Developer Envisions Destination Project in Peekskill

By Rick Pezzullo

Having already used the Hudson River to his advantage with projects in Ossining, Yonkers and Haverstraw, prominent developer Martin Ginsburg has now set his sights on a parcel in Peekskill that overlooks the river and he feels could be a destination location in the Hudson Valley.

“We like to think we create a little bit of magic when we work on these things,” Ginsburg told the Peekskill Common Council last week. "We have a beautiful site. We want to preserve it. We want to enhance it. This could be a destination. I think it's going to appeal to a lot of people.”

Ginsburg is proposing to build 178 “reasonably priced” two-bedroom attached townhouses on the top of John Street as part of his Abbey at Fort Hill project. He is also looking to reuse the existing convent and chapel for a 43-room inn, spa with a swimming pool and a restaurant. The project will only disturb less than five acres of the site, which is a significant decrease from the 25 acres that were slated to be developed when Ginsburg appeared before the council last November. Existing trails on the property will also be enhanced.

“I look at this as a legacy project,” Ginsburg said. “I am very motivated by the river. I have made that my cause. I look at the Hudson River as one of the most beautiful rivers in the world, yet it is totally underutilized. People will come here from New York City.”

In addition, Ginsburg is hoping to make improvements to the area of Main and Spring streets which he emphasized served as a “gateway” to the Abbey at Fort Hill property.

“It's not a very pretty site now,” Ginsburg said of the area. “We're going to try to enhance it. We want to change Spring Street to Fort Hill and make Spring Street two-way instead of one-way. This is the (entrance) to what we think will be a significant development, and maybe a landmark.”

Besides obtaining necessary financing for the project, which Ginsburg conceded could be a challenge, Ginsburg would need the council to amend the Zoning Map.

17-year-old Determined to Win Seat on Ossining Town Board

By Rick Pezzullo

He just graduated from Ossining High School on Saturday and will be furthering his education in September at Fordham University, but Aaron Spring has set his sights on another achievement in November.

Spring, 17, is looking to make history by being the youngest elected official in the Town of Ossining. He is running on the Republican line for one of two available Town Board seats on a ticket with two running mates, former Village of Ossining Mayor John Perillo and retired Admiral Michael Milner, who are about half a century older than him.

"I would not run if I didn't think I wasn't going to win," Spring said. “I always think positively. I always want to make a change in the community. We can't complain about government if we're not trying to pursue an active role ourselves.”

Spring said he first got interested in politics in 2008. In December 2013, he started a Young Republicans Club, which has performed some community service. Since he doesn't turn 18 until July 31, Spring has had to rely on his mom going door-to-door with him to obtain enough signatures to get on the ballot. Some of his underage friends will also be unable to vote for him.

"Sometimes it's the people who can't even vote that make the biggest difference," he said. “My friends are very behind me. A lot of people look up to me. There are some people who say, 'What are you doing? Live your life as a kid,' but 85 to 90% of the reaction I have received has been positive.”

At any level of government, Spring said “one party rule” is never beneficial, alluding to the all-Democratic Town Board. 

Aaron Spring is looking to make history as the youngest elected official in the Town of Ossining.

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Peekskill Police

June 15 - Peekskill Police working with the Northern Westchester Narcotics Task Force charged a 20-year old Peekskill male with the sale of crack cocaine. Eddie Reeves, a resident of Harrison Avenue, was charged following a six-month investigation after he was brought to Peekskill City Court from the Westchester County Jail where he is being held on an unrelated charge. Reeves is being held on three counts of Criminal Sale of a Controlled Substance (B/F).

June 17 - Detective Ralph D’Aliso arrested Dale Page, 69, of Peekskill, for grand larceny in the fourth degree after an extensive investigation into several thefts from patrons who were shopping at local businesses. Police said Page would spend extended periods of time pushing a shopping cart around at local supermarkets while looking for potential victims and was targeting elderly women who had their pocketbooks in their carts. When the victims were distracted with their shopping he would move in, engage in small talk and take their pocketbooks. Page rode a bicycle and was very active at Stop & Shop in the Beach Shopping Center, A&P on Welcher Avenue, Sav-A-Lot on North Division Street and C-Town on Park Street spanning over several months.

Yorktown Police

June 16 - 12:45 p.m. – Tyler Rodgers, 28, of Ridgefield, CT, was charged with attempted assault following the report of a domestic dispute on June 9. An investigation revealed Rodgers attempted to cause physical injury to a 32-year-old victim by throwing her against a wall and onto the floor. Rodgers voluntarily appeared at Yorktown Police headquarters on June 16, where he was arrested. He was released on $250 bail and is scheduled to appear in Yorktown Town Court on July 14.

9:19 p.m. – John Kocinsky, 53, of Carmel, was charged with criminal possession of a controlled substance, unlawful possession of marijuana and multiple vehicle and traffic violations after being pulled over on the Taconic State Parkway for driving in an erratic manner. He is due in Yorktown Town Court on July 16.

State Police

June 14 - Lee Berwick, 35, of Mohegan Lake, was charged with tampering with physical evidence, petit larceny and two counts of criminal possession of a controlled substance following the report of a shoplifter in custody at the Home Depot at the Cortlandt Town Center. Police said Loss Prevention observed Berwick conceal approximately $72 worth of tools and other merchandise in his pants. He then exited the store without paying for the merchandise. An investigation revealed Berwick discarded drug evidence consisting of suboxone and alprazolam under the patrol vehicle to avoid additional criminal charges.

Ossining Man Arrested for Bomb Threats Against Pace University

By Janine Bowen
A 52-year-old Ossining man was arrested last Thursday by Mount Pleasant police for making threats to bomb buildings at Pace University’s Pleasantville campus.

The suspect, Ernest Brown of 237 Spring St., was a former clerical worker at the school and was reportedly upset after he was dismissed from his position, said Mount Pleasant police Lt. Robert Miliambro. Brown allegedly told another employee at the university on June 16 that he had a Molotov cocktail and told him of his plans to blow up the school, he said. Upon receiving notice of the threat, Mount Pleasant police visited Brown’s Ossining residence, but he wasn’t home at the time. Detectives invited the suspect to Mount Pleasant police headquarters in Valhalla, where he appeared and was arrested on June 18 after confessing, police said.

It was not immediately known why Brown was no longer employed at the university.

Brown was charged with falsely reporting an incident, a felony, and was arraigned in Mount Pleasant town court on Thursday. He was held at the Westchester County Jail and had yet to make bail, which was set at $50,000 cash or $25,000 bond.

Ask the Doctor

Bonnie Litvack, MD, FACP
Director, Women’s Imaging
Northern Westchester Hospital
nwhbreastinstitute.org/DrLitvack

Q: At what age should I begin getting mammograms?
A: Once a woman turns 40, the American Cancer Society and most recognized medical authorities recommend she start getting yearly mammograms. But mammograms aren’t uniformly sensitive in all women. Between 40 and 50 percent of women have dense breasts - fibrous tissue as opposed to mostly fatty tissue - and that density can obscure potential problems.

Many women aren’t aware that breast density is an issue. New York State requires doctors to notify women, in a letter, when their mammogram reveals this is the case. Do not become alarmed if you get this letter. It simply means that you should have a conversation with your doctor about your overall breast cancer risk.

Q: Why is it important to know if I have dense breasts?
A: Dense breasts can make mammograms less sensitive, and they may also contribute to cancer risk. You’ll need to speak with your doctor about your individual lifetime risk and thoroughly evaluate your risk factors. To determine your risk, your doctor will ask you about your family history of breast and ovarian cancer, your age when you had your first period, whether you have children, when you had your first child, and any history of chest irradiation, among other potential risk factors. The good news is that for many women with dense breasts, their risk won’t be elevated enough to warrant any changes in screening.

Q: What if I’m high risk?
A: Women who are at high risk (greater than a 20-25% lifetime risk) and who have dense breast tissue should have annual screening breast magnetic resonance imaging (MRI) in addition to a mammogram. MRIs are very sensitive and can pick up some cancer missed on a mammogram.

Q: Shouldn’t all women, regardless of their breast density, get a Breast MRI?
A: There are many false positives with Breast MRI, which is why it is only recommended for women who are at high risk as they will derive the most benefit. Regardless of your breast density, make sure you get your yearly mammogram and discuss your risk factors for breast cancer with your physician.

Learn more about breast density and mammograms at www.nwhbreastinstitute.org

Did You Know?
Having dense breast tissue may increase your risk of getting breast cancer.
First Inclusive Playground in Yorktown Unveiled at Downing Park

By Rick Pezzullo

A ribbon cutting ceremony was held Friday at Downing Park in Yorktown for a new inclusive playground suitable for children of all ages and abilities.

The $50,000 project, which has been planned for about three years, was fully funded by a donation from The Gilbert Beaver Conference Farm and was constructed and landscaped by town employees.

“Walt Disney once said, ‘If you dream it, you can build it.’ That has been the motto of the Parks and Recreation Commission,” said Deputy Town Clerk Diana Quast, chairperson of the commission. “This playground is a new opportunity not just for kids, but also their parents. It’s a place where no one sits on the sidelines and feels left out.”

Monsignor Dermot Brennan assists Deputy Town Clerk Diana Quast in cutting ribbon for playground.

Monsignor Dermot Brennan, pastor emeritus of St. Patrick’s Church in Yorktown and former chairman of the Beaver Farm Board of Directors, described the unveiling of the playground as “truly a joyful occasion.”

“We received a gift back to us with this playground, much more than we ever dreamed of,” he said.

Yorktown Supervisor Michael Grace and Parks and Recreation Department Superintendent Brian Gray lauded the efforts and dedication of the town’s workforce in completing the playground.

“It’s just another example of Yorktown’s exceptionalism,” Grace remarked.
June 23 - June 29, 2015

Protestors displayed their feelings about a circus in Verplanck sponsored by the Rotary Club of Cortlandt Manor.

Yorktown Lions Club & Town of Yorktown
 Presents: 2015 Summer Concert Series
Jack DeVito Veterans Memorial Field Yorktown Heights

All concerts start at 6pm at the Jack DeVito Veterans Memorial Field and gazebo located behind the yorktown community and cultural center.

In event of rain or unsafe weather forecasts, show will be moved into the yorktown stage theater. Seating in the theater is limited to a first come/first served.

June 28: The Blue Meanies – Beach Boys and 60’s Tribute including The Monkeys and The Beatles!
July 12: Cherish The Ladies – Award winning Traditional Celtic music band featuring Yorktown’s own Joanie Madden!
July 26: Yorktown’s Chain of Fools – Motown Review!
August 09: Tramps Like Us – The Ultimate Bruce Springsteen Tribute Band!
August 23: Disco 54 Band – Tribute to the age of Disco!
August 30: Larry Chance and The Earls – Get back to the days of Doo Wop with this Bronx Walk of Fame Inducted Band!

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**Longtime Hart Library Director Turning the Page to Retirement**

**By Rick Pezzullo**

The book on John C. Hart Memorial Library Director Patricia Barresi’s long-time tenure will be closed on Friday.

Barresi is retiring from her 21-year post heading the third busiest library in the Westchester Library System, and she’s looking eager to begin a new chapter in her life that doesn’t include a set schedule.

“Someone once said when you retire every night is like Friday night. I’m looking forward to that,” said Barresi in the basement conference room of the library in Shrub Oak. “I’ve enjoyed working with and for the people of Yorktown and the staff have been great. They really enjoy what they’re doing.”

A resident of Thornwood, Barresi, who was honored by the Yorktown Town Board last week, worked as a librarian and assistant director of the New Rochelle Public Library for 22 years prior to joining John C. Hart. She originally set out to be an English literature teacher.

Overseeing a $2.5 million budget and a staff of 15 full-time and 35 part-time employees, Barresi said John C. Hart has expanded in size, programs and materials since she came on board and maintained the community relies more on the services of the library than ever before.

Close to 500,000 items enter and exit the library annually, trailing only the Yonkers and White Plains branches.

“If we were open to 2 a.m. somebody would be here,” Barresi said. “Once you get them in the door and people see what we have to offer they’re amazed. You have to know your community and give them what they want. Public libraries are more popular than ever because we give that sense of community. We have a wonderful public. People are educated but they’re not so rich that they can buy all their materials.”

Besides increasing circulation, Barresi said she helped champion the renovation of the library’s children’s room, installation of a new roof and HVAC system and expansion of a children’s summer program that serves 800 children.

During her retirement, Barresi, 67, said she plans to travel, volunteer, enjoy her grandchildren and relax.

“I will miss contact with the public and knowing the latest books,” she said. “I had a lot of good people work here with me.”

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**17-year-old Determined to Win Seat on Ossining Town Board**

Continued from page 1

Board in Ossining currently. He believes the fact all candidates in the race for Town Board are newcomers (Democrats have backed Karen D’Attore and Elizabeth Feldman) makes it a level playing field.

“The math is clearly on our side. It’s newcomers versus newcomers,” Spring said. “The people are ready for change and they’ll vote for change. I expect a clean campaign. I have nothing against my opponents. They’re nice people but one party rule eventually cripples the town.”

If elected, Spring said he would look for some possible property tax exemptions for residents and try to bridge the achievement gap in school between white and minority students.

Spring maintained the Republican ticket appeals to residents of all ages and is proud to run with Perillo, who is running for supervisor against Democrat Dana Levenberg, chief of staff for state Assemblywoman Sandra Galef and a nine-year Board of Education trustee.

“I love working with him. He has so much energy and so many ideas,” Spring said of Perillo. “It’s a tough road to victory but a very winnable battle.”

Spring will be having a fundraiser June 25 at the Ossining Steamer Firehouse. He can be reached at (914) 602-6629 or Aspring073197@gmail.com.
Filmmaker Returns Home to Shoot Documentary in Somers

By Robert Montague

A former Somers resident returned to Westchester with an Emmy award-winning filmmaker to shoot a documentary covering her life and what it’s like to be a first generation Latino American.

For the past week, Denise Soler Cox and Henry Anscharer came to various Somers locations to film for their up and coming short documentary, Project Enye. Project Enye is a documentary about Cox’s life, and about first generation Latino Americans, people whose parents came to the U.S. from South America, but were born in the U.S. In the film they are referred to as “Enyes.”

Cox explained she had the idea to make the film since she was 26. It took 17 years and when she was 41 she acted on it and was able to put her film into action. Cox and Anscharer have now been developing the film for the last three years, and started filming in January.

Cox’s original vision was to focus on other people who are first generation Latino Americans. She said she feels connected to them because she is one herself. Her parents came to America from Puerto Rico before she was born. She was born in the Bronx but her parents moved to Somers to give her a better life. Growing up she described there being a conflict of identity.

“I didn’t feel enough American here, but didn’t feel enough Puerto Rican there,” she remarked. Those feelings are why she’s wanted to make the documentary for so long.

The focus of the film changed to about her life more specifically from the influence of her partner, Anscharer. “In my experience a personal or individual story is the most powerful way to connect with an audience,” Anscharer said.

The film doesn’t only focus on her life. She has also interviewed many Latino celebrities from all ranges. She’s interviewed names such as Maria Hinojosa from “Meet The Press” and actor Louis Guzman.

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People ask if you had a million dollars, what would you do with your life? I’ve always said I would do this, and it’s the best decision I ever could have made,” she said.

Project Enye will run approximately 35 minutes long and will premiere this fall.

Developer Envisions Destination Project in Peekskill

continued from page 1

to include the site in the Planned Residential District and change the zoning to allow the inn, spa and restaurant.

“It’s a very exciting project,” commented Councilman Darren Rigger, who did express a concern.

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Time To Register!

Small news is Big news
Letters

American Flag Is Not Flown Properly at Peekskill City Hall

To the Editor:

(Re: Attack by Mr. Welder on my stance on the proper flying of the U.S. flag at Peekskill City Hall)

Currently there is a flag pole near the top of the building in the center of two smaller flagpoles which fly the American flag and another flag alongside it. I contend and I looked up U.S. code article 38 which states where the U.S. flag is flown on a building with a group of other flags the U.S. flag should be placed in the center and above all of the other flags. City Hall in Peekskill is not in compliance with the U.S. code which is also quoted in the American Legion handbook or pamphlet on proper flying the American flag, copies of which I am forwarding to this newspaper as evidence.

What is puzzling in Peekskill is the American Legion has not gotten behind this. This patriotic disabled American Vietnam veteran has been fighting for two years to have a flag flown properly. Officials of Peekskill walked out of the ceremony where I was being honored by state Senator Greg Ball, along with former Mayor Mary Foster. I was told later on they had to go to another event that evening but every other honoree that evening had the mayor of the town go up with them to get their awards.

It seems to me the reason the flag is not being flown properly at City Hall is political. Mr. Welder in his researching Peekskill says the city is patriotic because they have a big flag in Riverfront Green Park. I don’t know where Mr. Welder was the past 22 years in Peekskill while I’ve been fighting for the flag, lower taxes, and veterans’ benefits while I’ve been out front championing the people of Peekskill.

Recently flags were put up around the City of Peekskill and it was because of my efforts, not those of Mr. Welder or the American Legion of Peekskill. In the past year a veteran’s benefit was granted to veterans in Peekskill from the Board of Education in Peekskill due to the efforts of Mr. Ondek. I did not see Mr. Welder at one school board meeting for the flag or the people like I was. Mr. Welder also used as his example of patriotism by Peekskill government a flag on the top of the standard house. For his information that is private property. There is also a second flagpole in Riverfront Green where there is no flag on it. I’ve been given lam exuses by the Foster administration in the past when I expressed my concerns. Hopefully one day the flag, as well as the veterans of Peekskill, will receive the recognition and respect they deserve from Peekskill.

Sincerely,

GEORGE ONDEK

Peekskill

Yorktown Lions Free Summer Concert Series Lineup

The Yorktown Lions Club has finalized its lineup for the 2015 Yorktown Lions Free Summer Concert Series to be held at the Jack Devito/Veterans Memorial Park on Veteran’s Road in Yorktown this summer. The Lions use the concerts to sell sponsorships and ads in their journal to raise funds for their work in the community. 100% of all money raised is used in service projects.

President Ed Lachterman said, “I am very excited about the groups that have been chosen by our concert committee this year. There is a great mix of music with some real star power and some local flavor. We have some world renowned bands this year that really take the concerts to a higher level.”

The schedule is as follows:

7/12/15 – Cherish The Ladies – Traditional Celtic Music
7/26/15 – Chain of Fools – Motown Review
8/9/15 – Tramps Like Us – The Ultimate Springsteen Tribute
8/23/15 – Disco 54 Band – Tribute to the Age of Disco
8/30/15 – Larry Chance and the Earls – The original 60’s Do Wop group

All concerts begin at 6 p.m. In event of rain or unsafe weather forecasts, shows will be moved into the Yorktown Stage with first come/first served limited seating.

If interested in sponsoring the concerts or taking an ad in the journal, please call Lachterman at 914-393-1447 or visit www.yorktownlions.com and visit the Major Events and Sponsorship Page to download forms.

The Yorktown chapter of Lions International was founded in 1960. It is comprised of local members of the community who serve to make a difference in the lives of their neighbors, with an emphasis on the vision impaired. Some of the community events sponsored by the club include the Halloween Parade and Carnival, Santa visits to special needs children, Summer Concerts at the Jack DeVito Veterans Memorial Field and The Yorktown Easter Egg Hunt. In addition the Lions work with Guiding Eyes for the Blind. My Brother Vinnie; The Montross VA, Local Food Banks, Support Connection and the Yorktown schools in the form of the Leos, their High School version of the Lions, and Four Yearly High School Scholarships.

For more information on joining the Yorktown Lions, please contact Martin Scatola at 914-309-2036 or go to our website – www.yorktownlions.com.

SMALL NEWS IS BIG NEWS - 914-864-0878
Marshall Tucker Band to Ring in the Paramount Hudson Valley Theater's 85th Anniversary

The Paramount Theater in downtown Peekskill first opened its doors to great fanfare with a gala event on June 27, 1930. This June 27, 2015 will mark the 85th Anniversary of Peekskill’s beautiful landmark theater. Eighty-five years later to the day, the historic venue will be celebrating that anniversary with a live concert from the iconic Marshall Tucker Band with opening act Sundown, a historical slide show and an exhibition of vintage photos from the Paramount’s storied past, a special commemorative playbill for concert-goers, raffles and an auction for authenticated signed guitars from some of music’s biggest stars, and more.

While the multi-platinum selling Marshall Tucker Band has only been around half as long as the Paramount, in the band’s 42 years they have cemented their own place in music history. The MTB will bring out all their classic hits for the Paramount’s 85th, from “Heard It In A Love Song”, “Can’t You See”, and “Fire On The Mountain,” to “Take The Highway” and more favorites. Founding band member and lead singer Doug Gray promises, “no matter how old we get, we can still rock your socks off.”

For Paramount CEO Kurt G. Heitmann, head of Red House Entertainment LLC which took over the operation of the theater in May of 2013, the celebration of the 85th anniversary milestone is deeply personal. “I was born and raised in Peekskill. Keeping this beautiful theater alive and thriving is a calling and an honor.”

On the topic of landing The Marshall Tucker Band for the event, Heitmann is equally enthusiastic. “MTB put on an incredible show at the Paramount last year, exactly one year ago to the date on June 27, 2014. We were thrilled when the guys in the band were willing to come back to celebrate the theater’s 85th anniversary, on the one year anniversary of their first Paramount performance! It’s perfect.”

He continued, “We know our wonderful neighbors and patrons in this great community of Peekskill and beyond will help to make the 85th anniversary an occasion to remember. And the Marshall Tucker Band will make it a rocking party!”

Local businesses and organizations are already on board to celebrate this historic milestone for the city of Peekskill and the Hudson Valley. Confirmed sponsors of the Paramount Theater’s 85th Anniversary include Alliant Insurance, D Bertoline & Sons, Croton Auto Park, N Dain & Sons, Franzoso Contracting and Energy Solutions, NY Presbyterian/Hudson Valley Hospital, and Wheelabrator Technologies.

In addition to the live concert from the Marshall Tucker Band, opened by the popular Hudson Valley-based band Sundown, Paramount 85th Anniversary festivities will include a red carpet reception starting at 5 p.m. with a special appearance from the Peekskill High School Jazz ensemble led by Band and Music teacher John Hahn, a plaque presentation commemorating the anniversary of the Paramount Theater, plus a photo exhibit of vintage Peekskill images and an on-stage slide show.

A number of autographed guitars will be raffled or auctioned at the event, all in support of local charitable organization Caring for the Homeless of Peekskill (CHOP). An entry to win a guitar signed by the Marshall Tucker Band members will be automatically included with every purchase of Tier 1 tickets to the 85th Anniversary concert from the Paramount, with additional raffle entries available for purchase at the event.

Members of CHOP will be on hand at the event, selling raffle tickets for a separate giveaway, which includes guitars signed by Judy Collins and John Sebastian.

continued on page 19
Your kidneys are easy to ignore. They purr away filtering your blood, eliminating toxins and impurities, and they rarely complain. However, you don’t want to take these vital organs for granted. When a kidney infection or chronic disease progresses too far, your kidneys can sustain permanent damage. Should something go wrong with your kidneys, your life can change dramatically for the worse. In fact, 90,000 Americans die each year from kidney disease.

Among the many duties of these unassuming organs, topmost is removing waste from your bloodstream for elimination from the body. Each day they filter up to 150 quarts of blood, producing about one to two quarts of urine. They also help maintain the balance of water and electrolytes like sodium and potassium in your body. On top of that important work, the kidneys also generate hormones that help regulate blood pressure and make red blood cells.

Kidneys accomplish this valuable work through the use of roughly a million filtering units per kidney known as nephrons. This is why kidney specialists are known as nephrologists, and the field of kidney medicine is called nephrology. A number of systemic, or underlying, conditions such as diabetes mellitus and cardiovascular disease can damage nephrons. A family history of kidney disease, autoimmune diseases – which can cause nephritis or vasculitis – allergic reactions to drugs and kidney stones can also damage your kidneys and place them at higher risk of failure. Behaviors that can damage kidneys include smoking or relying too much on over-the-counter NSAID pain medications such as ibuprofen or naproxen. When kidneys begin to fail, waste products build up in the body leading to very serious health issues.

Unfortunately, early kidney disease is difficult to spot. There are rarely obvious symptoms, so it’s important to check with your primary care physician if you notice any small changes such as discoloration of—or a decrease in—urine, or any swelling that may be due to the retention of fluids. If you’re under doctor’s orders to take large doses of NSAIDs, your kidney function should be closely monitored. When kidney disease is suspected, your primary care physician will refer you to a nephrologist for consultation and evaluation. A thorough examination, blood tests, imaging studies, and occasionally a biopsy are tools used to help uncover the underlying cause, which will guide treatment. It is also necessary to determine the stage of kidney disease if it is present.

Many people with CKD (chronic kidney disease) remain stable or progress slowly if their underlying condition is caught early enough and treated. However, in some instances kidney disease does progress, for those cases, renal replacement therapy (RRT) is available in the form of dialysis (hemodialysis or peritoneal dialysis) or a transplant.

Preventing Kidney Disease
You can avoid trouble by making sure you control high blood pressure, or if you have diabetes, managing your blood sugar by being careful to take your medications. People at elevated risk due to chronic conditions like heart disease or diabetes should get blood tests and urine tests to screen for early kidney disease. Have a chat with your doctor about the health of your kidneys and whether it makes sense to have them tested. This organ is critical for life. You won’t regret it, especially if you’re able to catch any kidney damage early.

If you have chronic kidney disease, I strongly urge you to visit www.davita.com and find a FREE Kidney Smart® Class near you. Martin Saltzman, MD, is Chief of the Division of Nephrology at Northern Westchester Hospital and a member of the Mount Kisco Medical Group. He has been recognized as a Top Doctor by Castle Connolly and Westchester Magazine, and has received a Best Doctors Award from New York Magazine.

Happy Graduation to the Class of 2015

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Somers Boutique Adds Women’s Fashion and Accessories

By Neal Rentz

Somers Custom Framing & Gifts has been a popular shopping destination for more than eight years.

But while the boutique continues to offer framing services and a variety of gift items it has also increased its offerings of women’s clothing and accessories for the past two years.

“Now we have a customer base, so we’re shopping for our customers,” said North Salem resident Ginny Ryan, who co-owns the store with her husband Ken. “We find that the ladies who come in they’re looking to shop for themselves and for gifts for people. We’ve gotten a lot more fashion accessories, clothing, (and) a lot of jewelry.”

The fashion accessories are reasonably priced, she added.

Every six weeks Ryan said she travels to New York City to attend fashion shows, in addition to attending gift and fancy food shows in the city. Customers often ask for specific items from fashion shows including women’s jewelry shirts and tops, she added.

“Fashion shows are our favorite,” she said. “You get a feel for what’s coming out and fall in love with the new clothing.”

Though several fashion accessory and women’s clothing items have been introduced to her store over the past two years, it still sells many gift and food items. ‘There are soaps, lotions and wallets for men, food items that change often, including chocolate popcorn dessert pizzas, salas, jams and jellies; and clothing, toys and vintage traditional games for children.

“Most people shop for gifts and the women are coming in now shopping for themselves as well,” she said. One of the store’s continuing features is its framing services provided by Ken Ryan. “A lot of people don’t know where to get good framing done,” he said, noting that customers come from all over the area for his services.

Ken Ryan said he will frame “just about anything,” including art, documents, sports jerseys and three-dimensional collectable items.

Somers Custom Framing & Gifts is located at 253 Route 202 in Somers. For more information, call 914-276-3173, visit somersframing.com or send an email to ken@somersframing.com.
Juneteenth Parade Held in Peekskill

PHOTOS BY MEG DONOHUE

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Somers Pharmacy

Somers

By Neal Rentz

Tuckahoe resident Howard Schoenberg said last week the pharmacy business can be brutal. He knows that from experience.

“The big chains are just moving in and doing an unjust thing to the loyal independents that strive to really try and make it and succeed and serve the community the way it should be served,” Schoenberg said.

Schoenberg formerly owned a drug store in Somers decades ago but left his former location in town because of “some antics that were done by chains and landlords kind of pushed a reputable store out of their particular location.”

Undaunted, in 1980 Schoenberg opened the Somers Pharmacy on Route 202, across the street from the Elephant Hotel, with his partner, Tim Sullivan, who resides in Rockland County. The Boniello family, the store’s current landlord, “care about their tenants and cater to all their needs,” Schoenberg said.

“We’re a longtime independent pharmacy,” Schoenberg said. “We’re one of those loyal ones that are still left.”

Customer service and prices has been among the keys to the success of the Somers Pharmacy, Schoenberg said. The store staff has a “one on one” relationship with the patrons, he said, adding the staff members “try to comfort them if they have any problems.”

Although he is not a pharmacist, Schoenberg said he long has had a desire to be in the drug store business. “I always liked dealing with the public,” he said. “I’ve always felt a comfort to trying to help people.”

Aside from dispensing drugs, the store offers a wide range of other products, including surgical goods, over the counter medications, gift cards, health and beauty aids, gifts, vitamins and stationary.

Most of the store’s customers live in the Heritage Hills condominium complex and the surrounding areas of Somers, Katonah and North Salem, Schoenberg noted. The loyal patrons “patronize the store because they care about the little guy and the independent,” he said. “We do whatever we can to help them. We offer free delivery.”

Schoenberg described his business as an “old fashioned drug store that you would have found around 20 years ago and we’re still here and plan to stay here for a long time.”

Somers Pharmacy is located at 336 Route 202 in Somers in Bailey Court, across the street from the Elephant Hotel. For more information call 914-276-2121.
Ossining High School held its graduation ceremony Saturday at Pace University in Pleasantville.
Ossining High School Class of 2015

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When my family moved to the south when I was eight years old, I was amazed with some of the colloquialisms I heard that were so foreign to my ear transplanted from South Philadelphia. Like one from our next-door neighbor Ethel who liked to say how much she loved her husband even though he was as “ugly as a mud fence”.

I thought of that phrase recently when I pondered an ugly fence confronting me upon removing a row of sickly hemlocks, stricken years ago by a disease caused by thrips, pulled out by their roots, revealing a weather-beaten stockade fence that separates the back of my property from another. It had fallen into disrepair with slats cracked and pieces missing here and there. Rather than replacing it at considerable expense, I thought of a more creative approach: hiding it with a fast-growing vine.

I called in John Fitzpatrick of Fritz Landscaping to help me make the choice of which would be fastest growing. He suggested honeysuckle.

Fast growing vines give flexibility of form and function to the home landscaper; they can be directed to grow into unique, arching flights of design fancy or they can sprout into a quick, concealing blanket to cover up any unsightly structure or serve as a privacy screen. On a steep slope they can even spread out into a groundcover to slow down erosion.

If you want to use vines creatively in the garden, it helps to become familiar with the growing patterns of the varieties available: tendril climbers, twining vines, scrambling plants and clinging climbers.

Tendril climbers have thin shoots from the main stem of the plant, and these twist around any narrow support. This variety of vine grows very well on trellises and heavy gauge wire netting.

Twining vines climb by wrapping their main stems directly around a support. These vines usually need to be gently trained to grow in the direction you want. Whatever structure you use to support twining or tendril climbers, be sure that it does not lie flush against a wall or other surface. Not only does the vine need space behind the structure to grip it, but the ventilation will help keep the vines and any wooden support dry and healthy.

Scrambling plants don’t wrap themselves around any support. Instead they grow out long shoots that climb over whatever they encounter. These vines serve as excellent groundcovers or “cascading” vines, but it’s best if their dead stems are pruned regularly.

Clinging climbers grip surfaces with small, adhesive aerial rootlets, which hang on even after the stem dies. These should only be grown on stone or very solid masonry as the grips can dig into and damage wood and brittle surfaces.

An additional concern with vines is keeping them from taking over the yard. In a worst-case scenario, the vines can completely smother trees and other plants in the landscape, as can be seen with the infestations of Asiatic Bittersweet along some roads in the metro New York area. (My local readers can visit vinecutter.com to join groups that cut these vines down.)

On my own, smaller scale, I find that planting vines in pots or plastic pails set into the ground keeps the growth under control. I used this method successfully for hiding my ugly fence were the following vines that grow quickly:

Honeysuckle, a twining vine, can grow from 7 to 30 feet in a single summer, depending on the variety and growing conditions. Give them a support to grow on if you don’t want them to become shrubby. These fragrant blooms attract hummingbirds and butterflies.

Virginia Creeper, a climbing vine, can grow up to 50 feet. It’s identified by its leaves, which have five leaflets, are green, but are tinted with red when they first grow. In the fall, all the leaves turn deep red.

Clematis Etoile Violette can grow to 12 feet in a summer and sport profuse purple blossoms in July and September. They are good on posts, fences or wire frames.

Wisteria needs training in the beginning, but will eventually develop woody stems that are beautiful year-round. The cascading blossoms are spectacular, but take care that the vine doesn’t spread past where you want it.

Evergreen clematis grows by tendrils, and its downward-drooping leaves give it a “weeping” effect. This white-blossomed vine is an excellent choice for quickly covering a mailbox or wire fence.

For any garden advice or landscaping needs, call John Fitzpatrick at 914-618-1549.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.
In this age of instant news, instant data availability and instant gratification, I am suspect of most information that crosses the screens of my multiple electronic devices. So much of the rhetoric on the internet, upon investigation, is ultimately opinion, not fact. It is increasingly difficult to discern between the two. To make matters worse, many purveyors of information feel compelled to do so in 100 words or less to satisfy Americans’ increasing internet attention deficit disorders. Who needs compound sentences when short grammatical bites will do?

In the sphere of wine information, the same dilemma exists and persists. Be it commentary, wine ratings or descriptive adjectives, much wine information is subjective, making it difficult to rely on. This is quite evident in wine surveys. An informed public should be the goal of every organization that conducts surveys. But at times it is difficult to discern opinion from fact, perception from reality. One critic’s top wine of the year may be the next critic’s mediocre bottle.

Many of the surveys and poll results I’ve seen in my media travels center on individual wines, including listings such as the Top 100 Wines of the Year, Top 10 Wines of the Month/Week/Day, Top In-flight Wine Lists, Top 50 Wines Sold at Restaurants and Top Wine Values. A few are a bit more esoteric, such as Top Wine Travel Destinations, Top Winemakers and Top Sommeliers. Most merge into a cloud of sameness, with a pedantic approach that sets off my attention span limitation rather quickly.

Last week I came across yet another survey, but with a slightly different focus, and it intrigued me. Initially the title seemed rather ordinary: “The World’s Best Wine Lists of 2015.” What gave me pause to scrutinize this list amongst the myriad other surveys I see each month? The source of the survey, the highly regarded “The World of Fine Wine” magazine, and secondly the scope employed by the editor and judges. While its standards were not unique, the Fine Wine magazine judges revealed a trend in restaurant wine lists that I found refreshing.

Of the thousands of wine lists scrutinized, only 300 made the best-in-class cut. American restaurants (116) dominated the list among the 34 countries included. New York restaurants led the list with 40 honorees. The best list in the world? New York’s Eleven Madison Park, perennially rated one the best restaurants in the world.

What caught my eye among several of the winners was the changing focus of current wine lists. No longer dedicated to high-end Bordeaux and Burgundy bottles, lists have become more eclectic, expansive and deep. Eleven Madison Park offers three thousand different choices, with prices as high as one wishes to spend. More on the changing focus of their wine list, and the role of a new breed of sommeliers at other restaurants, next week.

So now we have a means to identify the top wine lists at the top restaurants in the world. But how to discern among wine lists at other, local fine dining establishments? Not to worry - there’s an app for that: Pickabottle. It focuses on New York City, but includes digitized versions of proprietary lists from restaurants in

continued on page 19
Marshall Tucker Band at Paramount

McCorcle and Jerry Eubanks, borrowing the name "Marshall Tucker" from a piano tuner whose name was found on a key ring in their old rehearsal space. In 1972, they signed with Capricorn Records, the same label that guided The Allman Brothers Band, Wet Willie, and others to national fame. The MTB opened shows for The Allman Brothers in 1973, and the following year, they began to headline their own shows across America, with platinum-plus sales of their debut album.

In years to come, The Marshall Tucker Band would wow critics and influence major country acts like Alabama, The Kentucky Headhunters, Confederate Railroad, and Travis Tritt with its definitive blend of rock, rhythm & blues, jazz, country, and gospel. The MTB earned seven gold and three platinum albums while they were on the Capricorn Records label. During the 90's, the band hit the charts again, scoring four hit singles on Billboard's country chart and one on Billboard’s gospel chart. Their music has also been featured on the soundtracks of movies such as Smokey and the Bandit, Blow, The Pursuit of D.B. Cooper, Shipwrecked, Crank 2, Don't Mess with Zohan, Stop Loss, Swing Vote, and Taking Chance.

For tickets and more information visit paramounthudsonvalley.com or call the box-office at 914-739-0039. Paramount Hudson Valley is located at 1008 Brown Street in Peekskill.

Beware the Many Faces of Media Hyperbole

continued from page 18

major cosmopolitan cities around the country and the world.

And it is more than a compendium of detailed restaurant wine lists that permits consumers the ability to peruse a list without the at-table pressure so common when dining. A Westchester-based wine connoisseur, David Beckwith, of New York City's Grand Cru Selections wine brokerage house, is one of the founders of Pickabottle. He tells me that for many of the app’s wine lists, a user can specify a particular country, style, price range or other criteria and the app will generate a curated list from which to select.

While we traverse the Wild West landscape that is the internet, there are sources of information that are perennially reliable, serving as a base that affords wine consumers the ability to navigate through massive data and provide vicarious adventures otherwise unavailable. Tread cautiously through the rest.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted numerous wine tastings and lectures. 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
### Crossword

**ACROSS**
1. ABC’s rival  
2. Dreamt for  
3. A place to be “Bowled Over,” ____ Lanes  
4. Group  
5. Container  
6. Measurement (out)  
7. 13th January, e.g.  
8. Carolina __  
9. Initials linked to Watson and Crick  
10. Sovereign  
11. Roman 3  
12. Measured  
13. Eight  
14. Variation in color  
15. Container  
16. Roman 3  
17. Chemistry term  
18. Part of the verb “to be”  
19. Russell  
20. “See ya”  
21. Dreamt for  
22. Dreamt for  
23. “See ya”  
24. Dreamt for  
25. “See ya”  
26. “See ya”  
27. “See ya”  
28. “See ya”  
29. “See ya”  
30. “See ya”  
31. “See ya”  
32. “See ya”  
33. “See ya”  
34. “See ya”  

**DOWN**
1. Prize in the ad biz  
2. Tusked animal  
3. George C. plus Marlo or Shrub Oak salon  
4. Politician’s campaign  
5. Equal  
6. Bind the hands and feet  
7. Crash site?  
8. Include secretly, as in an email exchange  
9. Terror group in “Mississippi Burning”  
10. Chemistry term  
11. This can be white  
12. Part of the verb “to be”  
13. Cellist Yo-Yo  
14. Trample  
15. Briskness  
16. Wayside stop  
17. Disclaim  
18. La Brea material  
19. Parrot  
20. Variation in color  
21. Pull the plug on  
22. Hindmost  
23. Roth or traditional  
24. A hankie  
25. Heretofore  
26. 13th January, e.g.  
27. Carolina ___  
28. A hankie  
29. Carolina ___  
30. Carolina ___  
31. Carolina ___  
32. Carolina ___  
33. Carolina ___  
34. Carolina ___  

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Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 315-400-0797 To-Donor. (914) 755-0970

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Happenings

Tuesday, June 23

Food Subscription: Local produce conveniently delivered each week for pick-up at the Somers Library is starting today. Field Goods is a local produce subscription delivery service. Each week, you’ll receive five to eight different types of fruits and vegetables Field Goods, located in Athens, NY, chooses the items and purchases them directly from over 60 different Hudson Valley farms. A subscription costs $20, $25, or $30 a week depending on which bag you choose. All of the produce is non-GMO, much is organic, and all is grown by farmers. To sign up and to learn more, go to FieldGoods.com or e-mail info@field-goods.com.

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 2 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 914-231-3260 and a counselor will return your call within two business days. For a listing of all SBIC centers in Westchester libraries, go to http://www.westchesterlibraries.org/senior-benefits-information-centers.

Farmers’ Market: The Putnam Valley Grange Farmers’ Market is held every Tuesday from 3 to 7 p.m. at the corner of Mill Street and Peekskill Hollow Road (Adams Corners).

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 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 914-231-3260 and a counselor will return your call within two business days. For a listing of all SBIC centers in Westchester libraries, go to http://www.westchesterlibraries.org/senior-benefits-information-centers.

Job Hunting Help: Free drop-in, hands-on assistance with online applications, resume writing, e-mail accounts and more is held on Fridays from 11 a.m. to 1 p.m. in the second floor conference room at the Ossining Public Library, 53 Croton Ave. Assistance is offered on a first-come, first-serve basis. For more information, contact Diane at 914-843-8745.

Not High Holidays: Come to First Hebrew’s free one-night-only workshop to learn about the lesser known Jewish holidays such as Sukkot, Shemini Atzeret, Shavuot and Tisha B’Av. What do they celebrate? What custom or rituals might be observed? The program will be held from 7 to 8 p.m. in the library at First Hebrew, 1821 Main St., Peekskill, just west of Beach Shopping Center. Info: 914-739-0500, the@firsthebrew.org or www.firsthebrew.org.

Breast Cancer Support: A free breast cancer support group meets on the fourth Tuesday of the month at 7 p.m. at the Yorktown offices of Support Connection, 40 Triangle Center, Suite 100. Advance registration is required for all groups; call 914-962-6402 or 800-532-4290. For a complete calendar of groups at all locations, visit www.supportconnection.org.

Wednesday, June 24

Fitness Program: The POUNDTM Fitness Program, a 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics isometric movements and poses, is offered at Theatre and Dance Arts 131 Bedford Rd. Katonah. Drop in or weekly discount rates available. The program is being provided on Wednesdays at 7:30 p.m. and on Saturdays at 11:45 a.m. Call Peggy for more information at 914-860-4097.

Bingo Wednesdays: Come to First Hebrew for $2,000 in total guaranteed bingo prizes, plus an average of $1,000 awarded in specialty games. Doors open 5 p.m. and games begin 7:15 p.m. every Wednesday (except holidays – check First Hebrew’s website calendar). First Hebrew is just west of the Beach Shopping Center at 1821 Main St., Peekskill. Info: 914-739-0500 of www.firsthebrew.org.

Thursday, June 25

IBM Retirees Club: The Tri-State IBM Retirees Club will hold its June meeting at noon in the church dining room at the United Methodist Church, 1176 E. Main St, Shrub Oak. This is the annual catered Summer Luncheon and is the last meeting until September. Walk-ins pay $10 at door. Info: 914-528-5916.

Arts Council Exhibit: The Ossining Arts Council’s Annual Member Show will be held through June 28 at the Ossining Public Library, 53 Croton Ave. The annual members show is a cornerstone of the OAC’s mission to provide a place for creative expression and spirited dialogue between artists and art patrons. The show celebrates both emerging and established talent and will feature some of the best work of well-known local artists. Artists interested in participating in the show should visit the OAC’s Web site, ossiningarts council.org for more information.

Field Gallery Exhibit: The exhibit Jo-An Brody, Musings: Works in Clay will be held through July 31 at the Field Gallery, 4 Nelson Ave., Peekskill. Info: 914-737-1212.

Friday, June 26

Job Hunting Help: Free drop-in, hands-on assistance with online applications, resume writing, e-mail accounts and more is held on Fridays from 11 a.m. to 1 p.m. in the second floor conference room at the Ossining Public Library, 53 Croton Ave. Assistance is offered on a first-come, first-serve basis. For more information, contact Diane at 914-843-8745.

Free Play Dates: A free play date program is being held every Friday from 11 a.m. to noon at the Rosenthal ICC Early Childhood Center at the Yorktown Jewish Center, 2966 Crompond Rd. The program is intended for children between the ages of 16 and 36 months and their parents or caregivers. Children can play, do art and socialize all under the direction of an experienced early childhood teacher. Pre-registration is suggested. Contact Jennifer at 914-962-8430 or e-mail her at Jennifer@rosenthaljcc.org.

Jewish Center Services: At the Yorktown Jewish Center, 2966 Crompond Rd. Friday night Sabbath services in the spring will begin at 8 p.m. and Sabbath services on Saturdays will be held at 9:15 a.m. On most Saturdays, after the services Rabbi Sternstein conducts a learning session based on the Torah portion of the week. Light refreshments are served and everyone is invited to join us as we share in the warmth, knowledge and friendship within our congregation. Info: 914-245-3242 or www.info@yorktownjewishcenter.org.

Temple Beth Am Service: Every Friday evening at 5 p.m. Temple Beth Am, 203 Church Pl., Yorktown, opens its doors to all who enter for Shabbat. Our modern Sabbath service has a spiritual and engaging feel while following traditional modes. For information, please call our Rabbi at 914-962-7500 or e-mail him at rabbibw@optonline.net.

Saturday, June 27

Lunch & Learn: A Shabbat service/ Lunch & Learn, a lively discussion of the weekly Torah, will be held at 9:30 a.m. at the Hebrew Congregation of Somers, located at Cypress Lane and Mervin Drive. Info: 914-248-9532.

Yorktown Grange Events: Two events have been scheduled for this weekend at the Yorktown Grange Fairgrounds, 99 Moseman Rd. Discover some of America’s most interesting inventions, see tractors, stationary gas engines, and antique agricultural implements in action from 10 a.m. to 4 p.m. on June 27. No admission for exhibitors, $3 per carload for spectators. The exhibition will also run concurrently with the fourth annual Yorktown Grange Car Show, which is slated for June 28. The car show is open to spectators from 10 a.m. to 4 p.m. Admission is $3 per carload or $1 for walk-ins and children will be admitted for free. Exhibitors should arrive at 8 a.m. The fee is $15 for exhibitors who have pre-registered or $20 at the gate. The rain date for this weekend’s events is July 12. Visit www.yorktowngrange.org/carshow for more info. Like us on Facebook at Yorktown Grange Car Show.

Tag Sale: The St. Elizabeth Ann Seton Parish Tag Sale is slated for June 27 and July 4 from 10 a.m. to 7 p.m. and on June 28 and July 5 from 8 a.m. to 4 p.m. at 1377 E. Main St in Shrub Oak. Info: setonparish.org or 914-528-3547.

Love: “Love,” an exhibit about varying aspects of love in the 20th and 21st Centuries in paint, installation, video, and sculpture is being held through Dec. 6 at the Hudson Valley Center for Contemporary Art, 1701 Main St., Peekskill. Artists include Alzamora, Barney, Bercea, Brenner, Brickley, Edmier, Feuerman, Gutheil, Hacker, Indiaas, LeFray, Muijs, Muijs, Neshat, Newson, Otterson, Ozboll, Pretzer, Ritterpusch, Ruckhäberle, Sadler, Tomasula, and Wathen. Info: 914-788-0100 or www.hvcca.org. HVCCA is also on Facebook.

Yoga Program: Support Connection, which provides free programs and services for people affected by breast and ovarian cancer, announces a free program: “Yoga-A Path toward Wellness.” It is offered every Saturday from noon to 1:30 p.m., at Club Fit, 600 Bank Rd., Jefferson Valley. The program is open to women with breast, ovarian and gynecological cancer. To learn more or to pre-register, which is required, call Support Connection at 914- continued on page 23
ossining Farmers Market: Down to Earth Markets is holding the Ossining Farmers Market outside at the corner of Spring and Main Streets. The market runs every Saturday, from 9 a.m. to 1 p.m. Visit DowntoEarthMarkets.com for vendor details, events, and other updates at Ossining's Down to Earth Winter Farmers Market.

Overeaters Anonymous: Worried about the way you eat? If food rules your life, Overeaters Anonymous may have the answer for you. There is no weigh-ins, dues or fees. The group meets on Saturdays from 8:30 to 9:30 am at the fourth floor conference at the Graymoor Spiritual Life Center, 1350 Route 9, Garrison. Info: call/text Lisa at 917-716-2488

Stargazing Dinner: Spend a summer evening under the stars dining on delicious food and wine from 6:30 to 9:30 p.m. at Lasdon Park, Arboretum and Veterans Memorial, 2610 Amawalk Rd, (Route 35), in Katonah. Enjoy a menu of gourmet delights created by Lasdon’s "chef-in-residence," Vincent Nicolosi, and sip wine specially paired with the meal. The dinner will be in the main house, where artworks by Lasdon staff will displayed. After dinner, guests can take a guided tour of the stars with the members of the Westchester Astronomy Club, weather permitting. Tickets are $75 per person. The program is co-sponsored by Friends of Lasdon. All proceeds will benefit the Glass House Conservatory. Please note: seating is limited and tickets will be sold on a first-come, first-served basis. For more information, visit parks.westchestergov.com or lasdonpark.org or call the arboretum at 914-64-7268.

Marshall Tucker Band: Celebrate the Paramount Hudson Valley’s 85th anniversary when the Marshall Tucker Band performs at 8 p.m. The band will bring all their greatest hits to Peekskill! Their distinctive sound is instantly recognizable and you’ll be singing along from beginning to end. Tickets are $39 or $52 including all tax and fees. Tickets can be purchased at the box office, by phone at 914-739-0039 or by visiting http://paramounthudsonvalley.com/events/event/marshall-tucker. The theater is located at 1008 Brown St. in Peekskill.

Bean Runner Performance: The Hudson Valley Jazz Festival presents Shunzo Ohno, David Berkman (keyboard), Clifford Carter (keyboard), Billy Drummond (drums), and Bill Moring (bass) in performance at 8 p.m. at the Bean Runner Café, 201 S. Division St., Peekskill. Admission is $15. Info: 914-737-1701 or beanrunnercafe.com.

Sunday, June 28

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 or send an e-mail to info@laughingheartsyoga.com

Bingo: Bingo will be played tonight and on July 12 and 19 at the Yorktown Jewish Center, 2966 Crompond Rd. The doors will open at 5 p.m. and play begins at 6:30 p.m. There will be $3,000 in prizes awarded during each Sunday session. Food will be available. Info: 914-245-2324 or yorktownjewishcenter.org.

Monday, June 29

Defensive Driving Course: An AARP Defensive Driver Course will be held from 8:30 a.m. to 3 p.m. at the Somers Library. The fee is $20 for AARP members (please put your membership number on your check), and $25 for non-members. Pre-payment is required. Make checks out to AARP and submit them to the reference desk. Refunds will not be given if you fail to attend or if you cancel on the day of the class. Bring a valid driver's license, bag lunch, beverage, and pen. Space is limited, so register early. To register call the library at 914-232-5717. There is no online registration for this event.

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.

Free Jazz Sessions: Free Jazz Jam Sessions are being held every Monday at The Winery at St. George, 1715 E. Main St., Mohegan Lake. Info: 914-455-4272.
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Venerable Manager Sonny Graci (left in shorts) and the Shrub Oak Athletic Club’s Post 1080 American Legion 18-U baseball team poses with the championship hardware after knocking off an eight-team tri-state area field of clubs at the annual Joe Graci Memorial Baseball Tournament on June 14th. Members of the championship team include (standing L to R): Jake Reyes, Richie Vetrano, Nick Cona, Joe Kenna, Charlie Pagani, Ricky Chenard, Matt Marussich, Matt Cassese, Matt O’Dair, Zach Girvalo, Coach John Marone; (standing in front of rear row  L to R): Coach Louie Mongello, Head Coach Sonny Graci & wife, Mickey; (kneeling L to R): Luis Fernandez, Robert Martin, Kyle Monahan, Mario DellaValle, George Love, Artie Shofi, Ball Boy - Danny Monahan (Missing: Mike Dellabate)
Browne’s 1-Hitter Sets NY Bulls Apart from Patterson

By Ray Gallagher
Examiner Sports Editor

The 15U NY Bulls kicked off a weekend of NYEB play with a 7-0 win over arch rival Patterson last Friday. The Bulls, made up of kids primarily from the Putnam Valley/Yorktown/Cortlandt area, were led by RHP Austin Browne from Put Valley, who pitched a complete game one-hitter and struck out eight Pirates across seven very efficient innings. Patterson’s Finney broke up the no hit bid with a clean line drive single with two outs in the seventh, suspending all the drama at Union Field in the PV Town Park.

The Bulls were paced offensively by Cortlandt’s Frank Bukovsky who drove in three runs to go along with two hits, including a long double to deep left field. PV’s Andrew Salerno also contributed two hits and an RBI. The Bulls completed their weekend with a double-header sweep to take an early lead in the NYEB standings.

ATTN: WPBA/NYEB COACHES: PLEASE SEND ALL SUMMER SPORTS ACTION to Raygallaghersports@gmail.com, including action photos, team photos, results, schedules and anything pertinent to the cause of publicizing the athletic exploits of the region.

THE HUDSON VALLEY RENEGADES are home all week as they embark upon the 2015 NY-Penn League MLB Minor League season. Check out ticket info at 845-838-0094 or visit them at http://www.milb.com/index.jsp?sid=t537.

SOAC Crowns Bantams Boys Champions!

NFL’s Dennis to Return to Peekskill

NFL player Derek Dennis is coming back to his hometown of Peekskill on the 4th of July to do a free football clinic. Currently with the Kansas City Chiefs, Dennis intends to bring other NFL players along as well. The clinic, which runs from 9am to 1pm at Torpy Field off Hudson Ave., is open to kids from Peekskill and the surrounding areas, which includes Cortlandt, Yorktown, Ossining and Putnam Valley, among others. Visit https://fundamentals2015.ezwaiver.com/Derek-Dennis-Skills-Camp for an on-line registration form.
So I'm talking with my California-based buddy Mark Leinweaver – a 1990s Yorktown High grad who I covered during his baseball heyday under former Yorktown Coach Bob Sarro, who guided the Huskers to their second Section 1 title back in 1995 (1969 the other).

Marky-Mark is telling me about this company he's started called "PERFECT PLAYCEMENT", and his upcoming trip back to the east coast where he hopes to promote his new venture, which specializes in assisting high school student-athletes find the perfect college to continue their playing career and study in their preferred field.

"I doubt very much that any of the old guard is still out there coaching, so I'm hoping you can point me in the right direction of some local coaches in the area," Leinweaver says in regards to some of the summer ball programs that might be in action this time of year.

"Actually, there is one guy from the old guard still out there doing his thing," I tell Leinweaver. "Sonny Graci is still at the helm of the SOAC/Mahopac Post 1080 American Legion team."

"Oh my god, I played for Sonny, are you kidding me," Leinweaver says. "Can you get me his schedule for the week of June 25-27 when I'm back in town?"

As luck would have it, Sonny Graci's team is playing at Lakeland High this Friday night and Leinweaver expects to be on hand, pressing palms and passing out cards in an effort to reach new clients.

Leinweaver has spent 20 years working in baseball as a professional agent, media relations director, TV and radio broadcaster, author, television writer and producer. He is a frequent speaker in and around the Los Angeles area, including at the University of Southern California, about "How To Get A Job In Sports".

The former Stonehill College catcher has advised hundreds of students on how to break into the sports industry. While at the baseball agency in Cali, his responsibilities included making dozens of cold calls and sending hundreds of emails each week while managing a myriad of business matters for clients. His book, Minor Moments, Major Memories, debuted in bookstores nationwide in 2005 and a dramatic television series inspired by the book was recently sold to Sony Pictures Television.

Leinweaver and his partner, Jake Robbins, a former MLB pitcher with the Cleveland Indians and 11th round draft pick by the New York Yankees in 1994, are conscious of the fact that millions of student athletes and their parents in this country believe their children are good enough to earn a scholarship to any college in the country. But instead of preying on unrealistic goals, their intent is to place li'l Johnny and li'l Jenny in a situation more realistic, which is not preying on unrealistically high school student-athletes with their skill sets while setting them up with a plan for the future when 99% of them fail to get drafted into their sport of choice.

"We believe that 99% of student-athletes who actively participate on their varsity high school team could play at the college level somewhere in the country and find a school that is right in size, location, proximity from home and desired field of study," Leinweaver said.

Some folks don't even know how to facilitate the process, and some coaches don't have the commitment or time to assist their student athletes take the next step.

"Many high school student-athletes don't know how, when or even where to begin the process of playing in college," Leinweaver said. "Too often, their coaches don't have the time, resources or unfortunately, the interest, in helping with that process. As a result, many parents find themselves helpless in gaining assistance for their son or daughter. That's where PERFECT PLAYCEMENT comes in."

You guys know I would not give you the bum steer, so if you want a free consultation hit up my man Mark Leinweaver at info@perfectplaycement.com or visit the site at www.perfectplaycement.com and tell him Direct Rays sent you...

Now, speaking of the venerable Graci; the old man by the sea is still at it, strolling baseball diamonds across the state as perhaps the elder statesman among NYS American Legion managers.

On June 14, after a four-day, five-game legion tournament with eight teams from the tri-state area, the Shrub Oak American Legion Post 1080 team won the Joe Graci Memorial Tournament where Putnam Valley junior Charlie Pagani was named the MVP. Pagani came in and closed out the championship game for the save, while batting .470 for the tournament. He made a slew of spectacular plays on the infield, including the second and third outs on a pivotal triple play.

There are literally thousands of former student athletes from Northern Westchester and Putnam County who have played under Graci, the former Kansas City Royals and current Atlanta Braves scout and Lakeland High assistant, who has mentored baseball players for half a century, and done so without ripping folks off. While other baseball organizations are charging an arm and a leg to for Junior to play ball these days, Coach Graci has managed to keep the cost of baseball at a reasonable level – thanks in part to sponsor American Legion Post 1080 of Mahopac -- while providing a stiff level of competition.

And as the years crawl up on him, Graci should know that appreciation is at an all-time high, according to Steve Robbins, a longtime friend, SOAC President and Lakeland High School Board Trustee.

"Sonny has helped many people get into college as his teams play in many summer tournaments that college coaches attend," Rosen said. "Sonny is known by everybody in the community for his big heart when it comes to helping kids in the area. He has served on the SOAC board of directors for over 20 years as Senior Baseball Director and done a terrific job."

Based on the longevity of Post 1080’s success, that might be an understatement...

Congrats to Croton-Harmon High baseball Coach Eric Rosen on being named Section 1 Class B Coach of the Year. My man has essentially drawn blood from a stone over there, taking a downtrodden program and making winners out of the river city folk with two years of 12- plus wins. That hasn't happened often at Croton the last quarter century...

Hats off to Putnam Valley's Steven Brown, who has accomplished an amazing task for his Eagle Scout project by building a 5K trail in the woods around the PV High and Middle schools. He built this from scratch, saving the school district over $75,000 had they done it without him. The district can now host 5K events and cross country meets on a course dedicated to Caitlyn Bagnato, a 15-year-old who passed away in 2009 from a rare form of liver cancer. Indeed, the Caitlyn Bagnato Memorial 5K Trail is a welcome addition to the Valley...

Not a big fan of Caitlyn Jenner receiving ESPN's Arthur Ashe Courage Award; just seems to me like attention-starved ESPN is exploiting the system here. Sure, Jenner found inner peace but hasn't played competitive sports since the '70s, so in terms of current events I feel like Lauren Hill is far more deserving. Before her tragic passing this year, she inspired millions with her perseverance in the face of her brain tumors. To think Jenner’s gender change is more courageous than a 19-year-old girl with inoperable cancer fulfilling her dream to play college basketball and inspire millions of people while doing so is unconscionable.
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