

Planners Focus on Traffic from Underhill Farm Project

By Rick Pezzullo

Increased traffic from a mixed-use development on Underhill Ave. proposed under Yorktown's recently adopted zoning overlay district was the main concern expressed recently by members of the town's Planning Board.

During an April 25 work session, planners focused on how Underhill Farm, planned on the former Soundview Preparatory School campus at 370 Underhill Ave., would set the tone for other development envisioned in the area.

"We need to come up with a holistic plan to deal with all the traffic that is coming our way," said Planning Board Chairman

Richard Fon. "We want to see responsible development. How we go about tackling that hurdle (traffic) sets the stage for how we go forward."

Unicorn Contracting is proposing 148 residential units (64 one, two and three-bedroom apartments, 52 three and four-bedroom townhouses and 32 one and two-bedroom condominiums), 11,000 square feet of commercial space and an adaptive reuse of the property's historic mansion.

As part of the \$60 million project, the historic Underhill House is slated to be transformed into a community resource and gathering spot. In addition, the pond will be completely restored with a \$150,000 investment and complemented by walking

trails, sitting areas and a new pedestrian gateway at the estate's original entrance at the intersection of Rte. 118 and Underhill Ave.

Planner Aaron Bock, a former town supervisor, asked Unicorn engineer Joseph Riina if the proposed layout was the best for what he termed "a signature site in town that has a chance to connect to other sites."

"A lot of what has been planned is done to preserve the original structure. We tried to maintain that as much as possible," Riina said. "We're trying to maintain that park-like quality as well as the historic presence that it has. It's not like we just plopped everything where we thought it was best. There is some logic to it."

Phil Greeley, a traffic consultant for Unicorn, said a study of the intersection at Underhill and 118 showed approximately 1,600 vehicles travel through in a one-hour period. He said Unicorn was willing to contribute \$450,000 to make improvements to the intersection, which he estimated would cost between \$750,000 and \$1.5 million depending on what changes were made.

"Our approach is to give you the design that covers all the projects on the table," Greeley said. "This addresses the big picture."

Addressing a question from Fon, Greeley said a roundabout at the intersection was

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Slater, Byrne Launch Petition Drive to Cap State Spending

By Rick Pezzullo

Yorktown Supervisor Matt Slater and State Assemblyman Kevin Byrne launched a petition drive last week urging state lawmakers to impose a more stringent spending cap.

Standing in front of the Putnam County Courthouse in Carmel, Slater, who is running for the State Assembly in the 94th District, Byrne, Assemblyman Colin Schmitt and other Republican candidates stood together in criticizing the Democratic leadership in Albany.

Since 2018, Slater pointed out the state budget has grown by more than \$40 billion. This year's budget totals \$220 billion.

"With our nation on the verge of an economic crisis caused by record inflation, we need fiscal restraint out of Albany more now than ever," Slater said. "There is legislation in both houses of the Legislature to impose a state spending cap and leaders of both houses should not end the Legislative Session without putting them up for a vote."

Byrne, who represents Yorktown and is running unopposed for Putnam County executive in November, is a member of the



Assemblyman Kevin Byrne and Yorktown Supervisor Matt Slater were front and center at press conference.

Assembly Committee on Ways and Means.

"New Yorkers are fleeing the state in droves, with our enormous tax burden being one of the primary factors. Since joining the state Legislature in 2017, I have voted against every state tax increase," Byrne said. "In addition, I have introduced legislation that would encourage shared services, make

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Town Hall Honor for Puglisi



PHOTO CREDIT: CLAUDIA VAHEY

Former Cortlandt Supervisor Linda Puglisi was honored Sunday at a ceremony where Town Hall was named after her. Puglisi retired last year after serving 30 years as the town's top chief executive and only the second woman to hold the post. Prior to being elected supervisor, when she was a councilwoman Puglisi played an integral role in the town purchasing the former Lakeland elementary school building to be transformed into a Town Hall.

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Electric Charging Station Rules Approved for Yorktown Malls

By Rick Pezzullo

The Yorktown Town Board recently voted to approve changes to the Town Code that will allow free electric-vehicle charging stations at local malls.

The changes allow Volta Charging, a San Francisco-based vehicle-charging company, to apply for the installation of four charging stations and video screens that accompany the charging kiosks at the Jefferson Valley Mall and the Staples Plaza on Route 202.

"This legislation paves the way for our community to benefit from and grow with

new technologies that will provide free or subsidized charging for electric vehicles," said Supervisor Matt Slater. "Yorktown has emerged as a regional leader regarding renewable energy initiatives, and this is the next step in our mission of environmental stewardship."

The charging kiosks would be about seven-and-a-half feet tall and include 27-by-48-inch screens that display advertising like screens at gas pumps.

"If we want to foster the revolution and move into the EV cars, it behooves the town to at least come up with the policies to foster these charging stations," said

Councilman Sergio Esposito.

Volta will place the charging kiosks close to store entrances to encourage electric vehicle use and to avoid distracting drivers on roads.

Town officials and speakers at a public hearing expressed concerns about the possible advertising content.

Volta engineering project manager Samuel Lee told the Town Board in February that Volta does not allow advertising related to politics, cannabis, tobacco, or alcohol. Volta's advertisers include national brands like Coke, Walgreens and Stop & Shop.

Councilman Tom Diana said the changes to the Town Code were well-written and charging station oversight will be monitored by town officials.

"This is why we have a Planning Board and all our committees out there that give us ideas on what we should do with certain things," said Councilman Diana.

The mall owners now need to submit applications that will be reviewed by town officials for approval. The Jefferson Valley Mall is under the Town Board's jurisdiction and the Staples Plaza is under the Planning Board.

Slater, Byrne Launch Petition Drive to Cap State Spending *Planners Focus on Traffic from Underhill Farm Project*

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it easier for localities to institute sales tax exemptions and highlight local governments that take extra steps to protect taxpayers."

Byrne noted the American Legislative Exchange Council (ALEC) once again ranked New York State as 50th out of all 50 states for economic outlook in its annual 'Rich States, Poor States' report.

"We need strong elected leaders who are

unafraid to identify realistic ways to rein in out-of-control government spending. Supervisor Slater and my fellow colleagues in the Assembly Republican Conference get that," Byrne concluded.

Slater is vying to replace Byrne in the Assembly. He will be squaring off against Kathleen Valletta, a longtime Putnam County attorney, who will appear on the ballot on the Democratic line.

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possible, but not recommended.

"It could be done. I don't think it's the best way to go," Greeley said.

Yorktown Councilman Sergio Esposito, who was in attendance, said Underhill Farm would provide the town with an economic boost.

"I think the project has benefits to the business community in town far beyond

what people are imaging," said Esposito, former president of the Yorktown Chamber of Commerce.

Last December, the Town Board voted to adopt overlay district zoning for the two business hamlets. Town officials had been considering the creation of overlay districts for about 18 months with a goal of encouraging creative redevelopment approaches.



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Ranjana Chaterji, DO

Breast Surgeon

Northwell Health Breast Care Center

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Dan's Wine of the Year

2014 Casa Santos
Lima Reserva



The nose on this wine bursts through the seems with dark fruit notes earthy spice-tinged berries that remind you the wine is old school. The palate brings Very complex on the palate with coconut, blackberry, jam and dried fruit, prune and fig. The addition of the Syrah in this blend is what separates this wine from anything ordinary.

\$11⁹⁷

Jason's Wine of the Year

2019 Oak Farm Tievoli
Cabernet Sauvignon



Deep garnet in color, this Cabernet Sauvignon is composed of complex aromas of black currant, blueberry, cedar, and floral characteristics. The wine is full bodied with echoing aromas on the palate. The finish is abundant in textured tannins, yet smooth and velvety.

\$14⁹⁷

Wine of the Year

2020 Anne Pichon
Grenache Noir



Take what you think you know about Grenache and throw it out the window. As this wine opens, initial dark berry flavors meld into a true jam flavor with floral notes and bitter cranberry. It has such a divine, full mouthfeel that tricks you into not initially noticing that it's more 'dry' than not.

\$21⁹⁷

Tom's Wine of the Year

2018 Laurent Combier
Crozes Hermitage



Mesmerizing deep dark ruby with dark pink shimmers along the rim of the wine. This Syrah emits a nose of black cherry jam, figs, black currants, and subtle notes of bacon fat, cured meat, and violets. The palate is rich with bright and juicy blackberries, blueberries, and cranberries. Black peppercorns, dried thyme, and subtle notes of river rocks breakthrough the berry medley. A lingering finish of dried blueberries and cacao finalize this wine.

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Rainey Tossed Off Ballot; Democratic Assembly Primary Down to Three

By Rick Pezzullo

The race to replace retiring longtime Assemblywoman Sandy Galef in the 95th District is down to three Democratic hopefuls as former Peekskill mayor Andre Rainey was removed last week from the June 28 primary ballot.

Rainey was informed by the state Board of Elections last Thursday that only 494 of the 749 signatures he submitted on his petitions were deemed valid following a challenge from Westchester County Legislator Colin Smith, leaving him six signatures short of the minimum needed to qualify.

The primary will now consist of Smith, Ossining Supervisor Dana Levenberg and former Peekskill councilwoman Vanessa Agudelo in the primary.

"Though I wish this could've been a campaign based on policy, debates and vision, the technicalities have unfortunately made the difference," Rainey stated Saturday on Facebook.

"Importantly, it's a valuable lesson learned. Though the Republicans tried to drag me through the mud, attack my character in past campaigns, it took one of my own, a friend and colleague, to remove me from the ballot to run for office. As disappointing as it may be, I'm being reminded by Colin and others that this is the world of politics."

Rainey, who served four years as Peekskill mayor before deciding against seeking re-election last year, explained 75 of the signatures he submitted from registered Democratic voters were disqualified because they signed for more than one candidate and 180 were disqualified for writing their mailing address rather than the municipality in which they live. For example, if a person lives in Montrose, they would have to write Cortlandt or if they live in Shrub Oak, they'd have to write Yorktown.

"I've never treated politics as a game," Rainey said in a previous release. "When I campaigned to become mayor of Peekskill,



Former Peekskill mayor Andre Rainey was kicked off the Democratic primary ballot in the 95th Assembly District after one of his opponents challenged signatures on his petition.

Republicans used everything they had to run against me – my family, my race, even my work with children. In this race, I see my old friend and colleague Colin Smith pouring money into a legal gamble to remove me from the ballot."

Smith campaign spokesman David Belsky said Smith, who submitted more than 1,800 signatures, did not challenge the petitions submitted by Levenberg or Agudelo since they far exceeded the requisite number.

"We're proud that our volunteers worked tirelessly to collect almost 2,000 signatures in support of Colin's candidacy – far more than other campaigns," Belsky stated. "We now look ahead to the primary and will continue to engage with voters on the issues that matter most to our communities."

Galef, who has served in the Assembly for 30 years, has endorsed Levenberg.

The 95th District includes Peekskill, Cortlandt, Ossining, Philipstown and part of Yorktown.

New Date for Some Primaries

The primaries in Assembly races are still scheduled for June 28 even though a new date has been set for New York's congressional and state Senate primaries following the state Court of Appeals ruling late last week that Democrats excessively gerrymandered districts.

The new primary date for congressional and state Senate races is now Aug. 23 to allow an independent third party that will be overseen by the court to draw new lines and permit candidates to collect signatures for petitions.

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State Funds \$3M Route 9A Study, Eyes Overdue Improvements

By Martin Wilbur

The New York State Department of Transportation (DOT) has committed to funding a long-awaited study of Route 9A from Mount Pleasant to Ossining as flooding, accidents and bridge strikes have plagued the antiquated roadway for years.

Local and state representatives converged near the heavily-traveled Route 9A-North State Road intersection last Friday morning to announce that the agency is setting aside \$3 million to analyze the infrastructure and come up with recommendations for a 10-mile stretch of the state route.

Not much has changed in the 90 years since the roadway, also known as the Peekskill-Briarcliff Parkway, opened, said Briarcliff Manor Mayor Steven Vescio, one of the officials who has aggressively pushed for action by the state. The only noticeable difference since it was built in 1932 was the installation of a guardrail at some point.

"This is an important first step," Vescio said. "To study the infrastructure, the bridges, the drainage, the lane width, the on and the off ramps, etc., that will ultimately lead to improvements to the busy parkway and provide a safe corridor for the residents of Briarcliff and all those traveling on Route 9A. It is critical that progress on this study is made timely and in an effective manner with public input."

The \$3 million study will be paid through the \$32.8 billion five-year capital plan that was recently approved by the state legislature

and signed by Gov. Kathy Hochul to make transportation improvements around the state.

State Sen. Peter Harchuk (D-Lewisboro) said he expects the state to issue a Request for Proposal (RFP) to do the study, which will take about a year to complete once underway. He hopes that the study can begin later this year.

Once it is done, a scope of work can be recommended to the DOT to upgrade the roadway. That could include drainage improvements, lane or road widening, raising the bridges over the parkway and other steps needed to make Route 9A safer.

Until the scope can be determined, there is no estimate regarding how much any improvements might cost. Harchuk conceded that it will be "very, very expensive" but it was time to pursue the project after the Cuomo administration vetoed similar legislation because of a prohibitively high price tag.

"So now we're moving forward to do the study so we know exactly what needs to be done and what it's going to cost and how many good paying jobs it's going to create to fix this road," Harchuk said.

State Sen. Elijah Reichlin-Melnick (D-Nyack) whose district includes Ossining and a portion of Briarcliff Manor, said improving Route 9A has been a priority for the area for years. The Assembly sponsor for the initiative is Assemblywoman Sandy Galef (D-Ossining) who has also fought for the DOT to fund a Route 9A study.

"I'm so happy that finally we are able to get \$3 million, a commitment, a letter in writing



MARTIN WILBUR PHOTO

State Sen. Peter Harchuk was one of a number of officials who announced last Friday that the state Department of Transportation will commence a year-long study of Route 9A from Mount Pleasant through Ossining in hopes of making the road safer.

from the Department of Transportation, \$3 million to study what to do to fix this road and get it done so we finally have a safe transportation corridor right here through our communities," Reichlin-Melnick said.

In 2018, there were 120 accidents on just the 2.5-mile stretch in Briarcliff Manor, Vescio said. That number has been fairly constant from year to year, although it dipped over the past two years because of the pandemic, he said. The Briarcliff portion sees an estimated average of 48,000 vehicles a day.

Vescio also said dangers are heightened because if trucks, which can use Route 9A, are over a certain height they must use the left lane to fit under the bridges.

While accidents, flooding after major storms and bridge strikes are a concern on the northern portion of the parkway, improvements are needed farther south in Mount Pleasant. Town Supervisor Carl Fulgenzi said at one time Route 9A may have been an adequate road, but with Regeneron constantly expanding, operation of the Home Depot and current construction of the 150,000-square-foot Amazon warehouse in Hawthorne, the DOT needs to address the road's deficiencies.

There has been deep concern in Mount Pleasant that the added volume caused by the Amazon facility, which is projected to open late next year, will prompt even more drivers to cut through neighborhood streets, Fulgenzi said. He added that a traffic signal and turning lanes on Route 9A at Belmont Road must be installed for the town to issue a Certificate of Occupancy.



"The growth is going to continue, whether we like it or not," Fulgenzi said. "There's property on 9A that will be developed, so we need to keep up with that development."

Ossining Supervisor Dana Levenberg said Route 9A needs to be made safer for everyone in the area.

"We are so grateful for the state finally finding the money, and we know it is because of our advocates right behind me, all of whom have just spoken, (are) really fighting for our communities," she said.



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White Plains Honors Housing Advocate With Street Naming

By Martin Wilbur

There are plenty of people who would like to see all residents have a decent and affordable place to live.

For more than 50 years, Nick Beilenson didn't just hope it would happen, he dedicated his life toward that goal.

Last Thursday, the City of White Plains posthumously honored Beilenson with a ceremonial street renaming at the corner of Mamaroneck Avenue and Shapham Place, a few doors from the offices of Westchester Residential Opportunities (WRO), a nonprofit organization he established in 1968 when relatively few people in the county recognized the need for equal access and affordability.

After a brief ceremony, city officials, family members and representatives of WRO uncovered the sign recognizing the intersection as Nick Beilenson Way.

"What makes White Plains White Plains, is people who view this as more than just a place to live, they view this as a community they have a responsibility for and they have a love for," Mayor Tom Roach said. "I'm looking at a bunch of them right now and Nick Beilenson was absolutely one of them. He put other people's interests ahead of his own and got satisfaction in life for making things better for those who need the help."

In February, Beilenson died from complications from COVID-19 at the age of 85. But for nearly 54 years, he worked to rid Westchester of segregation and make the

county more affordable. Originally a New York City corporate attorney, Beilenson left that position to launch WRO after being inspired by the civil rights movement in the 1960s, said Larry Beilenson, one of his three children.

Larry Beilenson said his father wondered what he could do to help others, and through his legal practice had worked with the Urban League and had some familiarity with housing issues.

Just about 10 days before the ceremony, Beilenson said he was contacted that the city was going to be honoring his father.

"We couldn't be more proud of our father and his legacy and how it reflects on us and everyone here," he said. "It really is an incredibly moving tribute," Beilenson said.

WRO Executive Director Marlene Zarfes said the street naming was a fitting honor to a man everyone respected. Now, every time the staff at the organization park their cars in the Shapham Place lot, they will see Beilenson's name on the sign.

While in the late 1960s, the organization concentrated its efforts on equal access for all and affordability, today it works on almost any housing-related issue, including foreclosure and eviction protection, helping first-time homebuyers and many other matters, Zarfes said.

Advances have been made over the past half-century but struggles remain, she said.

"There has been progress, starting with the Fair Housing Act in 1968," Zarfes said.



MARTIN WILBUR PHOTO

Larry Beilenson, the son of Nick Beilenson, holds the street sign bearing his father's name. The elder Beilenson was the founder of Westchester Residential Opportunities and fought for accessible and affordable housing for all for more than 50 years.

"But it's there. It's two steps forward, one step back. There's still a need for fair housing. We still have some discrimination across all the protected classes and we need accessible housing. So many people with disabilities have no place to live or have no place where they should be able to live that's affordable."

Roach said there is no doubt that Beilenson left his mark on White Plains and the county and left a legacy to aspire to.

"A lot of what we do in this world boils down to what we leave behind, and boy, oh boy, did he leave a lot of great things behind," Roach said.

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COVID Cases on the Rise, But Hospitalizations, Deaths Remain Low

By Martin Wilbur

COVID-19 cases continue to edge up in Westchester County and the region but hospitalizations and fatalities have seen little change.

That is the trend that has emerged in recent weeks as the rate of infection has been creeping upward in Westchester and Putnam counties and throughout the state without the high volume of severe illness that has come with previous spikes.

On Sunday, the statewide infection rate was 6.8 percent, slightly lower than the 7.2 percent in Westchester and 9.3 percent in Putnam. The numbers were similar on the seven-day rolling average for each.

Westchester County Executive George Latimer said that while the raw numbers "are not a good trend," it has been encouraging that the COVID-19-related hospitalizations and fatalities have barely budged the past two months.

"It is clear that COVID is on the rise again," Latimer said. "It is not on the rise as precipitously as we saw back in the month of December when the Omicron variant came and there was an exponential increase in the number of cases and commensurately in the number of hospitalizations and fatalities. It does not equal the surge we saw in the beginning of the pandemic in March, April and May of 2020, or the holiday surge in 2020 into 2021."

On Sunday, the state reported 3,417 active COVID-19 cases, more than double the 1,598

cases reported on Apr. 1 and nearly five times the 761 cases on Mar. 1. But hospitalizations in Westchester hospitals due to COVID stood at 67 on Saturday compared with 65 two months earlier. On Apr. 1 that figure had dipped to 41.

Meanwhile, in the seven-day period ending on Sunday, there were six people who had passed away in Westchester compared with five a month earlier and six people two months ago.

Latimer said he believes that the high vaccination rate, while not preventing people from contracting COVID, is doing its job in keeping most people out of hospitals and preventing even more from dying. As a result, Latimer does not foresee any additional steps or precautions from the county other than urging residents to stay current on their vaccinations and bringing a mask along with them in case they are in a crowded area.

"So, we're hopeful that while the numbers are increasing, we are not in a position where we need to take any aggressive action to change our behavior insofar as mandated actions are concerned," Latimer said.

County Approves Gas Tax Break

Last Thursday, the Board of Legislators approved Latimer's initiative to cap the county's collection of its tax on gas sales to 12 cents a gallon starting on June 1. He immediately signed the legislation into law.

The gas tax break will be for the three summer months of June, July and August.

He also took executive action last week to suspend Bee-Line bus service fares starting

June 1 and lasting through Labor Day. That did not require legislative approval.

Latimer estimated that the gas tax cap will result in roughly a 20-cent per gallon reduction at the pumps. Between that and the bus fare suspension most residents should see a small measure of relief this summer.

"It's a helpful step and it's a step that we're

allowed to do in county government because the state allows us the authority to do that," Latimer said.

The state has also suspended its portion of the gas tax for the rest of the year, providing further relief to motorists. The state's measure will also go into effect on June 1.



Making it Count

MARTIN WILBUR PHOTO

Mathnasium of Chappaqua celebrated its grand opening last Saturday with a ribbon cutting to highlight their recent arrival to the hamlet at 75 S. Greeley Ave. The tutoring center, which can accommodate about 12 children at a time, helps students with all types of math in grades K-12. Pictured, left to right, are tutors Liam Ryan and Diego Weiss, Center Director Dan Cherico and tutor Richard Ku.

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Examiner Journalists Win Six Honors at Press Association Awards

Examiner Media journalists won six honors this past weekend in the annual New York State Press Association's Better Newspaper Contest, securing prizes for news reporting, feature writing, rookie reporting, column writing and honorable mentions for best sports action photo and best COVID-19 feature story.

The winners were announced

at the association's annual conference, held this year in Saratoga Springs.

Reporter Bailey Hosfelt, who started full-time with Examiner Media last summer, was honored with second place in the Rookie Reporter of the Year award. Separately, Hosfelt also won second place in the best News Story category for

a piece headlined "The Perfect Storm." The article, published in Examiner+ last October, explored how Hurricane Ida exposed Westchester's vulnerabilities to climate change.

"Really liked that (Hosfelt) interviewed people affected by each situation and put a 'face on each story,'" a judge said about Hosfelt's Rookie of the Year

article entries. "Lots of color and good old-fashioned storytelling."

In the best Feature Story category, freelance reporter Andrew Vitelli won second place in Examiner Media's division for a piece headlined "Winning the War of Ideas on the Afghan Battlefield." The piece was published in Examiner+ last November.

"It was immediately obvious how much research, time and diligence went into this story," a judge wrote about Vitelli's coverage. "It shed light on a very important topic and thoroughly covered the details."

Freelance writer Erin Maher won third place in the Best Column category for her coverage of millennials, also published in Examiner+. A piece headlined "Millennials are Broke" explores the why and the how of the economic challenges her generation faces.

"The writer did an excellent job of weaving personal experiences into a fact-filled piece," a judge said about Maher.

Sports Editor Ray Gallagher won an honorable mention for best sports action photo.

"I really enjoy the position of the boys' heads in this photo," a

judge said.

Freelance writer Sherrie Dulworth won an honorable mention for best COVID-19 feature story for an August Examiner+ piece headlined "Meet the Westchester Firm that Saved the President's Life."

"Very well-done piece explaining the people and processes behind Regeneron's REGEN-COVTM antibody treatment," a judge said.

The annual spring contest features content published the prior calendar year and is judged by members of another state press association, this year the Nebraska Press Association. There were approximately 2,500 entries in this year's Better Newspaper Contest, an annual journalism awards competition since 1930.

Examiner Media, established in 2007, serves Westchester and Putnam counties in New York's lower Hudson Valley. The community news organization publishes four print newspapers, a corresponding local news website, and launched the Examiner+ newsmagazine-style email newsletter last year after winning entry into the Substack Local program.

Mail It In

A ribbon-cutting ceremony was held recently celebrating the new owner of The Mailbox Store of Westchester in the Triangle Shopping Center in Yorktown Heights. Joining new owner Jesus Mesa was Town Supervisor Matt Slater and various friends and dignitaries. The Mailbox Store focuses on the packing, shipping, printing and business service needs of residents and companies.



PAUL CARDI PHOTO

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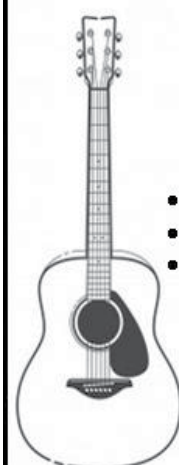
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Multiple Generations to Compete Internationally in Different Sports

By Martin Wilbur

It promises to be quite a summer for Abigail, Zachary and Jeffrey Binder.

The three members of the same family from Armonk will be competing at the 21st World Maccabiah Games in Israel starting in early July in three different sports. The competition, which takes place every four years, is known as the "Jewish Olympics" and attracts athletes from around the globe who have at least one grandparent who is Jewish or who identify as Jewish.

It may be the first time that multiple generations of the same family representing three different sports will be competing in the Games.

Abigail, 20, a University of Michigan junior and former three-year varsity volleyball player at Byram Hills High School, will be competing in her sport. Zachary, 18, qualified through competing as a fencer at the Division I collegiate level at Columbia University, after following his oldest sister, Sylvie, into the sport. Sylvie Binder also fences for Columbia.

Their father, Jeffrey, 55, competed on his high school and college tennis teams, and after

putting his game on hold while working as a lawyer and helping to raise his three children, has been back on the court preparing for this moment.

For Binder's two youngest children, the opportunity to go to Israel for the first time and compete against athletes from around the world is a special thrill.

"When I learned I was going to Israel, which I've wanted to go to, I wanted to get to eventually, I've wanted to go for so long, and that I would be with my family, too, and be able to spend time with them and explore and kind of be in touch with my Jewish roots in Israel, I thought what more could I ask for out of a summer trip," Zachary said. "It kind of gets everything in – to compete, I get to meet new people, travel, experience Israel. I'm just super excited."

Although Abigail doesn't play for the Wolverines, she competes at the club level and serves as an instructor. She was the captain of the Byram Hills varsity team and named all-league in her senior year.

"I thought it was a really cool opportunity and I'm excited that the three of us are going to be going together and have that experience together," she said.

The trip, which has them arriving in Israel on or about July 3 for about three weeks, will include their entire family. Jeffrey's sister will be there with her family as well.

For Jeffrey, having his kids be able to tour the country and be in touch with their roots is as gratifying as having them compete. For the athletes under 25 years old, there is a week-long Israel Connect orientation program that brings them to the country's historical sites. It promises to deepen their Jewish pride and identity through sports.

Although they each had a Bar or Bat Mitzvah, Jeffrey said they were not raised in a particularly observant household. They'll also get to spend time with their peers and have a better understanding of who they are.

"That's what I really like. It's going to deep their connection to their culture, religion and nation of Israel," he said. "They're going to see it all."

Once the competition begins, they will be scattered about the country, although all events will be within a couple of hours of each other. Fencing will take place in Tel Aviv, volleyball is in Jerusalem and tennis is in Betania.



Jeffrey Binder, center, will be competing in the 21st World Maccabiah Games in Israel this summer, along with his son Zachary and daughter Abigail in tennis, fencing and volleyball, respectively.

Jeffrey Binder, who will actually be competing in the 40s age category because there is a dearth of players in that division, said he will be preparing by playing outdoors in Florida to train for the high summer heat in Israel.

"For me, tennis is like a connection to my youth," he said of his motivation to play. "It's keeping me young because I started so young so I feel like every time I step on the court, I'm 18 years old

again. My knees may differ."

Abigail, Zachary and Jeffrey agreed that sports serve as an important connection for the whole family.

"I just think that sports has given us a chance to connect and really have these shared loves, and even though we don't play volleyball (together) or we don't play tennis, we are very supportive of everyone's achievements," Abigail said.

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Letters to the Editor

Lakeland Needs a Board That Doesn't Give in to Fear and Cynicism

I am the proud parent of two children in the Lakeland Central School District. Before our children were born, my wife and I relocated to this community, with the schools our future children would attend being our highest priority.

I love this district. The teachers, guidance counselors, social workers, building administrators and support staff are an incredible and dedicated group of professionals who work tirelessly to provide all children with a safe and nurturing environment in which to learn and grow.

It is for these reasons that I am saddened and disturbed to watch this district be torn apart by misguided individuals and groups, driven by and propagating a campaign of misinformation to pursue their own regressive political agenda.

They claim Lakeland is implementing

curriculum and policy based on Critical Race Theory. This is a red herring with the goal of spreading an irrational fear that our schools will be used to indoctrinate our children with a radical world view. As with all red herrings, this propaganda has no basis in fact. In reality, Lakeland has fallen behind many neighboring districts in addressing diversity, equity and inclusion (DEI) as part of district policy and curriculum.

Even more unfortunate is that this small but vocal group has successfully curtailed the process of simply investigating what this district may need to do in order to best support our children, faculty and staff. They have been emboldened by a rudderless school board that lacks the courage and leadership to support a DEI program they initiated. This process is essential to ensuring that no student in the district is

marginalized.

Our schools should be havens where faculty and staff are given every possible resource to support the needs of all students. Our schools should be where children are given the tools to enter the world as compassionate citizens and critical thinkers. Sadly, Lakeland is on a path toward further marginalizing the most vulnerable in our community.

As a parent and taxpayer, I not only expect but demand schools provide my children with a comprehensive education, reflective of the real world they will face. Lakeland is at a crossroads. We can bow to cynicism, fear and propaganda or we can stand up for all children, their teachers and the faculty and staff that support their education and development.

This is by far the most consequential Board of Education election since my

children entered the district. Never before has it been more important to show up and vote. And through the fog of social media chaos and keyboard courage, a distinct group of candidates has emerged as the best and only choice to move us forward. These candidates have been endorsed by both Lakeland RISE (Residents in Support of Education) and Teach the Truth.

In the short time since they announced their candidacies, each has demonstrated a willingness to listen, a commitment to represent all students and the temperament to serve as trustees. These candidates are Joe Ascanio, Paul Edwards, Chuck Monsanto and Laura Perozo. On May 17, I know who I will be voting for, and I hope you will join me.

Daniel Wright
Cortlandt Manor

Judge Must Impose Maximum Penalty for Anti-Abortion Extremists

On Nov. 27, 2021, a women's health center in Westchester County was invaded by three men who are members of the Red Rose Rescue. Refusing to leave, they harassed and intimidated patients and staff members. Red Rose Rescue is an extremist anti-abortion group that has repeatedly disregarded state and local trespassing laws, not to mention the privacy of patients at health centers. The men were arrested by the White Plains police and went to trial in March, where a jury quickly found them guilty of criminal trespassing.

The perpetrators, Christopher Moscinski, Matthew Connelly and William Goodman have been arrested numerous times before for similar offenses elsewhere. They will be sentenced in White Plains in June. The maximum sentence is three months in jail or one year probation and a fine of up to \$500.

Given that each of them has a number of prior arrests for the same offense, it

is incumbent on the judge to impose the maximum punishment. Anything less would be tacit encouragement to keep obstructing the rights of women.

Abortion is a private decision and legal right. No one has the right to impose their religious beliefs or morality on others or to interfere with their medical care. As numerous states are passing laws making abortion all but impossible and the Supreme Court may soon overturn Roe v. Wade, abortion is and will remain a protected right in New York.

Yet having a legal right is not the same as having access to care. Let's hope the judge appreciates that distinction and imposes the maximum possible sentence on Moscinski, Connelly and Goodman.

Celeste Theis
Croton-on-Hudson

Kramer Has Broad Set of Experiences to Bring to Bedford Schools

It is my belief that Chris Kramer would serve the Bedford Central School District community well as a member of its Board of Education. I've known Chris for almost 15 years as his two oldest children and my kids were in classes and extracurricular activities together. In conversations on the sidelines of sports fields (when he wasn't volunteering as coach), sitting around second-grade classroom tables and at back-to-school nights, Chris has demonstrated inquisitiveness, thoughtfulness and open-mindedness.

Chris also brings the perspective of a community member whose family is multiracial with adopted children (who were also English Language Learners when they arrived in the district), with a 2019 Fox Lane graduate, a current 19-year-old Fox Lane High School student on the autism spectrum and a six-year-old at Pound Ridge

Elementary School.

As a former member of the Board of Education, I firmly believe the district needs board members who have navigated all of these aspects of the district's educational experience from kindergarten through high school, and rarely does a candidate have such a broad set of experiences.

Lastly, Chris is deeply invested in the long-term vitality of the Bedford Central School District with a first-grader at Pound Ridge.

Chris's qualities and experiences in the district would make him a uniquely valuable and effective member of the Bedford Board of Education.

Erika Long
Former member of the Bedford
Board of Education
Ridgefield, Conn.

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Column

Helping the Birds – and Ourselves – Live Healthier Lives

The birds are back in town.

Blue jays, cardinals, orioles and other birds not named for baseball teams, such as meadowlarks, tree swallows, red-winged blackbirds – millions of birds – have been arriving in Westchester since late February and will continue to come in through June.

They have flown thousands of miles, always at night to avoid predators, from South and Central America, over the Gulf of Mexico.

The ruby-throated hummingbird is one of those birds flying across the Gulf. This bird is the size of a thumb, making its effort an incredible athletic feat unrecognized by us. Sandpipers, seen recently in Croton Point Park, are on their way to Hudson Bay in Canada.

Waterfowl started coming in February and March, said Anne Swaim, executive director of the Saw Mill River Audubon, based in Chappaqua. Orioles, wood thrushes and scarlet tanagers, which winter in Venezuela, arrive in May. By mid-June, fly catchers and other bug eaters will be here.

"It's a pretty amazing thing, this movement of birds," Swaim pointed out.

These fascinating creatures can use our help. Three billion birds have been lost since 1970, Swaim said.

"We can tell how healthy a habitat is by birds," she explained. "They're an early



By Michael Gold

warning system."

A variety of culprits have contributed to this massive loss. Pesticides, for example, are bad for the birds and bad for us.

"Pesticides are a disaster," Swaim said.

Pesticides kill insects, depriving birds of food for their babies. Insects are a high-protein source of food for newly-hatched birds. No insects, no birds.

"We've got to stop with the pesticides," Swaim said. "They can cause cancer, even in pets."

Toddlers crawling and walking on lawns are also in danger.

"Organic pesticides are bad, too," Swaim said. "They still kill insects."

"There's a connection to pesticide chemicals and health," Swaim pointed out. "Many are endocrine disruptors and can cause cancer."

Our endocrine systems help us grow and give us the energy we need to live.

For those concerned about ticks but don't want to use pesticides, the Centers for Disease Control recommends building a three-foot-wide barrier of wood chips or gravel between your lawn, patio and play area and wooded areas, helping restrict tick migration.

Herbicides, which kill weeds, have been linked to non-Hodgkin's lymphoma. They kill plants that harbor insects.

"Keep in mind that killing weeds

eliminates host plants for insects (and flowers for pollinators), and that fewer insects means less of the food that birds need to raise their young," states the website www.birdwatchingdaily.com.

Swaim recommends places such as shopping centers get rid of those big black rat poison boxes to help avoid poisoning birds. Rat poison boxes kill owls, eagles and hawks. Recently, in Croton Point Park, an eagle and red-tailed hawk were found sick after ingesting rat poison, Swaim told me. The eagle died, but the hawk lived. If a bird eats a rat that has consumed rat poison, this can poison the bird, too, and possibly kill it.

Fertilizers are also bad. Birds may mistake fertilizer for food.

"The fertilizer's chemical content can damage the digestive and nervous systems of the birds, which can kill them," according to the www.bondwithyourbird.com

website. Toxic vapors emitted by fertilizers can harm the birds as well, the website states.

To attract birds to your property, Swaim recommends planting native plants and shrubs, such as serviceberry, bayberry, winterberry, spice bush and viburnum. These all attract insects, which attract birds. For instance, viburnum draws attention from a wide variety of butterflies, leaf hoppers, bees and ladybugs, Swaim explained.

Provide a water fountain for birds, too, she said. They can cost as little as \$14. Birds need water to clean the dirt off their feathers. The water helps them fluff up

their feathers, so they can fly.

"You can buy a solar bubbler to move the water around," Swaim said.

The bubbler prevents the water from stagnating; stagnant water attracts mosquitoes. Another, cheaper idea is to dump the water and refill your fountain every day.

To provide a shelter for birds, buy a nesting box or hut. This can attract eastern bluebirds, house wrens and other birds.

Another way to help birds is to turn down house lights at night.

"Lights confuse birds," Swaim said.

Because birds navigate using the night sky, "they can become disoriented by bright artificial lights and skyglow, often causing them to collide with buildings or windows," the National Audubon Society website states. So, "turn off your exterior decorative lighting and extinguish pot and flood lights.

Spotlights should be on motion timers. Turning off bright lights helps birds move within minutes."

Birds will thrive if we give them a healthier environment. We will too.

For further information about how to help birds, visit the Saw Mill River Audubon or National Audubon websites.

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

On the Street

Letters to the Editor

Thanks to Everyone Who Made Southeast Spring Cleanup a Success

After a two-year pandemic hiatus, I'd like to thank the Town of Southeast, the Village of Brewster and all the many volunteers who came out to help clean up our roadsides.

On Earth Day weekend dozens of Southeast and village residents came out to spring-clean our neighborhoods. Using brightly colored orange trash bags and with the help of our town carter, who provided gloves, safety vests and trash grabbers, Southeast roadways were cleared of winter litter.

Volunteers were courteous, helpful and often offered to clean roadsides and

neighborhoods other than their own. As always, our Town Highway Department helped with the setup and, more importantly, removed all trash bags left alongside side our streets.

It's especially important to thank Supervisor Tony Hay and Highway Superintendent Michael Burdick whose help organizing the event was invaluable. And, of course, many, many thanks to all our residents who helped make our Earth Day cleanup such a success.

Cathy Croft
Brewster

Purchase of Pocantico Lake Land is Key to Preserving Wilderness

As a resident of the Town of Mount Pleasant, I would like to express my full support for the unanimous resolution passed by the Westchester County Parks, Recreation and Conservation Advisory Board on Mar. 17 for Westchester County to acquire the property at 715 Sleepy Hollow Rd. without delay. This purchase will expand Pocantico Lake County Park

and prevent a massive development that threatens the Hudson River watershed, the future of the Pocantico Lake County Park and many acres of pristine wilderness. Many thanks to board Chair Henry Neale for his leadership in this matter.

Maureen M. Petry
Mount Pleasant

Acquisition of Pocantico Property is Essential to Protect Green Space

I read a recent article in The Examiner that the Westchester County Parks, Recreation and Conservation Advisory Board, at its Mar. 17 meeting, unanimously adopted a resolution that the county executive should consider acquiring 715 Sleepy Hollow Rd. "without delay" in order to expand Pocantico Lake County Park. I would fully support the county acquiring this land.

This is an incredible opportunity to expand one of Westchester County's parks. Expanding the park will help protect local ecosystems and increase public green spaces that are key for outdoor recreation and mental health. I strongly hope that the county can acquire this land.

William Serlin
Pleasantville

Calendar Submissions

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

Police Blotter

County Police/Mount Kisco

Apr. 25: Report of a landlord-tenant dispute on Regent Drive at 10:35 a.m. The resident reported that his landlord was trying to enter his residence without his permission and without making any prior arrangement. The landlord left prior to an officer's arrival.

April 26: A citizen expressed concern at 12:26 p.m. about a goose laying eggs in the parking lot of a South Bedford Road business. An officer determined the goose was adjacent to the parking area and was not at risk of being struck by a car.

Apr. 26: Officers responded to a vacant storefront on the 200 block of Main Street at about 6 a.m. on a report of a possible burglary in progress. Three men fled out the back door when an officer pulled up. One was immediately taken into custody. Officers canvassed the area but could not locate the other two. A subsequent investigation determined that the men had been sleeping inside the store without the owner's permission. Juan Villeda-Martinez, 49, who is homeless, was charged with criminal trespass, a misdemeanor.

Apr. 27: An employee of a North Bedford Road business reported at 3:15 p.m. that two men in a parked Hyundai sedan were possibly snorting cocaine. The vehicle, which had Connecticut plates, was gone upon officers' arrival. It was subsequently located traveling on Preston Way and a traffic stop was executed. The vehicle was occupied only by the driver and officers did not observe any narcotics in the car or any signs of impairment on the driver's part.

New Castle Police Department

Apr. 23: An Indian Hill Road homeowner reported that he observed an unknown male walking onto his driveway from his doorbell camera. The male appeared to be in his early 20s and could be seen entering the driveway, walking around a car and then leaving. No other suspicious incidents were reported.

Apr. 29: A resident reported receiving an e-mail from an unknown sender requesting \$200 or they would release doctored comprising photos of him. The resident deleted the message and wished to document the incident.

Apr. 29: Report that Drug Mart of Millwood on Saw Mill River Road was

burglarized at 4:40 a.m. Unknown subjects broke through the front door and stole various medications. The incident is under investigation by the New Castle Police Detective Division.

North Castle Police Department

Apr. 22: An Emmalon Avenue resident reported at 9:53 a.m. finding a hidden camera in an outlet in her bathroom. An investigation is being conducted.

Apr. 24: A Perry Court resident said they believed they smelled an odor of gas in their home at 12:39 a.m. An officer and 60 Control responded and subsequently reported the odor at that location was from a skunk.

Apr. 27: A caller reported an active fire in the woods off Hidden Oak Road at 4:40 a.m. The responding officers stated that the fire is in the woods at the end of the road. The fire was contained to a pile of building debris, which appears to be part of a construction site. The Armonk Fire Department extinguished the fire. Photos were secured and notification will be made to the Building Department.

Pleasantville Police Department

Apr. 24: An arrest was made on Bedford Road at 2:17 a.m. More information about the case was withheld and is being reviewed by the Westchester County District Attorney's office.

Apr. 28: A large quantity of motor oil spilled on Saratoga Avenue at 6:40 p.m. creating a hazardous condition. The Pleasantville DPW was called for cleanup.

Apr. 29: A subject was arrested on Crawford Street at 2:53 p.m. Additional information was withheld because the case is still open.

May 1: Report of a disturbance on Hobby Street at 2:13 a.m. Police were called by a resident after there were four or five people who were intoxicated. The responding officers spoke to the people and told them to go inside. The situation was resolved.

Putnam County Sheriff's Department

Apr. 26: A 36-year-old Southeast was arrested after members of the Narcotics Enforcement Unit executed a search warrant on the subject's home as part of a

firearms investigation. A small heroin mill was located in the home along with a quantity of heroin and fentanyl, a loaded, personally-made pistol, also known as a ghost gun, and a shotgun. The suspect was charged with two counts of third-degree criminal possession of a controlled substance; second-degree criminal possession of a weapon; two counts of third-degree criminal possession of a weapon; two counts of second-degree criminal possession of drug paraphernalia and fourth-degree criminal possession of a weapon. He was held overnight pending arraignment. The suspect is prohibited from possessing firearms because he has two prior felony convictions.

Apr. 26: Deputies were dispatched to a home on Route 312 in Southeast for a trespassing complaint. They were advised that the home is owned by Putnam County and is maintained by the Parks Department. Park personnel reported that there was an open window and they had observed someone inside without permission. The responding deputies entered the residence and conducted a search and subsequently located a 34-year-old male hiding in the attic who is believed to be homeless. He was arrested for second-degree criminal trespass. He was issued an appearance ticket for the Town of Southeast Court and was given a referral to the Department of Social Services for possible housing assistance.

Apr. 25: Narcotics Enforcement Unit members stopped a Honda Civic on Route 22 in Southeast. During the stop, it was determined that the driver, a 57-year-old Wingdale, Dutchess County, resident, possessed 56 glassine envelopes of fentanyl and was taken into custody without incident. The suspect was charged with one count of third-degree criminal possession of a controlled substance, a Class B felony. He was arraigned in Town Justice Court and remanded to the Putnam County Correctional Facility, pending a

county court appearance because of two past felony convictions. The following day he was arraigned by Putnam County Judge Spofford and was released on his own recognizance, but must appear biweekly at Putnam County Probation.

Yorktown Police Department

Apr. 21: Brandy Flood, 45, and Jason Haviland, 42, both of Carmel, were charged with second-degree burglary, a Class C felony, after police received a call at 12:57 a.m. about a male and a female attempting to enter a garage attached to an occupied residence. Upon arrival, they observed the individuals standing by the front door of the residence while the garage door was completely open. Following further investigation, it was alleged Haviland was unlawfully in possession of Clonazepam pills. Both suspects were remanded to the Westchester County Jail after they were unable to post \$5,500 bail.

Apr. 22: Two Cortlandt residents were charged following a traffic stop at 3:52 p.m. on the Bear Mountain Extension for failing to keep right. Bryana Sampson, 31, was charged with driving with a suspended license and other multiple traffic infractions. She and her passenger, Roland Brickhouse, 34, who had an active warrant for his arrest from the Westchester County Department of Public Safety, were also charged with criminal possession of cocaine and heroin.

Apr. 25: Malik Lee, 24, of Yorktown, was charged with assault at 2:40 p.m. in connection with a domestic disturbance at a Yorktown residence. The suspect allegedly caused physical injury after punching a victim in the face with a closed fist.

White Plains Police Department

Apr. 27: David Bright was arrested for third-degree criminal possession of a weapon at 220 Saxon Woods Lane.

Volunteer This Saturday for I Love My Park Day

Come to FDR State Park in Yorktown Heights this Saturday, May 7 from 10 a.m. to 1 p.m. for the 11th annual I Love My Park Day event. Parks & Trails New York, in partnership with New York State Parks and the Department of Environmental Conservation, will host over 150 volunteer events at state parks, historic sites and public lands across New York.

This year will be the biggest yet.

Choose from parkland and beach cleanups, trail restoration, tree and flower plantings and various site improvement projects. Your help can make a big difference to friends, family and neighbors who enjoy their parks.

Anyone interested in participating this Saturday can come to Lot #1 (the commuter parking lot). For more information, visit www.ptny.org.





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SMALL NEWS IS BIG NEWS

Blythedale's Mission to Better Serve Medically Fragile Children

By Martin Wilbur

For more than a decade Blythedale Children's Hospital in Valhalla continues to reimagine space at its Bradhurst Avenue facility.

Two weeks ago, the latest phase of its \$150 million, 14-year facilities plan was completed with the opening of the expanded Therapy Village, now measuring 5,000 square feet and home to the latest technological advances for physical and occupational therapy.

Blythedale also opened its Family Education Center, which replicates bedside and home environments where parents can learn how to care for a medically fragile child before they go home.

The additions come after the hospital opened its inpatient pavilion in 2011, which now contains 94 beds, the first step in the multiphase makeover of Blythedale. That was followed by the introduction of the speech and auditory and the day program spaces and the opening of its long-term care pavilion with 24 beds.

John Flanagan, vice president of operations for Blythedale, said as needs and expectations in the care for medically fragile change, particularly with the acute care facilities, Blythedale is also expected to provide more services.

"There's a lot of kids here, and with the population growth in Westchester, Rockland and up into Dutchess, and then a lot of our kids come from New York City," Flanagan said. "There's definitely been increased demand."

The vast majority of children cared for at Blythedale go home, but often they need to return for a wide variety of therapies and treatments, he said. The hospital has developed expertise in helping children with traumatic brain injuries and taking babies who were in the Neonatal Intensive Care Unit to allow their lungs more time to develop after coming from one of the acute care facilities such as Maria Fareri's Children's Hospital or the children's hospitals at Montefiore or NewYork-Presbyterian.

Flanagan said most of Blythedale's patients are receiving physical therapy, feeding therapy or speech therapy, and many have respiratory issues. But neither is the hospital an exclusively rehabilitative facility.

It may seem counterintuitive that during the implementation of its facilities plan that Blythedale would need both a long-term pavilion and a simulation lab that prepares parents to provide the care that their child will need at home.

"Unfortunately, many of our kids with medical complexities, probably over 90 percent of our kids, go home," Flanagan said. "But for that 10 percent that do not, there's really not a lot of places they can go to. So that's what prompted us to open the 24 long-term care beds."

The only remaining projects from the facilities plan is the opening of a new modernized pharmacy, an administrative office suite, an assistive technology workshop and eight new beds for the Traumatic Brain Injury Unit.

Beyond that, the administration at Blythedale is constantly assessing its needs with an eye toward serving children into

the future.

"What I think is exciting is because we're not staying stagnant," Flanagan said. "We're always look to see how we can do better and continue to serve this population of medically fragile children – because that's actually our niche and that's what our mission is, to care for medically fragile children."

Blythedale Children's Hospital in Valhalla recently introduced its expanded Therapy Village, which features the latest advances to help children who are undergoing physical and occupational therapy.



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Boys & Girls Club Honors Exceptional Members in Ceremony

By Martin Wilbur

Like countless youngsters before her, Kacy Espitia has been shaped by her experiences at the Boys & Girls Club of Northern Westchester. It has provided a place of community, mentorship and friendship on a regular basis for her and so many area students for generations.

The daughter of Mexican and Guatemalan immigrants, Espitia has been going to the club since first grade.

"I'm grateful that my time at the club has made me a caring and ethically responsible citizen," Espitia said.

Last week, the Harrison High School senior was named its 2022 Youth of the Year Award winner, the signature event that has been handed out for the past 75 years by the Mount Kisco-based club. The award, decided by a panel of judges, honors a high school teen that embodies leadership, service, academic excellence and dedication to a healthy lifestyle.

One of four finalists that had been narrowed from an original roster of 14 nominees, Espitia said she was "in utter shock," after having her name announced at the annual award ceremony and dinner at Crabtree's Kittle House

in Chappaqua.

"I'm incredibly honored and incredibly blessed to be surrounded by such a beautiful community and we're building something special, we've built something special here, and I want to be part of the continuing steps to make it the best it could be," said Espitia, who plans to study sociology and was set to make her decision by this week on where she will be attending college.

Hers was one of several uplifting stories highlighted at last week's awards dinner. Fellow finalists Zayaan Hussain, Bryan Ji and Ellie Slive, all students at Horace Greeley High School, spoke of how the Boys & Girls Club helped them as students and people.

Slive, a junior, was named the runner-up for Youth of the Year and was bestowed the Chris Cutri Memorial Scholarship. She's been a member of the club since the summer before she entered first grade. At 12, Slive volunteered as a coach's assistant for the Mini Marlins swim team and three years later joined the youth corps at the Chappaqua Volunteer Ambulance, which has spurred her interest in nursing.

"I find that the personal connection I make with the patients is just as rewarding, if not



LYNDA SHENKMAN PHOTO

The four finalists for the Boys & Girls Club of Northern Westchester's 2022 Youth of the Year, including winner Kacy Espitia, second from left. Also shown, from left, are Brian Ji, Ellie Slive and Zayaan Hussain.

more important, than the medical care that they get," Slive said. "I realized that along with my passion I the medical field and healthy bodies, I also help assure healthy minds. To me, a healthy mind means being happy, confident and comfortable in who you are."

Hussain, a sophomore, suffered a stroke at birth which caused the left side of his body to be much weaker. That didn't stop him from

learning how to swim, becoming a six-year member of the club's Marlins Swim Team and placing in two events in the National Paralympics.

Hussain hopes to become an oncologist, to honor his aunt who died prematurely from cancer.

The club has given Hussain the life skills and confidence to take on life's challenges.

"When I first started to swim

and I was taking lessons, I was told I was never going to be able to swim, and now I've been able to compete in the finals of the National Paralympics," he said.

Ji, a junior, who has been coming to the club since preschool, said through the pandemic he felt he had slipped into depression because of the isolation. When he was able to return to school full-time and the club, Ji was assigned to help lead a group of fifth- and sixth-grade campers, who immediately greeted him with open arms.

"During this time, I was able to give back to the community that helped me so much in my upbringing," Ji said. "That summer helped me so much mentally and physically and landed me right back on my feet."

Executive Director Alyzza Ozer said for 83 years the Boys & Girls Club has been providing area children and teens with a safe environment where they can learn important skills that will help them for the rest of their lives.

"In order to be able to develop responsible adults, we need to provide you people with the opportunity to be in a positive environment and learn how to advocate on behalf of themselves," Ozer said.

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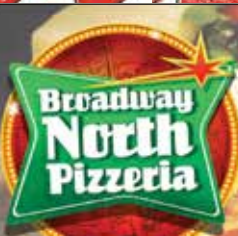
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Musical 'Side Show' Retells How Sisters Were Bonded for Life

By Abby Luby

Picture this: Twin girls are born conjoined at the hip. They don't share major organs, but in 1908 separating them was extremely risky.

The twins were Violet and Daisy Hilton, famous in the 1930s as a singing and dancing duo and featured as a rare, freakish spectacle on the American vaudeville circuit.

The Hilton twins' story has long been portrayed in plays, films, books and articles. Their story was adapted into the Broadway musical "Side Show," which was nominated for four Tony Awards after its 1997 Broadway debut. It is now playing at the White Plains Performing Arts Center (WPPAC) with a full cast and live orchestra.

Conducted by WPPAC Executive Producer and Musical Director Stephen Ferri, many of the show's 23 songs were composed by Henry Krieger with lyrics by Bill Russell, including "I Will Never Leave You" and "Who Will Love Me as I Am?"

With some dialogue throughout the musical, the songs shape the narrative of the two women who are bonded for life but hold different desires and dreams.

Director Frank Portanova said the nearly continuous music creates more "stage pictures" that tell the story.

"The music makes it much easier to sustain the energy and is always used in theater to heighten the emotion and intensity of a moment," Portanova said. "Due to a person's instinct for tune and rhythm, a work like 'Side Show' appeals more to the audience's senses



WPPAC PHOTO

A scene from "Side Show" at the White Plains Performing Arts Center starring Rebecca Kuznick and Emily Kirsten Morris as conjoined twins Violet and Daisy Hilton.

and allows the audience to experience a greater catharsis for these characters."

Playing the Hilton sisters are Rebecca Kuznick as Violet and Emily Kirsten Morris as Daisy. The challenge for the two actors is physically moving together as one. Preparing for the roles, Kuznick and Morris met frequently before rehearsals began.

"When Rebecca and I first learned that it would be us playing the twins, we met up in her apartment and talked all things 'Side

Show,' theater and life to try and get to know each other as fast as we could," Morris said. "We knew it would be important that we felt comfortable around each other and had a bond before starting rehearsals."

The two women became fast friends.

"That first day we also practiced walking together around her living room attached at the hip; it was clunky, but we began to figure it out," Morris said. "The process of melding our bodies together has been so much fun."

Kuznick admitted moving together was harder than they expected.

"But we got the hang of it fairly quickly," she recalled. "We decided that regardless of where we are going on stage, we always start walking on our right foot, and we always turn around over our right shoulder. It was very silly at first but we seemed to have figured it out."

The set design by Christopher and Justin Swader was tailored for the WPPAC stage. It's a two-tiered vaudeville tent recreating the act that was on the road at the Texas Centennial during the height of the Great Depression. As the two women crave fame, fortune and love, they befriend circus freaks such as the bearded lady, Reptile Man, the three-legged man, Tattoo Lady and Snake Lady, among others. The twin's two talent scouts Terry (Bronson Norris Murphy) and Buddy (Jack Brewer) ultimately launch the Hilton Sisters to Hollywood stardom.

"The storyline is very moving and it's really a musical about accepting people for who they are and embracing people who are unique," said WPPAC General Manager Kathleen Davisson. "This is a very relevant story for right now."

"Side Show" continues this week with performances on Thursday, May 5 at 2 p.m., Friday, May 6 and Saturday, May 7 at 8 p.m. and Sunday, May 8 at 2 p.m. WPPAC is located at 11 City Place in White Plains. For tickets and more information, call 914-328-1600 or visit www.wppac.com.



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How To Really Enjoy Those DIY Home Projects

It thrills me to remember my dad as a man who really loved and enjoyed his family and who really loved and enjoyed his work. I know because, although he wasn't very talkative, he said many times how much he loved the work he did.

His official job designation was "cement finisher," which I suppose is how he started out in the early 1920s. But by the time I came around as a late but "lucky" baby, as he called me, he was a flooring specialist who laid floors on luxury ships. He also installed the flight decks of aircraft carriers. I like to think that he did great work for our country in that regard.

While there was little work for him during the Depression when neither businesses, ocean liners or homeowners were in the market for flooring, he was suddenly in high demand after World War II, when many ships were converted from war use to passenger liners and cargo ships.

He died young, at 56 when I was only 18, from what we now know as asbestosis before we really knew what it was. Asbestosis is a chronic lung condition that is caused by prolonged exposure to high concentrations of asbestos fibers in the air. Asbestos was ever-present in all those ships he worked on.



By Bill Primavera

I try not to think about that period, brief though it was, when he was incapacitated because of the disease. But I like to think, prior to that, when he would talk about his enthusiasm for his work. He would describe his work with a twinkle in his eye and excitement in his voice.

"I love doing a job," he would say. "I love going into a room, doing the planning, sizing up the job and how I will go about it, and then the installation."

Because he did all of his flooring work on his knees, that part of his anatomy was gnarled to the point of looking more aged than the rest of his body.

They were testament to his years of really hard physical labor, but his face was totally unlined and most frequently projecting a big smile.

Because of his talents, every home we ever lived in had flooring in our kitchens and bathrooms that was the envy of the neighborhood. Our front stoops and porches always boasted the work of a skilled artist, covered in material used on ships and always with distinctive patterns imprinted in truly artful form. I especially remember a big teapot cut in a contrasting color into our kitchen floor linoleum.

I guess I inherited his enthusiasm for projects around the house, which is now



why one of my several personalities is as The Home Guru. Today I live in a modern home in Trump Park, where everything is tended to and there is precious little that presents itself as a home project. But for over 40 years I lived in an 18th century farmhouse, which was literally a work in progress from the day I moved in until the day I moved out. It might have been called the DIY house. Thank God my back and my knees were those of a young man when the really hard chores of renovation needed to be done.

The reasons why people engage in do-it-yourself activities are numerous. For some, DIY projects provide an opportunity to express the homeowner's creativity. On the other hand, some do it driven by economic necessity. DIY can also be a form of occupational therapy. Certainly for me, along with my outside garden work, DIY jobs kept me sane, especially during a period when I worked for a boss from hell.

Besides being a great way to relieve stress, a DIY project accomplishes the task of achieving a better home. What could be more practical? And somewhere I read that DIY projects can lower one's heart rate and blood pressure.

My rules for enjoying home DIY projects are simple and I have just two of them: First, only do what you think you'll enjoy. Why bother with any project that can be viewed as a chore? Secondly, tackle only what you feel capable of doing successfully. If the job requires a skill you don't have, save yourself a lot of grief and leave it to the experts.

Oh, I do have a third rule if you happen to be employing someone to do the job: NEVER pay up front. Even though it's been almost a half-century since a criminal contractor took my money in advance "for materials," then absconded with it to whereabouts unknown, I have never paid in advance. It was only \$500, but in my married youth, with a little baby on hand, it was a lot of money to me.

Of course, DIY projects save money. Maybe that's the best benefit of all.

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

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Kensico Cemetery Earns Arboretum Status as Tree-Focused Garden

As part of its inaugural Arbor Day celebration last Friday, Kensico Cemetery announced that it has earned Level I Arboretum status making the cemetery an official tree-focused public garden and one of only two cemeteries in Westchester County to earn that distinction.

There are four different levels of accreditation granted by ArbNet, and all levels require a strategic plan, a focus on woody species, public access and participation in the ArbNet community. ArbNet is an international arboretum accreditation and networking program supported and coordinated through The Morton Arboretum, which sets industry standards, creates partnerships and collaborations and provides guidelines for the professional development of tree-focused gardens.

Michael H. Cook Jr., an arborist and superintendent at Kensico Cemetery, described the steps taken by Kensico to apply for arboretum status.

"Although Level 1 status required submitting 25 specimens, we reviewed our collection of trees with Kensico board member and horticulturalist Richard Schnall, and together identified 44 trees that were unusual for this area of the country or were of significant size and age and that each one was easily accessible from our roadways," Cook said. "With assistance from the Davey Research Group, we developed a map and double-checked all spellings and origins for the selected trees as part of the signage process. We're already working on the upgrade to Level II."

A list of the 44 trees and a map showing the location of each tree has been posted on the Kensico website, www.kensico.org, under "News." Every tree will have a three-inch by five-inch metal label with the common name, Latin name, origin, height and spread and a landscape value descriptor indicating the tree's commercial and/or cultural contribution.

"Earning the Level 1 Arboretum status is the natural result of the vision of the founders of Kensico Cemetery," Schnall said. "It builds on Kensico's long history of preserving and beautifying the landscape. The selected trees represent a part of a diverse collection dating back to the cemetery's beginning and includes some more recently planted. Level I status is just the first step in codifying what we know is a significant collection deserving of public appreciation."

Kensico President Matthew G. Parisi said the recognition as a public garden is the culmination of a two-year effort to determine the best way to make the cemetery's trees, shrubs and plants available to the community in the most meaningful and structured way.

"Our plans now focus on creating a variety of educational and experiential opportunities for the public to further enjoy the cemetery grounds," he said.

During last Friday's commemoration an eight-foot *Franklinia alatamaha* was planted on the slope opposite the administration building. The "Franklin," as it is known, was selected for its fragrant white flowers, orange-red fall foliage and its ancestry from seeds collected by botanist William

Bartram while exploring southern Georgia. Bartram named the species after family friend Benjamin Franklin.

Kensico Cemetery is a nonprofit membership organization established in 1889 to serve the burial needs of families in the New York metropolitan area.

Representatives of Kensico Cemetery in Valhalla planted a tree during the inaugural Arbor Day commemoration last Friday at the cemetery to celebrate an arboretum accreditation. The tree selected is a *Franklinia alatamaha*, a flowering deciduous tree that is extinct in the wild but now used as an ornamental.



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Freshen Up Your Estate Planning Documents

One of my great joys in reviewing old estate planning documents is seeing the variety of cover sheets, folders, formats and specialty paper that characterize decades-old wills and powers of attorney. We used to call it "lawyer arts and crafts."

The elaborate process of cutting covers of wills to size and binding everything together was as important as drafting the documents. I still remember running from my office on lower Broadway to the nearby Blumberg store as a young law clerk to find will continuation paper for a signing. Those were artifacts from a different era, monuments to a time before scanning, PDFs and portals. What was written in those wills and powers of attorney were also artifacts.

Many old wills have fundamental flaws. Wills are supposed to have an attached Affidavit of Attesting Witnesses. This affidavit is required to probate the will. Without it, the witnesses to that old will would have to be located and asked to sign an affidavit.

Finding witnesses from 35 years ago is no picnic. We see plenty of old wills that lack the affidavit. This issue leads to costly delays. Old wills frequently name executors and beneficiaries who are no longer alive. Often, there are no instructions regarding successor executors or contingent beneficiaries. For example, if no successor executor is named, an heir at law may petition the court to be the estate's Administrator C.T.A. That person could be someone that you do not want in that role.

Assistance of Counsel

Antiquated powers of attorney are sometimes more problematic. Banks sometimes accept 20-year-old forms and clients think everything will work out fine. Pre-2008 New York State powers of attorney contained broad provisions for handling another individual's finances with simple gifting instructions. The ability to set up trusts, make more complex gifts or change beneficiaries or account holders may not be allowed under an old power of attorney.

Emergency Medicaid planning

requires a variety of financial transfers to achieve eligibility. Without the requisite authorized powers, an agent under a Power of Attorney may face real roadblocks to obtaining Medicaid for a loved one.

One goal of estate planning is to make life easier for your family. When children are young, a will may name guardians and place an emphasis on setting up minor trusts should something happen to the parents. Once the children become adults, the parents' priority may shift to helping them with life events like marriage, home purchase and grandchildren's education. Revising a will or setting up a new trust would also incorporate important planning options such as Supplemental Needs Trusts for disabled beneficiaries.

Old wills and revocable trusts may not have anticipated long-term healthcare needs. Medicaid planning with irrevocable trusts will still allow for assets to transfer



By Alan D. Feller, Esq.

outside of probate while protecting those assets from creditors.

As the years fly by, aging adults are made aware of changes within their families. A once close family member may now be estranged. An adult child that used to live across the country has become your primary caregiver. Reviewing and refreshing estate planning documents takes into account family changes,

changes to the law, practical changes in administering an estate as well as long-term care considerations.

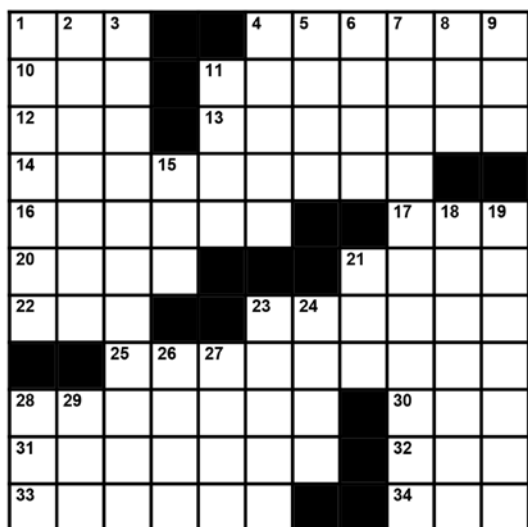
Old estate planning documents can be aesthetically pleasing, but woefully outdated. Contact the professionals at Sloan & Feller to review your estate plan and make it current.

Alan D. Feller, Esq. is managing partner of Sloan & Feller Attorneys at Law, located at 625 Route 6 in Mahopac. He can be reached at alandfeller@sloanandfeller.com.

Crossword

Across

1. Make lively, with "up"
4. Chessboard squares
10. Santa __, Calif.
11. The real estate company that "points" you in the right direction
12. A Bobsey twin
13. Recipient of an award
14. Issuing
16. Citrus fruits
17. Sun Devils' sch.
20. Gusto
21. Z __ "zebra"
22. U.S. Army medal
23. Stork-like birds
25. Houston landmark
28. Like bodybuilders' bodies
30. "Titanic" setting
31. Form a mental image
32. Sinus specialist, briefly
33. Ted Danson's character on "Cheers"
34. Wild donkey



9. Compass point
11. Detective Charlie
15. The N of NCO
18. Big electronics and engineering company
19. Removes from office
21. Benefit
23. "Flashdance" singer Cara
24. Be an omen of
26. Lily that's Utah's state flower
27. Jacob, to Esau
28. __ card (cellphone chip)
29. Personal statement intro..

Answers on page 32

White Plains HS Sports Hall Nomination Deadline is May 23

The deadline to submit the nomination of candidates for the 2022 White Plains High School Athletics Hall of Fame induction event has been finalized as Monday, May 23.

Anyone who has previously been nominated but not inducted does not have to be resubmitted. Those candidates automatically will be reconsidered.

To access the criteria for eligibility and a nomination form, visit the high school's website at www.whiteplainspublicschools.org/Page/16127.

Nominations may be submitted either via regular mail sent to the WPHS Athletic Office, 550 North St., White Plains, N.Y. 10605, or via e-mail to Chuck Stogel at chgstogel@aol.com.

The seventh White Plains High School Athletics Hall of Fame induction event is scheduled for Monday evening, Nov. 14 at the school.

Video recordings from all six of the previous induction ceremonies are available for viewing online. To access, visit www.whiteplainspublicschools.org/Page/600.

Here is a year-by-year list of the first six classes of inductees:

2015: Nicole Boykin, Frank Briante, Mal Graham, Larry James, Harry Jefferson, Grover "Deacon" Jones,

Dean Loucks, Glenn Loucks, Anthony "Champ" Marano, Craig Masback, Art Monk, Dick Nolan, Dr. Jason Parker, Jay Saldi, Len Watters.

2016: Tom DePaso, Manson Donaghey, Alan Egler, Whitney Ford, Otis Hill, Aaron Hopkins, Charlie Jenkins, Ed Kehe, Oscar Moore, Frank Navarro, George Rooks Sr., Don Salls, Art Schult, Carl "Rusty" Waite, Bruce Weinstein, Brant Wintersteen, Sal Yvars, 1966 880 and Mile Relay Teams.

2017: Frank Becerra Sr., Kristin Donahoe Becerra, Sam Bowers, Bill Cain, Michelle Donnelly, Ricky Edwards, Dick Gardella, Jim Gray, Bob Horton, Dave Jackson, Jermaine Johnson, Frank Lyman, Lou Mark, John Messemer.

2018: Kim Adams, Sue O'Gorman Adams, Dominick "Monk" DePalo, Bill Drummond, J. Brian Hansbury, Greg Herzog, Mark Johnson, Sean Kilpatrick, Tony Mazziotti, Dennis Morgan, George "Duffie" Rooks, Chuck Young, Jermaine Young.

2019: Arnold Clinton, Tom Donahoe, Liz Flooks, Mark Martino, Joe Materile, Nick Panaro, George Perry, Dan Woodard.

2020: No event.
2021: Michael Belmont, Jim DePalo, Dr. Lynne Kahn, James Lombardi, Robert Malson, Spencer Mayfield, Joe McAvoy.

Supplemental Summons and Notice of Object of Action Supreme Court Of The State Of New York County Of Westchester Action to Foreclose a Mortgage

Index #: 61376/2020 Wilmington Savings Fund Society, FSB, Not In Its Individual Capacity But Solely In Its Capacity As Owner Trustee For Cascade Funding RM4 Acquisitions Grantor Trust Plaintiff, vs Herbert Gould As Heir To The Estate Of Kathleen Gould, Deirdhre Regina Kavanagh Gould As Heir To The Estate Of Kathleen Gould, Shivaun Rowana Kavanagh Gould As Heir To The Estate Of Kathleen Gould, Gawain Greyland Kavanagh Gould As Heir To The Estate Of Kathleen Gould, Morgaana Rhianna Gould As Heir To The Estate Of Kathleen Gould, Unknown Heirs Of Kathleen Gould If Living, And If He/She Be Dead, Any And All Persons Unknown To Plaintiff, Claiming, Or Who May Claim To Have An Interest In, Or General Or Specific Lien Upon The Real Property Described In This Action; Such Unknown Persons Being Herein Generally Described And Intended To Be Included In Wife, Widow, Husband, Widower, Heirs At Law, Next Of Kin, Descendants, Executors, Administrators, Devisees, Legatees, Creditors, Trustees, Committees, Lienors, And Assignees Of Such Deceased, Any And All Persons Deriving Interest In Or Lien Upon, Or Title To Said Real Property By, Through Or Under Them, Or Either Of Them, And Their Respective Wives, Widows, Husbands, Widowers, Heirs At Law, Next Of Kin, Descendants, Executors, Administrators, Devisees, Legatees, Creditors, Trustees, Committees, Lienors, And Assigns, All Of Whom And Whose Names, Except As Stated, Are Unknown To Plaintiff, People Of The State Of New York, Board Of Managers Of The Grande At Battleground Condominium Association And Fairways At Battleground, United States Of America Acting Through The IRS John Doe (Those unknown tenants, occupants, persons or corporations or their heirs, distributees, executors, administrators, trustees, guardians, assignees, creditors or successors claiming an interest in the mortgaged premises.) Defendant(s). Mortgaged Premises: 94 Greenridge Avenue White Plains, NY 10605 To the Above named Defendant: You are hereby summoned to answer the Complaint in this action, and to serve a copy of your answer, or, if the Complaint is not served with this Supplemental Summons, to serve a notice of appearance, on the Plaintiff(s) attorney(s) within twenty days after the service of this Supplemental Summons, exclusive of the day of service (or within 30 days after the service is complete if this Supplemental Summons is not personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorney for Plaintiff has an office for business in the County of Erie. Trial to be held in the County of Westchester. The basis of the venue designated above is the location of the Mortgaged Premises. TO Unknown Heirs of Kathleen Gould, Defendant In this Action. The foregoing Supplemental Summons is served upon you by publication, pursuant to an order of HON. Charles D. Wood of the Supreme Court Of The State Of New York, dated the Nineteenth day of April, 2022 and filed with the Complaint in the Office of the Clerk of the County of Westchester, in the City of White Plains. The object of this action is to foreclose a mortgage upon the premises described below, dated December 17, 2007, executed by Kathleen Gould (who died on February 10, 2021, a resident of the county of Westchester, State of New York) to secure the sum of \$1,162,500.00. The Mortgage was recorded at Instrument Number 480580721 in the Office of the Westchester County Clerk on March 6, 2008. The mortgage was subsequently assigned by an assignment executed November 13, 2018 and recorded on November 14, 2018, in the Office of the Westchester County Clerk at Instrument Number 583183325. The mortgage was subsequently assigned by an assignment executed May 23, 2018 and recorded on December 3, 2018, in the Office of the Westchester County Clerk at Instrument Number 583373079. The mortgage was subsequently assigned by an assignment executed September 22, 2020 and recorded on December 22, 2020, in the Office of the Westchester County Clerk at Instrument Number 603573197; The property in question is described as follows: 94 Greenridge Avenue, White Plains, NY 10605 NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: April 25, 2022 Gross Polowy, LLC Attorney(s) For Plaintiff(s) 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 The law firm of Gross Polowy, LLC and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 71885

Suggestions on Where to Dine Out on Mother's Day

Mom deserves her special day. If you are planning to dine out on Mother's Day this Sunday, here are some suggestions locally that cover a variety of tastes.

It's a big restaurant day, so be sure to reserve a table early. Even consider taking mom out before or after Mother's Day to make it less stressful. If you don't plan to dine out and still want a restaurant meal, most would be delighted to prepare a package to take home by advanced order. Enjoy!

Lexington Square Cafe

The Pearl Restaurant Group led by Jim Sullivan and Jan Fabry keep this artsy multilevel dining room and bar buzzing. Veteran manager Lisa Snyder advised us the restaurant would be open starting at 10 a.m. on Mother's Day with a menu of new American specialties. Breakfast and brunch will be served a la carte until 2:30 p.m. featuring such dishes as Eggs Benedict, black angus steak and eggs and French toast with all the fixings.

Dinner mains include roast prime rib; pan-roasted halibut; braised short ribs; shrimp and scallop scampi; and a grilled angus burger. Wine and specialty cocktails are available from the sprawling bar. Indoor and outdoor seating.

Lexington Square Café, is located at 510 Lexington Ave. in Mount Kisco. Info: 914-244-3663 or visit www.lexingtonsquarecafe.com.

Jean-Jacques' Culinary Creations

When I walked into Jean-Jacques on a recent weekday afternoon the place was bustling with activity. The display counters and blackboards were filled with tempting possibilities, from sweet and savory crepes to sandwiches to fresh breads and cakes. The crowd was loving it!

It's been 21 years and the place is working at full steam. Mother's Day patrons will be seated on a first-come first-served basis. There are two dining rooms, one counter side, and a separated more formal section. There's outdoor seating, too, weather



By Morris Gut

permitting.

Mother's Day Brunch will be served from 10 a.m. to 3 p.m. for \$21.95 per person. Included is choice of cocktail, juice, main course, dessert, unlimited coffee or tea and Belgian chocolate dipped strawberry. Dinner packages include choice of appetizer, main course, two sides and dessert for \$45 per person. Advanced orders are suggested.

Jean-Jacques' Culinary Creations is located at 468 Bedford Rd. in Pleasantville. Info: 914-747-8191 or visit www.jean-jacques.com.

Peppino's Ristorante

The Italian aromas wafting from this kitchen are compelling. Proprietor Joseph DiScala has been operating this rustic regional Italian restaurant for nearly 32 years. It is next to the Katonah Metro-North station.

DiScala told us he will be serving his popular regular menu on Mother's Day along with daily specialties. Sit at the mirrored bar or in one of the cozy wood and stone dining areas highlighted by horse country artworks. Check out such dishes as

mozzarella in carrozza; linguini with red or white clam sauce; traditional lasagna; chicken scarpariello; zuppa di pesce; pork chop pizzaiola; and veal or chicken parmigiana. There are plenty of meatballs and broccoli rabe to go around, too. Indoor and outdoor seating.

Peppino's Ristorante is located at 116 Katonah Ave. in Katonah. Info: 914-232-3212 or visit www.peppinosristorante.com.

Moderne Barn

The Livanos family's sweeping multilevel country chic restaurant on Route 22 in Armonk will be serving a three-course Mother's Day menu. Moderne Barn's kitchen focuses on modern American cuisine with global influences. Look for such specialties as nonna's meatballs; thick-cut pork chops; grilled Atlantic salmon; seafood pasta; and roasted free bird chicken. For dessert, indulge in the cheesecake or blackberry cobbler.



The mouth-watering grass-fed burger with smoked bacon, cheese and fries at RiverMarket Bar & Kitchen.



A view of the beautiful dining area at Lexington Square Café in Mount Kisco, one of many great choices to treat Mom to a Mother's Day outing.



It's hard to go wrong with the iceberg lettuce wedge at RiverMarket Bar & Kitchen.

Mother's Day seatings are from 11 a.m. to 8 p.m. Cost is \$78 for adults and \$35 for a two-course children's menu, plus tax and gratuity.

Moderne Barn is located at 430 Bedford Rd. in Armonk. Info: 914-730-0001 or visit www.modernebarn.com.

Eveready Diner

Take mom to a retro-inspired diner. I have enjoyed the Eveready at their original location in Hyde Park, not far from the Culinary Institute of America and the FDR Estate. Breakfast is served all day, along with lunch and dinner options galore.

Of course, there are the house-made desserts and soda fountain favorites. You can go simple with a bagel and lox or a more robust multicourse selection such as steak and chops. A special shout-out to their excellent corned beef Reuben. This diner has it all.

Eveready Diner is located at 90 Independent Way in Brewster. Info: 845-279-9009 or visit www.evereadydiner.com.

Traditions 118

Owners Michael and Lisa Lubic plan a double surprise this week. This Thursday, May 5, they will mark Cinco de Mayo with a special menu and music. Then on Mother's Day, they will celebrate with brunch from 11 a.m. for \$49 per person. There will also be an a la carte dinner from 1 p.m.

Look for mom's ravioli; sweet potato gnocchi; shrimp risotto; roasted salmon; and filet mignon. The house was former home to the highly acclaimed Maxime's French

restaurant years ago and still retains its lovely facilities.

Traditions 118 is located at 11 Old Tomahawk St. in Granite Springs. Info: 914-248-7200 or visit www.traditions118restaurant.com.

RiverMarket Bar & Kitchen

Take in the lovely views at Hudson RiverWalk and head to RiverMarket Bar & Kitchen. Proprietor Glenn Vogt will serve on Mother's Day from 12 to 7 p.m. Besides being managing partner and founder of RiverMarket for the past nine years, he is also partnering at The Kittle House in Chappaqua with John Crabtree.

Check out the Maine butter poached lobster roll; Hudson Valley cheese plate; Hemlock Hill Farm grass-fed beef burger with smoked bacon on a brioche bun; the popular iceberg wedge with soft-boiled farmhouse egg and Hemlock Hill smoked bacon crumble; Salade de Confit de Canard; pasture-raised chicken Caesar salad; and surf and turf. The fresh market is now preparing pizzas. There's patio seating; open daily.

RiverMarket Bar & Kitchen is located at 127 W. Main St. in Tarrytown. Info: 914-631-3100 or visit www.rivermarketbarkitchen.com.

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



The delicious pork pizzaiola at Peppino's Ristorante in Katonah.

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The Components That Contribute to a Wine's Uniqueness



By Nick Antonaccio

With a bit of a COVID-lite window, I'm resuming the private wine tastings I conduct during the year.

For these events I offer my audience a sampling of several wines and pair them with individual foods.

I then solicit input on the characteristics of each wine. Since each of our palates differs from the next person's, I typically receive divergent comments on the aroma, bouquet and taste of a wine.

It makes perfect sense to consumers that wine may have aromas and flavors of agricultural products such as berries, cherries, chocolate, apples, melons, citrus fruits, even grass, but they become confused when their senses detect oak, butter, vanilla, caramel and/or toast. Even more confusing are the more esoteric elements of a wine: the "dryness" factor, which may impart an overall perceived quality of off-putting harshness in a wine, or conversely, a pleasing mellowness.

These latter characteristics don't seem natural to their senses. Broader terms that most consumers sense as "mouth-feel" run the gamut from "harsh" or "astringent" all the way to "supple" or "velvety."

And their consternation is valid. Why is that? What creates these sensory

perceptions? The major influences affecting a bottle of wine are grape varietal, terroir, yeast, aging vessel and the hand of the winemaker. Here is a short description of each.

1. Varietal and terroir. These are the fixed portions of the building blocks of producing a wine. Each varietal has its own distinct characteristics of aroma and taste. The specific environment these grapes are grown in further influences the final product. Pinot Noir grapes grown in Europe will be different than those of the New World, in part because of the influences of the varying climates.

Pinot Noir grapes grown in different regions of Europe have unique characteristics due to the differing soil and topography. Similarly, Pinot Noir grapes grown within the same region may have differing characteristics due to the microclimate and the subtle differences in soil from one vineyard to a neighboring vineyard.

Grape tannins play a role as well. Polyphenols present in grape skins and seeds interact with grape juice and yeast during fermentation. White grapes contain minor

levels; red grapes, varying levels. Nebbiolo (used in the production of Italian Barolos and Barbarescos) and Cabernet Sauvignon grapes have harsher and more concentrated tannins than a Pinot Noir or Merlot, which have softer tannins. These tannic qualities are ever-present; the winemaker's alchemy determines their ultimate influence on a



wine.

2. Yeast. Various strains may be added to grapes when they are crushed. This will typically accelerate the fermentation process of converting grape sugars to alcohol. There are numerous varieties of yeast preferred by winemakers. Each affects the resulting body, color and polyphenol level of a wine.

3. Aging. The influence of aging – either in stainless steel or oak barrels – has a significant impact on a winemaker's final product. And it's not just the period of aging. The vessel, and the variable attributes of each vessel, arguably may have the greatest influence on the final product. Affected are the levels of tannins and the distinctive aromas detected in wine. (Much) more on this in next week's column.

4. A winemaker's preferences. Today's winemaker is as much a technician as an artisan, directing the production of a wine throughout its evolutionary process. The aroma and taste of each wine may be impacted by a number of techniques a

winemaker has at his or her discretion. By manipulating the other influencers on the finished product, he or she stamps their imprint of style and balance on a bottle of wine. Length of fermentation, type of yeast and aging techniques under the influence of an alchemist determine the attributes, and appeal, of a particular wine.

The next time you're asked to opine on the aroma and taste of wine, you'll be armed with the insights to seek out the unique characteristics of that wine. Perhaps you, too, will become a social "influencer" on behalf of a new favorite wine.

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

*You Heard It
Through the
Grapevine*

Returning to Warm Weather Sports: Tips for Injury Risk Reduction

After months of cold temperatures and wintry precipitation, it looks like the sunnier side of spring is finally here.

With the changing of the seasons comes a return to certain activities and hobbies as we put away the skis, snowboards and winter gloves. In addition to the recent start of the baseball, soccer and lacrosse seasons, many of us are heading to the golf course, tennis court or our favorite running or walking trail for the first time this calendar year.

However we may exercise outside, now is the perfect time to go over a few helpful hints and pointers that might help you stay out of pain and on the move with summer quickly approaching.

Take it Slow

On average, people tend to be more active in the spring and summer than they are during the colder months. With this in mind, it's important that people avoid jumping too quickly into the same routine that they were used to last August.

Many experts in the health and fitness fields advocate for utilization of the 10 percent rule, suggesting that anyone who begins an activity for the first time in a while should increase their weekly workload by no more than 10 percent in order to limit risk of overuse injuries.

Other studies have shown injury risk to spike if we increase our physical activity by more than 30 percent on a repeated weekly basis.

For most of us without a complicated medical history, this suggestion can be a little simpler – start slow, progress gradually and listen to your body. Start with a one or two-mile outdoor run instead of topping 15 miles in your first week back on the trails. Although it is tempting, it may not be in your best interest to play five tennis matches the first week you pick up your racquet this season.

Hydrate

We have all heard this one before, but it cannot be emphasized enough. The American Council on Exercise recommends hydrating before, during and after exercise even if you are not yet thirsty. Sodium, either in the form of a sports drink or another source, is also helpful for rehydrating. Consult your trusted healthcare professional for more individualized advice.

Get Strong to Stay Safe

The staff at ProClinix are proponents of a comprehensive approach to health and wellness, and this mindset does not change as the seasons do. Even when reaching their cardiovascular exercise

guidelines, the National Institutes of Health (NIH) recommend that all adults participate in at least two strength training sessions per week for general health benefits.

Children involved in organized sports will benefit as well, with the NIH recommending that children ages 6 to 17 perform muscle strengthening activities at least three days a week. Formal participation

in strength training programs has been shown time and time again to decrease sports-related injury risk by more than 50 percent.

It's important to note that strength training does not necessarily equate to spending hours lifting heavy weights in a crowded gym. Discuss this with a sports medicine provider or qualified trainer or performance coach to determine how to best incorporate this into your weekly routine.

If it Hurts, See Someone

It's normal to feel muscle soreness for a day or two after getting back on the golf course or softball diamond for the first



By Michael Donnelly

time in a while. That being said, if something doesn't feel quite right, it is always best to say something now rather than later.

A new wave of research into the study of acute and chronic pain continues to reveal that pain is more likely to become persistent when it is left unaddressed for a longer period of time. In New York State, you can be evaluated by a physical therapist or a chiropractor without having to schedule a

visit with your physician first or obtain a referral.

There is no need to wait. Listen to your body and contact a provider that you trust to ensure that you stay on the road, court, course or field through the summer.

Dr Michael Donnelly is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Armonk. For more information about this article or about ProClinix, Donnelly can be reached at 914-202-0700 or at mdonnelly@proclinix.com. You may also visit www.ProClinix.com.

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NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing Monday, May 9, 2022 at 8:00pm in person at Village Hall located at 80 Wheeler Avenue, Pleasantville, New York 10570 and via Zoom Meeting id 82545840181, Password 253232 to hear comments on Introductory Local Law 3 of 2022 concerning seasonal limitations on fuel-powered motorized leaf blowers

Alyssa Hochstein
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2022 Kentucky Derby Promises to Be an Exciting, Wide-Open Affair

By Charles Palombini

There isn't a horse race anywhere in North America that receives more annual scrutiny than the Kentucky Derby at Churchill Downs. Considered to be "the most exciting two minutes in sports," the Derby pits 20 lightly raced three-year-old thoroughbreds against each other in a battle for supremacy on the first Saturday in May.

This year we will abandon our usual handicapping method, which incorporates finding a reason to back a horse, and instead adopt a posture of looking for a reason not to bet on a horse. Hopefully this process of elimination will leave us with the winner by default! While we still may rip up our tickets again, we will, at least to start, be filled with the hopes of cashing in on Derby Day.

In the not-too-distant past, horses could come charging from just about anywhere in the pack to win the Kentucky Derby. But times change, and in recent years, the Derby has strongly favored horses with enough tactical speed to avoid traffic on or near the front end.

Horses who have shown the ability to finish fast at the end of a two-turn route race have the best chance to handle the Derby's testing 1 1/4-mile distance. When analyzing Derby contenders, look for horses who sprinted the final three-eighths of a mile of their final prep race in :38 seconds or less.

California Shippers and Florida Derby: Horses based in California have outperformed others in recent renewals of the race. Seven of the last 11 winners (Medina Spirit, Authentic,

Justify, Nyquist, American Pharoah, California Chrome and I'll Have Another) spent the winter in California.

However, the Grade 1 Florida Derby at Gulfstream Park has also been highly productive. Over the last 15 years, Barbaro (2006), Big Brown (2008), Orb (2013), Nyquist (2016) and Always Dreaming (2017) all managed to complete the Florida Derby-Kentucky Derby double.

Downgrade Inside Posts: Due to the abnormally large field, the Kentucky Derby can be a challenging race for horses starting from inside post positions. Unless they break quickly or drop back to rally from behind, it's difficult for the horses in posts 1 and 2 to secure clean trips.

The rail post is a famously tricky spot and hasn't produced a Derby winner since Ferdinand in 1986. But post 2 hasn't seen a winner since Triple Crown champion Affirmed in 1978, suggesting both slots can be bad news. Outside posts are generally preferable, with seven of the last 11 Derby winners starting from post 13 or wider.

Unraced as a Two-Year-Old: It's hard for inexperienced racehorses to win the Kentucky Derby. At least three starts is a preferable preparation strategy. Derby starters with one or two career starts are highly uncommon, and Leonatus ranks as the only horse to win the Kentucky Derby – in 1883 – off such a light racing schedule.

It's difficult to find a Derby contender who checks every box. However, several come close, and they're not necessarily going to be the most popular horses in the betting.

White Abarrio, the Florida Derby winner, has a ton of speed, is 2-for-2 this season, raced as a juvenile and is coming off an ideal five-week break. Working against him is the fact that his sire failed to win a Grade 1 race of at least a mile. In addition, White Abarrio needed :39.66 seconds to complete the final three furlongs of the Florida Derby. Thus, stretching out to 1 1/4 miles in the Kentucky Derby is a big question mark.

Cyberknife, winner of the Arkansas Derby, offers many of the same benefits – a five-week layoff, tactical speed, two-year-old racing experience, strong recent form, etc. But Cyberknife needed :39.18 seconds to complete the final three furlongs of the Wood Memorial, and the Arkansas Derby hasn't been as productive as a Kentucky Derby prep as the Florida Derby and Santa Anita Derby.

Santa Anita Derby winner Taiba also boasts many positives, including his perfect 2022 record and his combination of tactical speed with finishing power. There are only two problems: Taiba didn't race at age two and has only run twice in his life. There are some powerful historical stats indicating this combination isn't the best recipe for Kentucky Derby success.

One prominent contender that our new method suggests might be vulnerable is Grade 2 Louisiana Derby winner Epicenter. While his overall credentials are solid, Epicenter misses several of the historical angles we've outlined: he competed in three qualifiers this year, he's exiting one of the less productive prep races, he's entering off a six-week layoff and his sire failed to win a

Grade 1 race running long.

The horse who best fits the historical profile of a Kentucky Derby winner is Santa Anita Derby runner-up Messier. While beaten in his final prep, this is the only angle he misses. The son of Belmont Stakes winner Empire Maker has tactical speed, ran the final three furlongs Santa Anita in less than :38 seconds, is based in California, has only run twice this season and enters off a four-week break. Sounds like a recipe for Kentucky Derby glory – or an empty wallet.

So, I will back Messier, and I will use him in exactas and trifectas with White Abarrio, Cyberknife and Taiba underneath.

Have fun and good luck.

Charles Palombini is a Cortlandt resident and owns thoroughbred race horses.

Crossword Answers

1	P	2	E	3	P	4	H	5	O	6	U	7	S	8	E	9	S
10	A	N	A	11	C	O	M	P	A	S	S						
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14	E	M	A	N	A	T	I	N	G								
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22	D	S	C			23	I	B	I	S	E	S					
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31	I	M	A	G	I	N	E				32	E	N	T			
33	M	A	L	O	N	E					34	A	S	S			



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SPECIAL REPORT: The Great Yonkers Casino Gamble

Has betting on Empire City paid off? (PART 2 of 2)



By Bailey Hosfelt

You are reading this week's excerpt of an article from our Examiner+ digital newsmagazine. To read the entire article and others like it, visit www.examiner-plus.com and join our community as a member.

In New York, 18 to 24-year-olds currently have the highest percentage of problem gamblers at 24.8 percent. But for individuals recovering from a gambling addiction, the damage casinos like Empire City can create is dangerous enough — even without a full-fledged gaming license.

"It got me hooked."

Ann, a Westchester resident who requested to go by her middle name to protect her identity, was never a gambler

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until she retired at 55.

The first time she went into Empire City, it was with her daughter, who had recently turned 21. She says going to the casino seemed like innocent fun at the time.

A month or two after her first visit, Ann went back. Then a few weeks later, she went back again.

"The more you play there, the more free plays you get [sent] in the mail," Ann says. "So every time I got those, I thought, 'I'll play with their money so I can lose their \$10.'"

But then it became Ann's \$10. Ann's \$20. Ann's \$50.

Initially going to the casino for an hour or two, Ann's visits soon increased to five to six hours. Then they became all-consuming.

"I went from an hour or two to fourteen hours a day," Ann recounts. "So from the time I got up until 10 or 11 at night."

While at the casino, Ann would skip meals and never take restroom breaks. She wouldn't answer her phone or have an awareness of her surroundings, narrowly focused on the machines.

Once a police officer came to ask her about a woman who had been sitting next to her machine for over an hour, and security had been watching on the camera.



GETTY PHOTO

"I had no idea [she was there]," Ann says.

As a creative and artistic person, Ann was drawn to the video lottery terminals (VLTs), which feature bright colors, fast-moving images, and sounds.

On VLTs, gamblers may bet 10 or more games per minute, offering an unparalleled speed of play and quickness of reward. Such a fast pace increases the addictive properties of VLT play and feeds the hypnotic, trance-like state gambling can create, worrying those who study addiction.

"I don't know if it was the lights, the sounds, the music, or the loss of time," Ann says, noting that there are no clocks in the casino.

"It got me hooked."

When it comes to casino design, layout, and deals, everything is deliberate. And it often plays on the weaknesses of human psychology.

"It transferred from not wanting to break away from the machine to not being able to," Ann says.

During this time, Ann said she was not like herself. She began isolating herself from friends and family, avoided any social interaction, and gave up all of her interests and hobbies.

Having always been the strong one in her family, someone people depended on, the guilt and shame began to eat away at Ann.

"When you're trying to hide your secrets, it takes its toll physically, emotionally, and mentally," Ann says. "I couldn't concentrate. I couldn't hold a conversation. I couldn't remember. ...



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Teaching Children How to Protect Birds in Your Backyard

Part of being a good environmental steward is passing on this wisdom to the next generation. Here are three hands-on ways parents and grandparents can teach children to protect the birds in their own backyard.

Build a Bird Feeder

Build bird feeders using natural or recycled materials to teach two Earth-friendly lessons in one: the importance of reducing waste and the need to take care of local wildlife. Bird feeders can be crafted from milk cartons, tin cans, mason jars or even natural materials like pinecones. As you decorate your bird feeders, talk to your children about how birds

are not just beautiful, but also a vital part of the ecosystem and how you are offering these creatures a chance to rest and refuel. Fill your finished products with birdseed and choose a safe spot to hang them.

Experts recommend bird feeders be positioned either closer than three feet or farther than 30 feet from windows.

Protect Flight

Birds in flight are prone to strike windows. Fortunately, there's an easy home project you and your children can complete together that will help prevent this from happening. Applying decals that reflect ultraviolet sunlight to your home's windows,



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particularly windows that are highly reflective of open sky, has been proven to substantially reduce the likelihood of bird strikes. Those from WindowAlert feature patterns that give the appearance of slightly frosted translucent glass, but glow like a spotlight for birds.

Kids can help select from fun decal designs like snowflakes, butterflies and maple leaves. The brand also makes a high-tech UV liquid that offers even greater protection when applied between decals.

Keep a Log

Now that you've invited birds to your yard and have taken steps to protect them, inspire young naturalists to keep a log of flying visitors. Kids can draw pictures of the

birds they see and note their observations. Visit Audubon for Kids at audubon.org for a birding guide, activities, games and additional projects that can help kids learn to identify various bird species by sight and sound.

"Environmental stewardship starts in your own backyard and people of all ages can get involved, including kids," said Spencer Schock, founder of WindowAlert. "The good news is that turning your home into a refuge for birds is fun, easy and something parents, grandparents and kids can work on together."

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