MOD Project Developers Confident Vision of Town Being Met

By Rick Pezzullo

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

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

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

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

The go-ahead for the projects was the zoning creation by town officials of the Medical Oriented District (MOD), the intent of which is to encourage economic revitalization in the area surrounding the hospital and implement the goals and recommendations outlined in the town’s 2016 Sustainable Comprehensive Plan.

The Evergreen Manor project, which Santucci estimated was an approximately $20 million venture, is a 160-unit condominiums for individuals aged 55 and older. It includes a 94,000-square-foot building containing 238- and 278-square-foot efficiencies.

The Gyrodyne development, a $20 million project, is to include 68,000 square feet of medical office space, 16,000 square feet of commercial space and 240 parking spaces. The commercial space could include restaurants and retail.

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

Alliance for Safe Kids Continues Mission with Limited Funds

By Abby Luby

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

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

“We are educating teens to be empowered with knowledge so they can, if the occasion arises, share what they know with those who might be in need,” said ASK Executive Director Liz Talbert. “We train them to be first responders when it comes to mental health issues they may encounter.”

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

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

ASK fully came into its own about 10 years ago in the wake of some 50 Yorktown deaths attributed to drugs and alcohol abuse. In 2010, the Yorktown Interfaith Ministerial Association designed the “Save A Life” program that sought to establish a reliable, go-to group of resources to help those in crisis. ASK became involved and has since continued the program, effectively reaching more than 3,000 people in need to date.

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

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Alliance for Safe Kids Continues Mission with Limited Funds

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

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

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

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

“That grant afforded us the opportunity to build our organization to what we are today, but we weren’t allowed to reapply,” said Talbert. “Mostly the grant focused on drugs and alcohol. The silver lining for us was that [after the grant ended] we were able to pay attention to youth mental health, which is so connected to substance abuse.”

Since 2018 ASK has been awarded smaller grants from various corporations and the New York State Department of Education. “We certainly have our fingers on the pulse of grant data bases since funding is a very big concern for us,” explained Talbert. “We have been able to move forward with an extremely limited budget.”

Pursuing funds means inviting local businesses and individuals to sponsor ASK’s many forums and events such as the 10th Annual Save A Life forum, a new community event #WalkTheTalk and to advertise in ASK’s Community Resource Guide.

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

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

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

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

Your Achilles Tendon is Prone to Injury
Tips to get you back on your feet after a rupture...

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

Q: What should I do if I have symptoms?
A: If you have any of these symptoms, elevate and ice the injury occurs; possible severe pain, with swelling near the heel; an inability to bend the foot downward or push off the injured leg when walking; an inability to stand on the toes of the injured leg.

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

Q: What are symptoms of a rupture?
A: If it’s a rupture, you’ll likely experience one or more of these symptoms: the feeling of having been kicked in the back of the leg or heel, a popping sound when

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

Ask the Doctor
Dr. Kurt Voellmicke
Director, Foot and Ankle Surgery
Orthopedic and Spine Institute
Northern Westchester Hospital

Learn more about
Dr. Voellmicke, visit nwhorthoandspine.org/DrVoellmicke

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Reward Offered to Help in Yorktown Vandalism Investigation

By Rick Pezzullo

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

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

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

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

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

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

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

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

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

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

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

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

Cardinal Timothy Dolan visited St. Patrick’s Church in Yorktown Saturday to view the damage and conduct mass.
Walkers Decry Peekskill Reckless Driving Following Fatal Incident

By Abby Luby

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

The unseasonably warm, spring-like weather saw people gathered at the corner of Washington and Requa where two weeks ago 78-year-old William O’Connor was fatally hit by a vehicle. Joining the group was Westchester County legislators Catherine Borgia and Colin Smith, and Peekskill councilmembers Vanessa Agudelo and Ramon Fernandez.

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

Smith, newly elected to the Westchester Board of Legislators said he grew up in Peekskill, living where pedestrians have the right-of-way, while drivers in Peekskill are not used to having so many people walking.

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

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

“A woman made a left turn and wasn’t looking and plunged right into me,” said Taylor. “My injuries were serious. The police, ambulance and fire company came, and I was taken to Westchester Medical.” When the police concluded that the woman, who admitted she wasn’t looking, was not a negligent driver and didn’t ticket or fine her, Taylor said she was astounded.

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

In June 2017, Hudson and Washington Streets saw another fatal accident where a 69-year-old woman was killed and two others were critically injured, including a two-year-old boy. “Nothing has changed,” said Greene. “The last administration took down two stop signs on Washington Street. Just last week a 12-year old boy was injured while crossing in the vicinity. Too many people are being injured on our streets,” he said.

Jonathan Brown, a Peekskill resident for three years, said he was hit almost twice while walking to the train. “We shouldn’t be on pins and needles every time we walk the city,” he remarked.
Peekskill Selects New City Manager to Succeed Richard Leins

By Rick Pezzullo

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

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

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

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

Following his tenure as supervisor, Stewart was a Senior Vice President for Research & Analysis at Hudson Valley Pattern for Progress, a not-for-profit policy, planning, advocacy and research organization whose mission is to promote regional, balanced and sustainable solutions that enhance the growth and vitality of the Hudson Valley. He also led community cleanups, beautification and educational efforts as the CEO of Keep Rockland Beautiful for 11 years, working closely with volunteer groups, schools, and local governments to reduce blight and improve quality of life for area residents.

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

Peekskill Mayor Andre Rainey thanked Leins for his service.

“As a former councilman and now mayor of this great city, working alongside Richard has been a wonderful experience,” Rainey said. “A great deal of our success comes from Richard’s honesty, responsibility, and competence in understanding local government. He’s been very supportive of the vision of Peekskill and keeps the best interest of the city in mind at all times. While we will certainly miss Richard, we also look forward to building our city with Andrew Stewart and benefiting from his positive energy, great ideas and initiatives, and wealth of knowledge and experience in local government.”

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

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

ANDREW STEWART

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MOD Project Developers Confident Vision of Town Being Met

Continued from page 1

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

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

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

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

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

“We’re confident it’s the right approach for the town,” McAndrew said. “It’s definitely the right approach to attract the developers that Gyrodyne has lined up.”

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

Santucci and McAndrew stressed the development teams are committing $3 million for studies and traffic improvements along Route 202. Currently five new traffic signals in the area are planned and turning lanes, along with sidewalks and other enhancements.

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

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

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

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

“We encourage the town to consider increasing the allowable densities of various uses to allow for more MOD development, or at least examining alternatives for greater density in the DGEIS so that additional SEGR review won’t be required if higher density limits are ultimately desired,” Drummond stated.

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

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

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

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

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St. Columbanus ‘Indian Church’ to Re-Open After Repairs

By Holly Crocco

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

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

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

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

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

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

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

Samoylo said that while many parishioners are upset about the temporary closure of the chapel, it was a necessary step. “Apparently over the years they’ve done little Band-Aid things to shore it up,” but now a more permanent fix is needed, he said.

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

“I think we’ll be okay,” he said. While Samoylo said it is heartening to hear that people want to donate to fix the chapel, he cautioned that the church has not set up any formal fundraising efforts or GoFundMe page. “Anything that is out there is not from the parish,” he said.

St. Columbanus Catholic Church
Pastor Frank Samoylo

Obituaries

Peter Daly

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

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

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

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

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

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

Mr. Daly was an avid sportsman, and spent time hiking, rock climbing, target shooting and fly fishing in addition to restoring the family’s 1827 colonial farmhouse in Cortlandt.

In addition to his wife, Mr. Daly is survived by his beloved children: Graine of Brooklyn, and Conor of Cortlandt. He is also survived by his brother Robert (Jane) of Antioch, TN; Michael (Waveney, NJ) of Bellport, NY; Barbara of Mattituck, NY; and Suzanne Falchuck (Fredrick) of Middletown, GA; and his nieces and nephews.

Elizabeth Lequin

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

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

She then spent many happy years living in Edgewater Park in the Bronx with late husband, Thomas Taffe. In more recent years she loved her life in Somers, where she lived happily with her husband and was a school bus driver. She touched so many lives and was loved by all who met her. Elizabeth was the beloved wife to Stanley Lequin and loving mother to Lisa Mclaughlin, Michael Kerins, Deb Gerry, and Kevin Kerins.

She was the devoted nana to Savannah, Owen, Tripp, Jaxon, Silas and many step-children and grandchildren. She was the sister to twin, Jeannette McCook and the late Florence Marello and is also survived by many nieces and nephews across the globe.

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

Carl Gehrung

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

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

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

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

Felicia Cattuti

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

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

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

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

PETER L. DAILY

PETER L. DAILY

ELIZABETH TAFFE LEQUIN

CATHOLICPLACES.ORG PHOTO

The North American Martyrs Chapel in Putnam Valley, also known as the Indian Church, is temporarily closed for repairs.
Q&A Topic: Debunking the Top 5 Myths About Surgical Weight Loss

By Dr. Mitchell Roslin
Director of Bariatric Surgery at Northern Westchester Hospital

1. If you’re obese, you don’t need bariatric surgery. To lose the weight, diet and work out. Obesity is probably one of the most misunderstood conditions in the world. It’s an energy-storage disease: a problem with the body’s central regulator. Obesity occurs when your body’s regulator is set too high, and that elevated “set-point” drives you to consume more food to produce the energy to meet this increased demand. Exercise and low-calorie diets produce short-term changes that make only a slight difference. But bariatric surgery changes your gastrointestinal tract and set-point, so you get full faster, feel less hungry, and therefore can lose significant weight.

2. Bariatric surgery is dangerous. This mainstream procedure has minimal risk compared to the complications of obesity, which include cardiovascular disease, hypertension, high cholesterol, diabetes, sleep apnea, and dementia.

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

4. Women can’t have children after weight-loss surgery. Big myth! In fact, surgical weight loss boosts fertility since the leading cause of infertility in women is obesity. Polycystic ovary syndrome, a common cause of infertility, is associated with obesity. And obese pregnant women have a higher rate of miscarriage and diabetes.

5. After surgery, you’ll have a large scar, lose your hair, and may gain your weight back. We do minimally invasive surgery through small incisions, so scarring is minimal – four to six tiny marks. As for hair loss, there’s some truth to this. Some patients undergo hormonal changes after surgery and might experience thinning hair. However, you won’t go bald. As for gaining weight back after surgery, this depends on the person. If you have the surgery and refuse to develop healthier habits, it’s possible you’ll regain weight. That’s why it’s important to exercise regularly – three to five times a week – and to choose foods that make you feel full, don’t drive up your sugar level, are nutritious, and take longer to digest. At Northern Westchester Hospital, a registered bariatric dietitian helps you stay on track with healthy eating. We also offer support groups to help patients make healthier decisions about post-surgery eating.

Letters to the Editor

President Took Right Actions in War on Terror

To the Editor:

Having just read our Congresswoman’s current monthly newsletter, I wonder whose side she is on in the war on terror. She protests the killing of an Iranian terrorist mastermind, responsible for the deaths of hundreds of our soldiers and thousands of civilians, as a “reckless strike” by President Trump. She, and fellow Democrats, didn’t condemn Obama for ordering the killing of Bin Laden, who was in hiding at the time and by their standard, did not pose an “imminent threat”. Today’s Democrats would have protested FDR if he had killed Hitler. Lowey was proud to vote for a War Powers Resolution, which would require the President to obtain Congressional authorization before taking military action against Iran. We did not elect Congress to be the Commander-in-Chief. We can’t protect Americans and the world by committee. Think the bad guys will wait around while 535 members of Congress try to agree on an action? Could they keep the intelligence and operational plans a secret? How long would Pelosi hold up a Presidential request to kill really bad guys, just because Trump proposed it?

If not for the President’s swift decision, we could have had another Benghazi, or vice of one of our finest commanders, Gen. George S. Patton -

“...The object of war is not to die for your country but to make the other bastard die for his”. P.S. My son and his wife currently serve in the Unites States Army. She recently returned from a deployment in Afghanistan. I trust our President to look out for them.

KEN HOCH Cortlandt

Galef Town Meetings Scheduled in Area

To the Editor:

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

In 2019 we passed a tremendous number of reforms. We cut bureaucratic red tape in order to make it easier to vote, paved the road for New York to become carbon neutral by 2050, expanded rights to victims of sexual assault, and so much more. And yet, there is always more to be done. I expect to continue that momentum in 2020 to make New York a more fair and prosperous home for all its residents.

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

Town Meeting details are listed below.
Saturday, January 25th:
- Desmond Fish Library (Garrison), 10:00 am – 12:00 pm
- The Field Library (Peekskill), 1:00 pm – 3:00 pm
- Saturday, February 1st:
  - Kent Library, 10:00 am – 12:00 pm
  - Hendrick Hudson Free Library (Montrose), 1:00 pm – 3:00 pm
- Thursday, February 6th:
  - Briarcliff Manor Library, 7:00 pm – 9:00 pm

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SANDY GALEF
Assemblywoman
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Cuomo Spells Out Ambitious Plans for 2020 Session in Address

By Martin Wilbur

Governor Andrew Cuomo outlined another ambitious legislative session in last week’s State of the State address proposing a $6 billion capital plan to combat climate change, a small business tax cut and legalizing recreational marijuana. His annual address in Albany on January 8 touted continuation of a progressivism agenda that was started last year with Democrats dominating both houses of the legislature for the first time in decades, along with the start of Cuomo’s third term.

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

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

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

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

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

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

Although the state’s economy has been strong with 36 consecutive quarters of job growth – the first time that’s happened in 80 years – Cuomo said small businesses and families still need assistance. He proposed cutting the small business tax to 4 percent, down from 6 percent, and to reduce the state income tax rate for households earning up to $300,000 a year.

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

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

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

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

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

Programs that were announced in his address include economic justice reforms that will pay independent contractors, such as some livery drivers, a fair wage and guaranteeing comprehensive sick leave of at least five days for employees of small companies and seven days for large corporations’ workers.

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

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

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

Local state lawmakers had a mixed to positive reaction to the governor’s address, saying it was a well-crafted and inspiring speech but was glaringly short on details.

Assemblyman Rob Tendy, a concerned attorney, or the concerned professional, can do about it,” continued Tendy.

By Holly Crocco

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

“Under the new law, the drug addict will be returned immediately to the street to die of a heroin overdose or perhaps get into much worse trouble as a result of the addiction,” Langley said. “I am not going to play politics with their family or the concerned attorney, or the concerned prosecutor, can do about it.”

Three Released from Putnam Jail Under New Bail Reforms

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

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

According to Langley, among those released was 40-year-old Javier Lorenzo-Ferranco, who was charged in the fall with leaving the scene of a fatal automobile accident, a class D felony.

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

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

Also released from the Putnam County Correctional Facility under the new criminal justice reforms were 25-year-old Suffern County resident James Mcinerney, who is charged with second-degree grand larceny, a class C felony; and 28-year-old Brooklyn resident Dusean Davis, who is charged with first-degree criminal possession of a forged instrument, also a class C felony.

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

Putnam County District Attorney Robert Tendy has been an outspoken critic of the reforms. In a social media post, he described a situation in which incarceration can be beneficial to someone awaiting trial. “When I was a defense attorney, I had a client who was a terrible heroin addict,” he wrote. “My client's parents paid for his legal defense and I told the parents that if they let their son out of jail by posting bail I would not take the case. Many defense attorneys have taken the same position because they have concern for their clients. Keeping them in jail during the pendency of the case allowed them to have their brains rewired to the point that they were thinking clearly enough to realize they needed help. It also had the beneficial result of getting sure that the client did not go out and die of a heroin overdose. “Under the new law, the drug addict will be returned immediately to the street to die of a heroin overdose or perhaps get into much worse trouble as a result of the addiction,” Langley said. “I am not going to play politics with their family or the concerned attorney, or the concerned prosecutor, can do about it.”

“What kind of reform is that?”
There’s a new way to enjoy ice cream in town.

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

After injuring his back and neck while working as a manager for a medical waste business in Florida, Moffa – a Mahopac native – knew he was going to have to get creative.

“When I hurt myself, I was out of work for the first time since I was 12 years old,” he said.

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

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

However, Moffa had already done his research on the ice cream industry, attending numerous trade shows and compiling market research. “At that point I was set up,” he said. “All the work I had put into doing the truck was applicable.”

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

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

While Moffa and his wife, Kat, had hoped to open sooner, Milk Squared opened its doors Oct. 8 and 20 days later the couple welcomed a baby boy into the world.

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

The customer first picks out a liquid base.

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

“We’ve been doing really, exceptionally well with the vegan crowd,” he said.

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

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

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

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

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

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

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

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

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

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

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

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

By Holly Crocco

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

HOLLY CROCCO PHOTO
High school students from Ossining, Somers and Yorktown are among the top 300 scholars in the Regeneron Science Talent Search 2020, a prestigious national science and math competition for seniors.

The Society for Science & the Public, which sponsors the competition, announced the semifinalists last week. The nonprofit selected the scholars from 1,993 applications it received from 659 high schools in 49 states. They were chosen based on their exceptional research skills, commitment to academics, innovative thinking and promise as scientists.

Each scholar receives a $2,000 award from Regeneron, and an additional $2,000 for his or her school. The Society for Science & the Public will announce the 40 finalists on January 22. Those students will receive an all-expense-paid trip to Washington to compete for $1.8 million in awards provided by Regeneron.

“We are inspired by the incredible energy and passion of every scholar who is using research to make the world a better place,” said Maya Aimera, president and CEO of Society for Science & the Public. “These young students will be the key to unlocking solutions to many of our world’s most pressing challenges.”

The Ossining High School seniors selected were:
• Hammad Hassan: Targeted inhibition of a novel MAL1T and MAPK signaling network synergistically suppresses aggressive B cell lymphoma growth.
• Michelle Lin: Characterizing Predictors of Galactic Habitable Zone Parameters: Planetary Magnetism as an Indicator of Habitability.
• Caroline Reel: North Atlantic Minke Whales Exhibit Spatially Varied Vocal Responses to Ambient Noise and a Novel Paradigm for Passive Acoustics Research.
• Vikesh Subramanian: Edofoliation of graphite cathodes improves cycling performance of aluminum-ion batteries. Five Ossining High School students learned Wednesday that they are among the top 300 scholars in the Regeneron Science Talent Search 2020, a prestigious national science and math competition for seniors.
• Lara Tomescu: Shifting Environmental Conditions Affect the Onset of Phenological Events in Acer Rubrum (Red Maple).
• Andrew Lu, 17, Yorktown High School, Yorktown Heights, Project Title: The Application of Computer Algorithms for the diagnosis of eye diseases Using Fundus images.

Meanwhile, at Somers High School, chosen was:
• Maeve Janecka, 17, Somers High School, Somers, Project Title: Spreading depolarization idh2 Mutations in drug Resistance and Cancer Development.

All Roads Lead to Pleasantville
ACTION SALE

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Wednesday, Jan. 15

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

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

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

**Senior Benefits Information:** A Senior Benefits Information Center is available every Wednesday from 10 a.m. to 1 p.m. at the Somers Library. If you can’t visit the library in person, you can leave a message on the SBIC helpline at 914-231-3260 or on the SBIC website: sbicrc.org. If you call, you will be asked to provide your name, number, and a time to call between 9 a.m. and 5 p.m. You will not be asked for any personal information about your health. You can leave a message on the SBIC helpline at 914-231-3260 or on the SBIC website: sbicrc.org.

**Support Connection:** Club Support Connection announces the next session of their free monthly program Mahjong, Coffee and Camaraderie will take place from 10:30 to 11:30 a.m. at the Support Connection office in Yorktown. It is open to people who have or have had breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

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

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

Friday, Jan. 17

**Coloring For Adults:** It’s not just for kids, and it’s the latest craze. Join our adult coloring book club at the Somers Library. Meetings will be held in the conference room every Friday from 10:30 a.m. to noon. Relax, color, and socialize for free. Materials are provided or you may bring your own color pencils and coloring books. Registration is not required. Info: 914 232 5717.

**Job Hunting Help:** Free drop-in, hands-on assistance with online applications, resume writing, e-mail accounts and more is held on Fridays from 11 a.m. to 1 p.m. in the second floor conference room at the Ossining Public Library, 53 Croton Ave. Assistance is offered on a first-come, first-serve basis. This is not a computer class. Info: Cheryl at 914-241-4160 Ext. 315.

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

**Temple Beth Am Services:** A Friday night Shabbat service will be held at 8 p.m. at Temple Beth Am. Temple Beth Am is located at 203 Church Pl, Yorktown. For information, please call our Rabbi at 982-7790 or e-mail him at rabbibw@optonline.net.

Saturday, Jan. 18

**Putnam Valley Shabbat Service:** Looking for a modern Shabbat service steeped in Jewish tradition? Come to Temple Israel of Putnam Valley, a Conservative Egalitarian Synagogue situated on beautiful Lake Peekskill. Our inclusive, community-led services start at 9:30 a.m. on Saturdays and are held in Hebrew and English. In a comfortable atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush lunch. Services are free; Family Memberships are $250 per year and include High Holiday Services. The synagogue is located at 51 Lake Avenue in Lake Peekskill. For more information call 845-528-2305.

**Hebrew Congregation of Somers Shabbat Services:** Shabbat service will be held on Jan. 18 and 25 at 9:30 a.m., followed by Lunch & Learn, a discussion of the week’s Torah portion led by Rabbi Shoshana Leis. Kiddush luncheon will be served. The service will be led by Rabbi Leis and Cantor Ruth Ossher. Email questions to hebrewcongregationofsomers.org or call 914-248-0520 for more information.

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

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

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

**Yoga Program:** Support Connection, Inc. announces a free program: “Yoga: A Path Toward Wellness” will be offered at Club Fit in Jefferson Valley from 12:30 p.m. on Jan. 18 and 25. It is open to people who have or have had breast, ovarian and gynecological cancers. To learn more or to pre-register, which is required, call Support Connection at 914-962-6402 or 800-532-4290.

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

Sunday, Jan. 19

**Healing Yoga:** Yoga classes for women with breast cancer will be held on Tuesdays from 9:30 to 10:15 a.m. at the Yoga Studio at the Hudson YMCA, 5 Old Post Rd. South, Croton-on-Hudson. Weekly classes are being conducted by rotating instructors. The suggestion is $15. Info: Ellisha Simpson at 914-319-4010.

Monday, Jan. 20

**Musical Munchkins:** The Yorktown Musical Munchkins meet on Mondays from 9:30 to 10:15 a.m. at the Yorktown Stage Theater in room 12. The program is for older babies up to the 1’s. Free trial classes are offered. Info: 914-771-7000 or www.musicalmunchkins.com.

Tuesday, Jan. 21

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

As a realtor, I'm always looking for ways to enhance homes for listing and sales. To me, one of the most important elements of showing a home at its best, whether or not for sale, is its interior lighting.

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

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

Every scene of the play was an arresting study in shadow and light as brightness drew the viewer's attention where it needed to fall. I was mesmerized as I observed how light while other areas of the stage receded.

Later go on to achieve fame as a realtor, I'm always looking for ways to market a home where its lighting would contribute in terms of which product to use. We sourced a small LED light at Mid-County Electrical & Lighting in Yorktown Heights, which would require a custom casing for the high-hat units I originally had designed, but I had the good fortune to be assigned a job manager named Jimmy from P&K who was as much an artist as he was an electrician.

Jimmy guided me every step of the way in terms of which product to use. We cut such clean holes that nary a speck of spackle was needed for patching the plasterboard.

Now completed, the overhead pin spots illuminate my great room/gallery in a warm and inviting way. Rather than being surrounded by flat walls with two-dimensional shapes on them, the lighted paintings create great depth and richness to our space. While we have other traditional lighting sources can be seen properly, but also to ensure that features can be seen properly, but also to enhance homes for listing and sales.

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

Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.
ACROSS
1. Inmeasurably vast
7. Randy’s skating partner
10. Kia sedan
12. Dress pieces
13. First word in a fairy tale
14. Swiss granola
16. Baseballer Fielder
19. French film award
22. Messy people
23. Susan’s Emmy-winning soap role
24. Anouk of film
25. Civil rights organization
26. VW model
28. Work detail
30. Bouquets
34. Way
35. Desert illusion
36. Top card or Mohegan Lake hardware store
37. “Already?”

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

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(Solution for puzzle on page 15)

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Main Office: 2905 Sackett Street, Houston, Texas 77098
Yorktown junior F Ashley Zeola pulls up for two of her 12 points in the host Huskers’ 57-50 League II-C win over Adrianna Calicchia and the Brewster Bears last Tuesday in a week when the Huskers improved to 6-3 on the season and the Bears fell to 7-3... see Girls Hoops Notebook
Lakeland Fends off Panas, Maintains Top Spot in League II-C

By Ray Gallagher
Examiner Sports Editor@Directrays

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

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

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

Lakeland’s other issue was apparent in the loss to Lourdes. The Warriors were domi- nant in the paint, despite Lakeland torch- ing them from the perimeter where senior swingman Jack Kruse hit 10 3’s, including 6-of-6 in a frenzied fourth quarter when the Hornets erased a 16-point deficit to tie the game at 69-all. Kruse dropped a career-high 32 on the night.

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

NWE/PUTNAM HOOPS POLL

No.1 LAKELAND -- Lack of a post pres- ence probably won’t hurt them in their hunt for League II-C title since nobody in this neck of the woods (north of say Fox Lane south of Dutchess) has a big that’ll make enough of a difference to slow Lakeland down. Hornets are 6-3 and opponents have been strong (62% winning percentage).

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

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

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

No.5 HALDANE -- Coach JOE Virg- adamo’s Blue Devils (7-2) have done well...
against lesser foes (41% winning %), but
tougher challenges lie ahead for a team that
sent Croton down, 46-44, when F Mame
Diba had 16 points and swingman Matt
Champlin added 10 to outscore Ryan Win-
dram’s (11 points) Tigers (4-5).
HM MAHOPAC -- Impressed by youth-
ful Indians’ (4-5) wherewithal to rebuild
what was once a great culture from 2011-
2015. Like to see them go 2-1 before seeing
Arlington again after taking out Carmel, 60-
46, behind a balanced attack led by Matthew
McMahon (14 points), John Cosentino (12)
and Luke Syku (11). Loss to RCK earlier in
the week was depressing.
HM HEN HUD -- Sailors’ record (3-4)
might not show it, but they have played a
tough schedule (58% win percentage) and
there are some rough games ahead. Sailors
(3-4) beat a good Ramapo club, 57-46, due
to a spectacular 17-5 start, but they can’t
sleep on Beacon, Poughkeepsie, Ossin-
ing or Peekskill in the days ahead. Love
to see a split here.
HM CARMEL -- Rams (6-5) have
had a nice start but they have played a rela-
tively soft schedule (37% win percent-
age), so they know for a fact that things
will get much tougher in the days ahead,
beginning with Arlington Wednesday and
a rematch with Mahopac on Saturday.
HM SOMERS -- Tuskers (2-7) will
need to figure out a way to score points in
transition off their bread-and-butter de-
fensive schemes, because the teams cur-
rently ahead of them in the conference --
Lakeland, Panas and John Jay -- appear to
be better offensively at this point in time.
Somers needs to find at least 4-5 wins
from its remaining 11 games to qualify
for the post season.
HM YORKTOWN -- Huskers (4-6)
have two tough league games against
Lakeland and Jay between this week
and Jan. 29. If they can salvage a split,
we’d be thrilled for them after beating
Brewher 69-35 behind Eddie Brucaj (12
points, 7 boards), Rob Miller (11 points,
7 boards), Jared Faivre (11 points) and
Roni Brucaj (8 points, 6 assists). Nyack,
though, snapped a three-game win streak
Saturday.
HM PUTNAM VALLEY -- Tigers (1-6)
get winnable game with North Salem today
but Pali’ Prep and Westlake are a combined
15-4 leading up to Peekskill (5-3), Valhalla
(9-1) and Haldane (7-2), so there’s a real
rough patch ahead for the Tigers, who are
rebuilding for the 2021-22 seasons.
HM BREWSTER -- After Lakeland and
John Jay this week, the Bears (1-5) have four
very winnable games with Riverside, North
Salem, Somers and Port Chester. Set 4-0 as
a goal and settle for 3-1 here.
PUTNAM VALLEY has begun 2020 rolling.

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

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

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

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

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

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

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

Putnam Valley followed it up with its trademark staunch defense against Hastings as Stockinger chipped in 15.

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

The Tigers played Clarkstown South, Monday, and will host North Salem, Friday, as the second half of the season is underway.

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

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

Panas entered the new calendar year at .500 and, with three recent victories, improved its winning percentage to .666 (6-3).

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

“After having trouble scoring against the tough Lakeland defense in the first half, we erupted for 49 points in the second half to come back from 13 points down in the third quarter,” Panas Coach Matt Evangelista said.

“Kat Reynoso sparked the comeback by knocking down three 3s in the third and early fourth quarters.”

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

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

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

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

Evangelista said Reinoso had a major defensive impact on Croton.

“Kat hounded Croton’s best player the whole night in a very impressive defensive effort,” Evangelista said.

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

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

Kristina Rush finished with a team-high 20 points as three Mahopac players scored in double digits against Carmel, including Mia Ndon and Kyla Jean Jules – for two of her career-high 20 points in Indians’ 82-39 win over host Carmel Saturday.
The gall of the Carmel Central School District Board of Education is beyond processing should they actually carry out this quest to unseat Carmel football Coach Todd Cayea. Unless there’s something I don’t know about, which is entirely possible given the fact it’s a sensitive personnel issue, I’m confused by this board’s stand between 25-year veteran football Coach Todd Cayea and the next generation of student athletes to benefit from his impact/influence on and off the gridiron.

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

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

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

Having lived in the Town of Carmel (in the Mahopac School District) for nearly 20 years and having worked closely with Coach Cayea and his staff, I’ll be outraged by the imminent actions of the membership of the Carmel Board of Education if they pull the trigger on Cayea: Trustees Matt Vanacoro, John Cody, Eric Mittelstadt, Richard Kreps, Tara Cayea: Trustees Matt Vanacoro, James Reese, Eric Mittelstadt, Richard Kreps, Tara

Putnam Valley Figuring Things Out on Class B Circuit

and Alyssa Giannasca chipped in 10 points.

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

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

“Against Panas, we only had one good quarter,” Mundy said. “Shooting 18 percent isn’t good. It’s no matter how well you defend. But we learned a lot from our film session from that game and we were able to fix some things that will be useful going forward.”

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

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

“In the Yorktown game we were sleeping through the first two quarters as Yorktown outworked us and played smarter and hungrier than we did,” Brewster coach Mike Castaldo said. “Being down, 28-14, on the road, against anyone in our league is an almost guaranteed loss.

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

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

Castaldo said his team led Somers by five in the first half against Brewster and that put us in a good position for the rest of the game. Hopefully, we will learn from these losses.”

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

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

Galgano led the Bears with 18 points and added 10 rebounds. Mark contributed 11 points and 15 rebounds.
Lakeland senior Spins, Wins vs. Rival Panas

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