Chinese Restaurants Feeling Effects of Coronavirus Fears

By Abby Luby

Sunday afternoons and early evenings are usually busy at Emperor’s Buffet at the Beach Shopping Center in Peekskill. This past Sunday, there was a slow stream of people picking up take out. But of the 160 seats in the restaurant, only a handful of tables were occupied.

Many attribute the decline in patrons at Chinese restaurants to the coronavirus, or COVID-19. “Business is considerably slower,” said the restaurant’s owner Guo Lin. “It’s been that way since the Lunar New Year at the end of January.”

Chinese restaurants all over the world have seen a dramatic drop in patrons since COVID-19 broke out in the virus’ epicenter in Wuhan, China last December.

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Chinese restaurants all over the world have seen a dramatic drop in patrons since COVID-19 broke out in the virus’ epicenter in Wuhan, China last December.

Fears that those coming from China might carry the virus during the increased travel during the Lunar New Year has given pause to many who frequent Chinese restaurants.

“Nobody who works here has been to China and back,” Lin emphasized. “And only a small percentage of our food comes from Chinatown. Everything else we get from Sysco or U.S. Food.”

Some restaurant owners saw just a brief dip in the number of customers. King Buffet owner Michael Guo said he saw the eatery’s attendance drop some about two weeks ago. “That’s when one of our patrons asked where our food came from and if it came from China,” Guo said. “Since then people are still coming here. The coronavirus hasn’t

Continued on page 2

Examiner Media joins news outlets across the United States in supporting the National Student Essay Competition designed to deepen a recognition of the First Amendment, strengthen freedom of the press and bolster trust between readers and the organizations who serve them.

We believe there is no more important time than now to focus conversation and critical reflection on understanding the crucial relationship between the First Amendment, a free press and the foundations of democracy.

Students in grades 6-8, 9-12 and those at universities and colleges are invited to submit essays to their participating local newspaper examining the state of freedom of the press in the U.S. today and the importance of the First Amendment to our Constitution.

Examiner Publisher Adam Stone noted how critical it is for young Americans to understand the unique and critical role independent media plays in a democratic society.

“It’s vital for the next generation to have not just general knowledge but also a deep understanding and appreciation for the in-separable connection between a free press and the ability to maintain a healthy democracy,” Stone said. “From the local and state level and all the way to national news reporting, our country can only function as a free society when we have a robust free press and citizens and leaders who believe in and defend our cherished First Amendment rights.”

Students served by the Examiner group of newspapers in Westchester and Putnam counties may submit essays now through Friday, Apr. 17. E-mail submissions to astone@theexaminernews.com. Winners in each category selected by Examiner Media will then be submitted to a national jury who will select the semifinalists and then the finalists by early September 2020. Extended to April 17, 2020.

Continued on page 2

Hey Neighbor!

No.2 Hen Hud Outsts No.7 Rival Panas

Local bragging rights, not to mention a spot at the Section 1 Class A Final 4 at the Westchester County Center, was on the line last Wednesday when Mylene Smith (2) and second-seeded Hen Hud fended off a tough battle from No.7 Walter Panas and Erijona Rraci, 44-30, in a Class A quarterfinal rivalry... see Sports
Chinese Restaurants Feeling Effects of Coronavirus Fears

Continued from page 1

really hurt us. We have too many loyal customers who don’t seem concerned.”

The cashier at Asian Fusion in Mahoeian Lake where the menu offers both Chinese and Japanese
selections said she hadn’t seen any decline in customers at all.

On March 1, the first reported death in the United States was in
Washington State. Currently 22
patients in the United States have the coronavirus, with one report-
ed case, a woman in her 30s, in New York State.

Hunan House, a longtime Chi-
nese take-out in Mahoeian Lake, recently expanded to include a
buffet. Anna Ying, who has
worked at Hunan House for three
years, said she has noticed a de-
crease in the number of custom-
ers. “The busy times have been
very quiet. People are asking if
guests at the restaurant
has been to China lately,” she said.

At a recent press conference, Westchester County officials re-
ported that 26 people in the county are
being monitored for possible
exposure COVID-19. Westchester
County Health Commissioner Dr.
Sherlita Amler assured the public
that the 26 are not sick and pose
no threat to public safety and that
they were monitoring travelers
who are returning from countries
where COVID-19 cases have oc-
curred. Those 26 Westchester
residents have been quarantined
even though they were asympto-
matic.

Leaving the Emperor’s Buf-
fet on Sunday with her take-out
was Jossette C. Smith, a nurse at the
Trauma Center at the Jacobi
Hospital in Yonkers. “I’m not fear-
ful of the coronavirus and I have
no problem eating Chinese food,”
she said. “As long as everyone
takes the right precautions, like
washing their hands—they should be fine.”

“We’d like to see more peo-
ples coming to our restaurant. It’s
completely safe,” Lin stressed.

Student Essay Contest: Why a
Free Press Matters in Democracy

Continued from page 1

aminer Media will announce local winners
during the first week of June.

The national winner in each category
(grades 6-8, grades 9-12 and university/col-
lege) will each receive a $5,000 check from
the Boston Globe Foundation. The winning
essays with the highest ranking among
the three categories will also receive a full
four-year scholarship, currently valued at
$38,000 a year, to Westminster College in
Salt Lake City. Prizes will be awarded in
late fall at the 15th annual McCarthy Fam-
ily Foundation Lecture Series: In Praise of
Independent Journalism.

“The competition is designed to engage
the important voices of our students, voices
that are vital to the future of a robust de-
mocracy and to expand national dialogue
about press freedom by encouraging dis-
cussion at home and in school,” National
Student Essay Competition Director Mary
Ray Lazarus said.

More information can be found at ht-
tps://nlkpr.com/national-student-essay-
competition

Examiner Media publishes four weekly
print community newspapers, The Examiner,
The White Plains Examiner, The Northern
Westchester Examiner and The Putnam Ex-
aminer. Our corresponding news website,
TheExaminerNews.com, publishes daily and
powers a five day per week free e-mail blast.

Police Blotter

Ossining Teen Pleads Guilty
in Stabbing Death

Westchester County District Attorney
Anthony A. Scarpino announced last week
that Andrew Knight, 19, of Ossining plead-
ded guilty to manslaughter in the January
2019 stabbing death of 21-year-old Gregory
Jackson, Jr. also of Ossining.

Supreme Court Justice Barry Warhit
accepted the plea to Manslaughter in the
First Degree, a class B violent felony. Knight
was remanded into custody. Sentencing is
scheduled for June 12, 2020. On January 28,
2019, Knight met up with Jack-
on on James Street in Ossining in the late
afternoon, following a prior dispute with
the victim over an article of clothing. The
two argued. Knight stabbed Jackson with a
kitchen knife. Jackson was taken by ambu-
ランス to a local hospital. He died from his
wounds on February 1, 2019.

Ossining Police arrested Knight Febru-
ary 7, 2019, in the Bronx for the fatal stab-
ning.

Peekskill Teen Shot in
Peekskill

A female teenager is reportedly in stable
condition after being shot about 6:30 p.m.
Friday on Park Street in Peekskill.

The victim is reported to be between 14
and 17. No arrests have been made.

Peekskill Superintendent of Schools
Dr. David Mauricio posted a statement on
the district’s website Monday: “On Friday
evening, we received information that a
teenager was involved in a shooting in the
community. We were immediately noti-
Continued on page 13

Lung Cancer is a Silent Killer

What you need to know about a lifesaving screening...

Ask the Doctor

Darren Rohan, MD, FACS
Westchester Regional Director,
Thoracic Surgery Program
Northern Westchester Hospital

Learn more about
Dr. Rohan, visit
nwhroboticsurgery.org/
DrRohan

Q: Why is it important to be screened for lung cancer?
A: Lung cancer is a silent killer. In its early stages, it has no
symptoms and can spread without warning. That’s why
lung cancer screening for people who are high-risk is so
important: They often feel perfectly healthy. Often, people
don’t develop symptoms until the disease has either spread
or grown too large to cure. Research shows that if a person’s
lung cancer is detected at an earlier stage, their five-year
survival rate can increase from four percent to fifty-five
percent, according to the American Lung Association.

Q: Who is considered high-risk?
A: If you currently smoke or have a long history of smoking,
you may be considered high-risk. Of course, even lifetime
non-smokers sometimes get lung cancer. Exposure to
second-hand smoke, asbestos, or a family history of lung
cancer can all increase risk. For the safest approach, speak
to your doctor about any of the above risk factors. If your
physician recommends a lung cancer screening, don’t delay.

Q: How are patients screened and treated?
A: Patients are screened with a noninvasive low-dose
CT scan, which only takes a minute. It’s a very sensitive
test for diagnosing lung cancer. If the cancer is in the
early stages, the most advanced treatment option is
minimally invasive robotic surgery, which enables me
to move surgical instruments more precisely, so I’m not
damaging healthy surrounding tissue. In addition, I’m
able to make tiny incisions, so there’s less bleeding and
pain for the patient. At NWH, we also offer advanced
ablative techniques, which use image guidance to insert
a needle through the skin into the tumor. Other options
include burning or freezing the tumor, or stereotactic
radiosurgery, which uses radiation without an incision.

Q: What if surgery is too risky for the patient?
A: Some patients have advanced lung disease, very bad
emphysema, or heart disease, and surgery is too risky. If the
patient is too high-risk, the cancer is too advanced or the
patient doesn’t want surgery, an option is immunotherapy,
a newer treatment. Immunotherapy is a targeted treatment
that revs up the immune system so it’s better able to fight
the cancer. It’s been remarkably effective. I have patients who
are in complete remission. It’s a wonderful advancement in
the treatment of lung cancer. As part of the Northwell Health
Cancer Institute, we’re able to expand our ability to bring to-
rated cancer specialists, state-of-the-art technology, leading-
edge clinical trials and a full range of support programs so
community members can get the best cancer care right near
home, in Westchester. Patients who want the most advanced
cancer care don’t need to travel to New York City.
Residents Rip Board for Removing Quast on Parks and Recreation Commission

By Rick Pezzullo

A handful of residents recently gave the Yorktown Town Board an earful for its removal of Town Clerk Diana Quast from the Yorktown Parks and Recreation Commission.

Quast, former longtime chairperson of the advisory commission, was ousted February 4 in a 3-1 Republican partisan vote, a move that overruled a decision made in the final weeks of former Supervisor Ilan Gilbert’s administration to reappoint Quast for another six years.

“I had high hopes this administration would be honest, transparent and honorable. This is a big disappointment,” resident Fran DiBerardino remarked at the February 18 meeting.

Meanwhile, Slater took issue with remarks made by resident Mark Lieberman who said since the town had not properly recognized Quast for her efforts she designed a certificate of appreciation for her, which he handed to Quast at the meeting.

Slaters said the town was planning to honor Quast and Town Comptroller Patricia Caporale in the near future for their time on the Parks and Recreation Commission. Caporale resigned from the commission on February 5. She had also been reappointed for a new term in December.

“The town is not ignoring what she (Quast) has done for the community,” Slater said. Quast sat quietly during the February 18 meeting on the dais and has not yet publicly addressed her removal from the commission.

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Students Tackle ‘Hate in the Age of Multiculturalism’ at Forum

By Rick Pezzullo

Area high school students with strong opinions participated in a panel discussion entitled “Hate in the Age of Multiculturalism” at Lakeland High School Friday morning.

The diverse panel included students from Lakeland, Walter Panas, Peekskill and Mahopac high schools, and one student from Mildred E. Strang Middle School in Yorktown. The two-hour event was moderated by state Senator Peter Harckham, who represents the 40th Senate District.

“Hate is learned. It’s not something you are born with,” Dabbs said. “We should start something you are born with,” Dabbs said.

State Senator Pete Harckham (center) posed with students from the panel and in the audience at Friday’s discussion at Lakeland High School.

The first question Harckham posed to the panel of students was, “How has hate and intolerance personally affected you and your community?” All of the responses from the participants touched upon experiences that were marked by insults and insensitivity.

“Use the privilege you have to bring up the people in your society that are struggling,” North said. “There’s a lack of opportunities in a lot of communities. You need to use white privilege to push these conversations.”

“Listen to each other and show you have an open mind,” McQueen added.

By Rick Pezzullo

Students Tackle ‘Hate in the Age of Multiculturalism’ at Forum

State Senator Pete Harckham (center) posed with students from the panel and in the audience at Friday’s discussion at Lakeland High School.
Lawmakers Blast NRC for Faulty Analysis of Pipeline near Plants

By Rick Pezzullo

Federal, state and county lawmakers criticized the Nuclear Regulatory Commission (NRC) Friday following a report that the federal agency allegedly failed to properly analyze the safety risks of a natural gas pipeline being placed near the Indian Point nuclear power plants in Buchanan.

The report from the NRC Inspector General indicated that the federal Energy Regulatory Commission (FERC) relied upon NRC to assess the impacts of the pipeline that now traverses the Indian Point site as part of the Algonquin Incremental Market (AIM) project.

Congresswoman Nita Lowey (D-Westchester/Rockland), chairwoman of the House Appropriations Committee, called on NRC Chairman Kristine Svinicki to hold an immediate briefing in the wake of the Inspector General’s report’s release, stating the report is alarming considering the plant’s decommissioning next year.

“The IG findings show outrageous failings by an agency charged with the important responsibility of protecting the health and safety of our communities,” Lowey said. “This report indicates repeated failings to use proper analysis by the same commission that oversees the decommissioning of Indian Point. NRC must immediately explain to our communities the risks they face as a result of the agency’s faulty processes and take steps to protect the public from any dangers that have resulted from the pipeline’s approval and installation.”

State Senator Pete Harckham (D) reacted to the report by describing the NRC’s actions as a “colossal error that erodes public’s faith in good governance.”

“Pete Harckham

“Another congressional leader, House Appropriations Committee Chairwoman Nita Lowey (D-NY) said in a statement that the report is ‘alarming’ considering the plant’s decommissioning next year.

“We are outraged by the findings of the Nuclear Regulatory Commission Inspector General. The IG found serious irregularities in the NRC’s risk assessment in approving a 42-inch, high-pressure natural gas line crossing the Indian Point nuclear power plant property,” Board Chair Ben Boykin, Majority Leader Mary-Jane Shimsky, Legislative Colin Smith, Chair of the Board’s Committee on Public Safety, Legislative Catherine Borgia, Chair of the Board’s Committee on Planning, Economic Development & Energy; and Legislative Nancy Barr, Chair of the Board’s Committee on Environment & Health, said in a joint statement.

“The Inspector General’s report raises profound concerns about the safety of that pipeline. It also raises issues about the integrity of the data and of the processes the NRC relies on to assess risk. This calls into question the safety of the plant as the decommissioning of Indian Point moves forward,” the legislators continued.

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“The Chief responsibility of our government officials, through policy and action, is to safeguard our residents—and that’s it,” said Harckham. “But in this terrifying and unbelievable instance, the federal regulators involved with the approval process for the Algonquin pipeline project have failed all of us and put tens of thousands of lives at risk. Instead of carefully conducting a thorough examination of whether this pipeline should be situated under a nuclear power plant, with its decades of spent nuclear fuel roads in storage on site, they allowed industry to lead them by the nose to a desired conclusion.”

Several members of the Westchester County Board of Legislators also joined in on the NRC bashing.

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“The safety of the plant, our employees and the community is our top priority. We are confident that the thorough pipeline assessment previously performed by Entergy’s independent engineering experts remains valid, and that safety of the plant is assured. However, Entergy has pledged to work cooperatively with the NRC and to provide any information needed as it completes the review ordered by its Chairman over the next several weeks,” Nappi stated.
Ossining Cuts Ribbon on Food Scrap Recycling Program

The Town of Ossining has officially kicked off a food scrap recycling program for residents of the Town of Ossining (including the Villages of Ossining and Briarcliff Manor), with the help of Teatown Lake Reservation and Green Ossining. Residents are now invited to drop off food scraps at Cedar Lane Park (235 Cedar Lane in Ossining) from dawn to dusk, seven days a week.

This announcement comes on the heels of Westchester County Government’s release of the “Westchester County Food Waste Study,” which found that food waste generated by residential curb-side pick-up is approximately 85,537 tons per year, or 22% of waste being generated by residents.

“We are beyond excited that this project to help our residents reduce what goes into their refuse stream and turn their food waste back into healthy soil has finally come to fruition!” said Town of Ossining Supervisor Dana Levenberg. “We know from other communities in Westchester who have already been doing this that food scrap collection can make a great positive impact, not only on our environment, but also on our bottom line. Big thanks go out to Ron Schulhof and Michelle Sterling from Scarsdale for all their guidance getting us started, Teatown for their excellent work with outreach and education, Green Ossining for all the volunteers they have and will continue to offer to get the word out and sell kits, our Town Parks Department for helping us prep the collections site at Cedar Lane Park in Ossining, Victoria Cadarelli in my office for shepherd-

Officials and representatives from Ossining, Briarcliff, County Executive George Latimer’s Office, State Senator David Carlucci’s Office, Legislator Catherine Borgia’s office, Teatown, Green Ossining, and the Scarsdale Conservation Advisory Council cut the ribbon on the new program.

Until a more local option is made available, the food scraps will be hauled to the Ulster County Resource Recovery Agency’s Organics Recovery Facility in Kingston, NY. All food scraps collected will be made into compost, which is then sold to garden centers and landscapers.

“Food scraps and other compostable materials, which make up a significant percentage of the waste we send to landfills and incinerators, are so much more than trash,” said Nadya Hall, Community Environmentalist at Teatown. “Thanks to programs like the Town of Ossining’s, these materials are being diverted from the waste stream and recycled into a valuable resource: compost.”

While residents are welcome to use their own compost bins, full compost kits are available for purchase at Teatown Lake Reservation and at the Cedar Lane Arts Center to help residents begin their collection. The kits include one two-gallon countertop pail, one six-gallon home storage/transportation bin and one roll of 25 compostable bags. These packages can be purchased for $20 (check) or $21 (credit/debit card). Kits will soon be also available for purchase at the Ossining Farmers Market.

“Roughly 40% of food in the United States is thrown away as garbage. In Westchester County, most food waste is hauled away and incinerated, eliminating a beneficial opportunity to make it into valuable compost,” said Suzie Ross, Chair and co-founder of Green Ossining. “This program will hopefully serve as a gateway to get more people aware of their food waste, dispose of it in a more beneficial way, and move closer toward food waste solutions. We applaud the Town of Ossining for seeking and writing the grant, and Teatown for its abundance of knowledge as a partner and an environmental resource in every way. We’re happy to spread the word and help the community to get on board and move in the right direction.”

Residents interested can get more information, including a full list of accepted materials at https://ossiningcomposts.org/. For questions not answered on the website, please email composting@townofossining.com.

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Mt. Vernon, NY
Alonzo Wortham

Alonzo W. Wortham, of Manalapan Township, New Jersey, formerly of Peekskill, died February 10 at Central State Medical Center in Freehold Township, New Jersey. He was 89.

He was born October 14, 1930, the eldest son of Mary Gladys Wortham and Lloyd Wortham. He was a graduate of Peekskill High School and New York Institute of Electrical Technology. He was employed as an electrical engineer for IBM for 37 years before his retirement. He also served in the U.S. Air Force during the Korean War.

He attended the First Presbyterian Church of Englishtown, New Jersey. He was an Eagle Scout and a model plane enthusiast. He enjoyed travelling and repairing electronics, both at work and home. He especially liked time with his granddaughter, Amanda, whom he loved dearly. His wife, Barbara Wortham, died in 2001. He was also preceded by a son, Brent Wortham in 1989, and a sister, Pauline Hinton in 2019.

He leaves to cherish fond memories, two sons and a daughter-in-law, Kendall and Cindy Wortham and Darryl Wortham; a brother, Offie Wortham; a granddaughter, Amanda Jane Wortham; a nephew, Glenn Hinton; three nieces, Janel, Joy and Leottete Kreva, and many cousins and friends.

Robert Wolfe, Jr.

Robert (Bob) H. Wolfe, Jr., Ph.D., a resident of Yorktown, died February 21 surrounded by his loving family. He was 79.

Mr. Wolfe was a man of science, with a Ph.D. in Astrophysics and a lifelong career in computer science. He began his career at NASA, but the majority of his career was at IBM Research, where he worked for 28 years. He was renowned for his skills in repairing electronics, both at work and home. He especially liked time with his granddaughter, Amanda, whom he loved dearly. His wife, Barbara Wolfe, died in 2001. He was also preceded by a son, Brent Wortham in 1989, and a sister, Pauline Hinton in 2019.

He leaves to cherish fond memories, two sons and a daughter-in-law, Kendall and Cindy Wortham and Darryl Wortham; a brother, Offie Wortham; a granddaughter, Amanda Jane Wortham; a nephew, Glenn Hinton; three nieces, Janel, Joy and Leottete Kreva, and many cousins and friends.

Barbara DeBerardinis

Barbara M. DeBerardinis, of Fishkill, formerly of Ossining, died February 28 after a long illness. She was 87.

Known to her friends, clients, co-workers and generations of kids as Barbara DeBar (Sr.), she was predeceased by her husband of 62 years, Donald A. DeBerardinis, in September 2015. She is survived by her six children, five grandchildren, three great-grandchildren, many nieces, nephews, grand-nieces and grand-nephews. Surviving children and their spouses are Donald J. DeBerardinis (spouse Barbara Corti, deceased 2016) of Ossining; Joseph C. DeBerardinis and spouse Laurie Milano of Savannah, GA; Joni Ryan and spouse Michael Ryan of Fishkill; Debra DeBerardinis and spouse Tarek Handanieh of Fishkill; David J. DeBerardinis and spouse Kristina DeBerardinis of Fishkill; and Matthew J. DeBerardinis of Howepell Jct., NY. Surviving grandchildren are Jennifer Smith (spouse Joshua Smith), Jessi Ryan, Heather Walton, James Walton and David Donald DeBerardinis.

She was born to Joseph C. Marasco and Eleanor West Marasco in North Tarrytown in 1932. She graduated from North Tarrytown schools and was a member of the NT Class of 1950. She attended Buffalo State Teachers College for four semesters. She was a real estate broker and property management professional with Vera Real Estate in Ossining for many years. She was the full-time mother to her own six children and was also surrogate to many neighborhood and community children over the years. She was, along with her husband Don, also involved in a number of youth athletic programs - her husband was a co-founder of the Town of Ossining Junior Basketball League and coached, supervised and officiated for dozens of little league baseball, football and basketball teams, while Barbara drove and led the kids by the hundreds.

Gerald Quinn

Gerald Paul Quinn, beloved husband, father, grandfather, brother, friend and former resident of Croton-on-Hudson, died February 20, surrounded by family. He was 82.

Mr. Quinn was born August 26, 1937 in Tarrytown, to Arthur and Rita (Rigney) Quinn. He was the second youngest of nine children and lived his early years in Ossining, where he went on to graduate from Ossining High School. He married Barbara Lilly on May 6, 1967 in Ossining. They lived in Croton-on-Hudson until 1993. Afterward they lived in York City/Queechy Lake, NY. His son Darrin currently owns and operates man, he started his own business, Jerry Quinn (Son) Painting Contractor in 1966. His son Darrin currently owns and operates the business, but Jerry was still “cutting in a cat’s eyeball” until 2019.

Mr. Quinn was former captain and lifetime Member of The Croton Volunteer Fire Department and Ladder Company and Past President of the Painting & Decorating Contractors of America. As an avid boater, he enjoyed navigating the open waters on his beloved boat(s) “Irish Mist.” He will be remembered for his unriveling strength, big appetite and as a friend to all. He was always there with a helping hand for his family and friends. He lived an extraordinary life and will be greatly missed and loved forever and always.

Memorial Visitation will be held March 4 at Edward F Carter Funeral Home in Croton-on-Hudson. A Memorial Mass will take place March 5 at 10 a.m. at Holy Name of Mary Church in Croton-on-Hudson.
Letters to the Editor

Pass Automatic Voter Registration Bill

To the Editor:
All New Yorkers want to be assured that when we cast our ballots that our votes get processed safely and securely – to make our elections more inclusive and less expensive with one simple reform: Automatic Voter Registration, (“AVR”).

We came close to passing AVR at the end of the 2019 legislative session. The Legislature made a public promise that at the earliest moment in 2020 leaders of both houses would pass AVR. On January 9, 2020 their very first day back in session the State Senate held to their promise and passed AVR. What happened in the Assembly? The AVR bill is still not amended and they have NOT moved the bill for a vote! What is their problem?

The AVR is a simple, groundbreaking solution for New York. To our Assembly, we New Yorkers say, “do your job and pass the Automatic Voter Registration Bill now.”

Respectfully,
KAREN SEVELL GREENBAUM
Croton-on-Hudson

Yorktown’s Rearview Politics

When Will We Learn That Hatred Causes Disputes?

To the Editor:
King Solomon warned in the Bible how “hate stirs up disputes.”

My wise and wonderful fourth-grade nun once rebuked my classmate for shouting his hatred for a fellow classmate. She exclaimed, “When you hate you just don’t think straight.” This axiom is so true today with our politics, particularly on the national level.

The Democrat Party and the “never-Trumper” Republicans are so consumed with hate for Trump that little, if anything, can be achieved in a bipartisan manner. The American voter spoke in 2016 and elected President Donald Trump through his hatred for a fellow classmate. She exclaimed, “When you hate you just don’t think straight.” This axiom is so true today with our politics, particularly on the national level.

The Democrat Party and the “never-Trumper” Republicans are so consumed with hate for Trump that little, if anything, can be achieved in a bipartisan manner. The American voter spoke in 2016 and elected President Donald Trump through his hatred for our president has become an easy emotional reaction to discredit the election and his legitimacy.

Again, King Solomon warned, “as the dog returns to vomit, so the fool repeats his folly.” Yet again, the Democrat Party and the “never-Trumper” Republicans refuse to accept this president and are creating the same discredited narrative of Russian collusion for the 2020 election. How convenient a narrative when hate drives your response. More and more American voters – Democrat, Independent and Republican – are disgusted with this continued obsession with all that is “Trump.”

On Election Day, Nov. 3, the American people will speak again. Despite the false narratives that our media puts forth, my hope is that when the votes are counted we will once and for all discard this hatred and ill-conceived negative reactions to our president.

My further hope is that we will never return to the divisive rhetoric that can only challenge and harm our democratic institutions that we ought to cherish now and for the future.

FRANK DEL CAMPO
Mahopac

NWH to Hold Colorectal Cancer Awareness Panel Discussion March 23

Hear from leading experts and learn the latest screening and prevention recommendations, facts about diagnosis and advanced treatment options and the role of nutrition in prevention at this free event on Monday, Mar. 23 from 6 to 7:30 p.m. at Northern Westchester Hospital’s Center for Healthy Living in Chappaqua.

Ask questions, speak with a dietitian, physicians and surgeons and take action to protect yourself and those you love. With proper screening, colon cancer can be prevented, and when detected early, is often beatable.

Featured panelists will include Dr. Alexis Grucela, Dr. Ellie M. Abemayor, Dr. Jerald D. Wishiner, Dr. Paul Stronhbm and registered dietitian Pat Talio.

For questions and information, contact Lauren Selsky, healthcare navigator, at 914-223-1789 or lselsky@northwell.edu. To register, visit https://www.eventbrite.com/e/colorectal-cancer-awareness-panel-discussion-tickets-93536101999.

The Center for Healthy Living is located adjacent to Whole Foods Market at Chappaqua Crossing, 480 Bedford Rd. in Chappaqua.
Wearing of the Green for St. Patrick’s Day and Irish Expressions

By Evelyn J. Mocbeichel

One doesn’t have to be Irish to enjoy the presentations and decorations surrounding the official St. Patrick’s Day on March 17 or watching the New York City parade on television. Naturally businesses benefit from having a theme or purpose to enhance some of the products or dining out experiences they can offer customers. Think green bagels, donuts with that limited time offer of green icing or entree menu specials with an Irish flare, like corn beef and cabbage or shepherd’s pie. But how much do we know about St. Patrick, the person all of this celebration is about if this isn’t your celebrated holiday? He was one of Ireland’s patron saints, who ministered Christianity into our American vernacular, we may not even realize their origin. We know that the color green and the shamrock are symbols of Ireland and that the leprechaun and his pots of gold are part of their mythical legends. Following another eerie reference and there are the gothic films where nothing good happens when walking alone through the “bog,” which is usually an isolated marsh or wetlands.

Wearing Green

Years ago, when I worked in a large business office, most of my colleagues would come to the office on March 17 wearing something green, even if they weren’t Irish. If you had a shamrock design on a tie or scarf, that was even better. Speaking of the color green conjures up the thought of just how many shades of green that we are familiar with whether in describing paint colors or clothing items. How many green colors can you name before looking at the following list? Shades of green: Emerald, jade, celery, forest, hunter, mint, moss, pistachio, Kelly, olive, fern and avocado, to name only a few.

Do the Irish really say “The top of the morning to you” when greeting someone as might be shown in a film location in Ireland or with Irish characters portrayed? Maybe some do, but besides this popular phrase, there are scores of words that come from the Irish language that is known as Gaelic (Gaeilge), which is a Celtic language. This is the official language of Ireland. If you have ever seen it written, like we did changing planes in Dublin Airport, it is extremely difficult to read. Some of the Irish words that have become incorporated into our American vernacular, we may not even realize their origin. We know that the color green and the shamrock are symbols of Ireland and that the leprechaun and his pots of gold are part of their mythical legends. But it is surprising how many Irish words we have been using over the years and understood their meaning.

In films when a character has a brogue, we usually associate this regional accent with someone Irish or in some cases Scotch, the only two languages with such a description. A popular alcoholic drink, whiskey derives from a Gaelic word, which translated is “water of life.” In the same vein, another Irish word might be used when out in a pub and during a night of partying, there was no need to evict any hooligans. This Irish root word describes a rowdy person that also was prone to vandalism. If someone tried to start acting up, with any annoying shenanigans, (carrying on and doing annoying things or pranks) a kibosh (put an end to that action) would immediately be resolved by a burly doorman hired to take care of such incidents. This way no glassware could go flying and break into smithereens, which is a word that means into small pieces. The word smithereen is found around the late 1700’s and may come from Gaelic smiodar, which means “fragment.” When adding an een (which is a diminutive suffix) to a word makes it small.

If you are a fan of horror films or gothic mysteries, then you know what is coming if someone hears a banshee sound. In Irish mythology it is an ominous sign as it means if someone hears a banshee sound.

Slang Expressions

Growing up in the Bronx as a little girl there were many Irish families in our neighborhood, as there were throughout the city back in those days. Many of these slang expressions seem so familiar to me that they appear to be ordinary dialogue now. Here are some of the most popularly used ones: Gander – to take a quick look at something, “Take a gander at this”. Get a crack on – Get going, move faster, Mortified – being highly embarrassed, Gawk – Stare at someone in a rude manner “stop gawking at me” Now this is a really old time expression, Ossified – “we drank so much we were ossified” (got drunk), To say someone was “as thick as a plank”, meant they were extremely stupid. And this one I heard more than once or twice as a young girl when my mother told me to do my chores and I put on a sulky looking face. “Young lady, take that puss off your face.” Happy to say that one last Irish tradition that was something that got me to smile was when my mother baked some scones, tea biscuits or Irish Soda Bread around during the month of March. Although we weren’t Irish, it was a nice way to celebrate the coming St. Patrick’s Day holiday.

Easy Soda Bread Recipe

What would St. Patrick’s Day be without having corned beef and cabbage or a corned beef sandwich on rye? How about a dish of shepherd’s pie or hearty bowl of potato soup on the restaurant’s holiday menu? Let’s not forget a warm, tasty loaf of Irish soda bread, each slice topped with a thin layer of butter to complete this taste delight. If you’ve never made one of these delicious breads, you’d be surprised how easy it is to make. Why not give it a try! Here is an easy recipe from a friend that works in a preschool. As the saying goes, “it’s so easy to make that a kindergartner can do it!”

Let’s not forget a warm, tasty loaf of Irish soda bread, each slice topped with a thin layer of butter to complete this taste delight. If you’ve never made one of these delicious breads, you’d be surprised how easy it is to make. Why not give it a try! Here is an easy recipe from a friend that works in a preschool. As the saying goes, “it’s so easy to make that a kindergartner can do it!”

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Senators Urged to Provide More Funds for Education, the Disabled

By Martin Wilbur

Local state senators listened recently to appeals from school administrators, childcare advocates and parents to increase funding for education and programs to help children and the disabled in New York’s Fiscal Year 2021 budget.

Majority Leader Andrea Stewart-Cousins (D-Yonkers) was joined by Senate colleagues Peter Harckham (D-Lewisboro), Shelley Mayer (D-Yonkers) and David Carluceti (D-Clarkstown) who heard from over 50 speakers during more than three hours of testimony at the County Center in White Plains.

In addition to the pleas for enhancing support for schools and to help defray the costs of day care centers, speakers also implored the lawmakers to prevent Governor Andrew Cuomo’s proposed $2.5 billion cut to Medicaid that would hurt the disabled and the elderly, to continue criminal justice reform, and support more affordable housing.

Debbie Schneider, a teacher in the Elmsford School District who lives in Ossining, said many districts, particularly high-needs districts such as Ossining, have been shortchanged millions of dollars in state aid. In the last 12 years, under the state’s foundation aid formula, the district should have received about $25 million more than it had while absorbing a 1,000-student increase in enrollment in that time, she said.

Schneider said with her son scheduled to enter kindergarten in the fall, she shudders to think what the Ossining schools will look like in another 12 years. “The governor and New York State (have) failed a generation of children and we can no longer sit by and let it happen again,” Schneider said.

Karen Belanger, executive director of the Westchester Putnam School Boards Association, said Cuomo has proposed a relatively meager $826 million increase in state aid to schools for the upcoming year. That falls far short of the recommended $2.1 billion increase called for by the New York State United Teachers and other education groups around the state. A $2.1 billion hike would also include the first installment of repaying an estimated $3.4 billion shortfall in foundation aid to districts statewide.

Belanger said 70 percent of districts in Westchester and Putnam are in line for just a 25 percent increase this year in foundation aid, which fails to meet needs such as mental-health-related services for students and school security. “We need flexible funding focused on mental health and security to allow our schools to help our students and to protect them as well,” Belanger said.

Pleasantville Superintendent of Schools Mary Fox-Alter, who spoke on behalf of the Lower Hudson Valley Council of School Superintendents and the Lower Hudson Education Consortium, said districts are feeling the crunch of having been shortchanged for so long.

In addition, Cuomo has now proposed dropping the state’s share of funding for students with disabilities, she said. In Pleasantville alone, that would cost the district about $120,000.

“The governor’s proposal is harmful to our region’s students and communities,” Fox-Alter said. “It does not provide tax relief or support for our area, which has been hit very hard with the loss of the SALT deduction, changes to STAR, no mandate relief with the tax cap and increasing student needs.”

She urged the senators to reject the proposal to strip the aid for students with disabilities, have the foundation aid formula operate as intended, and focus on mandate relief.

Funding for childcare, especially in areas of the state with more need, is also deficient, said Betsy Block, a longtime Ossining Children’s Center board member. She said with the increase in minimum wage, two parents working full-time earning that salary would no longer qualify for childcare subsidies, rising to just above the income threshold.

As a result, for the first time in its 125-year history, the Ossining Children’s Center may have to turn away children because the demand would be too great. The center would then fall in its goal to provide affordable childcare for every working family, Block said.

“Unfortunately, our ability to fulfill this mission has been compromised in recent times,” she said.

Lisa Rosenbloom, a current board member at Ossining Children’s Center, added that “the level of subsidy is so out of step with the cost of caring for children.”

The loss of Medicaid funding also threatens to jeopardize the care and independence of people with disabilities, said Joe Bravo, executive director of the Westchester Independent Living Center. A state Medicaid Redesign Team has been given until Mar. 31 to come back with recommendations about where to cut the $2.5 billion, which will provide no time for public feedback on the recommendations before the state budget is passed, he said.

Maria Samuels, executive director of Westchester Disabled on the Move, said organizations that help the disabled will have their ability to provide the services for that population’s needs jeopardized, including having them live independently.

“We’re going to lose the funding to keep people in the community,” Samuels said. “People with disabilities, they need the support to remain in the community. If we lose that funding, they’re going to have a problem.”

There is a March 31 deadline for the legislature to approve an on-time budget.

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Croton resident Marcy B. Freedman has a broad range of interest in art. During an interview last week at her studio in Peekskill, Freedman said it is difficult to say what type of artist she is. “It is hard to explain because I have done paintings and drawings and collages and Polaroid photography, but for the last 10 to 15 years I’ve mostly focused on video and performance art,” she said. “Performance art is a really strange bird because I’m not a singer, I’m not a dancer and I’m not an actor.”

Performance art was created in Europe in the early 20th Century, Freedman said, adding the creators of performance art “were very anti-art.” “Performance art is artists who want to do things instead of making things. So, we provide people with an experience and they could be pretty strange.”

Freedman said she often collaborates with dancers and musicians. In performance art there are no boundaries on what you can do, she said. She noted has done performance art that was scripted, in collaboration with dancers and musicians or interactive performances.

Freedman has appeared at various locations, including coffee shops, bookstores and street corners, as well as the Katonah Museum, the Hammond Museum in North Salem and the Hudson Valley Center for Contemporary Art in Peekskill. “I like to mix it up between art venues, art galleries and museums with non-art places because in the galleries and the museums I going to get a kind of art elite,” Freedman said. “I like to touch all aspects.”

During some of her solo performance art projects she comes with a sign announces a topic. “I just invite people to sit down and talk to me about that topic,” Freedman said. “I never steer a conversation. I really want the conversation to kind of go organically,” she said.

Freedman said her studio is closed to the public except for Peekskill’s annual Open Studios event, which is scheduled this year for June. “Dozens of artists in town open their studios and artists who are local but don’t have studio space in town have different exhibition spots,” she said. “So, if you love art, June 6th and 7th is the greatest time to come to Peekskill.”

For more information about Marcy B. Freedman, call 914-271-5891, send an e-mail to mbf@bestweb.net or visit https://www.marcybfreedman.com/.

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Touro Dental Health, the educational training facility of the Touro College of Dental Medicine at New York Medical College, is dedicated to conducting important educational and clinical research, while providing excellent dental health services to the public.
Franzoso Elected Chairman of Board of Directors of TMH

Mark Franzoso, President of Croton-on-Hudson-based Franzoso Contracting, was elected Chairman of the Board of Directors of The Friends of the Mozartina Musical Arts Conservatory, the non-profit educational and cultural organization that operates the historic Tarrytown Music Hall. Franzoso has served on the board for two years.

“I am happy to lend my support to worthwhile local organizations, especially when it comes to music. I am delighted to share my success and expertise with non-profit groups like the Music Hall and encourage other businesses to do the same,” he said.

Franzoso is a well-respected leader in the Hudson Valley and has had a lifelong love of music, emblematic of his role on the Board of Directors of the Allman Brothers Band Museum at the Big House in Macon, GA, founded to make sure the music and legacy of the Allman Brothers lives on.

“I am passionate about everything I do. I have always had a love of music. The Music Hall is a fully operating theater, offering the best in music, theater, dance, and film. Plus, the theater is an economic engine, generating over $1 million for the local community. I am looking forward to what we can accomplish here in Tarrytown,” said Franzoso.

With a full-time staff, 60 freelancers, and more than 200 volunteers, The Music Hall is a cultural destination, attracting over 85,000 people including 25,000 children on an annual basis from the tri-state area.

Concertgoers are treated to a wonderful experience at the Music Hall due to its excellent acoustics. Notable artists who have performed and/or recorded in the Music Hall include BB King, Bonnie Raitt, Boz Scaggs, Buddy Guy, Chris Isaak, Cyndi Lauper, Dave Brubeck, Gregg Allman, Dickey Betts, Indigo Girls, Michael Bolton, Pete Seeger, Tony Bennett, and Wynton Marsalis.

Comedians such as Joan Rivers, Lewis Black, and Steven Wright have also taken the stage. Last year, Kevin James brought his comedy to the Music Hall and sold out four shows. James is so popular that two more shows were added on March 21 and June 28. For tickets to see James and a full calendar of other performers, visit www.tarrytownmusichall.org.

Additionally, the Music Hall has been featured in the NBC hit series “The Blacklist” starring Kevin Spader and on CBS Sunday Morning prominently featuring performance and audience footage recorded live during an Air Supply concert.

“Business is about relationships, business is about caring. Business is about delivering a great experience to every single customer every single time. I want every patron to have that same experience when they visit the Music Hall,” said Franzoso.

Franzoso is gearing up for a busy year and his company, which he founded, is celebrating 40 years in business this year as the Hudson Valley’s premiere home remodeling company. Today, Franzoso Contracting boasts a fleet of 28 trucks and employs nearly 70 people. The company offers an expanded suite of home services including interior and exterior remodeling, solar, home energy audits, air sealing and insulation, and roof shampoo.

Franzoso also avidly supports two other worthy charities that are near and dear to his heart—Support Connection, a not-for-profit organization that provides emotional, social and educational support to women, their families and friends affected by breast and ovarian cancer; and The Friends Network, a not-for-profit organization that provides young adults with special needs the opportunity for friendship through weekend trips, cultural events, and outings to restaurants, movies and dances.

In addition to his new role at the Music Hall, Franzoso is the Chairman Emeritus of the Board of Directors of the Hudson Valley Gateway Chamber of Commerce and currently serves on the chamber board. He also serves as the President, Downstate Chapter of Purple Heart Homes, an organization that provides housing solutions to qualified Service Connected Disabled Veterans. He previously served on the Board of Directors of the Paramount Center in Peekskill at the height of its popularity.
Embracing the Popularity of Today’s Plant-Based Diets in Wine

Are you, as I am, inundated by the growing change in the dietary landscape? Have you been lured into the millennial and Generation Z dietary habits?

Are you, as I am, engaging in these changing diets, which are slowly evolving into social mores?

This shift is evident each time I visit my local marketplace. A growing allocation of floor space is dedicated to organic products. Dedicated sections of shelf space, even aisles, have been converted to organic products, from fresh fruits and vegetables to prepared foods to household goods.

This shift is also evident as I peruse the menus at an increasing number of restaurants and fast food establishments. Vegetarian and vegan dishes are spread across menu offerings.

This inexorable shift in dietary preferences in the New York metropolitan area engenders a proliferation of menu explanations and legends. At the macro levels are cornucopias of symbols beyond V and VG, including GF, DF, SF and NF. (Did you decode them all?)

Including GF, DF, SF and NF. (Did you decode them all?)

A balanced vegan diet consists of four food groups: legumes, nuts and seeds; grains; vegetables; and fruits. Sound familiar? Check the Food and Drug Administration’s dietary guidelines, which are focused increasingly on these foods. Simply because it is based on plant-based products, a vegan diet helps reduce the risk of heart disease, cancer, obesity and diabetes.

How do vegans feel about a glass of wine? The same as any environmentally conscientious omnivore might feel about organic wine. An organic wine is a sustainable product, one produced in a manner to perpetuate the environment, not deplete or corrupt it. Organic vineyards exist in harmony with nature – no chemical additives in the soil, vines or wines – and no scientific meddling with genetics.

However, vegans must be diligent in their quest for vegan wines. A number of organic vineyards fertilize with animal products (bone meal and dried blood) and organic wines may be processed with animal byproducts (egg whites and dried blood) to filter or “fine” any sediment that may be suspended in a wine barrel during the aging process. Check the internet for clarification on specific wines.

Vegans are vegetarians, but not necessarily vice versa. Vegan wines are organic wines but not vice versa. Confused? Just leave your decisions in the hands of committed chefs and sommeliers.

My diet continues to evolve. Plant-based is better for me. I raise my glass of organic (vegan?) wine to my longevity.

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

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March 3 - March 9, 2020
WHAT THE SHUTDOWN AND DECOMMISSIONING OF INDIAN POINT ENERGY CENTER WILL MEAN FOR OUR AREA.

The nuclear power plants at Indian Point have powered New York City and Westchester County for nearly 60 years. Now, due to challenging economic conditions and an agreement with the state of New York, Indian Point will stop generating electricity and permanently shut down by April 2021.

After shutdown Indian Point will transition to decommissioning, a federally-regulated process that will ultimately return the land to a new productive use. Entergy has taken the first step by selecting a leading decommissioning company as our partner, Holtec International.

Here are a few things New Yorkers should know about the Holtec plan:

**Decades Sooner** — With Holtec, decommissioning will begin immediately, allowing the site to be repurposed as much as 40 years sooner than if Entergy were to remain the owner of Indian Point. Holtec’s plan calls for completion of major decommissioning activities by the 2030s, decades sooner than it would take Entergy to complete decommissioning.

**Decommissioning Expertise** — Holtec and its expert team have decades of experience managing large decommissioning projects around the world.

**Employee Retention** — Holtec will begin the decommissioning process promptly upon taking ownership and will provide job opportunities for more than 300 of our current employees who want to remain in the region and continue to work at the site.

**Spent Fuel Management** — Holtec is the global leader in spent nuclear fuel storage technology and transport. Holtec will transfer all of Indian Point’s spent nuclear fuel to secure canisters designed to withstand natural disasters such as earthquakes, floods, tornadoes, and other events within about three years of shutdown.

As we work toward an orderly shutdown, safety remains our top priority. Indian Point is ranked in the U.S. Nuclear Regulatory Commission’s top column for safety and we fully intend to continue our strong safety record over our final months of operation.

The NRC will regulate decommissioning at Indian Point and a citizen’s advisory board is already in place. As of today, more than 34 U.S. nuclear plants have safely completed decommissioning or are in the process of doing so. To learn more about Holtec’s plan for prompt decommissioning, visit:

www.indianpointdecommissioning.com
www.holtecinternational.com
www.hdi-decom.com
Is Your Ceiling Height a Trip for Alice in Wonderland?

Many years ago when my wife and I discovered our dream home in the country, we were delighted that we could figure out a way to turn a one-and-one-half story salt-box wing with all original 18th century details into a separate apartment. It was the most charming rental unit, we were convinced, in all of Westchester.

However, it came with one caveat. Whenever it was available for rent and we received inquiries from prospective tenants, the first thing my wife would ask was, “Do you mind telling me how tall you are?”

There was always a questioning pause on the other end of the line, but if the answer was 6’2” or over, her response was, “Sorry, I don’t think this apartment would be for you.”The reason was simple to explain. The structure was built in 1734 when people were shorter, and the ceilings on both floors are barely two inches more than the average person’s height.

My house belonged to a tenant farmer on the Van Cortlandt land grant and his needs were quite simple, but down the road a way at the landlord’s Van Cortlandt Manor, greater affluence afforded ceilings with greater height. The same holds true today.

While ceiling heights in Victorian times had reached average heights of 13 feet, based on English city houses, heights moderated down to eight feet with the advent of mass housing developments after World War II. That height, based on the standardized length of an eight-foot stud, stayed in place until the term Mc-Mansion was coined in the early 1980s where center halls and family rooms could soar two stories high.

By the end of the 20th century, increased fuel costs put a damper on ceiling heights so that today the average ceiling height for new construction is nine feet on the first floor and eight feet on the second. That extra foot in height on the first floor, if it is estimated, can increase the cost of building a home from $20,000 to $30,000 for a 4,000 sq. ft. house, depending on the area of the country in which it is built. And to keep everything in proper scale, a higher ceiling means that furniture might have to be larger, windows have to be taller, crown molding has to be thicker, a fireplace mantle must be taller, light fixtures bigger and even artwork has to be larger to cover more wall space.

What mitigates the extra expense of taller ceilings is the cost savings that come from better insulation and other energy saving improvements to windows and doors. In the past, homes were built with what we call a “balloon frame” where studs go from grade level to roof, as opposed to the “platform frame” we use today where each floor’s studs make their own separate box and one box is placed upon the other. With a balloon frame, ceilings could be any height, but as the milling of studs was standardized to eight feet in the early 20th century, ceiling heights were almost universally that same measurement.

A comfortable ceiling height today depends on who you talk to. Affluent buyers of new home construction are asking for a nine-foot minimum ceiling height, but prefer 10 or even 12-foot ceilings. Anything less than that is unacceptable to the people who do not have to be concerned with utility costs. But, interestingly, new zoning regulations keep even the wealthiest clients from going overboard in that the overall building height is limited in our communities, which in turn limits the height to architects can build ceilings.

Beyond cost, another factor to consider is the psychology of it all. Pulte Homes, one of the nation’s largest homebuilders, conducted research recently demonstrating that, while consumers like higher ceilings, they prefer to have a room feel more expansive, which can render it cold and austere.

But today, besides an open floor plan, we want homes that are more inviting, casual and warm. And, part of achieving that is with ceilings that are more humbly scaled. So, if you’re a house-hunter, consider carefully the space between your head and the ceiling, because it can’t be changed easily, unless you partake of Alice’s magic mushroom!

Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call (914)522-2076.
Tuesday, March 3

Free Medicare Counseling: Get help understanding your Medicare benefits and coverage on Tuesdays year-round (except holidays) at the John C. Hart Memorial Library in Shrub Oak from 10 a.m. to 1 p.m. and on Thursdays from 10 a.m. to 1 p.m. at the Field Library in Peekskill. No appointments are necessary for the free service. Meet with a trained counselor for information about Medicare Parts A, B and D, Medicare Advantage Plans, Medicare Savings Plans, Extra Help and EPIC. You can also call the Senior Benefits Information Center Helpline with your questions at 914-231-3290 and a counselor will return your call within two business days. For a listing of all eight SBIC centers in Westchester libraries, go to http://www.westchesterlibraries.org/senior-benefits-information-centers/.

Senior Benefits Information: Trained volunteer counselors help older adults and their caregivers find information about government benefits to help them stretch their budgets every Tuesday from 10 a.m. to 1 p.m. at the John C. Hart Memorial Library, 1130 E. Main St., Shrub Oak. Get information on Medicare health and prescription plans, nutrition assistance, the Home Energy Assistance Program (HEAP), tax relief programs, and much more. Info: 914-245-2562 Ext.227 or http://www.westchesterlibraries.org/sbic.

Hygeia Programs: Two ongoing programs are being held on Tuesdays at Hygeia Integrated Health LLC, 3505 Hill Blvd., Suite K, Yorktown. Community Acupuncture is being held from 6:30 to 7:30 p.m. The cost is $30. Come experience the beneficial effects of acupuncture in a group setting. Register: hyinhealth@gmail.com. On the last Tuesday of the month from 7:30 to 8:30 p.m. Eating Disorder Support Group, led by a LCSW and clinical nutritionist will be held. Discuss and resolve issues around relationships with food. Info/register: hyinhealth@gmail.com or www.hyinhealth.com.

Wednesday, March 4

Ossining Library Events: A series of events are scheduled at the Ossining Public Library. On March 4 at 7 p.m. Michael Konecwich will discuss his book “They Said No to Nixon: Republicans Who Stood Up to Nixon’s Abuses of Power.” Copies of the book will be available for purchase and signing. Free. On March 7 at 1 p.m., Discovering Your Roots with The Ossining Public Library Genealogy Group will be held. Free. On March 8 at 2 p.m., the Sunday Afternoon Concert Series will present Obie Miller. She will perform “Women’s Voices in Music” The singer-songwriter will perform in honor of Women’s History Month. To learn more, visit shermiller.com. Free.

New York-Presbyterian Hudson Valley Hospital, 1980 Crompond Rd., Cortlandt: Living with Loss Support Group and Cooking Class: Nourishing Yourself After Loss on March 4 from noon to 1:30 p.m. Registration: Call 914-734-3330. Healthy Heart Program held on Wednesdays March through April, details to follow. Registration: call 914-734-3576 or e-mail communityaffairs2@nyp.org. Breastfeed with Certainty Prenatal Class will be held on March 4 from 6:30 to 9 p.m. Registration: call 914-734-3257. Healthy Dinner Sum Dinner will be held on March 5 from 2 to 4:30 p.m. Cost: $15. Registration: call 914-734-3780 or e-mail htv-teachingkitchen@nyp.org. Living with Cancer Support Group meets on March 5 and 19 from 6 to 7:30 p.m. Registration: Call 914-644-8844 Ext. 104. Delicious Dairy-Free Dishes will be held on March 6 from noon to 1:30 p.m. Cost: $15 Registration: call 914-734-3780 or e-mail htv-teachingkitchen@nyp.org. A Cancer Support Group for Latinas Women will be held on March 6 and 20 from noon to 1:30 p.m. Registration: call 914-293-8424. Diabetes Education Classes will be held on March 6 and 20 from 2 to 3 p.m. There is no charge to attend, but registration is required. Call 914-734-3304. Farmers Markets will be held on March 10 and 24 from 10:30 a.m. to 3:30 p.m. For more information call 914-734-3797. Super Winter Squashes will be held on March 10 from noon to 1:30 p.m. Cost: $15. Registration: call 914-734-3780 or e-mail htv-teachingkitchen@nyp.org. A Food Class: Winter Squashes will be held on March 10 from 6:30 to 8 p.m. We will learn about what winter squashes are, where they grow, how to prepare them and how to use them in their gift baskets. Program includes fun activities for children ages four and up. Camp tours will be available. RSVP to camp@sproutwestchester.org.

Friday, March 6

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. The program is for discussion and learning, and no knowledge of Hebrew is required. In the beginning of February, Rabbi Urbas’s class will meet on the first and third Monday of each month, at 11 a.m. Info: 914-245-2524 or www.yorktownwjewishcenter.org.

Poetry Workshop for Adults: The program is being held on Thursdays through June 25 at the Somers Library from 11 a.m. to 12:30 p.m. Info: 914-232-5717 or www.somerslibrary.org.

Cookie Baking: Get ready for Purim by baking hamantaschen cookies at Sprout Westchester Day Camp from 4 to 5:45 p.m. Participants will make cookies and take home some in their gift baskets. Program includes fun activities for children ages four and up. Camp tours will be available. RSVP to camp@sproutwestchester.org.

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, family-friendly, warm and welcoming service is free; Family membership is just $250 per year and include High Holiday Services. The shabbat is held at 9:30 a.m. on Saturdays and are held in Hebrew and English. Enjoy a comfortable atmosphere where participation is appreciated and afterwards stay for our delicious Kiddush. For more information, contact Rabbi Robert Weinberg at 914-962-7500 or email him at RabbiW@optonline.net.

Yorktown Shabbat Morning Services: Chabad of Yorktown, 2926 Old Yorktown Road hosts 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 Spring 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 DowntoEarthMarkets.com.

Ossining Library Exhibits: In the Main Gallery at the Ossining Library “Ossining 3,” a photography exhibit featuring the work of Arnold Breisblatt, Ron Carran, and Jane Castorina Gordon is being held this month. An opening reception will be held on March 7 from 2 to 4 p.m. In the Hallway Gallery the Ossining Girl Scouts Annual Art Show is being held this month.

Somers Library Programs: A series of events are scheduled for the Somers Library. An SAT Practice Exam will be held on March 7 from 10 a.m. to 1 p.m. Registration is required. An ACT Practice Exam will be held on March 7 from 2 to 4 p.m. Registration is required. Race to give your child a leg up. For more information, visit www.chabadYorktown.com.
Crossword

ACROSS
1. L.A. clock setting
2. Sediment
3. Propel a boat, manually
4. “8 Mile” Rapper
5. Different from many
6. Optician’s product
7. Upscale retail shop in Chappaqua, ___
8. Gun an engine
9. Those opposed
10. Microwave, slangily
11. The letter “s”
12. Restraining order
13. Mica in thin sheets
14. The experts to see before the Ides of April, Taconic ___ ___
15. Costumes
16. Gun an engine
17. Restraining order
18. Microwave, slangily
19. Those opposed
20. Microwave, slangily
21. The letter “s”
22. Restraining order
23. Mica in thin sheets
24. The experts to see before the Ides of April, Taconic ___ ___
25. Costumes
26. Gun an engine
27. Restraining order
28. Microwave, slangily
29. Those opposed
30. Microwave, slangily
31. Director Jean-___ Godard
32. Looking pale
33. Summer, in Cannes

DOWN
1. Blasphemous
2. Recital numbers
3. Zee’s place
4. No-no’s opposite?
5. Mystic
6. “Men in Black” costar Tommy ___ Jones
7. Trademarks, abbr.
8. Or ___!
9. Floor protectors
10. Petrossian
11. Italian fashion designer
12. Naught
13. Capri coin, once
14. Preappraised about
15. Some old Brit. sports cars
16. Limber
17. ___ fault
18. Hung. neighbor
19. Looking pale
20. Restraining order
21. Microwave, slangily
22. Restraining order
23. Mica in thin sheets
24. The experts to see before the Ides of April, Taconic ___ ___
25. Costumes
26. Gun an engine
27. Restraining order
28. Microwave, slangily
29. Those opposed
30. Microwave, slangily
31. Director Jean-___ Godard
32. Looking pale
33. Summer, in Cannes

Happenings

Connection announces a free program “Yoga: A Path Toward Wellness” will be offered from 12:15 to 1 p.m. at Club Fit in Jef- ferson Valley on every Saturday in March. 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 to attend, call Support Connection at 914-962-6402 or 800-532-4290.

The Ingrid Jensen Four: The quartet of internationally acclaimed jazz virtuosos headed by trumpeter Jensen, will make a rare local appearance in Westchester Col- laborative Theater (WCT)'s Jazz in the Box Series at 7:30 and 9 p.m. at WCT’s black box performance space, 23 Water St., Ossining. General admission is $25. A cash bar and refreshments will be available. Purchase seats online at https://www.brownpapertickets.com/event/4520376.

Sunday, March 8

Beth Am Celebrates Purim: Come celebrate Purim with Temple Beth Am from 9 to 10 a.m. The doors will open on our Purim carnival for tots and children with special needs. Then, from 10 to 11:30 a.m., we will gather in the sanctuary for singing, dancing, and the reading of the Megillah/The Story of Esther. The reading will be followed by this year’s amazing Purim Shpiel, “Oklahama!!” Then, the carnival doors will be fully open from 11:30 a.m. to 1 p.m. Temple Beth Am is located at 203 Church Pl. Yorktown. For more information, please call our Rabbi at 914-962-7500 or e-mail him at rabbih@optonline.net.

Healing Yoga: Yoga classes for women with breast cancer are held at 5 p.m. on Sundays at Hudson Yoga, 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, March 9

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.

Mystery Purim Schpiel: Come, in costume if you like, to First Hebrew for a mysterious, sure to be fun play about Purim, the Jewish holiday that retells the victory of the Jews over an ancient enemy. Everyone is invited to bring noisemakers or use those provided. After the March 9 show, which starts at 7 p.m., there will be traditional Purim treats like Hamman-taschen cookies. No RSVP is necessary, but questions can go to fhe@firsthebrew.org or 914-739-0500. First Hebrew, located on the border of Peekskill and Cortlandt at 1821 Main St., has been serving the Jewish and interfaith communities for over 125 years. Visit www.firsthebrew.org for information on all programs and services.

Open Houses: Our Montessori School welcomes parents who want to learn about our uniquely personalized approach to early childhood education from 7 to 8 p.m. at three locations: 4 Glenna Dr., Carmel; Yorktown United Methodist Church (use right-side entrance), 2300 Crompond Rd. and St. Andrew’s Lutheran Church, 2405 Crompond Rd., Yorktown. For more information, parents/caregivers can call 914-962-9466, e-mail oms9@verizon.net, or visit https://www.facebook.com/Our-MontessoriSchoolYorktown.

Tuesday, March 10

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.

Community Purim Celebration: Chabad of Yorktown invites the community for a Purim celebration party at 6 p.m. at the Yorktown Community and Cultural Center. For more information and to RSVP visit www.ChabadYorktown.org, or call 914-962-1111.

Support Connection Discussion: Support Connection, Inc. announces a free discussion program Ten Years or More Post-Diagnosis: from 6:30-8:30 p.m. at the Support Connection office in Yorktown. It is open to people who were diagnosed with breast, ovarian or gynecological cancer 10 or more years ago. To learn more or to pre-register, which is required to attend, call Support Connection at 914-962-6402 or 800-532-4290.

Solving The Retirement Income Puzzle: An educational workshop for people approaching or entering retirement and the recently retired is slated for 6:30 to 7:30 p.m. It will be led by Social Security, retirement income and tax specialist Paul Petrone. Free. Registration is required. For more information and registration call 914-232-5717 or visit www.somerslibrary.org.
Peekskill Police Sergeant Retires

Peekskill Police Sergeant Sam Kenan officially retired February 25, completing a law enforcement career that spanned nearly 24 years. Kenan wore many hats throughout his career. In addition to retiring with the Rank of Sergeant he was also a former member of the Tactical Response Unit, Anti-Crime Unit, and he was tasked with supervising the Drone Unit.
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March 3 - March 9, 2020

The Northern Westchester Examiner
No. 8 Somers
Burned by No. 1 Garnet Buzzer Beater, 61-59

Somers All-Section senior G Dani DiCintio (4) beats triple team for two of her 20 points in her final high school game for the eight-seeded Tuskers, who came up two points shy in a 61-59 Section 1 Class A season-ending quarterfinal loss to top-seeded host Rye last Wednesday when the Garnets saw speedy Natasha Meyer scoop and score a rebound off a missed half-court desperation shot to beat the buzzer and send Rye to this week’s Final 4... see Girls’ Hoops Notebook
IT’S TIME
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Girls’ Hoops Notebook

Hendrick Hudson, Putnam Valley are Final 4-Bound
Mahopac, Ossining, Panas, Somers Picked off in Quarters

By Tony Pinciaro

It has been a memorable season for the HENDRICK HUDSON varsity girls’ basketball team and it became more special when it defeated PANAS in a Section 1 Class A quarterfinal.

The 44-30 victory sent Hen Hud to the Section 1 Class A Girls’ Basketball Championship Final 4 at the Westchester County Center, the state-ranked (No.18) Sailors first semifinal since 2005 and first ever trip to the fabled Mecca.

The second-seeded Sailors (21-1) will play sixth-seeded Pearl River in a semifinal, Thursday, March 5. The other semifinal has archrivals No. 4 Harrison playing No. 1 Rye.

The semifinal winners will play for the title and a berth in the NYSPHSAA tournament.

“This season has been incredible and every single player on our team has put in 110% since the first day of practice,” Sailor G Grace Moretti said. “Going to the County Center was one of our goals at the beginning of the season and I am extremely excited to be crossing it off the list. It is a dream come true for me and my team and I can’t wait for the game.”

Hen Hud earned its trip with a strong second half. The Sailors trailed seventh-seeded Panas, 16-11, at the half, grabbed a 27-23 lead after three quarters.

“This season has been filled with excitement and the feeling of accomplishment,” Sailor senior Caitlin Weimar said. “It’s been so much fun to make it this far and do so well. It’s a huge deal in our community and school so we want to do our best and be the first section champs in Hen Hud girls’ basketball.”

Weimar, who finished with 22 points, 17 rebounds and four steals and Moretti agree that familiarity with some of Panas’ players aided them, defensively.

“I think it is helpful playing against people you know like Kristen (Scrobola),” Weimar said. “I think we keep our pressure and energy up. We deflect passes, drop and switch on players very well to make people feel rushed and make mistakes.”

Moretti agreed and took it one step further.

“Throughout our entire season, our defense has been one of the key reasons we are 21-1,” Moretti said. “Thanks to our coach, we are always prepared for the type of offense our opponents play and the players that we have to watch out for. I believe that putting our top defenders on their best player was the reason we kept the Panthers to only 30 points.”

Hen Hud will face a Pearl River team that eliminated archrival No. 4 Harrison playing No. 1 Rye. The semifinal winners will play for the title and a berth in the NYSPHSAA tournament.

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Hen Hud will face a Pearl River team that eliminated archrival and third-seeded Tappan Zee. Pearl River has a history of final four appearances and success, but the Sailors will be ready, especially when it comes to the Pirates’ defensive approach.

“From an offensive standpoint, the only way that we will win this game is if every player on our team steps up and contributes to the offense,” Moretti said. “Caitlin is the key to our offense, but I believe that if Pearl River is locking her off, that other players will be able to step up and put us on the board.”

In the victory over Panas, Kira Varada had seven points, nine rebounds three assists and three steals and Moretti added nine points and seven rebounds.

While Weimar is averaging 24 points a game, Moretti is at 10 points a game, and Mykline Smith and Varada are both scoring seven points per game.

Hen Hud has been studying film and it sees many similarities between Pearl River and Panas.

“We’ve concluded that Pearl River has a strong offense and they are very good shooters so this means we will approach them with a very similar defensive attack as we...
The Northern Westchester Examiner

March 3 - March 9, 2020

Girls’ Hoops Notebook

continued from previous page

did against Panas,” Moretti said. “The key
to our defense will be locking off their key
players and making them as uncomfortable
as possible.”

CLASS A

Seventh-seeded PANAS held a five-point
halftime lead against second-seeded Hen
Hud in its Section 1 Class A quarterfinal
game before a second-half cold spell cost the
Panthers in a 44-30 loss.

“We were up by eight points in the third
quarter and then went nine minutes with-
out scoring,” Panas Coach Matt Evangelista
said.

Panas, which received 10 points from
Kristen Cinquina and eight points from Cai-
leen Nolan, finished with a 15-7 record.

Evangelista is looking ahead to the 2020-
21 season, but will miss his seniors, espe-
cially Kat Reynoso and Kristen Scrobola.

“We have many important pieces back
next year,” Evangelista said. “Kat Reynoso
was our defensive stopper and a great team
player. She will be missed next year. Kris-
ten Scrobola will be sorely missed. Although
she was nursing a sore ankle and didn’t have
her best game, she was hugely important to
our success. She averaged 10 points, eight
rebounds and five assists this year. She was
a three-year starter and the heart and soul
of our team.”

SOMERS

had perhaps the most gut-
 wrenching loss of the tournament, falling
61-59 at top-seeded, state-ranked (No.24)
Rye last Wednesday off an improbable buzz-
er-beater. Four-year veteran Dani DiCintio
paced the Tuskers (14-8) with 20 points
er-beater. Four-year veteran Dani DiCintio
paced the Tuskers (14-8) with 20 points

and our team.”

MAHOPAC’s excellent year came to a

premature close as the fifth seed dropped a
65-45 verdict to fourth-seeded and perennial
final-four participant Albertus Magnus in a
Class AA quarterfinal game last Friday.

“We were down six at the half and an ane-
ic offense in the third quarter hurt,” Ma-
hopac Coach Chuck Scozzafava said. “We
were outscored, 20-7, in the third. It was a
bad day to have a bad day. The girls worked
hard and hustled, but we just couldn’t hit
from the outside.”

Junior Mia Klammer and freshman Lau-
ren Beberman each scored 14 points for Ma-
hopac. The Indians finished 15-7 overall and
7-3 in the league. Two league losses were to
second-seeded and final-four-bound Arling-
ton, the No.2 seed.

The 2020 off-season will determine
whether the Indians are committed to estab-
lishing themselves as contenders in 2021,
but a good chunk of the returnees are year-
dround hoopers.

OSSINING

had its nine-year run as sec-
tional champions come to a conclusion as
third-seeded Our Lady of Lourdes defeated
the sixth seed, 63-56 in a Section 1 Class AA
quarterfinal. The Pride, who finished 13-9
this season, had three of its starting five foul
out of the game, but the nine-year run by
Coach Dan Ricci’s Pride is unprecedented
and will be extremely difficult to top.

“I think if we didn’t foul out the outcome
of the game would have been different,” said
senior Julia Iorio, who was among the three.

“I think at the end of the day we all played
really hard, but what it came down to was
free throws and layups. We missed way too
many while Lourdes made their shots.”

Brooke Weeks led Ossining with 19
points. Ashley McFadden finished with nine
points, eight rebounds, six assists and four
steals and Iorio also had nine points.

Even though the season ended prema-
turely for Ossining, Iorio leave with lasting
memories.

“Playing for Ossining has shaped my life
in so many ways it’s difficult to express
it,” Iorio said. “It gives you a second fam-
ily in that we see each other 11 out of the
12 months and five of those months we see
each other six days a week.

“We travel together, we laugh together
and we play together. This is something very
few people will ever get to enjoy through
their life. Winning all these titles is some-
thing special to me. It makes me feel like I’m
on top of the world and can do anything. Be-
ing a state champion is just a very high honor
that’s hard to beat, in my eyes.”

CLASS B

PUTNAM VALLEY

is returning to the
Westchester County Center, after a one-year
hiatus, for the Section 1 Class B Final Four.

continued on next page
Lakeland Falls to Reigning State Champ Poughkeepsie

By Ray Gallagher
Examiner Sports Editor@Directrays

And then there were none; as in large schools alive in the Section 1 basketball tournament. Fifth-seeded LAKELAND’s 65-56 Class A quarterfinal loss to No. 4 Poughkeepsie, the reigning state champs, last Wednesday left Class C HALDANE as the lone survivor among the local boys’ hoops teams.

Coach Joe Virgadamo’s second-seeded Blue Devils (15-5) were set for a semifinal tangle with No. 3 Tuckahoe last night at the Westchester County Center for the right to face top-seeded Hamilton, the No. 3 team in NYS, in the finals on March 7th.

Lakeland’s County Center dreams were dashed when the fourth-seeded Pioneers (16-6) snapped a fourth-quarter tie, made big shots down the stretch and were set face No. 1 Tappan Zee in Wednesday’s semifinal at the County Center.

“Take away a few crucial mistakes and I think we’re playing in the county center Wednesday,” All-Section Lakeland swingman Jack Kruse said. “We had a couple of turnovers late in the game and it got away from us. Hopefully, we left the program in a better spot than before we got there.”

Lakeland senior G Augie Karaqi scored 29 points in Hornets’ season-ending 65-56 Class A quarterfinal loss to Poughkeepsie Wednesday.

Lakeland senior swingman Jack Kruse scored 13 points in Hornets’ season-ending 65-56 Class A quarterfinal loss to Poughkeepsie Wednesday.

Ray Gallagher photos
Carmel’s Duke, Iona Prep’s Kelly Crowned State Champs

By Tony Pinciaro

Seventh-grader P.J. Duke earned the starting 99-pound weight class spot for the Carmel wrestling team from day one of pre-season and immediately established himself as an impact wrestler. Teams would learn quickly, that Duke was a force to be reckoned with, especially after he became the first seventh-grader to ever win the prestigious Eastern States Wrestling Classic.

Duke dominated the regular season, proceeded to continue in winning the Section 1 Division I (large school) 99-pound title and capped his perfect season, 49-0, at the New York State Championships with two technical falls and two pins. In the process, Duke became the first seventh-grader to win a Section 1 wrestling title and first to win a state championship.

Duke was one of two state champions from the Putnam Examiner coverage area as Iona Prep senior and Somers’ resident Matt Kelly won the 195-pound title. Mahopac sophomore Angelo Centrone, the Section 1 Division I champion, finished seventh at 113 pounds, making it consecutive state-place finishes for him. Last year, Centrone placed eighth at 106 pounds, making it consecutive state-place finishes for him. Last year, Centrone placed eighth at 106 pounds.

Coming into the season, Duke said he wanted to wrestle his best.

“I knew it was going to be a tough season, but it would be fun,” said Duke, who pointed out he was going to a weight-lifting session later in the day.

While Duke was off to an outstanding first month, he kept everything in perspective. Once he won the Eastern States in early January, Duke began thinking.

“It came to a realization during Eastern States that if I could win this I thought maybe I could win sections and states,” Duke said.

He also understood that he was no longer an unknown and opponents would wrestle their best against him. This drove Duke to work even harder.

“You can never take breaks because it’s hard to stay on top, once you get there,” said the George Fisher Middle School student.

Carmel Coach Seth Harrison, himself a Section 1 champion, marveled at Duke’s accomplishments.

“P.J. had a lot of firsts this season,” Harrison said. “He was the first seventh-grader to be a Section 1 champ. The first seventh-grade state champ and youngest state champ, as well as Carmel’s first state champ and undefeated wrestler in program history. And with all of his success this year, he still managed to reach another level in terms of his performance this weekend at states. The fact that he didn’t allow any offensive points to be scored on him, demonstrates this. In fact, he actually pitched a shutout through the entire postseason.

“There’s good, better and best. All three have talent, but what defines the best is when that talent is combined with a continued commitment to being the best. Being the first one in and the last one out. And maintaining that mindset and focus day in and day out. Not only does he elevate the room he’s in, he’s the hardest-working one there.”

Iona Prep senior Matt Kelly began wrestling as a nine-year-old and dreamt of becoming a state champion. Kelly won the 2019 New York State Catholic High School title and went on to finish third, at 195 pounds, in the New York State Public High School Athletic Association Wrestling Championships. While third place was an excellent showing in his first New York State Championships, Kelly would get another chance in 2020.

Kelly won a second consecutive Catholic title and this year, left no doubt as to who was New York State’s best 195-pounder as he did not allow a point in his four matches to win the Public High School title. Kelly outscored his four opponents, 50-0, including an 11-0 major decision of Nicholas Franco (Farmington-Dale-Section 8) in the title match. Kelly went 51-3 this season.

“Going in, I knew the venue and the crowd and how overwhelming it could be,” Kelly said. “I felt more calm and collected in myself. I also did a lot of training in the off-season at Empire Wrestling Academy; working on my technique and I felt I got a lot better.”

Kelly was seeded first, but unlike at Eastern States, where he was also the top seed, he did not allow the pressure to affect him.

“The pressure got me, I lost in the semis and finished third,” said Kelly of Eastern States. “This time, I wrestled every match the same way. Hard. You also have to wrestle, keep your hands and feet going and execute your moves on top and bottom. In the state final, I treated it like it was my first match.”

Kelly, who will attend Binghamton University in September and continue wrestling in the Senior High School Nationals as well as training hard. However, he will always remember his final high school match.

“It feels great, like a dream come true,” said Kelly of his state championship.
When One Door Closes, Another Usually Opens

By Ray Gallagher

A quarterfinal win over rival Walter Panas, which punched Hen Hud’s ticket to its first Final 4 since 2005 and only County Center visit in program history — it was also the end of the line for Coach Matt Evangelista’s Panthers and Manhattanville-bound senior stalwart Kristen Scrobola, the heart and soul of the program the past couple years.

Hell, watching Scrobola foul out in the waning seconds only to walk off into Evangelista’s arms was as tough as watching Brand walk off the County Center floor after a stunning Class A semifinal loss to Poughkeepsie in March of 1997; to this day the most improbable high school sports upset I think I’ve ever personally witnessed. Brand’s loss to the Pioneers opened the door to the first Section 1 hoops title in Panas history; to this day one of the terrific memories I’ve had in this profession.

I imagine it was just as tough last Wednesday for four-year Somers senior Dani DiCintio, who lost her last game on a buzzer-beater in the Class A quarters to Rye, and for Lakeland’s All-Section seniors Jack Kruse and Augie Karaqi, who went up to Poughkeepsie and lost to the reigning state champs. The end of the line sucks, no two ways about it.

But when one door closes, another often opens; that’s life. So, when Hen Hud’s Marist-bound senior Caitlin Weimar drops that contested three on Panas from the top of the key midway through the fourth quarter, the doors to the County Center were opened to the Lady Sailor for the first time ever, and that was a sight for sore eyes — something I’ll carry with me for quite some time. Congrats to Coach Sherman, who began to build a culture 11 years ago, and the Sailors.

“This group is special,” Sherman said. “They had to prove that we are more than just Caitin. I believe they did that by winning our league and getting to County Center. I also feel like I have always had a “special” group of kids in all of my 11 years of coaching. I have had many well wishes from alumni that helped us get here.”

And they’re not done yet: No.6 Pearl River lies in wait.

“Something tells me that the Mahopac girls’ hoop team, which was knocked off in Friday’s quarterfinals, might be in the same boat in Class AA next year, with all the Indians will return. But that’s not going to be easy since Section 1 refuses to fully address the elephant in the room — the Catholic powerhouse Ursuline, Our Lady of Lourdes and Albertus Magnus. Once again, the Catholics dominate the Section 1 chapter of the NYSPHSAA Class AA girls’ hoops tournament, as all three head to County Center this week. The section 1 hoops title in Panas history; to this day one of the terrific memories I’ve had in this profession.

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Smooth Sailing... to County Center!

No.2 Hen Hud Knocks off No.7 Panas to Reach 1st Final 4 Since 2005

Members of the Hen Hud girls’ basketball team -- including Kira Varada, Caitlin Weimar, Colleen Ryan and Gia Gabari -- revel in the second-seeded Sailors’ 44-30 Section 1 Class A quarterfinal win over No.7 Walter Panas last Wednesday when the Sailors advanced to the Final 4 for the first time since 2005 and will play a playoff game at the Westchester County Center for the first time ever. Coach Ken Sherman's Sailors will face No.6 Pearl River in Thursday’s (5:00 p.m.) semifinals when Varada and Ryan (inset) hope to dance again... see Girls’ Hoops Notebook.