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August 30 - September 5, 2022

SMALL NEWS IS BIG NEWS

Volume 14, Issue 701

Importance of Tilly Foster Farm to Putnam Highlighted

By Rick Pezzullo

Twenty years ago, the nearly 200-acre Tilly Foster Farm and Educational Institute in Brewster was close to being turned into a condominium development.

Today, the farm has become a tourist attraction, an agricultural gem and a vital educational resource.

"Agritourism has the ability to put a small town, or a small county like Putnam, on the map," Tracey Walsh, Putnam County's director of tourism, said during an Aug. 25 Physical Services Committee meeting of the Putnam County Legislature at The Barn at Tilly Foster Farm.

"Research has shown that a tourist will travel up to 200 miles to visit a destination farm. Families come here, they visit with the animals, see the garden and the art, fish, shop at Jar Worthy, picnic and unplug – except for the obligatory Instagram post," Walsh added.

During the meeting, officials from Putnam

and its partner non-profit agencies spoke about the history of the farm, its importance to the environment, the many community-focused activities that it provides and how Tilly Foster has boosted Putnam County tourism.

Putnam County bought the farm in 2002 using Water Quality Funds from the East of Hudson watershed agreement with New York City. Initially, the county leased the land to a non-profit farm and educational museum, but in 2014, the county took over management of the farm.

County officials asked the public what it wanted to see take place at the property. Residents formed subcommittees on agriculture, health and education, business and economic development, soil and water, infrastructure and tourism.

"That's how we got the farm we have today, with its infrastructure restored, its diverse offerings for people of all ages and its wonderful experiences," County Executive MaryEllen Odell said. "We simply listened to the public and we did what they wanted. The



Aerial view of Tilly Foster Farm and Educational Institute in Brewster.

Mahopac Library Relocating for Several Months for Renovations

By Rick Pezzullo

Mahopac Library will be temporarily relocating for several months while renovations to its 19-year-old building on Route 6 are completed.

In June, residents approved a \$3.2 million bond to upgrade the heating, ventilation and air conditioning (HVAC) systems and enhance air sealing and insulation to improve the library's energy efficiency.

The library will close to the public during the week of Sept. 4-11 to allow staff to move supplies, phones, summer reading books, and equipment to its temporary location at 906 Route 6 in Mahopac--between Now Hair and Mahopac Auto Paint & Supplies.

Beginning Monday, September 12, the library's hours at its "home away from home" will be Monday-Friday, 9:30 a.m. to 7 p.m. and Saturday 9:30 a.m. to 3 p.m. The library will be closed on Sundays.

Services available at 906 Route 6 will include picking up and placing holds on materials; reserving and returning books;



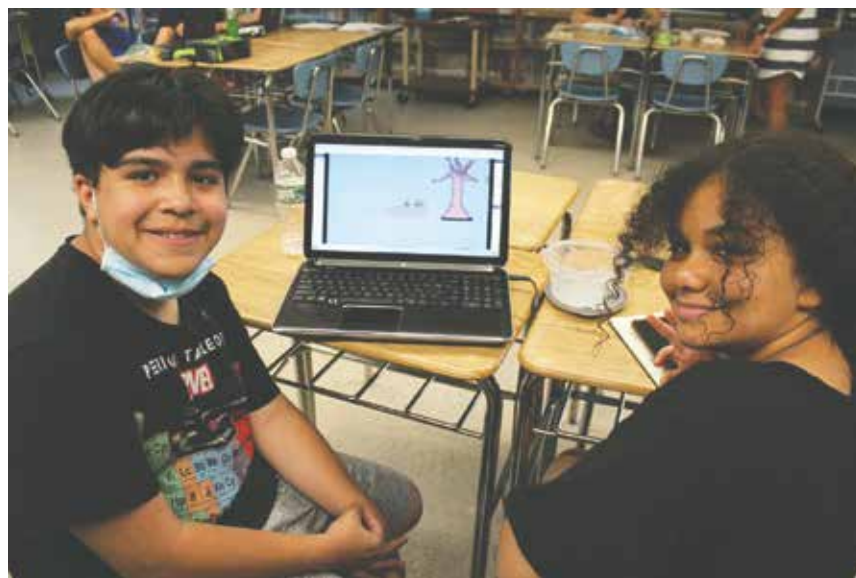
Mahopac Library is closed for renovations.

checking out books and e-readers; signing up for virtual programs; and receiving technical help or rotary services by appointment only.

Patrons can contact library employees by phone 845-628-2009, ext. 100 or email: askus@mahopaclibrary.org or through its Chat service.

"We welcome this opportunity to make your library everything that you need to pursue your dreams and achieve your goals. As soon as we can safely open our library building, we will let you know," library officials stated.

Students Create Video Game for a Cause



Students in the Future Genius Beta Master's program at George Fischer Middle School this summer took action to advocate for the United Nations global goals for sustainable development. Students used their creativity and critical-thinking skills to plan and develop a video game with environmental conservation and sustainability in mind. Throughout the program, the students followed the real-world production process for planning and developing an innovative game prototype, going from ideation to completion all in the span of one week. Francisco Zambrano and Aurora Pereira-German debuted their game, Plant Man and the Tree Crisis. The goal of the game is for the Plant Man, the hero, to dodge a multitude of obstacles in order to stop a villain from cutting down all the trees in the world.

Taking Flight, an Afternoon of Modern & Cultural Dances

Arts on the Lake

The Putnam County Dance Project (PCDP) is joined by guest master dancers in a celebration of cultures and dreams, highlighted by the true story of one woman's journey from refugee to record-breaking Pilot and World Ambassador for STEM education. The event is scheduled to take place at 640 NY-52, in Carmel, at 4 p.m. with a rain date of Sunday, September 25th at 2 p.m.

The professional resident modern dance company is joined by NYC guest dancers from around the world, each presenting dances from their country/region including: West Africa, Argentina, Bali, Egypt, India, Israel, Japan, Peru, and Spain.

Putnam resident Salma Khowaja, of Afghan heritage, coached PCDP dancers in some traditional steps of the "Attan" dance helping them create their own performance version of this national dance of Afghanistan.

PCDP will be performing outdoors

on the Boyd Family Concert Lawn at Arts on the Lake with a late afternoon performance of authentic folk and modern dance inspired by the children's book, "Fly Girl Fly."

This biographical children's book, written by Nancy Roe Pimm, tells the story of Shaesta Waiz, who grows from a small child escaping Afghanistan to an inspiring American Pilot flying solo around the world. She flies to five continents, including back to Afghanistan, becoming a role model to many young people encouraging them to pursue education and their own dreams.

This real-life story serves as the through line that takes us all over the world to several countries Shaesta visited and others.

Join for an afternoon of dances about moving beyond borders and pursuing your dreams and a bountiful presentation of authentic world dances.

Modern dances by Putnam County Dance Project Co-Creators Erin Jennings and Marie Carstens weave the story as it

is narrated. PDCP dancers Steven Jeltsch, Faith Kimberling and Justin Wingenroth join Erin and Marie, turning the pages of this story through collaborative dance works.

Local musician Pierre de Gaillande collaborated with PCDP, composing original music for this production.

Arts on the Lake will host this event and invites all to enjoy the view by Lake Carmel as a diverse group of dancers join to tell this inspiring story.

Link for tickets: <https://artsonthelake.org/event>

This is a press release provided by the organization. It has been lightly edited and is being published by Examiner Media as a public service.



Importance of Tilly Foster Farm to Putnam Highlighted

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groups were smart and forward-thinking, and I'm grateful for their vision."

Chris Ruthven, Putnam County's deputy commissioner of parks, told the committee about partnering with the Watershed Agricultural Council to ensure water quality and creating a working landscape that is focused on conservation. The county restored the pond on the property and stocked it with fish that kids can catch and release. The county is in the process of acquiring an additional 135 acres.

"We've been very good stewards of this land," Ruthven said. "This is a showcase for different techniques and a model for other landowners."

The garden at Tilly Foster provides dozens of vegetables and herbs for Tilly's Table Restaurant, the county Office for Senior Resources and a farmstand for the public. Farm Administrator Lisa Walker oversees the farm and cares for its many animals, including goats, pigs, ducks, donkeys and horses.

She also works with Putnam Northern Westchester BOCES' Animal Care program at Tilly Foster. The Animal Care Program prepares special needs students for careers, said Catherine Balestrieri, director of Career and Technical Education at PNW BOCES, who noted BOCES is also considering other career-focused programs for Tilly Foster.

Alison Junquera said her son Drew, 18,

who has autism, attends the Culinary Arts Program at Tilly Foster, which teaches special needs students the skills needed in the food service industry. Drew spent the summer interning at Bacio, an Italian restaurant in Westchester.

"Because of the farm and the BOCES program, he now has an opportunity for a fulfilling career," Junquera said. "He has a focus and a sense of purpose. I am here tonight to tell you how grateful I am for this program and how wonderful it has been for my son and for all the students involved."

Putnam has also partnered with Cornell Cooperative Extension, which has hosted the Farm Agribusiness Summit and Open House on the Farm and the Master Gardener Plant Sale at Tilly Foster. It has also created a Pollinator Pathway, and runs a sustainable beekeeping operation, selling its honey at Jar Worthy, the candle and apothecary shop at the farm.

"The money the farm generates offsets the cost of running it," Committee Chairman Carl Albano said. "But the value of this farm is about more than money. Our community deserves something like this."

Odell said she has high hopes for the future of Tilly Foster.

"I hope that the farm and educational center will continue to evolve, to work with our partners to best serve our community, provide fun activities and keep our families connected to nature," she said.

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Democratic Congressmen Maloney, Bowman Easily Win Primaries

By Abby Luby and Rick Pezzullo

Democratic congressmen Sean Patrick Maloney and Jamaal Bowman coasted to victories in their party's primary last Tuesday night.

Less than an hour after the polls closed, Maloney was declared the winner in the 17th Congressional District over state Sen. Alessandra Biaggi. He won Westchester and Rockland by 2-to-1 margins and about 3-to-1 in Putnam. The district also includes a small portion of Dutchess County.

"Tonight, mainstream won, common sense won," Maloney told a large group of cheering supporters and local politicians at the Peekskill Brewery. "Democrats want candidates who get results and bring home the win and tonight we've done both."

He will face Rockland-based Republican Assemblyman Mike Lawler in November. Lawler easily won the five-candidate GOP primary Tuesday night.

Maloney said Biaggi called him to congratulate him on his win.

"I want to thank her for her service and for her campaign," he said. "And to her supporters, I want you to hear me....and give me a chance."

Maloney was joined by his three daughters and his husband, Randy Florke.

Bowman Celebrates Win

Rep. Jamaal Bowman likely locked up a second term in office Tuesday with a decisive victory over three opponents in the 16th Congressional District



ABBY LUBY PHOTO

Sean Patrick Maloney delivers remarks to his supporters in Peekskill moments after he was declared the winner in the 17th Congressional District Democratic primary on Aug. 23.

Democratic primary.

According to the Westchester County Board of Elections', Bowman captured 19,012 votes (52 percent).

Westchester County Legislator Vedat Gashi was a distant second with almost half

that total (9,658), while County Legislator Catherine Parker was third with 7,242. Mark Jaffe, who suspended his campaign on Aug. 8, received 575 votes.

Bowman also flexed his muscle in the small portion of the northern Bronx that

is also part of the district, capturing 91 percent of the nearly 2,300 votes cast.

"The feeling is incredible. It's very humbling," Bowman said at his camp's celebration in Mount Vernon. "Running a race and winning is hard work. Our campaign from the beginning has been about the working class and the marginalized. We just tried to do the work of the people. People respond to good leadership."

Gashi, who noted he knocked on more than 40,000 doors during the campaign, reflected on his defeat.

"The results weren't what we expected," he said. "We worked hard. I'm disappointed in the results. I'm not disappointed in the effort that we made."

Bowman will face Republican Miriam Flisser, a pediatrician and former Scarsdale mayor, in November. In a statement last Wednesday, Flisser said she intends to focus her campaign on affordability, crime, education, energy and immigration.

"The Democrat legislative agenda has hurt Americans by inflating food, natural gas and gasoline prices," Flisser said. "Their failure to enforce laws has produced a steady stream of illegal drugs and criminal activity that is eroding public safety."

She also indicated that she will challenge Bowman on whether he supports Israel.






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Lawler Handily Wins GOP's 17th Congressional District Primary

By Martin Wilbur

Assemblyman Mike Lawler resoundingly defeated four rivals in the 17th Congressional District's Republican primary last Tuesday night setting up a showdown against powerful five-term Democrat Sean Patrick Maloney in November.

The freshman Rockland County state legislator, who gathered with family, friends and supporters in his hometown of Pearl River, declared victory at about 9:45 p.m. and immediately turned his focus to Maloney.

"I'm grateful for everything everyone has done so far in this campaign but tonight I'm asking you to redouble your efforts because in just 10 weeks we're going to make history," Lawler said to his enthusiastic gathering. "We're going to unseat the chairman of the Democratic Congressional Campaign Committee."

Lawler overwhelmed the competition, taking about 70 percent of the Westchester and Putnam vote, according to unofficial results, over Somers Councilman William Faulkner, who finished second in both counties. He captured 80 percent of the vote in his home county over Rockland County Legislator Charles Falciglia.

Lawler also defeated Faulkner in the Conservative Party primary.

Moments before Lawler spoke, Maloney addressed his supporters in Peekskill after dispatching state Sen. Alessandra Biaggi



MARTIN WILBUR PHOTO

Assemblyman Mike Lawler addresses supporters last week in Rockland County after drubbing four overmatched Republicans in the party's 17th Congressional District primary.

by about 2-to-1 margins in Westchester and Rockland and 3-to-1 in Putnam.

Despite a newly-configured 17th Congressional District that has about 70,000 more registered Democrats than Republicans, Lawler said he would do well against Maloney, who he characterized as "out of touch" with most residents

in the district. He said the Cold Spring Democrat has failed to deliver on a wide range of issues, including neglecting to raise or eliminate the cap on state and local property tax deductions, letting inflation and gas prices spiral out of control and supporting policies that have made citizens less safe.

Meanwhile, he has been helping progressives such as Alexandria Ocasio-Cortez and Ilan Omar in their re-election bids, Lawler said.

"People are looking for change, they're looking for new leadership in the Hudson Valley and what we've got to do is build a coalition as we've done before and as we will do in this race," Lawler said. "We've got to raise enough money to get the message out and we've got to take it to Sean Patrick Maloney. He has a record and his record is voting 100 percent of the time with Joe Biden and Nancy Pelosi."

Two years ago, Lawler defeated a seven-term Democrat in the 97th Assembly District where Republicans have traditionally been at a sizeable registration disadvantage as proof he can compete against a well-heeled incumbent. He also pointed to a recent poll conducted for his campaign that had him leading Maloney by two points, a virtual dead heat, in a head-to-head matchup.

"We need affordability. Inflation needs to be brought under control, gas prices need to be reduced, cost of goods need to be brought down," said Lawler who had served as an adviser to former Westchester County executive Rob Astorino. "That is the primary focus. When I'm out campaigning, that's what I'm hearing from families all across this district, Republicans, Democrats, independents."



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COVID-19 Once Again Slowly Loosens Grip in Westchester

By Martin Wilbur

Active cases of COVID-19 have dipped below 2,000 for the first time in months in Westchester County, continuing the trend of a slow but steady reduction of the virus throughout the summer.

On Sunday, the county reported 1,901 cases, down more than 100 in the past week, more than 1,300 in the past month and just over 3,000 during the last three months.

It is the latest development in what has been a nearly two-and-a-half-year roller coaster ride since Westchester's first COVID-19 case was reported in early March 2020.

County Executive George Latimer

said the current slackening of cases is not unexpected since many residents have been taking advantage of being outdoors in the summer. Also, school has been out for the past two months and plenty of adults have had some time off this summer as well.

"We know that (cases) continue to go down, but we know that we go back to school in the next couple of weeks and we also know as the weather starts to get colder there will be less outdoor dining," Latimer said.

The one near-constant in the COVID tracking has been the number of local hospitalizations. On Sunday, there were 135 patients in Westchester hospitals being treated for the virus. That number

has remained in a narrow range for several months sliding to below 130 in some weeks and rising to a high of around 150.

Another constant in the past several months have been the number of COVID-related fatalities. During the past month there were 20 more deaths; since the start of the pandemic 2,792 Westchester residents have died from COVID-19.

Over the past three months there have been 63 deaths.

The statewide positivity rate on Sunday was 4.6 percent and just 3 percent in the seven-county Mid-Hudson region. Westchester County clocked in on Aug. 28 with a 6.4 percent rate and 7.3 percent on the seven-day average. Meanwhile, Putnam County recorded 18 positive cases on Sunday from 153 tests for a 12 percent rate, up from its seven-day average of 9.8 percent.

COVID-19 vaccinations for children six months to five years old will once again be administered at the Westchester County Health Department clinic at 134 Court St. from 9 a.m. to noon this Friday. Those receiving their first shot of the Moderna vaccine, must return 28 days later for the

second shot.

All other age groups who have not yet received a COVID-19 vaccination can go from 1 to 3 p.m. on Fridays.

Appointments are required to receive the vaccine by visiting www.westchestergov.com.

Monkeypox Cases Declining

This summer's brush with monkeypox also appears to be receding. Latimer reported on Monday that there are 14 active cases of that virus in the county, even though 79 people have tested positive at some point. The others have cleared the four-week protocol.

More than 2,000 doses of the monkeypox vaccine have been administered, he said. Unlike for COVID-19, the vaccine doesn't simply lessen symptoms, it cures the disease.

Westchester Medical Center is still providing drive-through monkeypox vaccines Monday through Friday from 9 a.m. to 5 p.m.

There have been no deaths in Westchester as a result of monkeypox.

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New Law Requires Schools to Notify Parents for Behavioral Intervention

By Martin Wilbur

Legislation that requires all New York State public school districts to provide same-day notification to the family of a student with a disability where behavioral intervention is required was recently signed into law by Gov. Kathy Hochul.

Assemblyman Chris Burdick (D-Bedford) introduced the bill in the Assembly following a meeting he had with

concerned parents in the 93rd Assembly District, which he represents. The measure was sponsored and carried in the Senate by state Sen. Peter Harckham (D-Lewisboro) and was overwhelmingly approved earlier this year.

Hochul signed the bill on Aug. 19.

Burdick said there had been no uniform notification standard for school personnel to follow when they felt it was needed to seclude or restrain a student to address

a behavioral issue. Many students with disabilities are autistic and some are non-verbal, making communication with their parents or guardians difficult, if not impossible, after one of those techniques are needed, he said.

"You can't have that conversation with your child when they get home about how is your day," Burdick said last week. "(Parents) wouldn't know if their child was put into seclusion or some other behavioral restraint has been applied. So we're thrilled this was signed."

For some students, behavioral techniques, such as restraint holds or the use of seclusion rules, are part of their individualized education program. It is often used as a method to prevent students from hurting themselves, other children or school staff.

Timely notification is vital to ensure the well-being of a student, and even more so if they are non-verbal, Burdick added. He said these students need emotional support from a parent or guardian after being secluded or restrained and there can be harmful effects even when used those measures are used appropriately.

"We had reports of parents not being notified for upwards of three months and for multiple incidents of seclusion, and so, the state Education Department (did) not require a same-day notification requirement," Burdick said. "We felt it would be the proper course to have it done on a statewide basis."



Assemblyman Chris Burdick's measure that mandates public schools notify parents of children with disabilities the same day as a behavioral intervention is now law.

Harckham said he was appreciative that Burdick took the lead to address the issue and that Hochul signed the bill. Children and families need timely communication on all school-related matters, including those who have behavioral interventions.

"Safeguarding our students, including those with unique abilities, needs to be an utmost priority, and this new law will help do just that," Harckham said.

Valhalla American Legion Post to Hold Charity Golf Outing Sept. 13

American Legion Post 1038 in Valhalla will be holding an all-day charity golf outing on Tuesday, Sept. 13. Members have worked diligently trying to raise the needed funds to rebuild the post's home while also continuing to fund the work of helping veterans and active-duty military and their families along with community programs such as American Legion Boy State and American Legion Auxiliary Girls State.

American Legion Post 1038 is 100 percent volunteer driven and is steadfast in its quest to raise the needed funds while maintaining programs. The post receives no public funding.

The event will be held at Glen Arbor Golf Club in Bedford. Golf registration begins at 10:30 a.m. The day also features a brunch buffet served on the terrace overlooking the 18th hole at 11 a.m., a noon shotgun start and a golf clinic for non-golfers at 2:30 p.m. There will also be a 5 p.m. reception on the terrace followed by a 6 p.m. dinner buffet, an awards presentation and auction.

For more information about the charity golf outing, including registration, visit <https://birdease.com/golfhelpingvets>.

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Letters to the Editor

Putnam County Legislature Must Commit to Protecting Our Water

Sustainable Putnam was disheartened to learn of County Legislator Amy Sayegh’s proposed resolution urging Gov. Kathy Hochul to veto Sen. Peter Harchuk’s water protection bill, overwhelmingly passed by both houses of the state legislature. We oppose this action for a number of reasons.

The resolution claims that the bill “will adversely affect habitat improvement and sediment and nutrient reduction...as well as adversely affect public and private infrastructure through flooding impacts.” If true, these impacts would be concerning and surprising. But the bill only adds previously neglected waterways from longstanding New York State law already afforded other waterways. We were

anxious to hear the county legislature’s evidence supporting these assertions at its committee meeting last Thursday at Tilly Foster Farm.

Second, the resolution states that county “Soil & Water Conservation Districts (SWCD) have established extensive stream remediation and habitat improvement programs and are the point people for private and public stream work in our communities.” So we’re also interested to learn about these Putnam County stream remediation and habitat improvement programs, with which we are not familiar. Regardless, how could there be a conflict between county programs and state laws designed to protect our waterways? Shouldn’t they complement

one another?

Third, Putnam County’s SWCD district manager retired one year ago and to our knowledge has not been replaced. (She also served as senior environmental planner to the Putnam County Department of Highways & Facilities, liaison to the county Agriculture and Farmland Protection Board and coordinator of the Putnam County Climate Smart Committee.) If you’re counting, that’s four hats for a single staff person. Now she’s gone. Claiming that the SWCD alone can handle protection of our Class C waterways strains credibility.

Finally, here in Putnam County, most of us rely on private wells and septic systems for our potable water and wastewater treatment. Whatever their designated

class (AA, A, B, C, etc.), all of these waterways are connected and directly impact our drinking water, fishing, boating and other recreational uses, not to mention our wildlife. Let’s do all we can to actively protect this most valuable resource.

We strongly urge the legislature to vote against this resolution. In addition, we suggest they urge our county executive to increase relevant staffing to more diligently assist residents, farmers and businesses in complying with the existing water protections, as well as this new law, once signed by Gov. Hochul.

Joe Montouri
President, Sustainable Putnam

Cuomo Bridge Bike Path Should Be Named in Pete Seeger’s Honor

Having read the very uplifting letter written by Paul Feiner, Greenburgh town supervisor, (“Name Cuomo Bridge Bike Path, Pedestrian Walkway for Pete Seeger,” July 26-August 1, 2022) regarding our wonderful conservationist and building of the Clearwater sloop to save the Hudson River, Pete Seeger, it really touched my heart.

Surely, his name should appear on the pedestrian and bicycle path of the Cuomo Bridge in his memory and honor for the folk singer.

I had beautiful opportunities during my life to meet and sing with him as I was a member of the Clearwater Chorus. We met at The Harvey School in Katonah for our concerts and other venues such as Montrose Park. He was so patient, compassionate and such a love to be around. One time before I joined the chorus, I understood that Pete would be featured on the stage at The Harvey School. It was supposed to hail that

evening so I figure there wouldn’t be much of an audience and I didn’t buy an advance ticket for the concert.

When I arrived, there were other people hoping to buy tickets but we had to write our names at the tables. As I was waiting there, the intermission was in force. One precious lady, who I did not even know, gave me her ticket. I said, “Are you sure?” She said, “Yes, you enjoy it.” I felt the Lord was allowing me to attend the concert finally. I sat down in the audience and enjoyed Pete to my heart’s content.

Afterwards, I asked him if he would sign my flyer. He said “Follow me,” and he signed his name inside the banjo. I said “Thank you, Pete,” and I hugged him. What a beautiful evening I had with him. Such memories cannot be forgotten.

Elisabeth B. Joshi
Mahopac

Public Can Share Local Photos of Nature as Part of Town of Kent Project

The Kent Conservation Advisory Committee (KCAC) is collecting photos of the town’s special places (lakes, the fire tower, stone chambers, etc.) as well as specific plants and animals for the Natural Resources and Biodiversity Inventory (NRI).

The Kent NRI will document key naturally-occurring features of the town, including wildlife and plants, geology, soils, streams, wetlands, forests and scenic and cultural resources. It will be a resource for planning, land management and conservation and will be used by multiple boards, committees and organizations.

The NRI is being developed by Hudsonia Ltd. in concert with local biologists and other volunteers with funding from the NYS DEC Hudson River Estuary program.

You don’t need to be a local resident

or professional photographer to contribute. If you have photos of Kent’s landscapes, wildlife and/or plants, please share them. Photos can be uploaded to

<https://www.dropbox.com/scl/fo/cltrb2z6v5yzshras223/h?dl=0&rlkey=oa4ceg6ymtdp4oagnpgu5c457>. You can e-mail climatesmart@townofkentny.gov to request the link. Images should be a minimum of 300 dpi at 5 x 8 inches (2,400 x 1,600 pixels). Please include the subject, location and photographer in the file name.

Photos will be accepted through the end of 2022.

To learn more about the NRI, stop by the Conservation Advisory Committee table at Kent Community Day on Saturday, Sept. 10. Questions about photo submissions or any other aspect of the NRI, can be posed to Anne Campbell at 845-225-1895 or at acampbell@townofkentNY.gov.

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PO Box 611
Mount Kisco, NY 10549
914-864-0878
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Print Team:

Martin Wilbur
Editor-in-Chief
mwilbur@theexaminernews.com

Rick Pezzullo
Editor
rpezzullo@theexaminernews.com

Ray Gallagher
Sports Editor
rgallagher@theexaminernews.com

Andy Jacobs
Sports Editor
ajacobs@theexaminernews.com

Annette Van Ommeren
Designer

Paul Cardi
Senior Account Executive
pcardi@theexaminernews.com

Jeff Ohlbaum
Senior Account Executive
johlbaum@theexaminernews.com

Ken Gulmi
Senior Account Executive
kgulmi@theexaminernews.com

Nick Antonaccio
Wine columnist
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Distribution

Digital Team:

Robert Schork
Digital Editorial Director
rschork@theexaminernews.com

Dean Pacchiana
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dpacchiana@theexaminernews.com

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Guest Column

Mt. Misery Preservation Couldn't Have Been Done Without the Help of So Many

By Nora Kanze Manuele

How many people does it take to protect and preserve a parcel of land on Mount Misery?

Actually many, but that is a good thing! Mount Misery is an important, historical and beautiful hill that served as a strategic defensive post in 1776 during the Battle of White Plains.

While no shots were fired from Mount Misery as far as we know, the hill has long been recognized as a historic point of interest highlighting North White Plains' important role in our nation's War of Independence. If Washington and his troops had not succeeded in escaping to Mount Misery and hiding out in trenches they dug there, there might well be no United States of America today.

Earlier this year, I brought to North Castle Councilwoman and Deputy Supervisor Barbara DiGiacinto my idea of working with her and others to protect the town's portion of Mount Misery and an adjacent parcel. DiGiacinto was enthusiastic about my idea and referred me to the Town of North Castle's Open Space Committee.

Before drafting a proposal to committee Chair Kerri Kazak, I met with Edward Woodyard, president of the North Castle Historical Society, Co-town Historian Sharon Tomback and former Landmarks Preservation Committee chair Christine Eggleton. Kazak agreed that this beautiful

tract of land, about one acre, should be preserved because of its historical significance as well as other important open space features. Thanks to DiGiacinto's encouragement, momentum built.

The project picked up speed when at one of DiGiacinto's monthly meetings in North White Plains, I presented my ideas to a group that included Assemblyman Chris Burdick, state Sen. Shelley Mayer and County Executive George Latimer. After I finished speaking, Burdick expressed immediate interest in the project. He also had several suggestions. One of them was to contact Constance Kehoe, president of Revolutionary Westchester 250.

Dr. Erik Weiselberg, principal historian for the group, had this to say about the hilltop under discussion:

"The troops on Mount Misery were critically important in the impasse that resulted after the Hessians had taken the Continental Army defenses at Chatterton Hill on Oct. 28...To visit Mount Misery and hear the words of the suffering private (Joseph Plumb) Martin brings a profound understanding of the experiences of the Revolutionary War – about Gen. Washington's leadership and the experiences of the common soldier in the war that led to American independence."

Tom Rice, vice president of the North Castle Historical Society, joined our quest, and thanks to Kehoe, Tom and I were able to meet with members of other historical

societies in Westchester: Croton, Hastings, Revolutionary Hastings and The Historical Society, Inc. serving Sleep Hollow and Tarrytown. White Plains Mayor Tom Roach is also keenly interested in this project. White Plains has watershed property that abuts North Castle's property. This project is not only important in North Castle but has also reached into other areas of Westchester County.

In July, DiGiacinto, Rice and I welcomed Burdick and Mayer to Mount Misery. I am sure it was the first time since George Washington's visit that we had so many honorable guests visit the site.

We look forward to working on the preservation effort with County Legislator Margaret Cunzio and Latimer. They both were at the forefront of the restoration of the Revolutionary War-era Miller House, also known as Washington's Headquarters, in North White Plains.

On July 27, the North Castle Town Board unanimously approved a resolution to preserve in perpetuity the town-owned portion of Mount Misery (16 Nethermont Ave.) by declaring it open space. At the same meeting, the Town Board unanimously voted to pass another resolution to purchase 18 Nethermont Ave., a contiguous parcel, also equally historically important. Once this property is owned by the town, it too will be designated open space.

A big thank you to North Castle Supervisor Michael Schiliro, DiGiacinto,

Councilman Jose Berra, Councilman Saleem Hussain, and Councilman Matt Milim. Also, thanks to Town Attorney Roland Baroni, Mindy Berard, confidential secretary to the supervisor, Town Administrator Kevin Hay, Town Assessor Georgine Richardson and Town Clerk Alison Simon. These people worked diligently to make this happen.

While we await the official completion of purchase of 18 Nethermont by the town, additional acknowledgments must go out to Cynthia Abbott Kauffman, a lifelong resident of Mount Misery, founder of Daughters of Liberty's Legacy, president of the White Plains Historical Society and trustee of the North Castle Historical Society, who will be working with us on signage and other projects. Thanks also to our neighbor, Kaitlin Chieco, for her assistance and guidance as we begin to put in place a plan for fundraising to cover the costs of additional projects on Mount Misery. And thank you to an anonymous donor for helping underwrite a lovely new sign for the site.

Defending Mount Misery in the 21st century takes many – residents, historians and elected officials – all working together to save an important part of our country's history.

Nora Kanze Manuele is a nearly lifelong North White Plains resident whose own family history in the hamlet dates back more than a hundred years.

You Can't Always Get What You Want – Which is a Good Thing

"I have lived my life's dreams, though never dreamed them"

--R. Cirulli

As so often mentioned in my column, we should attempt in earnest to transmute our mere existence to an essence of life.

That's no easy task for sure. It's easier said than done, especially in our world of consumerism and materialism.

This is not to suggest we shouldn't attempt to improve our lot and seek the finer things in life. To quote the philosopher Maimonides, "wealth is happiness with one's own lot."

There is a bit of a conflict within us as some seek the finer things in life merely to showcase their possessions for bragging rights. On the other hand, nobody would choose to be prevented from attempting to get what they need in life.

To a degree it is one's quest in life, and to place this in some form of existential thought, we need to think of such great works as "The Odyssey," "Moby Dick," "Huckleberry Finn" and "The Wizard of Oz," to name several.

All of these great writings have one thing in common – a character that wants something and the world is preventing them from attaining it.

These stories of fiction are mimicking true life itself, driving the story while keeping hold on the audience's attention. That's just as in life, as we strive to attain our goals as our friends keep attention on our progress and failures.

Win or lose, the stories that inspire us and our actions remind us that a life without tests, challenges and filled with adversity is a life without growth and improvement.

These tests in some cases remind us that failure is inevitable at times and should not cause a need to respond with anger. What they teach us is that adversity, complete with obstacles, is an opportunity to learn that not getting what you want may result in getting something even better: getting what you need.

"No, you always can't get what you want"

But if you try sometime you'll find you get what you need'

--The Rolling Stones

Though at times we have delusions of materialistic grandeur, we may need to be reminded of the empire that exists between our ears, inside our souls and within our bodies that offers us a deeper profound freedom of truth.

To assist us in finding our essence of life, we may consider freeing ourselves from pointless obligations, other people's expectations, addictive consumerism and keeping up with the Joneses for mere adolescent bragging rights. We should not become a slave to anger and jealousy when we can't always get what we want.

"If everyone demanded peace instead of another television set, then there'd be peace"

--John Lennon

It's natural to want things to make us happy and satisfied. However, there are times when our desires to want more can become problematic – especially, when we start wanting more of what we already have. That often



By Richard Cirulli

results in feeding our materialistic tendencies until we become greedy, selfish and ungrateful. That creates negative emotions that consume our minds and body, and we start feeling uncomfortable and miserable. We fall into the abyss of believing we will never be content, but, in fact, we already have what we need.

We may consider taking stock in our empire between our ears and to focus on our inner self, mind our own business, practice empathy and understanding.

Focus on what you really can control, like being decent, patient, open-minded and free of anger, knowing we already have what we need.

Be well. Be safe. Be happy. Be nice! Amor fati!

Dr. Richard Cirulli is a published author, playwright and retired professor. His body of works can be viewed at www.demitasseplayers.com. He looks forward to your comments and can be reached at profcirulli@optonline.net.

Existentially Speaking

Obituary

William Chestnut

William (Bill) J. Chestnut, a Mohegan Lake resident, died peacefully in his sleep on Aug. 14 after several months of battling sepsis and kidney failure. He was 71.

Born in the Bronx and raised in Yorktown, he is survived by his loving sister, Linda, who resides in St. Petersburg, Fla.

Bill attended Theil College and graduated from Westchester Community College. He excelled as chief water treatment plant operator for the Department of Environmental Facilities at the Amawalk Water Treatment Plant on Route 35 in Amawalk. He was promoted to supervising plant operator in 1984, and in 1996, he was honored as Employee of the Month by then-county executive Andrew P. O'Rourke.

Because of his intrinsic understanding of the nature of water systems and natural water bodies, Bill devoted his time and knowledge to like-minded organizations. He

became director of the Westchester Water Works Conference and was the regional education chairman of the New York section of the American Water Works Association, from which he received a Meritorious Service Award.

As co-chair of Water for People, a volunteer organization that facilitates water projects in Third World countries to protect public health, Bill spent time in Nicaragua bringing potable drinking water to several communities in the early 1970s. Water for People honored Bill in 2002 for his service.

Jovial, personable and known for his warm and loving bear hugs, Bill made friends easily. He was passionate about volunteering, and every year for over two decades he worked tirelessly for the Clearwater Revival Music Festival – first with the kitchen crew and then on the site crew. He cut a familiar figure riding around the festival at Croton Point Park in his golf cart, giving lifts to many famous musicians on their way to perform. He also cooked for large groups at annual

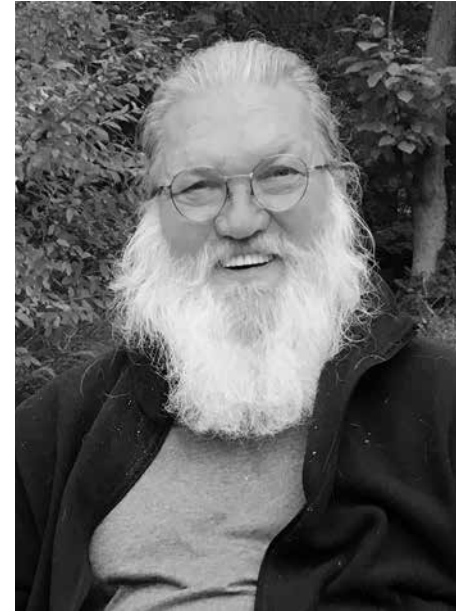
Clearwater meetings.

Keeping up to date on the latest cooking techniques, Bill frequently took courses at the Culinary Institute of America and was an avid reader of Cook's Illustrated. He was certified by the Red Cross and regularly taught first aid to youth and adult organizations.

Music was in his blood. Bill sang in the Walkabout Chorus, first created by singer and songwriter Pete Seeger. Walkabout performed locally, in New York City and annually at the Clearwater Revival Festival. Bill also mastered a wide array of instruments including guitar, banjo, keyboard and lute.

Over the years Bill's circle of friends grew and many came to know him as a gentle soul, a person who gave generously of himself to loved ones, to his neighborhood and the greater community. He will be missed by all.

Please plant a tree in Bill's memory by visiting <https://thetreesremember.com/memorial-trees>.



William Chestnut

Police Blotter

County Police/Mount Kisco

Aug. 24: An officer responded to Glassbury Court at 11:57 a.m. to assist a man who needed help getting into his wheelchair.

Aug. 24: A woman reported at 1:48 p.m. that her car suffered a long, deep scratch while it was parked in a lot on Columbus Avenue. An officer spoke with the owner of the property to determine if there was any security camera video available, however, the camera facing the lot was not working properly.

Aug. 25: Officers responded to Maple Avenue at 1:55 p.m. after a man reported that his mother was threatened by a relative a few days earlier. The woman told officers that the relative had come to her door demanding money and threatened to kick it down if she didn't open it. The woman said she did not open the door and the relative left. She told officers that she did not want to press charges and declined information on how to seek a Temporary Order of Protection to bar the relative from contacting her again.

Aug. 25: Officers responded to North Bedford Road at 2:55 p.m. on a report that an 80-year-old man was feeling dizzy and weak. The man was taken to Northern Westchester Hospital.

Croton-on-Hudson Police Department

Aug. 21: A Grand Street caller reported at 12:15 p.m. that an unknown person or persons entered his unlocked vehicle and stole loose change.

Aug. 22: A Hessian Hills Road resident reported receiving a phone call from an individual claiming to be an employee of Adult Protective Services reaching out on behalf of Wells Fargo because one of her accounts was compromised a few weeks ago. The caller did not provide any personal information because she believed the call to be a scam.

New Castle Police Department

Aug. 19: A resident reported that a relative was on the premises in violation

of an order of protection. The subject left the area, but was found several days later, where he was arrested for the offense.

Aug. 20: A juvenile was reported missing from her home with no contact for several hours. With the assistance of the Mount Pleasant Police Department, MTA police and the FBI, officers were able to safely locate the juvenile at a residence in Valhalla. A 41-year-old man was subsequently arrested by Mount Pleasant police with charges stemming from this incident.

North Castle Police Department

Aug. 19: A Piping Brook Lane caller reported at 4:44 p.m. that there were two chocolate-colored Dobermans that made it into his backyard, which is fully fenced in, and up onto his porch. He stated that they are angrily growling at his back door. The responding officer reported that the dogs belong to a nearby homeowner. Matter adjusted.

Aug. 21: A fire department pager dispatched Armonk Ambulance to Woodland Road at 3:47 a.m. for a 24-year-old who is semiconscious. The responding officer reported that the party was apparently intoxicated and transported to Northern Westchester Hospital.

Aug. 21: Report of a suspicious blue bag on the right side of Route 120 at 11:18 a.m. The responding officer reported locating a tent and face painting kit, which had apparently fallen off the back of a pickup truck of the owner who was traveling to an event at Kensico Dam Plaza. The officer reported transporting the package and returning it to the owner without incident.

Aug. 22: A party arrived at headquarters at 3:17 p.m. to report that her checking and savings accounts were hacked into and fraudulent Zelle transfers were made from them without her authorization and likely via a text message she received on her cell phone. In addition, two new bank accounts were created in her name, also without her authorization.

Aug. 24: Caller reported at 4:28 p.m. that the catalytic converter on his van has been stolen on Kent Place. The responding officer gathered the information, but the complainant refused to complete a witness deposition at this time.

Pleasantville Police Department

Aug. 21: A resident reported seeing a sick squirrel on Great Oak Lane at 3:05 p.m. The animal left the scene shortly afterward under its own power.

Aug. 26: Report of a stolen speaker that was attached to a bicycle left unattended on Memorial Plaza at 3:48 p.m. The owner of the bike, a juvenile, made the report at headquarters. Multiple suspects are being looked at. The matter is still being investigated.

Aug. 26: Report of a domestic dispute between a man and a woman at 8:14 p.m. The dispute was connected to a prior domestic incident. One of the parties was transported to Westchester Medical Center for being intoxicated.

Yorktown Police Department

Aug. 21: Daniel O'Connor, 43, of Shrub Oak, was charged with third-degree criminal mischief, a Class E felony, and second-degree aggravated harassment, a Class A misdemeanor, following a report of a domestic dispute at 1011 E. Main St. at 12:33 a.m. Following an investigation, it is alleged O'Connor made threats to another person to do physical harm and damaged property in an amount exceeding \$250.

Aug. 21: Two women, ages 65 and 68, from Baldwin Place, were charged at 2:08 p.m. with petty larceny for allegedly shoplifting \$861 worth of merchandise from Macy's at the Jefferson Valley Mall.

Aug. 23: A 45-year-old Yonkers man was charged with petty larceny at 6:55 p.m. for allegedly stealing \$575 worth of merchandise from BJ's Wholesale Club in June.

Byrne, American Red Cross to Host Blood Drive Next Week

Assemblyman Kevin Byrne (R-Mahopac) is partnering with the American Red Cross and the Mahopac Volunteer Fire Department to host a blood drive on Tuesday, Sept. 6 from 12 to 5 p.m. The blood drive will take place at the Mahopac Volunteer Fire Department, located at 741 Route 6 in Mahopac.

"Donating blood is one of the simplest yet meaningful ways you can help out in our community," Byrne said. "It doesn't take long and is a relatively small

sacrifice that can be lifesaving. Blood banks are always in need of donations, so please consider signing up to donate blood today. I plan to donate again that day and hope to see you there."

To schedule an appointment, residents are asked to call 1-800-RED-CROSS (1-800-733-2767), or schedule at www.redcrossblood.org and use the sponsor code "Mahopac." Walk-ins will only be taken if there is room the day of the drive.



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Ice (Cream) Castles

How a flat tire in Hartsdale led to Tom Carvel’s multimillion-dollar ice cream empire — and a complicated legacy.



By Bailey Hosfelt

You are reading this week’s print excerpt of an article from our Examiner+ bonus content email newsletter. To read the entire article and others like it, subscribe at www.examiner-plus.com to receive all of our bonus content.

It all started on Memorial Day weekend in 1934. Greek-born American businessman Athanasios Karvelas, better known as Tom Carvel, was driving an ice cream truck when he got a flat tire. He pulled into a parking lot next to a Hartsdale pottery store and began to sell the melting ice cream to people passing by.

As he sold the ice cream from the parking lot, Carvel got the idea that perhaps he didn’t need to drive the truck from one location to another after all. If he could set up shop in one spot — and figure

out a way to replicate the partially-melted soft ice cream that became the accidental product of his flat tire — he could increase his profits.

The store’s owner graciously allowed Carvel to use electricity from the store, so he decided to come back and sell from the same place. Within two days, Carvel sold his entire supply and came to the conclusion that a fixed location would indeed set him up for success.

“He discovered people liked it, took advantage of an opportunity that presented itself and made the most of it,” said Kate Kelly, a historian who runs America Comes Alive and who previously researched Tom Carvel for the Westchester County Historical Society’s quarterly journal The Westchester Historian.

Two years later, Carvel purchased that very pottery store and converted it into a roadside ice cream stand. That same year, he formed the Carvel Brand Corporation and developed the company’s secret formula for soft-serve ice cream.

Although soft-serve ice cream was first invented in a laboratory by British chemists, it was Carvel who came up with the way to dispense it — his first real business innovation. Working alongside his brother Bruce, Carvel created a machine that was able to fast-freeze the ice



WESTCHESTER COUNTY HISTORICAL SOCIETY PHOTO
Tom Carvel’s first Carvel shop, at 95 South Central Avenue in Hartsdale, in 1937

cream and pump it out in small, six-ounce quantities.

Then came World War II. You wouldn’t think time spent in the military would provide Carvel with transferable skills for his ice cream business, but it did. Because of his profession prior to the war, Kelly explained, he was able to serve as a refrigeration consultant and further hone his understanding of freezing systems.

After WWII, Carvel returned home, eager to expand his business. During this time, he began to franchise his business,

inspired by companies that came before, like Singer Sewing Machine, which first sold franchises in the 1850s.

“[Franchising] was certainly a thing that was very fitting for what Carvel needed to do,” Kelly said. “He couldn’t be in every place in the world dispensing ice cream, but he saw the possibilities of expanding his market by having more people selling it.”

Carvel first sold franchises within Westchester and throughout New York State, expanding along the East Coast soon thereafter. In order to train those who wished to purchase a franchise, Carvel opened the Carvel College of Ice Cream, commonly referred to as Sundae School.

Perhaps best known for its ice cream cakes with a distinctive layer of crunchies and memorable cast ...

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Preschool 4-5 yo							
Recreational Class 5-7 yo	5:15-6:15 PM	4:00-5:00 PM 5:00-6:00 PM	5:15-6:15 PM	4:00-5:00 PM CO-ED	5:15-6:15 PM	11:00-12:00 PM	
Recreational Class 8 and up	4:00-5:15 PM			5:00-6:15 PM		12:00-1:15 PM	
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Westchester Enthusiasts Take a Flyer on a Different Type of Golf

By Martin Wilbur

Eric Bowers had been an avid golfer since shortly after he discovered the sport at 13 years old.

But on a summer vacation with his wife to Lake Placid several years ago, his attention and interest was captured by a different type of golf. Near the lodge where they were staying, not far from the base of Whiteface Mountain, there was a nine-hole disc golf course.

Like many others, Bowers had never heard of disc golf. But now he is an avid player and was elected to the board of the Westchester Disc Golf Enthusiasts (WeDGE), a nonprofit organization that runs the sport's local competitions and maintains the county's only two disc golf courses, at Mount Kisco's Leonard Park and FDR State Park in Yorktown.

Since WeDGE was formed in 2013, its members have also raised an estimated \$30,000 to \$40,000 for a variety of charitable causes and organizations, including the Yorktown-based Support Connection and various food pantries around the county.

"It's a great activity," Bowers said. "I'm a very competitive person. What I love about it, you can be 16 years old and there are guys who are 70 years old. You get a wide range of ages, and if you like that competitive spirit, it's a sport (that) as long as you can throw you can be competitive for many years."

The sport is very similar in concept to conventional golf, but instead of striking a



A disc golf basket at Mount Kisco's Leonard Park on Aug. 13 when members of Westchester Disc Golf Enthusiasts (WeDGE) celebrated the 45th anniversary of the park's disc golf course, one of the oldest in the world.

ball with a club with the goal of it landing in a hole, participants use a set of discs or a Frisbee and try to get them into a basket. There are mostly par 3 and par 4 holes, which range from 250 to 350 feet and 450 to 700 feet, respectively, said William Newman, who designed the FDR State Park course in 2000 and is its course pro maintaining the



MARTIN WILBUR PHOTOS
Westchester Disc Golf Enthusiast board member Eric Bowers displaying of the discs used to play the sport.

grounds.

Some courses in locations with more land also include par 5 holes, where the distance is in excess of 700 feet from the tee box, where the player makes his or her initial throw, Newman said.

Typically, a disc golf set includes three discs made of a blend of plastics – a driver

for the longer distance shots, a mid-range disc and a putter for the shortest throws. The game can also be played with a regular beach Frisbee, although generally there are distance limitations to those compared to the disc golf sets that can be bought at some area sporting goods stores.

Newman said a surge in popularity in disc golf coincided with COVID-19.

"The pandemic, it was outside and we can sort of actually keep our distance," he said.


Today, there are more than 6,600 advanced disc golf courses in the United States, including 183 in New York State. The U.S. has about 75 percent of the world's courses, according to the Professional Disc Golf Association. Including shorter and beginner courses, there are about 12,000 courses globally, the organization stated.

Two other countries where disc golf has the most popularity are Finland and Canada.

Both of Westchester's courses at the two parks have 18 holes, although there are now two pin placements per hole at the FDR State Park course that provides beginners more manageable distances while allowing the more advanced players the opportunity to play a longer course, said Dr. Angelo Mascia, another WeDGE member.

For Mascia, who was an Ultimate Frisbee competitor, it was a natural progression to disc golf, especially when he learned about 20 years ago that there was a course in Leonard Park, about 10 minutes from where he grew up.

continued on next page



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Westchester Enthusiasts Take a Flyer on a Different Type of Golf

continued from previous page

A major draw for players is the inexpensiveness of the activity for both the participants and the communities that establish courses, he said.

"You can play with a regular Frisbee," Mascia said. "A disc golf set is as little as \$15 and you can get out and play. The other thing that's particularly attractive in this region, is that there's no greens fees."

Even at private courses, which are more popular in northern New England, the fee is typically only \$5 to \$10 a round, he said.

For local, county or state governments, it is a recreational activity that can be established with relatively few resources. A new course, provided there is enough space, could cost a community no more than \$25,000, Mascia said.

Leonard Park is one of the world's oldest disc golf courses, officially established on Aug. 1, 1977, said Dave Coats, the course pro who looks after the course, the tee boxes and the baskets. It was created the year after Ed Headrick, the father of the Frisbee, invented the sport, likely making it among the first five to 10 disc golf courses in the world.

Coats, 60, said he also was an Ultimate Frisbee competitor in high school and college. As he started slowing down, he was introduced to disc golf and quickly fell in love with it.

Aside from being fun, Coats, a certified arborist, said it is also healthy for the land. Most of the courses use the natural habitat



Leonard Park disc golf course pro Dave Coats displaying one of the discs used to play the sport.

with a minimum of disturbance.

"It has the smallest environmental impact of all the sports," he said.

In and around Mount Kisco, there are residents who started to become familiar with disc golf after advocates for Leonard Park began objecting to the possibility of the placement of a cell tower nearby. It is believed that the approximate location would



The sixth hole tee pad at the Leonard Park disc golf course.

be in the vicinity of holes (or baskets) 6 or 7.

Mount Kisco resident Theresa Flora, an avid runner who often uses Leonard Park for her exercise, said the local disc golfers are a dedicated bunch.

"I'm in the park all the time and I run, and I'm like the only one out when it's snowing or raining – except for them," Flora said. "You see them and then they disappear into the woods."

Mascia said that Leonard Park is more typical of Northeast courses, with ample amounts of woods that force the player to bend their throws around trees.

By contrast, at FDR Park there is greater variety, with significant woods for about the first eight holes, before entering some long,

open holes, he said.

Bowers, who runs WeDGE's winter tournaments, explained that the only feature the two Westchester courses are missing is water bodies to throw over, which can make for a more challenging experience. However, within a little more than an hour's drive, there are 15 to 20 other courses, including Beacon Glades Disc Golf in Dutchess County, Cranbury Disc Golf Course in Norwalk, Conn. and Warwick Town Park Disc Golf Course in Orange County.

For more information on the two Westchester disc golf courses and the Westchester Disc Golf Enthusiasts, visit www.westchesterdiscgolf.com.

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Tips to Get Preschoolers on a Schedule



Sticking to a daily routine offers endless social, emotional and physical developmental benefits for preschoolers. Here's how to make your schedule stick:

- Seek their input. Children are more likely to feel engaged if they are involved in creating their schedule, so seek their input on certain details, such as the timing of their daily activities. For example, ask them if they would prefer to have quiet time or creative time before lunch. Once you've settled on the specifics, use a dry erase board or chalkboard to display their daily schedule. Be sure to hang it somewhere at their eye level, and consider including little icons for each activity to help young readers make the connection between the words and their meanings.

- Sit down for dinner. Weeknights can be hectic, but try to make dinner a set time each evening where you can sit down together. Turning meal time into a family activity offers everyone a chance to connect, bond and share the best parts of their day.

- Try fun tech. Cool tech can help little ones get excited about following a routine while encouraging them to take on new responsibilities and care for themselves. For example, the My First Kidi Smartwatch from VTech, with its easy-to-use touchscreen and



variety of digital and analog clockfaces, teaches time-telling skills.

But it's more than a watch, it's also a playful "pet pal" that lets out a friendly bark at the top of the hour. Kids can even name the doggie, care for it and teach it tricks or play interactive games featuring their puppy. What's more, the smartwatch helps kids stay on track and learn healthy habits, with important reminders and chimes for brushing teeth, potty time and nap time.

- Create rituals. Keeping sleep schedules consistent can make falling asleep and waking up easier on kids, and little rituals can make these times of the day more comforting. Try singing a wake-up song each morning to get kids moving. At night, make it a daily habit to read a book together.

- Slow down. While routines are essential, it's all too easy to become overly programmed. Be sure every single day includes free, unstructured time where kids can play, imagine and create.

A regular schedule can make for happier kids and a calmer household. Using positive reinforcement and new tech tools, you can help kids enthusiastically take the reins of their own routine.

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The Effects of Comparing Your Children With Others



By Adam and Lauri McCauley

There is no parent's manual for raising a perfect child. That is the reality.

But we must always remember that there are always the do's and don'ts when it comes to raising a child, which can mold children into a better version of themselves.

As we navigate our way through teaching and helping our children to be better than they were yesterday, we somehow tend to compare them with others. We do it all the time, we do it with ourselves, we do it to other people unconsciously and we end up doing it to our children. However, it's a big no.

Most of you probably believe that healthy competition involving children is beneficial to encourage them to be better and do better than others, whether it is inside the classroom, during sports or as a person in general. For example, as parents, you may comment on their performance in certain sports.

"Look at your friend, he practices martial arts for 40 minutes every day, and why don't you do the same?"

This question may seem harmless, but it is in fact an invalidation of our children's effort.

Yes, we may say that comparison as a healthy competition may seem helpful in building your child's talents, but it may do more harm than good. We must remember that children are vulnerable, they are



innocent. At a young age, our children are developing, and they are building their self-esteem and confidence. Whenever we compare a child with another, it will make him or her think that they are not good enough. This imaginary standard we impose on them will not help them. Instead, it may cause some negative effects.

The dangers of comparison may lead to a child's lowered self-esteem and lack of confidence. As parents, we want our children to have a healthy image of themselves; we don't want them doubting their talents and

abilities. By comparing our child to another, whether it be with a sibling, a classmate or other children in the family, this may lead them to resent others, and of course, it may make them hate themselves and could contribute to social withdrawal that would make them an outcast.

As parents, we are automatically and by default our children's number one fan. We are their support system, their best friend. We don't want our children to feel unseen or talentless. But we must avoid comparing our children with others, because

constantly doing it may lead them to doubt themselves, their talents and achievements, hindering their development and growth and unconsciously invalidating our children's effort.

Always remember that when we compare our children, we point out their weaknesses and flaws, and we completely disregard their talents and accomplishments. We don't want them to doubt our love and faith in them. We must constantly be supportive in everything they do.

Remember, parents are the best role model for a child. They learn what is good and what is bad by the example we set for them to follow. It is up to us, as parents, to set the path for our children. We are on the frontlines when it comes to guiding them to a brighter future. We must raise our children in a positive, loving and judgment-free environment.

As parents, we must always remind them that whatever success they achieve, big or small, we are proud of them for never giving up.

Adam and Lauri McCauley own Go No Sen Karate in Peekskill. Adam is a sixth-degree black belt and has been teaching for more than 35 years, starting his school in 1993. His wife, Lauri, a fourth-degree black belt, joined him in 2002. Together they have built one of the most successful martial arts schools in Westchester County teaching thousands of students. Their motto is "Building Better Bodies & Stronger Minds!"



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How to Supplement Classroom Learning at Home With Tech for Kids

When the school bell rings at the end of the day, the learning doesn't need to stop.

Some of the latest and greatest tech can get kids excited to expand their knowledge at home in ways that are fun, all while supporting and augmenting what happens in the classroom.

Here are some of the coolest tech-infused options to consider introducing to children this school year.

Screen Free Fun

LeapPods Max from LeapFrog are comfortable over-the-ear headphones designed to be safe for little ones' ears while offering an immersive audio experience and a break from screen time. Beyond listening

to music, hours of included activities spark a different kind of learning, taking kids on audio adventures, getting their mind and body moving with active challenges, introducing mindfulness activities and more. The included 14-page Adventure Passport guidebook that accompanies the audio adventures pairs engaging soundscapes and animal sounds with detailed illustrations. Play right away with no web connection, downloads or account setup required.

Jump-Start to Coding

Kids can explore the fundamentals of coding while having fun using apps like Cargo-Bot. Puzzles challenge them to

teach a robot to move crates. Another great subscription-based option is Kodable. Offering an array of activities that familiarize kids with coding skills, along with opportunities to create original programs, this self-guided approach allows kids to master 21st century tech skills at their own pace.

Interactive Books

Explore exciting new ways to learn with the touch-and-talk pages of the LeapStart Learning Success Bundle. This interactive system includes activities such as games, puzzles and creative challenges to enhance learning and help kids build math, reading, problem-solving skills and more. It comes preloaded with the Go! Go!

Cory Carson Superhero School book based on the popular animated series and an additional activity book, and can be expanded with the compatible LeapStart library of books (sold separately). Covering a variety of preschool through first grade subjects for two- to seven-year-olds, each title features more than 30 re-playable



activities, so kids can start at the right level and move up when they're ready. For example, the LeapStart Level 1 Preschool 4 Pack features four popular books that focus on the alphabet, shapes and colors, math and baby animals.

Supplemental learning at home can provide kids with the tools they need to thrive in the classroom. Thankfully, new tech is making it fun, interactive and engaging.

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New School Year Often Presents Difficulties for Math Students After Summer Break

The new school year will bring many challenges for children as they get used to more difficult work in all their classes. Few subjects build on concepts and skills learned in years prior as much as math does.

Many children simply aren't ready to pick up where they left off.

"The start of a new school year comes with an adjustment period as students bid summer a fond farewell and ease back into their academic routines," said Dan Cherico, director of Mathnasium of Chappaqua, a local outlet of the nation's leading math-only learning center franchise. "Unfortunately, this often comes with the realization that they're a bit rusty in certain subjects, none more so than math. Kids who spent the summer without engaging in math activities may need some extra time and help to build their math muscles back up. For many, this can result in poor performance in the early part of the academic year. Left unchecked, these setbacks do add up."

The beginning of the school year and early fall present a valuable opportunity for students to start working toward this year's math goals before they feel the full brunt of academic pressures and deadlines.

"This is an ideal time for parents to understand where their kids stand in math,"

Cherico said. "For children, incorporating additional math work sooner rather than later helps warm up their math muscles and recall important concepts from the prior year."

Mathnasium, for example, provides students with customized programs that, with two or three hours per week of study, can shake off the fog of summer and prepare kids for the challenges that lie ahead. Mathnasium students have shown significant increases in performance on standards-based tests in 20 sessions or fewer, the equivalent of a few months' work.

"Some students have the ability to keep up with their math classes by reviewing older material and practicing math on their own," Cherico said. "But in our experience, many kids struggle. Starting a program of structured study...can make all the difference between starting off well or having a difficult year."

"Pinpointing problem areas before math struggles get out of hand can help set the tone for students to develop a more positive relationship with math and embrace opportunities for learning that lie ahead."

For more information about Mathnasium, visit www.mathnasium.com.



EVENTS TO REMEMBER PHOTO

Educational Giveaway

The City of Peekskill Youth Bureau held a back-to-school supply giveaway last Thursday afternoon at Pugsley Park. In preparation for the upcoming school year, the bureau distributed more than 1,500 book bags to children in the community as well as school supplies, courtesy of donations from community partners and various local organizations.



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The Pros and Cons of Built-In Furniture

When I rented my first apartment on my own after college, my first urges toward becoming The Home Guru manifested themselves when I decided to build bookcases on both sides of the closed fireplace jut-out in my bedroom.

I built them cleverly as self-contained units that could be inserted into the allotted space and secured in with molding, but removed when I chose to leave the apartment. That was all well and good until I proudly showed my handiwork to my landlady. She announced that the units had to stay with the apartment since they were considered built-ins.

I'm not sure if there's any law that dictates that. I suspect it depends on local laws, but I was not about to tangle with the woman, a former Ziegfeld Follies girl who was as tough as nails.

So, there we had a disadvantage to built-ins. The moral to that story is never spend money on house improvements in a rental unless you can afford to do so and don't care about getting your investment back when you move.

But when I bought my first single-family home in Brooklyn Heights, I located a carpenter to build units in my living room, which featured bookcases above and cabinets below, offering a wonderful amount of display and storage space. In those days, I didn't know the difference between



By Bill Primavera

skilled carpentry and that which was merely perfunctory. My experience in that situation was definitely the latter.

The same was true when I moved to the "country" and had cabinets and drawers built in the main bedroom. Inferior lumber (pine with knots in it) was used and the drawers were somewhat dysfunctional from the start when opening and closing.

However, I lucked out when I wanted built-ins in my current home. I located a master carpenter who had a large workshop in town. In this case, fine wood and professional finishes were employed and I now enjoy really

fine built-in furniture that is unique to my home, reflect my personal taste and, I'm sure, will add great value to the future selling price.

The good thing about built-ins is that it maximizes space and, when designed properly, can serve more than one purpose. For instance, when I had bookcases built in my current living room, I took the opportunity to incorporate a fireplace at the same time. It's not a functional fireplace with a flue (I live in a condo where there is no such accommodation), but an electric fireplace that creates a darned good illusion of a real fire. It even offers the option of generating heat. No trouble with gathering firewood, lighting the fire or cleaning up the ashes!



BILL PRIMAVERA PHOTO

The Home Guru's living room showing built-ins that incorporate book shelves and a fireplace.

In both our main and guest bedrooms, I've had clothing drawers installed in units made of fine woods that are as high quality as any furniture manufacturer could produce. Again, built-ins here maximize storage space in that they have been built flush with the floor, which is normally not the case with individual pieces of furniture.

My particular leanings toward built-ins are that they are commissioned by the homeowners who want to distinguish

their homes as a personal expression. It's an opportunity to engage in the creative process of making bricks and mortar bend to the will and imagination of the homeowner.

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

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Westchester Reprises Local Volunteer Efforts for 9/11 Weekend

By Martin Wilbur

It can be easy to overlook the collective sense of unity and purpose in the days, weeks, and months following the catastrophic September 11 terrorist attacks.

To honor those lost on one of the worst days in the nation's history, Westchester County has once again scheduled its annual 9/11: Serve + Remember, where local residents can dedicate a portion of their weekend on Sept. 10 and 11 by assisting their community and local organizations.

It is the 12th consecutive year that Westchester has partnered with Volunteer New York! an organization that coordinates efforts in the lower Hudson Valley year-round. Last year, more than 37,000 people put in about 388,000 hours of service, helping over 500 organizations through Volunteer New York!

"Each year, I can't help but to reflect on the extraordinary effort of the 9/11 families who work so relentlessly to see September 11 dedicated as a national day of unity and of doing good," said Volunteer New York! Executive Director Jeanette Gisbert. "For the past 12 years, Volunteer New York! has taken that national call to action and implemented a communitywide action day right in our communities in Westchester, Putnam, and Rockland



A family volunteering together to make blankets for children in hospitals as part of last year's 9/11: Serve + Remember day of service in New Rochelle. Residents will have a choice of two days to serve and help their communities during the weekend of Sept. 10-11.

with the opportunity to join thousands of individuals across the country to honor the memories of those lost on 9/11."

With the 21st anniversary of September 11 on a Sunday this year, the weekend will be divided into two parts, Gisbert said. On Saturday, Sept. 10, there will be 16 on-site projects at communities throughout the

region that will assist a variety of nonprofit organizations.

Some of the local opportunities include fall prep and bulb planting with A-HOME in Chappaqua; clean-up at Croton Point Park; helping to pack food bags at the Mount Kisco Interfaith Food Pantry; a painting and revitalization project with the United Way in White Plains; and a community residence beautification project with Westchester Jewish Community Services in Sleepy Hollow.

On Sunday, projects will be located at two hubs – the Shames JCC on the Hudson in Tarrytown and Iona University in New Rochelle. Volunteers can create blankets for children in hospitals, participate in a laundry sachet assembly project for women in YMCA residences and create pull toys for shelter dogs.

All the activities are suitable for families to participate, Gisbert said.

"This is a day we must always remember, and so 9/11: Serve + Remember is an opportunity to pause and do a good deed, to make a difference, to remember how thousands came together helping each other through tragedy," Gisbert said.

County Executive George Latimer said the annual day of service is a chance for everyone to take stock and to make one's own community a better place.

"This is a great time to reconnect, to

become part of a volunteer effort with other people, and you find strength in that with other people toward a common purpose," Latimer said.

The major sponsor for 9/11: Remember + Serve is Robison Oil. Other sponsors include Empire City Casino by MGM Resorts, Levitt-Fuirst, Webster Bank, and 95.5 K-LOVE/96.7 Air1.

For more information and registration for the complete list of projects and the times and locations, contact Volunteer New York! At 914-948-4452 or visit www.volunteernewyork.org/service.

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The Changing Skies of a Waning Summer Has Much to Offer

There's a certain magic to late August. The start of fall is only about three weeks away, and we can already feel the stickiness and mosquitoes loosening their grip, just a little.

Maybe you've noticed we've gained about an hour of nighttime since the start of the month.

All the while, we've seen a couple of old friends, Jupiter and Saturn, sneak back into the evenings after months hiding in the mornings. It's not always easy to tell stars from planets, but we can get help from a couple of easy tools.

First, in the northern hemisphere, we always see the planets along a line that runs from east to west along the southern horizon.

That's the ecliptic, which represents the path the sun takes each day. The planets orbit the sun roughly at its equator, so the ecliptic also represents our view of the orbital plane of the entire solar system. If it's a planet you're looking for, they'll always be near

that line.

Once we know where to look, we can focus on what to look for. Planets are, as these things go, very close to us. So, their light reaches our eyes from many points, not just one like the light from much more distant stars. This means we see them as subtle discs.

Venus, which is still missing from the evening, and Jupiter are the two brightest objects in the sky other than the sun and moon. When we look at them, we see this effect is particularly apparent. We'll also notice planets don't twinkle the way stars do because those discs of light are affected less by disturbances in our atmosphere less than starlight is.

This also makes it easier to pick out colors than we can with most stars. Venus is an icy white. Iron on the surface of Mars makes it look bright red to us. Jupiter's a soft orange. Saturn is a subtle yellow.

As we flip to September, let's see

if we can use these tools together to spot Jupiter and Saturn in the southeast sky. If we need some help, the moon will join the fun as it glides between them from Sept. 7-11. The almost-full Harvest Moon will be nearly exactly between the pair on Sept. 9 with Saturn to its right and Jupiter to its left.

Any of these nights, we can spend a few extra minutes imagining what we're really looking at. We can use our minds to follow a jagged line running from our eyes to the moon about a quarter million miles away. From there, a quick jog to the east sends us 500 million miles to Jupiter. By the time we get to Saturn, the line from our eyes runs a billion miles into space.

There, in that one patch of the night, we'll see our neighborhood's two biggest planets, and 162 of the solar



By Scott Levine

system's moons: 79 at Jupiter, 82 at Saturn and our own, the only other world where humans have walked.

From there, we can let our gaze drift to distant, unknown corners of our galaxy and wonder what else is there. I hope you'll look this month. Clear skies, everyone!

Scott Levine (astroscott@yahoo.com) is an astronomy writer and speaker from Croton-on-Hudson. He is also a member of Westchester Amateur Astronomers, a group dedicated to astronomy outreach in our area. For information about the club including membership, newsletters, upcoming meetings and lectures at Pace University and star parties at Ward Pound Ridge Reservation, visit www.westchesterastronomers.org.

Clear Skies

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THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Something About Mary. The English author Mary Wollstonecraft Shelly was born on Aug. 30, 1797. To celebrate her 225th birth anniversary, the quiz this week is based on words from her most famous work, the Gothic novel "Frankenstein; or The Modern Prometheus," which was first published in 1818.

1. **glimmer** (n.)

A) a vague understanding

B) something spherical

C) a glowing coal
2. **procure** (v.)

A) to increase

B) profess friendship

C) obtain
3. **abstrus** (adj.)

A) impersonal

B) free of deceit

C) obscure
4. **machination** (n.)

A) a sense of pride

B) an involved plot

C) skilled work
5. **enounce** (v.)

A) to articulate

B) inform against

C) make richer
6. **abhor** (v.)

A) to actively encourage

B) feel hatred towards

C) abstain from
7. **sedulous** (adj.)

A) permanently attached

B) diligent

C) constantly moving
8. **panegyric** (n.)

A) ceremonial attire

B) personal conduct

C) formal praise

- A. To speak, pronounce, or utter in a certain way; articulate

• B. To feel hatred or disgust toward

• C. Difficult to understand; obscure
- A. A slight suggestion or vague understanding

• B. Marked by care and persistent effort; diligent

• C. Formal or elaborate praise
- A. Crafty and involved plot to achieve your

• B. To get by special effort; obtain

• C. A slightly suggestion or vague understanding
- A. A slight suggestion or vague understanding

• B. Marked by care and persistent effort; diligent

• C. Formal or elaborate praise

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Alyssa Hochstein
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Navigating the Confusion Over Wine Descriptors



By Nick Antonaccio

Several readers have told me that they are confused by descriptive terms used to characterize wines. This week's column will take you down the path of understanding, and developing, a wine glossary.

Now you can dazzle each other with a wine syntax that will help you better appreciate the true nuances of wine tasting.

First, the biology lesson. (So you thought ninth-grade science would never be relevant in later life!) One of the reasons that experiencing wines is so complex and yet so simple is that we are able to employ several of our five senses in a singular, focused moment. Of these senses, taste and smell are the critical components.

For taste, think flavor. It is our taste buds that distinguish the overall experience of the wine at hand. The tongue is where the five elements of taste reside: sweet, sour, bitter, salty, umami.

As we sip our wine, there are specific areas on the surface of the tongue and the side of the mouth that impact our perception of wine. Sweet receptors reside on the front of the tongue, salty on the front sides,

'...taste and smell are the critical components.'

umami in the middle, sour on the rear sides and bitter on the rear. The next time you sip a wine, or taste any food for that matter, take special note of this road map in your mouth.

Let's translate several of these senses of taste. If your tongue senses sweetness, the term "residual sugar" is usually applied. Sour is often described in terms such as flinty, citrus, lemon grass, musty and is primarily dependent on the level of acidity

in a wine. Low acidity may be described as fruity, buttery, soft or flabby (not much structure) whereas high acidity may evoke terms like crisp or pineapple. Bitter has many connotations, from soft to astringent, which relate mainly to acidic elements, including tannin, finish,

peppery, spicy, earthy, green and minerally.

On to our sense of smell. Think elements of fragrance, bouquet and aroma. This is where our senses are most refined and complex – and unique to each individual. Whereas there are five elements of our sense of taste, our olfactory receptors number over 10,000. By far, our experience of wines comes from the sense of smell.

This is predominantly why we each have different preferences, likes and dislikes, in wine. One person's "chocolatey" may be the next person's "barnyard."

Typical nuanced expressions include:

1. Fruit terms like apple, lemon, grapefruit, melon (white wine) to blackberries, cherries, strawberries, currants, jammy (red wine).
2. Floral terms like violets, roses, honeysuckle.
3. Vegetative/herbal terms like licorice, black pepper, woody, grassy.
4. Terms associated with processed products like chocolate, coffee, molasses, vanilla, honey.

Of course, the combination of the senses of taste and smell result in the total wine experience. Here are two examples of pairing taste (flavor) and smell (fragrance/bouquet): First, the charred taste and the earthy aroma of steak pair well with an oaky, earthy, tannic Cabernet Sauvignon or Zinfandel, and second, the fresh taste and muted flavor of a white fish pair well with a crisp, grassy Sauvignon Blanc.

The counterpoint to the conventional wisdom in pairing fish is that many fish dishes are served with sauces that are in direct contrast to the underlying sensory elements of the fish. Serving a Sauvignon Blanc with an unadorned white fish may be a perfect pairing, but the same fish embraced by mango and papaya chutney will overwhelm any traditional wine paired with it.

Instead try the fruity flavors and tropical



bouquet of a lightly oaked Chardonnay or the soft, low-acid, slightly jammy bouquet of a warm climate Pinot Noir. Memorize two simple rules: first, seek balance between wine and food and second, match the wine to the sauce, not to the protein.

So there you have it. Now it's up to you to refine your palate. Soon, not only will you appreciate the descriptive terms of wine aficionados, but you will be well on your way to becoming a confident oenophile yourself.

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.

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SPCA Westchester Opens Doors to Beagles Rescued From Virginia Facility

SPCA Westchester welcomed nearly a dozen beagles to its Animal Rescue Center in Briarcliff Manor last week as part of the group of beagles that are being removed from a mass-breeding facility in Cumberland, Va. riddled with animal welfare concerns.

The Humane Society of the United States is coordinating the removal of about 4,000 beagles housed at Envigo RMS LLC, which bred dogs to be sold to laboratories for animal experimentation.

The transfer plan was submitted by the Department of Justice and Envigo RMS LLC, with the agreement by the Humane Society of the United States to assume responsibility of coordinating placement. The transfer is taking place in stages over the next two months, and the dogs will be up for adoption via SPCA Westchester and other shelters and rescues.

"It's unimaginable what these poor dogs have gone through, said Shannon Laukhuf, executive director of SPCA Westchester, "and we're honored the SPCA was asked to assist in giving these deserving, brave beagles a second chance."



Some of the nearly dozen beagles that arrived at SPCA Westchester from a mass-breeding facility in Virginia last week. In all, the Humane Society of the United States rescued about 4,000 beagles from the facility and is relocating the dogs to agencies and organizations around the country in hopes of finding them permanent homes.

Laukhuf said the SPCA will be placing them into foster and forever homes shortly.

The transfer plan comes as a result of a lawsuit filed against Envigo by the Department of Justice in May, alleging

Animal Welfare Act violations at its facility. Repeated federal inspections have resulted in dozens of violations, including findings that some dogs had been euthanized without first receiving anesthesia, that dogs had received inadequate veterinary care and insufficient food and that they were living in unsanitary conditions.

"It takes a massive network of compassionate, expert shelters and rescues to make an operation of this scale possible," said Lindsay Hamrick, shelter outreach and engagement director for the Humane Society of the United States. "We are deeply grateful to each organization that is stepping up to find these dogs the loving homes they so deserve."

Anyone interested in adopting a beagle or one of the other animals in SPCA Westchester's care should e-mail eileen@spcawestchester.org. For more information about SPCA Westchester, visit www.spcawestchester.org.

This is a press release provided by SPCA Westchester. It has been lightly edited and is being published by Examiner Media as a public service.

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The first Monday in September is meant to honor and recognize the American labor movement;
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2 Bedroom	12 units**	\$1,560.00	50% Area Median Income	3 units (Mobility)
Studio	4 units**	\$1,456.00	60% Area Median Income	NA
1 Bedroom	13 units	\$1,560.00	60% Area Median Income	3 units (Hearing/Vision) 2 units (Mobility)
2 Bedroom	10 units	\$1,872.00	60% Area Median Income	NA
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2 Bedroom	5 units	\$2,200.00	80% Area Median Income	1 unit (Mobility)
Studio	2 units	\$1,650.00	90% Area Median Income	NA
1 Bedroom	3 units	\$1,850.00	90% Area Median Income	NA
2 Bedroom	5 units	\$2,200.00	90% Area Median Income	NA

Westchester Uses Federal Rescue Plan Funds to Prevent Homelessness

Westchester County is leading all counties in New York State in using a new American Rescue Plan program to keep the most vulnerable families and individuals from homelessness.

Westchester has helped nearly 200 individuals and families find leases for permanent homes through the federal Emergency Housing Voucher program. That's more than any other county in the state, including all of New York City.

Since the program got underway last November, 195 Westchester households

have moved in to permanent housing or are scheduled to move in by Sept. 1.

"When the COVID pandemic hit, we had grave concerns about its impact on people being able to stay in their homes, especially those who are most vulnerable," County Executive George Latimer said. "By staying ahead of the curve and using all available resources to keep people from homelessness, we're not only preventing human tragedy for those individuals and families, but we're reducing the social and economic costs of homelessness for everyone in Westchester."

Westchester's success is a result of diligent advanced planning by the county's Department of Social Services and the county's partner in the program, Westhab. The county's proactive response to processing applications has put Westchester in a position to help even more people than anticipated as additional federal application slots become available.

There are currently 76 additional referrals completed on the waitlist just in case more applications become available.

Department of Social Services Commissioner Leonard G. Townes said:

"When we got word that this program was being discussed in Congress, we didn't wait," said Department of Social Services Commissioner Leonard G. Townes. "Even before it was passed, we had selected a partner, began developing criteria for those who might qualify, and worked to identify people who could be helped by the program as well as landlords who would be interested in leases. When final approvals came, we were able to hit the ground running. This is a program that focuses on people most at risk of homelessness and in need of safe, stable homes like domestic violence survivors. For them, time is of the essence, and so it was for us as well."

The Emergency Housing Voucher (EHV) program is available through the American Rescue Plan Act (ARPA). It focuses on individuals and families who are homeless, at-risk of homelessness, fleeing or attempting to flee, domestic violence, dating violence, sexual assault, stalking, or human trafficking, or were recently homeless or have a high risk of housing instability.

Participants live in housing of their choice while paying about 30 percent of their monthly income on rent. The remaining rent is paid directly to landlords through the voucher program, which protects landlords by ensuring payment of that portion of the rent.

This is a press release provided by Westchester County. It has been lightly edited and is being published by Examiner Media as a public service.

Yorktown Residents Can Win Kindle E-Reader From Hart Library

Since September is National Library Card Sign-Up Month, anyone who visits the John C. Hart Memorial Library during the upcoming month and signs up for a new library card will be entered to win a free Kindle e-reader.

The winner will be drawn on Monday, Oct. 3.

In addition, the first 100 patrons to sign up for a new library card will receive a durable, reusable canvas bag large enough to hold several library books.

"Your library card is the best card in your wallet," said Library Director Yvonne Cech. "It's a free card and it gives you access to many free resources and services."

Cech said anyone living in the Town of

Yorktown is eligible to receive a John C. Hart Memorial Library card.

Everyone knows the library has books, but you can also use a library card for free e-books, free e-audiobooks, free streaming services for movies and music, free museum passes and much more.

We're making it easier and easier for you to use your library card from the comfort of your home," Cech added. "You can use our digital resources by using the Libby App."

There is also a section of the Town of Cortlandt that is eligible to have a John C. Hart Memorial Library card.

According to the American Library Association, Library Card Sign-up Month originated in 1987. Then-secretary of

education William Bennett wanted to highlight the importance of making use of libraries to enhance education and wanted to combat illiteracy. The campaign was born and has gained steam every year since.

This year the honorary chairs of the national Library Card Sign-up Month are superstar singer Idina Menzel and her sister, Cara, a teacher. They are teaming up on behalf of the American Library Association to highlight the importance of using your public library card to access resources.

This is a press release provided by the John C. Hart Memorial Library. It has been lightly edited and is being published by Examiner Media as a public service.



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Places Where College Students – and the Rest of Us – Can Eat and Mingle

Summer is unofficially ending next week and most fall college semesters are in full swing, so here are some dining and networking venues while keeping students in mind.

The Cobble Stone

According to brothers Scott and Craig Sala, this Purchase restaurant and bar has been continuously operating under their family name since 1917. Many of the old fixtures are there: the green vinyl wooden booths, cobblestone walls (of course) and stained-glass windows. Even an old jukebox and cigarette machine sit idle in the bar and lounge.

The restaurant is located within close range of Manhattanville College, SUNY Purchase and Fordham University's West Harrison campus.

The bacon gorgonzola burger is a tasty bet, served on a Kaiser roll with a side of steak fries. So is the chicken chopped Cobb salad, a bed of mixed greens topped with avocado, tomato, bacon, hard-boiled egg, red onion and cucumber served with choice of dressing. The portions are ample.

For dessert, the house-made New York-style cheesecake with caramel sauce and whipped cream satiated our sweet tooth.

The Cobble Stone is located at 620 Anderson Hill Rd. in Purchase. Open seven days, from 3 to 9 p.m. on weekdays and 12 to 9 p.m. on weekends. Info: 914-253-9678 or visit www.thecobble.com.

Trattoria 632

Just a short drive from SUNY Purchase and Manhattanville as well, there is a pizza bar with tasty pies to eat in or to take out.

The Mangone family serve a regional Italian menu. Check out house specialties such as the roasted beets with goat cheese mousse, Sicilian pistachios and microgreens; house-made chitarra pasta with veal polpettine and shaved ricotta; squid ink pasta with shrimp, bay scallops, chilies and arugula; classic veal, chicken or shrimp parmigiana; or wild striped bass Mediterraneo with capers, olives and cherry tomatoes. There's a bar and lounge with Happy Hours. Free parking.

Trattoria 632 is located at 632 Anderson



By Morris Gut

Hill Rd. in Purchase. Info: 914-481-5811 or visit www.trattoria632.com.

The Cabin Restaurant

This vintage spot is at the busy intersection of Knollwood and Grasslands roads, not far from New York Medical College, Westchester Community College and Touro Dental College. It's a sprawling bar and restaurant serving an eclectic mix of tavern specialties: Angus sirloin burgers, a daily Thanksgiving sandwich, fresh

soups, appetizers, overstuffed sandwiches and salads, main courses and desserts. There's pizza, too. Open seven days. Happy Hours. Free parking.

The Cabin Restaurant is located at 1172 Knollwood Rd. in White Plains. Info: 914-592-6682 or visit www.cabinrestaurantny.com.

Keeping Cool at Captain Lawrence

Also near New York Medical, Touro Dental and Westchester Community colleges, this popular craft brewery touts an indoor beer hall and outdoor beer garden. The menu features such favorites as craft pizzas, appetizers to share, fresh salads and sandwiches. So, pick your favorite brew or take a flight and enjoy the bustling atmosphere.

There is free parking, but it crowds up quickly. Open to the public Wednesday through Sunday. Weekday Happy Hours to 6 p.m.

Captain Lawrence Brewing Co. is located at 444 Saw Mill River Rd. in Elmsford. Info: 914-741-2337 or visit www.captainlawrencebrewing.com.

Freebird Kitchen and Bar

An easy drive from Pace Law School, Fordham University's West Harrison campus or the College of Westchester, will bring you to Freebird Kitchen and Bar. We have devoured fried calamari, meaty racks of baby back ribs, Cobb salad, spicy chicken wings and crispy Brussels sprouts. There's shrimp and grits and braised short ribs, too. The cooking here is very satisfying and all done with a friendly southern theme. Portions are ample and shareable.

The lighting and artsy birds hanging from the ceiling in the dining room give it a magical



Three of the best dishes and a tasty dessert at The Cobble Stone in Purchase – the chicken chopped Cobb salad, the bacon gorgonzola burger and the house-made New York cheesecake. It is one of a number of establishments that is attractive to Westchester's college crowd.



atmosphere. There is a seasonal rooftop and Sunday night jam sessions. Happy Hour is Tuesday through Thursday from 4 to 6 p.m. and Friday from 2 to 6 p.m. Weekend brunch. Closed Mondays.

Freebird Kitchen and Bar is located at 161 Mamaroneck Ave. in White Plains. Info: 914-607-2476 or visit www.freebirdkitchenandbar.com.

Mughal Palace

Pace Law School, Westchester Community College and New York Medical College are nearby this gem. Owner Mohammad Alam serves delicious Indian regional specialties. Look for the tandoori chicken or shrimp; Lasuni Gobi (cauliflower florets tossed with bell peppers, onion, garlic and green herbs); chicken barbecue kabab; lamb bhuna (pieces of lamb cooked in a medium spiced sauce of bell peppers, tomatoes and fresh Indian herbs); and mango chicken (boneless chunks of chicken cooked with fresh mango, ginger, garlic and dry spices).

There's a bar and it's open seven days.

Mughal Palace is located at 16 Broadway in Valhalla. Info: 914-997-6090 or visit www.mughalpalace.com.

Valhalla Crossing

Owner Stan Chelluck operates the bustling Valhalla Crossing, a vintage establishment next to the Metro-North station. Over the years, he has spruced up the railroad cars, facade and sweeping bar, offering kitschy but flavorful rail car dining.

The kitchen serves an eclectic menu of American tavern specialties, including wings, sliders, burgers with choice of toppings, mac and cheese, chicken pot pie, fresh salads and wraps. There's a kid's menu, too. Portions are generous.

Open Tuesday through Sunday for lunch and dinner. Free parking. It's a short drive from Pace Law School, New York Medical College and Westchester Community College.

Valhalla Crossing is located at 2 Cleveland St. in Valhalla, just off the Taconic Parkway. Info: 914-682-4076 or visit www.valhallacrossing.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 gutreactions@optonline.net.



The beer garden at Captain Lawrence Brewery in Elmsford. There's a food menu that offers craft pizzas, appetizers, salads and sandwiches along with the beer selections.

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