traffic flow. With few doors or dividers, an open concept floor plan means that occupants and guests can easily move around a great room. Open concepts are especially valuable for larger households where there's enough room for everyone to move around more freely.
2. Increased light. Without partitions or walls between the kitchen, living, and dining space, natural light can easily flow throughout the living space. In an open concept home or working area, more light can also help make the room feel bigger.
3. Better for communication. Whether talking to your family, entertaining guests, or keeping an eye on children or pets, an open layout makes it easier for sound to travel, provides greater visibility, and increases a sense of togetherness.
4. Makes entertaining easier. Open floor plans are better for socializing because there is ample room for guests to mill around. Without the barriers of kitchen doors, conversation is facilitated among host and guests.



What are the disadvantages of an open plan?

1. Expensive. The energy costs of heating or cooling an open space can be high, specifically larger spaces with high or vaulted ceilings. When rooms are separated, like traditional house plans, each room can have its own temperature control. However, with a larger space, it takes more energy to provide and maintain heat or air conditioning, leading to higher utility costs.
2. Noisy. While being able to hear, see, and smell everything can be beneficial in some circumstances, a lack of interior walls means the sound will travel among rooms all the time, which results in fewer areas of quiet and privacy.
3. Smells travel. An open floor plan usually means the kitchen is part of the great room. If you have a smaller interior space, an open kitchen means food smells can travel to the adjacent open rooms.
4. Requires upkeep. Open floor plans require

constant upkeep to keep the space in good order. Dishes in the sink or toys on the floor are easily visible from the other rooms.

5. Design choices are amplified. In an open-style kitchen, appliances, cabinetry, light fixtures, and paint colors are visible from other parts of the house. Before embarking on an open kitchen makeover, the homeowner may want to enlist the help of an interior designer to make sure kitchen ideas mesh with the rest of the house.

Obviously there are pros and cons to an open plan; it's just a matter of going with the options that best fit into the owner's lifestyle and preferences.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and a journalist who writes about and promotes real estate. To engage the services of The Home Guru to market your home for sale, call him directly at (914) 522-2076.



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A Primer on the Wines of Chianti Classico



By Nick Antonaccio

The wines of the Chianti region in Tuscany have had a fluctuating history of low esteem to high regard. During the Renaissance, with the support of the powerful Medici family, the wines produced south of Florence were highly regarded. This reputation continued for centuries. In the mid-20th century, unscrupulous, greedy winemaker flooded the world markets with cheap plonk that eventually fell out of favor with Americans.

Over the course of their history, certain Chianti subregions were identified as superior to others. In 1932, a group of growers and winemakers in the center of the region formed the stand-alone Chianti Classico region, which is one of seven Chianti subregions and represents approximately one-third of the total planted vines. By the early 21st century, a group of winemakers, the Chianti Classico Consorzio hybridized grapevines that suited modern preferences in wines. The popularity and esteem of Chianti Classico wines surged once again.

The Chianti Classico subregion is comprised of nine zones (recently realigned

The popularity and esteem of Chianti Classico wines has surged

to twelve) and is roughly divided along geographic and political boundaries. The greater boundaries are the cities of Florence and Siena, demarcated by a high hillside ridge roughly running east to west and delineating the two major areas within which the nine subzones exist. The Florentine area in the north is generally exposed to cool winds flowing in from northern Italy, along with commensurate cold and rain. The Siennese area, south of the hillside ridge, is generally warm and sunny. Chianti Classico wines produced in the Florentine area tend to be refined and complex, while those of the Siennese area are powerful and fruit forward.

But geography is not the only distinction of Chianti Classico wines. Additional influences include topography and elevation (up to 1,900 feet), soil structure (4 major types) and the numerous angles of hillside sun exposure. These account for the uniqueness of the wines, each with distinct growing elements.

But the influence doesn't end in the

vineyard. I follow the maxim of a number of wise winemakers that 90% of a wine is produced in the vineyard. Yet, before a bottle reaches your dinner table, a winemaker can influence its evolution and maturity.

By regulation, if, before release, a wine rests in barrel for a minimum of 12 months, it is designated as Annata, or Estate. If it is aged a minimum of 24 months, including a minimum bottle aging of 3 months, the label will display the term Riserva. A wine aged a minimum of 30 months, including 3 months in bottle, and the grapes are from a single vineyard (or a blend of the best-harvested estate grapes), the label carries the Gran Selezione classification.

Following our family Tuscan adventure, I decided to sample a number of the Riserva and Gran Selezione wines. My plan? To host a wine tasting evening with one of the wine groups of which I am a member.

And so it was that, last week, I scoured the retail wine shop landscape in Westchester for representative examples of wines from drive-by wineries along our touring sojourn through the backroads and hills and vales of Chianti Classico.

Here is the theme and several of wines I presented:

1. A cross-section of four 2018 Gran Selezione offerings from the Barone Ricasoli winery. Each was impressive and offered insights into the unique profiles of one winery, one grape and four individual vineyards.

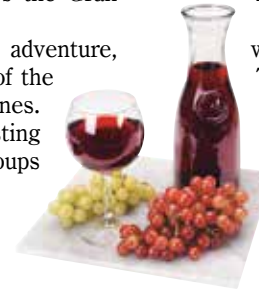
2. A flight of four offerings from the stellar 2016 vintage: four wineries, three subzones, four individual vineyards. My guests engaged in a compare and contrast of the terrain and terroir of the best of Chianti Classico. The offerings:

- Rocca di Castagnoli Riserva, Gaiole zone, Poggio a' Frati vineyard;
- Tenuta de Capraia Riserva, Castellina zone;
- Tenuta Bibbiano Gran Selezione, Castellina zone, Vigna del Capannino vineyard;
- Le Cinciole Gran Selezione, Panzano zone, Aluigi selection.

The preponderance of the wines were sourced from Grapes The Wine Company in White Plains.

The wines were well received, reinforcing my view that they have gained favor with the American consumer. Perhaps you will experiment. Send me your impressions.

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



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Harry Potter Attraction Coming to Yorktown in Fall

Warner Brothers studios is bringing a Harry Potter attraction to FDR State Park in Yorktown this fall.

“Harry Potter: A Forbidden Forest Experience” is an all-ages, 60- to 90-minute adventure that will open at the state park on October 22. The nighttime woodland trail experience will be filled with magical characters from the Harry Potter and Fantastic Beasts film franchises. Award-winning theatrical designers and experiential creators will install the trail sets.

“This attraction builds upon the tremendous momentum that Yorktown has built during the pandemic recovery. We

expect thousands of visitors to Yorktown, who will also be able to participate in other fall attractions, including our Fall Farm Weekend on October 24 and our Halloween Parade and Carnival on October 29,” said Supervisor Matt Slater. “Our restaurants and also ready to receive the visitor surge with fall themed drinks and dishes.”

Ticket prices range from \$36–\$75 for adults and \$25–\$64 for children, depending on the session date and time. The attraction’s hours will be from 5 to 11 p.m.

The event’s producers say they have taken measures to reduce their environmental impact on the park. Overall sound levels will be low in the areas where



music will be used, and set creators are using localized, limited lighting. The woods will be returned to darkness each evening.

Most of the overall woodland will remain completely untouched by the experience and should have minimal impact to natural habitats. Working in conjunction with the estate manager, any sapling trees that are removed for the event will be replaced within the wood system with species benefiting the overall health of the woods.

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

DECEMBER 31, 2022.
DATE: AUGUST 01, 2022

DEBRA A CARTER
RECEIVER OF TAXES
TOWN OF CORTLANDT

Crossword
Answers

1	V	2	A	3	L	4	E	5	Y	6		7	U	8	F	9	O
10	I	M	P	A	L	A	S	11		12	N	O	N				
13	M	A	S	S	T	R	A	N	S	14	I	T					
				15	S	O	N	N	E	T							
16	N	I	X	O	N	17		18	S	E	R	O	S				
22	A	L	F								23	A	S	U			
24	G	L	A	R	E	25		26	L	A	P	U	P				
				29	C	A	R	E	E	N							
31	E	N	T	E	R	T	A	I	N	E	R						
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Living with Tourette's

A Bedford woman candidly recounts her lifelong struggle with an often misunderstood condition.

By Kristen Valente

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"Why are you doing that with your mouth and your face? You look so weird!"

"Kristen, if you don't stop rolling your eyes at me, I am going to ask you to leave the classroom."

"Why can't you just stop? I do not understand why you are feeling so anxious right now; just let it go."

"You worry way too much."

How would you feel if this is what people said to you your whole life while wishing you could "just let it go"?

My journey started with a very vivid memory of my bus ride home from school

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when I was in fourth grade. I was sitting by the window, and a girl asked me why I kept doing funny things and making funny sounds. "What do you mean?" I asked. She repeated in a judgmental tone, "why are you rolling your eyes and doing that to your face"? I did not know what to say and retreated into the bus seat with an overwhelming familiar knot in my stomach. Along with the weird things I did with my face, mouth, and eyes, I also had an infuriating chronic stomachache every day that always started at 3:00.

The cycle started in my brain with this innate need to do funny things, followed by this dark feeling of worry that I would not be able to sleep that night. I thought to myself, "what if I can't sleep" "what if mommy or daddy have to stay up with me again" "maybe if I sneak into their room and sleep on their floor for one more night, it will be ok." The face movements, the worry, and the what-ifs were too much to bear, and the tears flooded my eyes. By the time I got home, my mom knew; she knew I was worrying again, and all she had to do was hug me, and it would be all ok until it wasn't. Her compassion, embrace, and patience were a drug to me; It is what I craved after a long day of funny face movements and worrying.



Kristen Valente

Until I knew what was wrong with me, my life was a process filled with despair, loneliness, frustration, and exhaustion, but then growth.

I received a diagnosis of Tourette's Syndrome with Obsessive Compulsive Disorder and Anxiety Disorder at the age of nine. Tourette syndrome (TS) is a neurological disorder where someone shows repetitive, rapid, and unwanted movements or vocal sounds called tics, aka "funny face movements."

There is no cure for Tourette Syndrome. General Anxiety Disorder is a condition of excessive worry about everyday tasks and situations. GAD can be managed with therapy and coping skills.

Without mercy, classmates teased me well into high school. I often cried because of the teasing, and in Senior Year, the class assigned me the "biggest baby" for the Senior Superlatives. Many nights throughout my life, I fall asleep wishing there was a cure for the tics to end. By the end of the day, I am often emotionally and physically drained. Often someone with TS will engage in a ritual or pattern of tics; If the pattern is not done "right," I wanted to start the pattern again and again until it was. The desire to get the pattern right was a big distraction for me in school, and I was labeled as ...

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