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August 26 - September 1, 2014

SMALL NEWS IS BIG NEWS

Volume 8, Issue 364

Maybury Balks at Deadline for Housing Settlement Comments

Supervisor, BOL Chairman Tussle Over Zoning Analysis Issues

By Neal Rentz

A tight deadline to respond to information released this week that will be incorporated into a new zoning analysis related to the affordable housing settlement sparked scathing criticisms from Mount Pleasant Supervisor Joan Maybury.

Maybury, who has been highly outspoken on issues related to the 2009 agreement, argued that the 31 municipalities named in the settlement were given only one day to address potential inaccuracies in data released on Monday that had been collected for the upcoming release of the Huntington Analysis.

The highly anticipated Huntington

Analysis, now scheduled to be released on Sept. 8, will evaluate residential zoning to find out if a community's current zoning is discriminatory by pushing minorities to specific parts of town, a controversial issue related to the settlement.

On Monday, Maybury said that while municipalities had been informed that the deadline for responses was abruptly stretched to Friday, Aug. 29 instead of Tuesday, she said the town would not be opening the data package because of "too many restrictions." One restriction limits a municipality to viewing the new data on only one computer, she said.

"The timeframes supplied to make comment are absolutely unacceptable," Maybury said. "The Town of Mount Pleasant will initiate a review of the methodology and data employed as was required the last time a report was forthcoming. Our legal department and zoning department will review as well."

The supervisor's reaction was



Mount Pleasant Supervisor Joan Maybury and Board of Legislators Chairman Michael Kaplowitz had angry words for each other last week over an updated zoning analysis related to the county's affordable housing settlement with the federal government.

prompted by an Aug. 21 e-mail from Noam Greenspan, an attorney for James Johnson, the monitor assigned to oversee

implementation of the settlement. Greenspan said a secure website has been

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Abinanti, Challenger Headed to Court of Appeals Over Petition Dispute

By Martin Wilbur

Democratic Assemblyman Thomas Abinanti's dispute with his opponent's petition will land him and challenger Michael Duffy in the state Court of Appeals this week.

Abinanti said he has asked the Court of Appeals to hear the case because he had no idea which Michael Duffy was his Republican and Conservative challenger in the 92nd Assembly District race. The two will argue their positions tomorrow morning (Wednesday) in White Plains.

On Aug. 1, Abinanti, who is seeking a third term in the Assembly in November, went to state Supreme Court contending that he did not know which person was his opponent because there were two Michael Duffys listed at the candidate's Valhalla

address.

Abinanti lost that initial challenge before going to the Appellate Division, which also rejected his argument Aug. 19. In its one-page ruling, the court ruled that the assemblyman "did not meet his burden of showing that the use of the name 'Mike Duffy'" would mislead or lead to misidentification of potential signatories regarding the candidate's identity.

Duffy, 62, a criminal defense attorney with his own practice in White Plains, is Michael K. Duffy. His son is Michael M. Duffy, also an attorney.

Duffy said Thursday that he chose to use the name Mike on the petition and the ballot because that's how nearly everyone he knows refers to him.

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Henckels' P'ville Building Nearing Completion on Marble Avenue

By Janine Bowen

Work on the Zwilling J.A. Henckels headquarters on Marble Avenue in Pleasantville is nearing completion, village Building Inspector Robert Hughes said last week.

According to Hughes, the building department is currently working with the company to grant a temporary certificate of occupancy for the back section of the building, which will serve as the company's warehouse.

He said the warehouse and shipping center, which will serve all of North America, is expected to be up and running in the coming weeks. The front portion of the building, which will house the offices, will take another one to two months to complete.

"They're two separate buildings in a sense," Hughes explained of the construction process.

The offices will take more time to get ready for occupancy due to more complicated construction features, including elevators and bathrooms, Hughes said. But the offices are less urgent because employees are able to work remotely, he added.

The priority at the moment is the opening of the warehouse so that Henckels can relocate from its smaller facility in Hawthorne, Hughes said. He expects that the site will be fully occupied by November.

With the warehouse expected to open soon, village officials will ban parking on

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Maybury Balks at Deadline for Housing Settlement Comments

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created to allow municipal officials to review the data and to provide comments to the monitor.

"I apologize for the tight timeframe, but due to the deadlines imposed on the monitor by the county and the (federal) government, it could not be avoided," Greenspan stated last week.

The issue has also sparked harsh words between Maybury and Board of Legislators Chairman Michael Kaplowitz.

When reached on Saturday, Kaplowitz said he was part of a Board of Legislators majority which agreed to have the housing monitor complete the analysis because failure to do so would have jeopardized \$16 million in Community Development Block Grant money to Westchester over a

three-year period, Kaplowitz said.

Kaplowitz then took issue with Maybury's recent behavior regarding housing settlement issues at meetings in White Plains and during private conversations. The chairman said during one recent phone conversation he had with Maybury she called him "an SOB."

"Her actions are very unprofessional," Kaplowitz said.

He added that municipalities are under no obligation to reply to the new data.

Maybury, who derisively called Kaplowitz "a career politician," said the chairman has been of no assistance to municipalities. She said the county should be helping the towns on issues related to the settlement because it was reached between Westchester and the federal government.

"Mr. Kaplowitz was less than helpful when notified on Friday of the monitor's timeframes," she said last week. "Since he was involved in speaking with the monitor in this attempt to move the ...process forward, one would think he would help."

Maybury also worried about incorrect zoning assumptions contained in the new data.

"We would expect incorrect information to be immediately deleted and the report to be corrected for the record before its release," Maybury wrote in her response to Greenspan. "This would be especially important since incorrect assumptions regarding zoning were contained in the last report."

Greenspan said the monitor's housing consultant team has prepared reports using

and demographic data received from the county for the 31 Westchester municipalities. Mount Pleasant was listed as one of those municipalities.

There must be 750 units of affordable housing built by the end of 2016 for the county to comply with the settlement.

Maybury has maintained the housing settlement should not have an impact on Mount Pleasant because it hasn't accepted federal grant money in decades.

"The Town of Mount Pleasant has not received or applied for any Community Development Block Grants for close to 25 years," she said. "We will vehemently continue to maintain we are not directly involved with this settlement in any action taken by the federal government now or in the future."

Henckels' P'ville Building Nearing Completion on Marble Avenue

continued from page 1

Village Lane, which is adjacent to the site, in order to accommodate large trucks that are expected to enter and exit the property multiple times per day.

"The concern is that there are quite a few cars that park along there and we will now be having some more traffic as a result of Henckels," said Mayor Peter Scherer.

At a village board meeting earlier this

month, trustees amended a proposed resolution that originally banned parking on Village Lane at all times. In the revised resolution that was scheduled to be voted on last night (Monday), parking will be allowed on weekends and after 6 p.m. on weekdays. This will allow motorists to park on the street when there are school sporting events at nearby Parkway Fields.

Trustee Jonathan Cunningham said he feared that cars that usually park on

Village Lane might relocate to nearby side streets that are already crowded.

The resolution was tabled so that officials could reach out to businesses in the area to warn them about the upcoming parking change and to determine alternate parking arrangements.

Hughes said the property may continue to look like a construction site for the next few months but that good progress has been made.

"The building is coming out really well. They're doing a really nice job," he said.

Last month, a small group of protestors was seen picketing in front of the site. Hughes said they had objected to a subcontractor on the site who was accused of not hiring union workers. However, the picketers were not against Henckels, which has adhered to union requirements, he said.

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Merchants Grit Teeth Through Chappaqua Gas Main Replacement

By Martin Wilbur

The replacement of a gas main on lower King Street in downtown Chappaqua which has inconvenienced merchants and shoppers is scheduled to be completed this week.

Town Administrator Jill Shapiro said last Friday that the final leg of Con Edison's installation of the new main is anticipated to be completed by this Thursday. Earlier this summer crews completed similar work underneath portions of Washington Avenue and South Greeley Avenue.

Shapiro said the town has worked with Con Edison and King Street business owners to have as little disruption as possible. Shapiro said crews were already contacted after they made it appear that the street was closed.

Officials hoped to have more work done at night, but with residences not far from the area crews were limited to what they could do after dark.

"A lot of people are inconvenienced and it's really hard on the merchants when you have that activity," said Shapiro.

Although the street remained open last week, that didn't help some merchants who have had to endure a week of no parking and crews working on the street. Last Friday, Arnold Veshta, owner of Mario's Pizza, pointed out there were no customers in his establishment near the end of the lunch hour.

He said without parking in front of the stores and the presence of wooden barriers or traffic cones, many customers are avoiding the street altogether.



MARTIN WILBUR PHOTO

Crews work on replacing the gas main on King Street near the intersection of South Greeley Avenue. The project should be completed this week.

"I don't care what kind of things you do, it's a distraction," Veshta said. "People are going to think there's no one open even though there is. People are going to take an alternate route."

Randy Leroy, manager of Chappaqua Village Market, said he's glad that the work was done during one of the slowest periods of the year. If it had happened during next month's Jewish holidays, or heading into Thanksgiving or the Christmas season it would have had greater negative impact, Leroy said.

Although the gas main work is nearly over, it could be considered a dress rehearsal for the more extensive downtown infrastructure work next year. Shapiro said sewer and water main work is scheduled for 2015, although officials don't yet have a projected date for when the work will commence.

Following completion of the infrastructure project, there will then be streetscape improvements, Shapiro said.

Creation of Downtown Revitalization Committee Eyed in New Castle

By Martin Wilbur

A formal advisory board is expected to be created as soon as next month that will solicit ideas from downtown Chappaqua stakeholders to help New Castle officials revitalize the commercial district.

Councilman Adam Brodsky, who is taking the lead in creating the panel, said the group will consist of at least seven members who will report to the town board about what steps can be taken to improve the area. The board will likely be comprised of business and property

owners and others who care about the future of downtown, he said.

"The goal is to come up with different strategies to revitalize downtown and to develop ideas on what we can do to make Chappaqua businesses healthy and competitive," Brodsky said.

In the coming weeks, Brodsky said he expects the town board to discuss the group's responsibilities as well as to decide on a formal name.

With the town in the midst of updating its Master Plan for the first

time in 25 years, a large amount of focus is being devoted to New Castle's business districts in Chappaqua and Millwood, particularly in light of the Chappaqua Crossing application.

Earlier this month, Supervisor Robert Greenstein pledged his support to the Chappaqua business and property owners to improve the downtown.

"Don't think for a second that we're going to neglect downtown Chappaqua," Greenstein said at the Aug. 12 town board meeting. "That's not going to

happen, and if something does happen at Chappaqua Crossing, hopefully that will just make people realize we have to do something for downtown Chappaqua."

Brodsky said he was hopeful that a formal resolution to establish the advisory board could be put to a vote before the end of September. Merchants, property owners and residents interested in more information may contact Adam Brodsky at abrodsky@mynewcastle.org.

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Abinanti, Challenger Headed to Court of Appeals Over Petition Dispute

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Furthermore, he said his son no longer lives at the address, so there should have been no reason for Abinanti to have been confused.

He charged that Abinanti, who was unopposed two years ago, was looking to "thwart the possibility of an opponent this year."

"I think that he should have known that there was no attempt to confuse and the Appellate Division agreed," Duffy said. "It was pretty obvious I had no reason to confuse or mislead the public."

Abinanti, an election lawyer, said in cases where it can be reasonably assumed who the candidate is, the courts have not enforced a strict interpretation of the law. For example, he cited a challenge of former Brooklyn Borough President Marty Markowitz's petitions for having a different version of his first name than what he was registered but there was no other person by that name living at the address listed on the petition.

However, that's not the case here, where Abinanti has argued that he had legitimate questions. He said if the court lets this situation slide there could be other cases where confusion could be rampant.

"He (the younger Duffy) is still registered there and he voted in the last election," Abinanti said.

He lodged challenges against both of Duffy's petitions, Republican and Conservative.

Duffy said he's optimistic that the Court of Appeals will uphold the lower courts' decisions.

"I'm confident in the outcome but it's something I have to address before the court," he said.

Both candidates expect a swift decision by the court, perhaps before the end of Wednesday. Abinanti said the issue must be resolved by Sept. 9, which is primary day throughout New York State. A candidate doesn't officially get onto the ballot until after the primary, he said.

Duffy, a retired White Plains police officer, is making his first run for public office. Following his police career, Duffy worked for the district attorney's office before working for a law firm in 2004. A short time later he opened his own practice.

If he appears on the November ballot, Duffy likely faces an uphill battle to unseat Abinanti, a Pleasantville resident and former county legislator, in November. The district has long been a Democratic stronghold. Before Abinanti, the area was served by longtime Assemblyman Richard Brodsky, who was in office for 28 years before retiring at the end of 2010.

Registration and Donations Now Accepted for Oct. 5 Support-A-Walk

Registration and donations are now being accepted for Support Connection's 20th anniversary Support-A-Walk, scheduled for Sunday, Oct. 5 at FDR State Park in Yorktown Heights.

It is the organization's most important annual fundraiser, with 89 cents of every dollar raised directly funding its free breast and ovarian cancer support services. Support Connection does not receive funds from any national cancer organizations, including Relay for Life, Susan G. Komen, the Avon Walk or Making Strides. The year-round support services Support Connection provides have helped thousands of people since the organization was established in 1996.

The Support-A-Walk was founded 20 years ago by local residents to bring attention to the needs of people affected by breast and ovarian cancer. People travel from across the Hudson Valley and beyond to take part in this inspiring and uplifting community event. In 2013, there were more than 9,000 participants, with registrants from more than 114 different towns and 10 different states. Donations for the event came from people in 645 different towns in 39 different states.

Participants of all ages complete a three-mile walk, often in honor of loved ones – a celebration of life and a tribute

to those who are affected by breast and ovarian cancer. There is the Survivor's Welcome Area where volunteers greet and welcome cancer survivors. Along the walk path, walkers are encouraged and cheered by local bands, cheerleaders and other community groups. Families, friends, co-workers and teams of walkers are invited to walk together. Individuals are also welcome to participate.

Even those who can't attend can participate. Donations are accepted by check, cash and online at the Support Connection website. Supporters can raise funds by creating personal online fundraising pages to ask friends and family for donations. Messages of support, celebration or commemoration can be displayed along the walk path by purchasing Tribute Signs for \$50 each.

Honorary Chairpersons are Kacey Morabito Grean of 100.7 WHUD Radio's "Mike and Kacey in the Morning," and Bill Powers of Powers PR Video, who will lead the "Not For Women Only" campaign encouraging men of all ages to be involved in the walk, will salute and support the courageous women in their lives.

To learn more, register, donate, or create a fundraising page for the Support-A-Walk, call 914-962-6402 or visit www.supportconnection.org.

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No. Castle Committee Launches Effort to Increase Recycling

By Martin Wilbur

In an effort to encourage North Castle residents to increase recycling, a town committee will be develop a campaign that will include the posting of signs at strategic points at municipal facilities.

The Recycling Committee received the go-ahead recently from the town board to work with a local graphic artist to design and display signs first in municipal buildings followed by additional signs for the parks, said committee Co-chair Linda Trummer-Napolitano.

"Just as an education effort, we thought

that signs in the buildings and the parks would help to remind people that they should be recycling," said Napolitano. "Obviously, it's the law, it's not something that's voluntary, but we want to encourage people in a gentle way to recycle more."

She said about six years ago the Town of Pound Ridge worked with graphic artist Robbie Everett on a similar sign effort that proved to be successful for that town. The committee will also work with the same artist.

While North Castle's recycling totals are good in comparison to other

Westchester municipalities, there is room for improvement, she said, especially since the town switched to single-stream recycling. Single-stream recycling allows the public to place all recyclables, including paper, plastics and glass, into one container.

Co-chair Beth Pollock said the committee concluded that a good way to encourage people is through visual reminders. She said they are also looking to get the Byram Hills School District, merchants and youth sports teams more involved. The high school and town sports

teams can sometimes be an issue because of the amount of water and sports drinks consumed near the fields.

The committee would also like to entice more shoppers to bring their own bags to stores rather than rely on the environmentally problematic plastic bags.

"It's a notion of let's educate people," said Councilman José Berra. "Bad things are contagious; good things are contagious, too. So let's try to get it (to) catch on more and more."

'Run for Love' Set for Sept. 14 to Support No. Castle Library Programs

The fourth annual Armonk Outdoor Art Show Road Races, highlighted by Jamie's 5K "Run for Love," will be held on Sunday, Sept. 14, starting and finishing at Armonk's Wampus Brook Park.

This year the race sponsors, Friends of the North Castle Public Library, are directing all net proceeds from the races to youth programs at the North Castle Public Library.

"We are very excited that the Friends are supporting our youth programs with race proceeds," said Megan Dean, head of the library's Youth Services. "Last year we had over 12,000 attendees at our programs for children and teens, and this contribution will help us grow all that we do."

Over 400 runners participated last year, and the Friends are expecting even more this year.

"This is a great community event that kicks off the week leading up to the Armonk Outdoor Art Show," added Debbie Heidecorn, president of the Friends, which also sponsors the art show. "Our organization is all about helping the library, and we are especially thrilled to help the youth of our community."

This year marks the 53rd annual Art Show, one of the nation's top-rated shows, which will take place on Sept. 20 and 21 at Armonk's Community Park.

The races start at 9:30 a.m. at Wampus Brook Park with a 100-yard dash for

children two to eight years old, a one-mile run open to all and the signature race, Jamie's 5K "Run for Love."

Walkers are also welcome. The races are sponsored by many local businesses that have helped build the event into one of the area's best local road races.

Jamie's 5K "Run for Love" is held in memory of Jamie Love, who was a member of the Byram Hills High School cross country and track and field teams. He was an avid runner who chose to continue his running career in college at the University of Vermont, where he studied mechanical engineering. Jamie was an active user of our library from an early age. More recently, he had taken

to e-books as a way to help conserve and protect the environment. The Byram Hills cross country team has participated in The Armonk Outdoor Art Show Road Race since its inception, with logistical support from coaches and parents.

Race sign-up is done via entry form, which can found at the library, in various locations around town or on the art show website, www.armonkoutdoorartshow.org. Chip timing, refreshments and entertainment are all part of the festivities. T-shirts are guaranteed for the first 300 runners signing up for the one mile and 5K races. Race day registration is available at Wampus Brook Park, but pre-registration is recommended.

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Police Blotter

Mount Kisco Police Department

Aug. 16: Report of a domestic incident involving a married couple at a Carpenter Avenue residence at 3:33 a.m. The wife, 50, got into an argument her 48-year-old husband because he had failed to pick her up at the train station. The matter was adjusted.

Aug. 21: A 23-year-old Mohegan Lake man was arrested at 4:14 p.m. and charged with third-degree bail jumping, a Class A misdemeanor. The suspected had failed to appear on May 29 in the village's justice court to answer a charge

of aggravated unlicensed operation of a motor vehicle.

Aug. 21: A complaint of theft of services at the Holiday Inn at 4:56 p.m. A 41-year-old Connecticut man who has been staying at the location for about three weeks has failed to pay for his accommodations and owed an undetermined amount of money. He made arrangements to pay his outstanding bill on Aug. 22.

Aug. 21: Report of a grand larceny at the A&P supermarket on North Bedford Road at 5:08 p.m. A 50-year-old Mount Kisco woman reported that her wallet was stolen out of her bag while she waited on the checkout line. Various credit cards and an undetermined amount of cash were stolen.

Aug. 22: Report of an incident of criminal mischief on Columbus Avenue at 10:50 a.m. A Neighbors Link client who was asked to leave the premises damaged a flowerpot upon leaving.

Pleasantville Police Department

Aug. 16: Report of a larceny from an unlocked vehicle on Sutton Place at 10:15 a.m. A laptop was stolen from the car.

Aug. 18: A 24-year-old Yonkers man was arrested at 9:29 p.m. and charged

with criminal mischief following a disturbance on Bedford Road.

Aug. 20: Report of a larceny at a Manville Road residence at 4:09 p.m. A pair of Nike running shoes that were left outside of the home between 8 a.m. and 2 p.m. on this date was apparently stolen.

Aug. 21: Report of a verbal dispute between two individuals on Bedford Road at 4:46 p.m.

North Castle Police Department

Aug. 15: A party stopped at headquarters at 9:41 a.m. to drop off a wallet she found in her yard on Sterling Road North earlier this morning. The identification contained in the wallet showed it belonged to a 40-year-old Connecticut resident with a postal I.D. from the Armonk post office. The dispatching officer attempted to contact the post office several times but was unable to speak to a person or leave a message.

Aug. 15: Report of a suspicious incident at 6:18 p.m. on Grove Road. A resident reported having been away for about a week and returned home to find the front porch screen cut. No entry was made into the house.

Aug. 16: Report of a suspicious

incident on Hickory Kingdom Road at 7:30 p.m. The complainant stated that he had hired a chef to cook for a dinner party but the chef apparently was under the influence of alcoholic beverages. The complainant called a car service to transport the chef away from the house but he left on foot instead. A request was made to check the area.

Aug. 18: A caller reported seeing a large white SUV with numerous male youths being operated erratically on School Street at 9:42 p.m. The resident then reported hearing a loud bang, which may have been the vehicle striking a mailbox. He then observed the vehicle head out to Main Street, make a left and continue southbound.

Aug. 20: Report of harassment on Hillandale Avenue at 12:29 p.m. Complainant reported an ongoing dispute with her neighbor who is accusing her family's dogs of damaging his property. The neighbor has repeatedly left threatening notes on their vehicles. Today, the neighbor exited his vehicle and approached the complainant's daughters who were leaving the driveway in their car, banging on the window and demanding restitution. An officer responded.

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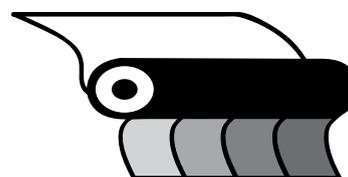
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New Rabbi Looks to Inspire Congregants at Temple Beth El

By Martin Wilbur

When Jonathan Jaffe graduated from college he thought he was on the path to a successful business career.

He landed a job working in the finance department for the clothing chain Gap, Inc. in Fremont, Calif., but soon felt isolated thousands of miles from where he was born and raised in Honolulu.

Jaffe sought community in the local synagogue where he soon found himself teaching an evening adult education class. As it turned out he enjoyed his small night job much more than what he was doing during the day.

After three years, Jaffe left Gap, Inc. to become the education director at another synagogue and even got to fill in for the rabbi when he was ill. Eventually, he abandoned his plans to earn an MBA in favor of rabbinical school.

"I realized that being a rabbi was the best fit for my profession, my talents, my goals and that if I'm going to spend my life supporting an organization, a company, for the greater good, then to me there's nothing more valuable than the Jewish community," Jaffe said.

Earlier this year, Jaffe, 38, was named the new rabbi at Chappaqua's Temple Beth El of Northern Westchester replacing Joshua Davidson who last year moved on to Temple Emanu-El in Manhattan.



Rabbi Jonathan Jaffe, who started at Chappaqua's Temple Beth El of Northern Westchester earlier this summer.

Jaffe and his family--wife, Yael, and their four- and eight-year-old children--moved from San Francisco, where he served as rabbi at Congregation Emanu-El since 2006, to start his new position July 1. They will be town residents, an important factor for Jaffe to help him not just work in the community, but to be part of it.

So far, they've loved what they've seen. In fact, it's a place where Jaffe could see him

and his family stay for the long run despite not yet having endured a Northeast winter.

"I think a large part of my job as a new rabbi is to be very much out in the community, meet our congregants, meet the Jewish community at large here and come to understand what are the values, the principles and the priorities of this community," Jaffe said. "I think it would be shortsighted for me to take what I've learned from an urban west coast background and project it onto a suburban east coast background."

Despite the apparent geographical divide, Jaffe is no stranger to New York. He graduated from Duke University, which historically has a large metropolitan area contingent, became friends with many New Yorkers and worked summer jobs in Manhattan while in school.

But he also looked forward to moving to an area with a strong Jewish identity. Growing up in Hawaii, he was one of only three Jewish students in his high school graduating class of more than 400. Even in San Francisco, which has a large Jewish population, it is highly assimilated and there aren't many outward displays of Jewish culture like there are in the New York area.

Jaffe said what impressed him about Temple Beth El has been the congregation's ability to seamlessly move forward despite a period of transition over several years,

including searches for a new cantor, an assistant rabbi, a new preschool director and the facility's expansion.

Jaffe also stood out for the temple's lay leaders. Congregation President Lisa Davis said among the more than 30 candidates for the position, Jaffe was at the head of the class based on his personality, warmth and intellect.

She described him as somebody who has the skills to relate to the large cross-section of people who make up the roughly 500 families who are members of the Reform congregation.

"He's just an outstanding people person," Davis said. "I believe he can relate to people of all ages and be a real leader."

Jaffe stressed that he understands the challenges facing individuals, tired in their harried lives who may not always want to participate at a Friday evening service. He also wants to make sure that he keeps Judaism moving forward, enjoyed and able to adapt and be appreciated for generations to come.

"I think the synagogue suffers when it treats Judaism like the precious, fragile tradition that must be kept behind glass and revered but not enjoyed," Jaffe said. "I am much more comfortable in that Judaism needs to be the malleable, tactile part of our lives that we are able to create, invent and use."

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Alfinito, Buyer's Agent; back row, from left, is Matthew Lloyd, Administrative Assistant, John Buckholt, Buyer's Agent, and Kathleen McAuliffe, Rental Specialist, in tow with baby

Shion (we're kid-friendly on the team). Not pictured here are Yvonne Mazza and Leslie Jasper, both Buyers Agents, who joined the team just following this photo opportunity.

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Happy Homekeeping!

Mount Pleasant Planning Board Approves Changes to Pace Project

By Neal Rentz

The Mount Pleasant Planning Board last week unanimously approved several changes to the first phase of Pace University's campus Master Plan and consolidation, including a significant reduction in the size of the athletic field house.

The board also agreed to the university's plan to relocate four emergency generators. Two of the generators will be placed near athletic fields and another at the Goldstein Health and Fitness Center. The fourth generator is for the campus data center.

Geoffrey Thompson, a public relations

spokesman for the Pace project, praised the planning board for its action. The changes were initially presented at the board's Aug. 7 meeting.

"We're very pleased. The planning board has done a thorough and very good job," he said. "We appreciate their diligence and hard work."

Reduction of Pace's field house from the originally proposed 26,000 square feet to 15,000 square feet was requested after university officials realized less space was needed than originally anticipated, Thompson said.

Last July the board approved the first part of Pace's multiphase project. The

university will consolidate its campuses by selling its 35-acre Briarcliff campus and adding dormitories and other facilities on the Pleasantville side. Plans call for all students to be moved to the 200-acre Pleasantville campus for the start of the 2015-16 academic year.

This summer construction is taking place on the roughly 15,000-square-foot,

one-story environmental center on the northern portion of the campus.

Future phases will include a new 80,000-square-foot dormitory for 341 students, renovating current townhouses to create apartments for another 274 students, construction of a new welcome center and new sports fields.

Saw Mill Parkway Work May Lead to Lane Closures This Week

Motorists are advised that the southbound entrance ramp from Route 9A in Mount Pleasant to the Saw Mill River Parkway is closed this week through Friday, Aug. 29, while crews perform pavement repairs and general maintenance. The closure will occur between 10 a.m. and 3 p.m. through Thursday and between 10 a.m. and noon on Friday.

While this entrance ramp is closed, it is recommended motorists use the southbound ramp to the parkway via Old Saw Mill River Road (Exit 23) as a detour. There will be signs in place directing traffic to this alternate southbound entrance.

Motorists are advised that intermittent single lane closures may also occur in both the north and southbound lanes of

the Parkway between the Cross County Parkway in Yonkers and Exit 34 in Mount Kisco. Closures, necessary for highway construction activities, could occur daily between 10 a.m. and 3 p.m. through Friday. Any lane closures will be suspended for the Labor Day weekend.

Fines are doubled for speeding in a work zone. In accordance with the Work Zone Safety Act of 2005, convictions of two or more speeding violations in a work zone could result in the suspension of an individual's driver license.

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Greeley Senior Creates Buzz With T-Shirt Designs at Kisco Boutique

By Janine Bowen

Scott Silver is a budding graphic designer with several product sales under his belt -- and he still hasn't graduated high school.

Silver, a 17-year-old incoming senior at Horace Greeley High School, used to play multiple sports until several concussions, a back fracture and various sprains last year forced him to stop. As someone who doesn't like to sit idle, Silver began to teach himself graphic design programs, such as Adobe Illustrator and Photoshop, with the help of some online tutorials.

"I've just always enjoyed being on computers, so I found it more intriguing to do something on the computer," Silver said.

After just a few months, he began using his skills to create designs and T-shirts for individuals and companies online. He started by submitting his designs to contests on 99designs.com, which allows start-ups to choose logos designed by fledgling graphic designers. The competition there was tough, however, so Silver moved on and began accepting design requests from prospective customers on Craigslist, where he met several clients whom he still works closely with.

"The feedback was great. I got a ton of support, and all of my clients, I still talk to them, I still work with them and they're all just so great," he said.

While he created logos, Silver also embarked on creating his own designs, many of which are based on the symbols of Buddhism, which has always interested him. He hoped to create a fresh perspective on these ancient symbols, and decided that he wanted to sell his designs. Since it is difficult to stand out and sell online, Silver began looking into local shops and found Beehive Designer Collective in Mount Kisco.

"The Beehive, in particular, was such a welcoming and friendly atmosphere," Silver said, noting that owner Dawn-Marie Manwaring has "been kind of a mentor to me...She's been so nice and helped me with a lot."

Manwaring said she was impressed by Silver, who approached her to ask what he could do to put his designs on clothing. She described how he was eager to learn about the business, including competitive pricing and listening to customer feedback, and went above and beyond when it came to utilizing the resources she provided him. Within an hour-and-a-half of their first conversation, Silver had already contacted and spoke to a manufacturer Manwaring had suggested.

"He was completely self-propelled," she said.

Within two weeks, Silver had a limited run of 30 shirts on the Beehive's shelves. The shirts feature the "Om" symbol,



Horace Greeley High School student and T-shirt designer Scott Silver and Dawn-Marie Manwaring, owner of Beehive Designer Collective, inside the co-op boutique in Mount Kisco.

which has significance in the Buddhist practice of meditation. In about a month, Silver has sold 25 of the original 30 shirts, and is looking to expand his line. He revealed that he will be debuting a tank top version of the design as well as a long-sleeved version for the fall, and hopes to expand the Buddhist theme with clothing featuring lotus flowers and the yin yang symbol.

Manwaring said while the goal of Beehive is to work with independent artists and give them a venue to display their work and test the market, this is the first time she has worked with someone so young. When she decided to work with Silver, Manwaring said she didn't consider his age but focused instead on his intelligence and personality.

"He's a really sweet human being. He's a good human being. It's been such a pleasure to work with him," she said.

Manwaring noted that even though Silver may have less experience than some of the other artists she works with, she saw that Silver was driven and willing to do what was necessary to succeed. She would love to work with other serious young artists, as long as their products don't compromise on quality.

"I would love to work with young people. There are tons of talented young people out there, people that want to do interesting things and have interesting ideas based on their life experience so far," Manwaring said.

As for Silver, he is already thinking about whether or not he wants to make graphic design a full-time career after he graduates Horace Greeley next June. Although Silver's still undecided on which college he may attend, he said studying graphic design is a possibility. He would also have an advantage when it comes to experience.

"I feel like I'm kind of a step ahead of the game. I only think that I can go up from here," Silver said.

Silver's "Om" T-shirts cost \$28 and can be bought at Beehive, located at 337 E. Main St. in Mount Kisco. Select styles are also available on Silver's website www.maculadesigns.bigcartel.com.

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Column

Helping Parents to Manage Children's End-of-Summer Anxiety

The end of summer is quickly approaching, leaving many of us anxious about the coming school year. Changes in routines, environment and peers are inherent in this seasonal shift, which can be exciting but also stressful.

Here are some tips for helping your children manage end-of-summer anxiety and smoothly transition into the school year.

Adjust schedules ahead of time. It's easy to relax schedules over the summer. Why put an end to a good time at 9 p.m. or wake up at 6 a.m. if you don't have to? But those inevitable routines are necessary during the school year, and it's wise to begin adjusting before the schedule change kicks in. Aim to begin earlier bedtimes and wake-up times before the school starts. That way you have leeway to roll back the schedule as needed rather than all at once.

Make preparation fun. Growing children need some new clothes each year, and they tend to feel most confident when they have a say in what they wear. They also need new school supplies like notebooks, and having preferred colors or characters on the covers may increase motivation to do school work. Shopping doesn't have to be overwhelming for parents. Most stores offer online shopping and many have free shipping and returns.

Let kids voice their concerns. No parent wants their child to feel upset, but it's impossible for children to simply turn their feelings off. If your child is sad because he won't see his camp friends

until next summer, let him know that you understand. Comment on things that you are sad about and will miss until next summer too. It's okay to remind him that in the fall he gets to see his school friends, but don't minimize his feelings.

Pay attention to nonverbal signs of anxiety. Some children, especially younger ones, don't voice their concerns, but they show them in other ways. Behavioral changes like trouble sleeping, increased clinginess, tantrums and aggression can all be signs of anxiety. Some children are worried about changes in teachers or classmates. Others worry about academic pressure or social demands. Observe what children are doing and try to figure out what's going on. Talk to them at a developmentally appropriate level.

Foster coping strategies. No matter how much you help them prepare, children will face some problems and have some anxiety during the school year. Comfort them at home when they need it and help them identify trustworthy adults to turn to at school. You could consider enlisting a professional's help to teach you and your child relaxation strategies like deep breathing and visualization and to rehearse potentially stressful scenarios through role play. Children who practice these strategies are better able to appropriately handle stress and conflict during school years and in adulthood.



By Dr. Jaime
Fleckner Black

Mark the end of summer. Many families like to mark the end of summer with a last trip together or even just a family barbecue filled with good food and company. Families can share fun and funny stories about their summers and possibly even plans for next summer. Many elementary school children have finished their last year of day camp and are proud that

they are going off to sleep-away camp next summer. Having a ceremonial end to summer allows children to share their accomplishments and to experience closure.

Look ahead to fun fall activities. The summer comes with many exciting activities but so does fall. Remind children about fun times like Halloween and Thanksgiving and mark your calendar with activities like costume shopping and apple picking. Although we can't reclaim summer adventures, there are certainly things we can all look forward to together.

Dr. Jaime Black is a licensed psychologist practicing in Westchester and New York City. Jaime works with high-functioning individuals on the autism spectrum, doing psychotherapy, conducting evaluations, and facilitating various socialization groups including an improv social skills group. Visit www.spectrumservicesnyc.com, e-mail JaimeBlackPsyD@gmail.com or call 914-712-8208.

Letter to the Editor

P'ville School Officials Taking the Easy Way Out on Menu Choices

This letter responds to the Aug. 12 Examiner article "P'ville District Considering Changes to Help High School Students." The help referred to is the school administration's public relations euphemism for keeping nutrient deficient "foods" on the menu that must be heavily salted or sugared to have any taste. Our schoolchildren have been conditioned for many years to like these meals, but their long-term effect is devastating to the health of Americans and is a driving force behind

the crushing \$3 trillion annual cost of health care in the U.S.--which is why the National School Lunch Program was developed in the first place.

It is very disappointing that the school leadership seems bent on doing whatever seems easiest in the short term without regard to the serious long-term consequences—rather than using this as an opportunity to teach children about successfully dealing with initial obstacles that must be overcome to achieve positive change.

The school curriculum should teach the importance of good nutrition. Students should learn that it takes time to get used to new food tastes. It might be helpful to have food fairs and tastings as well as food committees that include student participation. The health of our children is more important than any temporary loss in lunch program revenue.

Al Schwartz
Pleasantville

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Elisabeth Southorn, Choral Conductor/Voice Teacher, Mt. Kisco

By Martin Wilbur

If a child wants to perform in musical theater there are plenty of outlets in the area where they can go to receive training and experience.

But what if a youngster wants to sing but isn't interested in acting or isn't confident enough at the start to sing outside of a group?

In the two years since Elisabeth Southorn moved to Mount Kisco, she noticed the dearth of youth choral programs but now hopes to fill that void. Along with local resident Janet Fink, she is in the process of launching Westchester Youth Choirs, an outfit that will start with two girls' choruses and a boys chorus.

"We just kind of want to be open because in a choir there's lots of space," Southorn said. "It's not like in musical theater where you've got the lead, you've got this part, you got that part and 15 kids in a chorus. Everyone is important in a choir. Every single voice matters and the more the merrier."

Southorn would know. A soprano who has taught private voice lessons for more than 25 years, Southorn was a member of

the San Francisco Opera chorus while in college and was later an Edmonton Opera apprentice. She has also worked as a recitalist throughout the country and has served as a choral conductor at churches or local choirs in communities where she and her husband, the Rev. Dale Southorn of the Mount Kisco Presbyterian Church, have settled.

"For me, this is my whole life," she said. "I've been singing my whole life. I've been involved in music really my whole life. So for me it's even better than sports, and we try to approach it like this, like a team, like a sports team, something you commit to."

Westchester Youth Choirs, which will meet weekly at the Presbyterian Church on Route 133, will feature a girls' choir for fifth- to eighth-graders and another for high school students. Both girls' choruses will meet on Mondays in the late afternoon or early evening. A boys' chorus, comprised of youngsters from eight to 18 years old, will rehearse on Tuesdays. All sessions are 90 minutes.

Southorn said the choirs are open to everyone in those age groups. A wide variety of music will be performed,

including classical, folk, contemporary, selections from Broadway and music in various languages.

"We do everything," she said. "Pretty much everything across the board because I think it just trains the voice better (and) it's more fun for the kids and I have experience in every kind of music. I want them to go away with a really varied experience."

Open auditions will begin on Sept. 8 and enrollment will continue through the end of the month. Youngsters needn't worry about a competitive, cut-throat evaluation.

"It's a very simple audition process," Southorn said. "It's not intimidating. With the younger kids especially it'll be in groups."

Music has been an important part of Southorn's family for generations. Growing up near San Francisco, her mother was a cellist, her maternal grandfather played the violin and one of her two grown children, her son David, is a professional violinist in the city. Her daughter, Debbie, who lives in Chicago, plays the piano, although not professionally.

Southorn, who met her husband while in college, earned her master's in choral music at San Jose State and began her work with youth and community choirs in the Bay Area.

After starting a family, they moved to



Portland, Ore. where she served as minister of music and worship at a Lutheran church for 13 years. It is also where Southorn created a community chorus, which performed with chamber orchestras, as well as choirs for middle school and high school students.

Like much of what Southorn does, the community chorus had a strong social justice

component, where they sang to raise money for various causes and charities.

In 2009, she and her family moved to Erie, Pa. and Southorn sought to replicate the success of creating youth and community choirs she had had in Portland. Six months after arriving in Mount Kisco, the Presbyterian church lost its children's choir director and she stepped in to take over that position.

Southorn and Fink will start off slowly and hopefully build to six to eight groups.

"When these kids grow up, the song is in the back of their head," Southorn said. "I don't know how many other things they're going to remember in life, like every single thing they learned in science class? But they're going to remember songs."

For more information on the Westchester Youth Choirs, contact Southorn at 194-218-3518, email WestchesterYC@gmail.com or visit www.WestchesterYouthChoirs.com.

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Ways to Make Math Your Child's Favorite Subject

Math may not sound like fun to everyone, but there is fun to be had when learning mathematics.

If you can convince children of that basic principle, getting them to focus in school and do well on their tests will be the easy part. After all some of today's most downloaded apps involve math; maybe you've heard of the popular app, 2048.

Nearly 60 percent of middle school students in the United States believe that math will be important to their future, according to a recent survey conducted

by the Raytheon Group. However, the same study found that physical education was the overwhelming choice for children's favorite subject.

With that in mind, here are several ways to jazz up math for your children so they develop an affinity for the subject from an early age.

Personalized Problems

Math touches everything that we do in life, which makes it all the more important to master. Luckily, it also makes it easy to tailor a lesson plan to suit a child's interests.

You can make math problems less of a problem by substituting the names, places and activities referenced in their homework with things your child cares about.

Is your child on a sports team? Teach him or her how to analyze the statistics that came out of the latest game. Does your child love movies? Make up math problems about the latest box office numbers. The possibilities are endless.

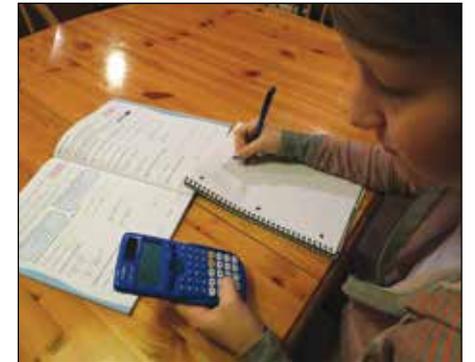
Stylish Tools

Students want to have the freedom to embrace their own sense of personal style. Fortunately, opportunities for self-expression can even be found in math class.

Most portable electronics today come in a variety of colors, so why not calculators too? Take school supplies to the next level with tools like Casio's new line of scientific and graphing calculators, which come in pink, black, blue, gray and white. Their easy to use, durable calculators offer high-resolution screens, enhanced technological features and icon-based menus. More information can be found at www.CasioEducation.com.

Extra Credit

Make sure your children know just



how important their success in math class is by rewarding their good grades and extra time spent learning. Some might call it bribery, but you can think of

it as positive reinforcement.

And remember, extra time spent with math doesn't have to be boring. To get kids motivated, look for fun supplemental lessons on the Internet as well as computer games that

employ math skills.

Some school subjects, for some children, will need a bit of creative packaging to motivate them. Whether your kids struggle with math or are natural whizzes, take steps to make the subject more personal and more fun.



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Tech-Savvy Tips to Get Kids Organized for Back to School

When it's time for the kids to head back to school, they'll often find themselves buried in binders, folders and enough loose-leaf paper to transcribe "War and Peace." Your son or daughter might be able to keep these supplies neat and tidy for a couple of days, maybe even a week or two, but eventually, organization is going to fall by the wayside.

Unless, of course, you were to find a way to store it all in a space the size of say, a hard drive. Remember folks, it's 2014 and technology rules the day. So stop treating back to school like they did last century and take a look at some techno-savvy tips that can keep your children organized year-round.

APPLY Yourself

A variation on a familiar parental refrain. We're not talking about effort, however, we're talking about the power of applications. Sure, when you were in school, you'd write your assignments down in your notebook, but you also walked to school uphill--both ways.

There are plenty of great mobile apps that can help your young student keep their ducks in a row, and the most basic is an iteration of a classic: the to-do list. While your son or daughter might lose that sheet of paper they wrote their assignments on, they won't be so cavalier about the phone that connects them to



their friends and to the world at-large.

Digitize

We've established that sheets of paper can disappear, but notebooks and binders can vanish as well. Problem is, to lose one of those, is to lose much more than just a day's homework. Luckily, it's a little more difficult to lose a computer.

If you decide to digitize, look for something that's both portable and durable. Consider

HP's Next Generation PC and Print Portfolio, which has some great choices for students. The HP ENVY x360, for instance, is a convertible PC offering up to a terabyte of storage and a unique hinge that shifts from notebook to tent or tablet mode; it's powerful enough for work and versatile enough for play (not during class, of course). The HP Split x2 is another option. A sleek, lightweight model, this



two-in-one detachable PC enables users to easily switch from notebook to tablet and back, and its fan-less design allows it to run quietly, meaning it won't disturb the rest of the class.

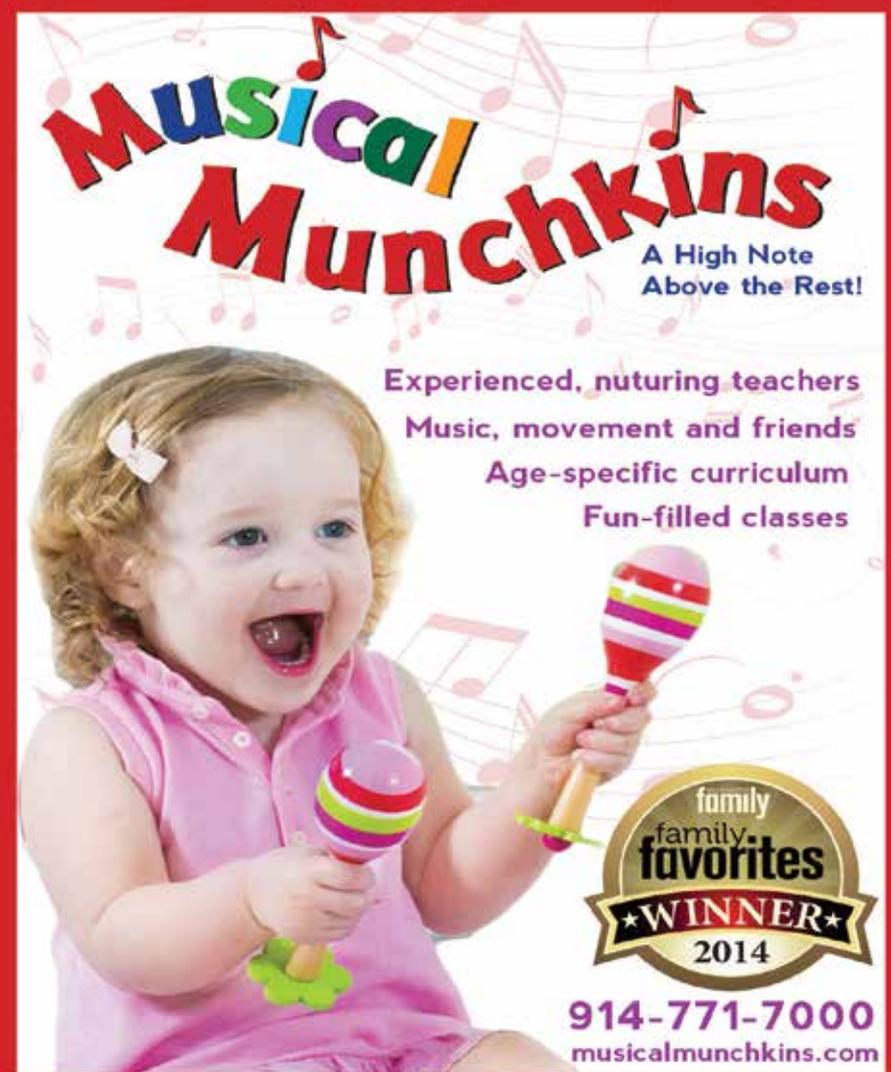
Before going this route, just be sure to find out whether your local school district allows such devices in the classroom.

Ink and Paper Have a Purpose

While having all your course materials in one place is convenient, most teachers don't accept assignments sent as email attachments.

A multi-functional printer is a staple in any modern household, so you'll want to make sure your kids have access to one. Try the HP ENVY 5530 e-All-in-One printer if you're in need. It doubles as a copier/scanner and features HP Instant Ink, a monthly service that automatically orders replacement cartridges before your ink runs out, saving you time and up to 50 percent on ink. Plus, it can print from most smartphones and tablets. For more info, visit <http://www.shopping.hp.com>.

Staying organized the old-fashioned way can be cumbersome, so why not use all the technological tools at your disposal? When your son or daughter heads back into the classroom, make sure they're well-equipped and that they can never use the excuse "my dog ate my homework."



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Donations May Be Made to Westchester's 3rd Annual Operation Backpack

County Executive Rob Astorino announced earlier this month that Westchester County is once again teaming up with various nonprofit agencies and businesses to collect school supplies for children in need.

"Since launching Operation Backpack, we have helped give vital school supplies to more than 1,000 children in Westchester County," Astorino said. "As always, our goal is to help as many children as we can."

The program is spearheaded by the county's Department of Social Services, but there are many partners, including

The Sharing Shelf, Operation Prom, WFAS and State Farm.

"We are pleased to again be part of this initiative, which makes a real difference in enabling children throughout Westchester to go back to school with the necessary tools to be ready to learn," said Deborah Blatt, of Sharing Shelf.

For more information or if you have any questions, contact Christine Hepburn of the Department of Social Services at 914-995-5459 or by e-mail at Christine.Hepburn@dfa.state.ny.us.

Collection bins are set up in various government offices and area businesses, including:

Government Offices

Westchester County Michaelian Office Building
148 Martine Ave., White Plains
914-995-2100
Dept. of Social Services (DSS) Central Office
112 E. Post Rd., White Plains
914-995-5000
Mount Vernon District Office (DSS)
100 East First St., Mount Vernon
914-813-6164
Peekskill District Office (DSS)
750 Washington St., Peekskill
914-862-5078
White Plains District Office (DSS)
85 Court St., White Plains
914-995-5889
Yonkers District Office (DSS)
31 Warburton Ave., Yonkers
914-231-2653

Businesses

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Vision of Tomorrow
132 Larchmont Ave.
Larchmont, N.Y. 10538
The Voracious Reader
1997 Palmer Ave.
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282 White Plains Rd., Eastchester
914-337-4810

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The Sharing Shelf
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914-305-5950



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Hudson Chorale to Hold Auditions in P'ville on Sept. 8

Hudson Chorale will be holding singer-friendly auditions by appointment on Monday, Sept. 8, and on subsequent Mondays if needed, from 6 to 7:30 p.m. at the Pleasantville Presbyterian Church, located at 400 Bedford Rd.

Rehearsals for the upcoming season will begin immediately following the auditions and will take place on subsequent Monday evenings.

Hudson Chorale, the area's largest mixed-voice chorus, has been performing in venues throughout Westchester County since 2010. The chorus brings the best in choral singing to music lovers in the southern Hudson Valley and has earned a region-wide reputation for both outstanding programming and superb artistry over the last four years, offering exciting programs that include the entire choral repertoire.

New members are welcome in the month of September. Singers who already belong to a chorus or choir and are looking to expand their horizons through a new or additional choral family are invited.

The choir's upcoming 2014-15 season will provide an eclectic mix of music that makes Hudson Chorale's concerts so enjoyable and far from ordinary. On Sunday, Jan. 25, a brass ensemble will accompany the chorus for a performance of "Missa in Sono Tubae" ("Mass in Brass") by one of Norway's favorite composers, Trond Kverno. The program will also include "An American Medley" by Stephen Paulus, where the musical pieces range from traditional folks songs to gospel.

The Chorale's second concert will be held on Saturday, May 9, and will feature American composers inspired by American poets. It will be a star-spangled event exploring the richness and great beauty of American culture.

To receive additional information and/or to schedule a time for an audition, contact Jeanne Wygant at JeanneWygant@optonline.net or call 914-478-0074. To learn more about the chorus, visit www.HudsonChorale.org. To hear sample music performed by the chorus, click on the YouTube link on the website.

Pleasantville Group Helps Children Through Big Hearts, Busy Hands



Pleasantville-based knitting group Hearts and Hands, which recently made about 200 wool hats for children battling cancer and blood disorders. Pictured, left to right, are Carol Fox of Pleasantville, Bennie Gray and Betty Leonard of Thornwood, Kaye Dolan of Hawthorne and Mary Krulis of Pleasantville.

A group of Pleasantville ladies with big hearts worked their fingers to the bone to benefit children who could use a lift.

Hearts and Hands, a handwork group that meets regularly at the Pleasantville Presbyterian Church, knitted about 200 hats in wild colors and even wilder patterns for The Valerie Fund, a New Jersey-based nonprofit organization that provides support for the comprehensive health care of children with cancer and blood disorders.

Hearts and Hands member Kaye Dolan of Hawthorne, whose daughter is a longtime supporter of The Valerie Fund, had the group knit the hats, trying to finish all 200 in time to hand out at its annual Sept. 18 fundraiser to benefit the camp that

it operates. The camp offers an opportunity for children with cancer to live and play as other children do.

All of the caps were made with a white label, held on with a New Jersey pin. The children who attend the camp also wanted to help others, and last year voted to provide gifts to those devastated by Superstorm Sandy. The labels is in recognition to their spirit of giving and the children's concern for others.

Hearts and Hands meets on Tuesdays from 10 a.m. to 2 p.m. at the Pleasantville Presbyterian Church, located at 400 Bedford Rd., and is open to those who share their interest in working for others. More information is available at the church office at 914 769-0458.

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Lady Macbeth May Have Said 'Out Damned Spot' But Sometimes We Can't

As a young child I was overly impressed by the movie "Gone With the Wind," especially Scarlett O'Hara's line, "I'll think about it tomorrow." Whenever there's been an unpleasant task at hand, I've frequently pulled it from my bag of tricks to accommodate procrastination.

Now as I tread gingerly through my Golden Years, that trick doesn't seem to serve me very well and it's become all but impossible for me to live with certain gnawing aggravations that I've tolerated for years on end and done nothing about.

Among them are a few annoying spots on my carpets and upholstery from which I've averted my eyes for years. Lately they serve as beacons of frustration, especially since I've started writing as The Home Guru.

Some 25 years ago I stumbled upon a great opportunity near my New Orleans office in the French Quarter at an estate sale to acquire several fine oriental rugs. On one of them, the most beautiful with a pale beige background, I detected a pale brown stain, probably from dog poop, but I figured I could have it removed once shipped to New York. But it was set in place in my living room without having had the job done. How, I ask you, could I live for 25



By Bill Primavera

years hoping that everybody who visited my living room would be as myopic as I am? Also, there was that coffee stain on the damask of my camelback settee and the questionable stain on the silk of the sofa. Time to clean up, I thought. Tomorrow is finally here.

Finally last week I received a promotional email from Bill Pope of Spotless Cleaning Systems and decided to bite the bullet by calling. Based in Carmel, he was at my door within 24 hours and on the floor examining the stains in question, explaining to me the difference between types of

stains.

"If it's a stain, like urine from an animal, it can be removed," he said, but if it's from the feces of an animal, depending on what the dog or cat has eaten, it can actually change the color of the fibers, dye them and that type of stain can't be removed."

Pope related a story of a client who gave his dog a medicine that was delivered through a chocolate-based medium, but the dog found the package and ate all of the medication, which resulted in a case of diarrhea, ruining a white carpet. "Chocolate is the worst thing a dog can eat, for this reason," Pope warned.

It is apparent, according to Pope, that

my living room carpet was the victim of such an attack. If I don't want to see the unpleasant residue of the evidence and get a new carpet. A decision a long time in the making, and an expensive one at that.

For area rug cleaning, Pope removes rugs and uses a pit wash system where the rug is first vacuumed heavily with a method called dusting, then soaked with a mild cleaning detergent. When removed, it is brushed with a rotary machine, then vacuumed with a powerful machine that sucks the water out, then dried with fans.

For wall-to-wall carpeting, a truck-based machine is used for surface cleaning. I had my central hall and stairway carpeting done by this method and it is amazing how it plumped up like new.

When I showed him the small stains on my damask and silk and asked if he did "spot" cleaning, Pope said no, it wouldn't pay for me to request that. There are minimum charges for his crew to come out and it wouldn't be feasible for a homeowner



BILL PRIMAVERA PHOTO
Bill Pope of Spotless Cleaning Systems on The Home Guru's rug, reporting the bad news that a stain has permanently dyed the fibers, necessitating replacement.

to request anything but a full cleaning for an upholstered piece of furniture. I did request that for the two slipper chairs in my dining room, but for the small stains on my living room chairs, I asked how I might remove them on my own.

"Simple," Pope replied. "Just use warm water and a mild soap like Ivory and dap inward with a clean towel."

If you happen to be sleepwalking through the rooms of your house, wringing your hands moaning "out damned spot," you may need to call Spotless Cleaning Systems at 845-225-6449 or e-mail Bill Pope at bill@spotless-clean.com.

Bill Primavera is a Realtor[®] associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. His real estate site is: www.PrimaveraRealEstate.com and his blog is: www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

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Livingston Taylor to Perform to Benefit Justin Veatch Fund

Yorktown Stage will be transformed into a teaching stage and later a concert hall on Saturday, Sept. 20 as The Justin Veatch Fund hosts Livingston Taylor as headliner for its end-of-summer benefit concert.

Taylor, a singer/songwriter/musician who has written and recorded more than a dozen albums, including hit songs for his brother, James, and travels around the country performing, is also a professor at Berklee College of Music in Boston. On the afternoon of the show, Taylor will teach a two-hour condensed version of his stage performance class, which is among the most popular at Berklee.

"We are hoping area performers, both young and old, will sign up," said Jeffrey Veatch, president of The Justin Veatch Fund. "Signing up for the class also includes general admission to the evening concert, where those attending will see that Livingston doesn't only talk the talk but also walks the walk when it comes to thrilling an audience."

Those interested can sign up on line at www.thejustinveatchfund.org/concert/master-class.

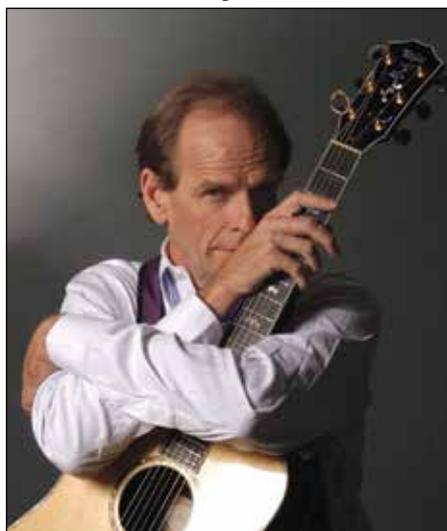
But music fans needn't sign up for

the class to enjoy a wonderful evening of music. Reserved seats for the concert start at \$38 with special VIP meet-and-greet tickets at \$60. General admission is \$25; there is a special \$15 ticket for students. Tickets are available on line at www.justinveatchfund.org/concert.

The 7p.m. concert will be opened with a short performance by The Justin Veatch Fund All-Stars, a select group of young area musicians who have participated in Justin Veatch Fund programs and are now making their own marks on the music scene.

On stage, Taylor brings together the joy of performance with professionalism gained from 40 years experience. From top 40 hits "I Will Be in Love with You" and "I'll Come Running," to "I Can Dream of You" and "Boatman" both recorded by his brother James, Livingston's creative output has continued unabated. His musical knowledge has inspired a varied repertoire, and he is equally at home with a range of musical genres—folk, pop, gospel, jazz—and from upbeat storytelling to touching ballads.

"When you go to see Livingston Taylor perform on stage, he transforms



Livingston Taylor

love, joy and spirituality into something so tangible that you can carry it home with you when the concert is over," one fan recently wrote.

All ticketholders will be included in a special drawing for a Baby-Taylor guitar donated by Taylor Guitars. There will also be a full-sized Taylor guitar

similar to Livingston's model of choice, donated by Guitar Center and signed by Livingston exclusively for auction at the concert.

"Guitar Center has been a great supporter of the fund," Veatch said. "They have conducted workshops for us as well as provided us with sound equipment and a piano for this concert."

The Justin Veatch Fund is a 501(c)3 organization and recognized New York charity, which presents annual music scholarships to graduating high school seniors and co-sponsors monthly open mic nights with the Yorktown Teen Center. More information about The Fund and its programs are available at www.thejustinveatchfund.org.

The story of Justin Veatch and The Fund will be the subject of the soon-to-be released documentary film "Whispering Spirits," produced and directed by Sean Gallagher who also directed the award-winning documentary "Brothers of the Black List." Plans are in the works for a special screening and community program this fall in the Westchester area. Details about the event will be announced soon on the fund's website.

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Happenings

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

Tuesday, Aug. 26

Short Films for Short People. Watch picture books come alive on the big screen. (30 minutes.) For children of all ages. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 4 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Italian Language and Culture. Led by Mara De Matteo. North Castle Public Library's Periodical Room, 19 Whipoorwill Rd. East, Armonk. Beginners from 6:30 to 7:15 p.m. Advanced Italian speakers from 7:15 to 8 p.m. Free. Info: 914-273-3887

Mah Jongg With Regina Klenosky. North Castle Public Library's Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 6:30 to 8 p.m. Free. Info: 914-273-3887.

Wednesday, Aug. 27

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 960-4097.

Knitting Group. Hats for our servicemen and women overseas and other ongoing projects for care centers and hospitals. Clinton Street Center, 1A Clinton St., Pleasantville. 9:30 to 11:30 a.m. Free. Meets every Monday and Wednesday. Info: 914-769-2021.

Senior Benefits Information Center. Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and prescription plans, food stamps, HEAP, EPIC, weatherization, minor home repair and tax relief programs. Mount Kisco Public Library, 100 Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Wednesday. Info: 914-231-3260.

Support Group for Alzheimer's Caregivers. Temple Shaaray Tefila and Westchester Jewish Community Services have scheduled this forum to provide a place for caregivers to discuss their feelings, share their experiences and support one another. A specialist from the Alzheimer's Association will lead the group and provide educational materials and information. All welcome. Temple Shaaray Tefila's Youth Lounge, 89 Baldwin Rd., Baldwin Corners. 11 a.m. to 12:30 p.m. Free. Meets the second and fourth Wednesday of each month. Registration required. Info and registration: Contact the Alzheimer's Association at 800-272-3900 or visit www.alz.org/hudsonvalley.

Knitting Club. Come learn to knit, or if you already know how, bring your current

project and enjoy a visit with other knitters and crocheters. Beginners should bring a pair off size 8 or 10 straight knitting needles and skein or worsted weight yarn. Open to knitters and crocheters 10 years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Meets every Wednesday. Info: 914-666-8041.

Wednesday Night Summer Cinema: "Boy." Developed at the Sundance Writer's Lab, this 2010 coming-of-age comedy/drama from New Zealand takes us back to 1984 when Boy dreams big and imagines his estranged father will return and take him to meet his musical idol--Michael Jackson. Led by Valerie Franco. North Castle Public Library's Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Thursday, Aug. 28

Let Your Yoga Dance Classes. The popular Kripalu noon dance class is now in Chappaqua! Combines easy dance, gentle yoga and great music. Come join this noncompetitive, heart pumping and joyful experience. Drop-ins welcome. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10 a.m. \$20 per 75-minute class. Every Tuesday and Thursday. Info: 914-238-8974 or email claudiaiyogadance@gmail.com.

Tie Dye. What would a 1960s-themed library summer be without some tie-dyeing. Bring your own small item or use our (clean) socks. For students in grades 7-12. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 4 to 5 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Night Owls. Show us your PJs and we'll share good stories. For children of all ages. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Zumba Fitness Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 7 to 8 p.m. \$15 a class. \$29 for four classes. \$55 for eight classes. Meets every Thursday. Also Saturdays from 8:30 to 9:30 a.m. Info: 917-215-1720, email AddietudeDance@gmail.com or visit www.Addie-tude.com.

End of Summer Video Game Showdown. Teens between the ages of 13 and 18 are invited to one last thrilling video game showdown. Play Super Smash Bros. Melee and Mario Kart Double Dash against other gamers on the big screen. Pizza and soda will be served. All welcome. Katonah Village Library, 26 Bedford Rd., Katonah. 7:30 to 10 p.m. Free. RSVP required. Info and RSVP: 914-232-3508 or email katref@wlsmail.org. For more information visit www.katonahlibrary.org/teens/programs.

High School, College and the Not-So-Distant Future. Keith Berman, president

of Options for College, covers finding the right match; how colleges admit students; what students have done in the past to get in and get the most out of college; and how to stay calm throughout the entire process. For students entering grades 9-12. Parents welcome. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7:30 to 8:30 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Friday, Aug. 29

Zumba Gold. Try this low-impact approach to Zumba for the older active adult and baby boomer with the same sassy, sweaty, fun-filled cardio workout in an easy learning environment. Ongoing classes; drop-ins welcome. Addie-tude Performing Arts Center, 42 Memorial Plaza, Pleasantville. 11 a.m. to noon. \$12. Four- and eight-week cards available. Meets every Friday. Info: 914-747-0808 or email instructor at olin.amyj@gmail.com.

Magic: The Gathering With Lucas. Drop-in and play. Beginners and experienced players welcome. For students in grades 7-12. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 3:30 to 4:30 p.m. Free. Info: 914-238-4779.

Saturday, Aug. 30

Pleasantville Farmers Market. Come experience the farmers market voted by Westchester Magazine readers as the Best of Westchester in 2014. With over 50 vendors, seven nearby parking lots and weekly programming, it is a delicious good time. This week Susan Kane, performer and president of the music collective Tribes Hill, returns. She has drawn inspiration from the Beatles to Pete Seeger to the Grateful Dead, performing from Greenwich Village to Pleasantville. For kids, there's Movement with Jeanie Gayeski. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Kids program from 9:30 to 11 a.m. Music from 10 a.m. to noon. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Chappaqua train station, Chappaqua. 8:30 to 1 p.m. Every Saturday. Info: Visit www.chappaquafarmersmarket.org.

Sunday, Aug. 31

Church Service. St. John's Episcopal Church, 8 Sunnyside Ave., Pleasantville. 8 and 10 a.m. Info: 914-769-0053.

Teaching Trails: A Community Path for Environmental Education. Join guided trail experience through the woodland forest. Discover who left that track, which tree makes the best animal home or which plant makes its own heat to help melt through the late winter ice. Program runs about 30 minutes. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11:30 a.m. Free. Every Sunday (except Sept. 7). Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

www.greenburghnaturecenter.org.

Feeding Fun. It's mealtime for the animals. Come see what's on the menu. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Included with museum admission. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Tuesday, Sept. 2

Art Installation and Student Art Display. Stephanie Diamond's "This Land Is Your Land" interactive installation will engage interested students, faculty and gallery visitors. Diamond will work with a group of students and professors to create programming that addresses specific needs and issues pertaining to the student body. The project will be developed through conversations with students and faculty, on-campus lectures and group exercises. Westchester Community College's Fine Arts Gallery (at Academic Arts Building), 75 Grasslands Rd., Valhalla. Monday through Saturday 10 a.m. to 3 p.m. and Thursdays from 4 to 6 p.m. Free. Exhibit runs through Nov. 23. Info: 914-606-7867 or visit www.sunywcc.edu/gallery.

Back to School Bingo. You won't be "board." For children in grades K-2. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 4:30 pm. Free. Registration required. Info and registration: 914-238-4779.

Wednesday, Sept. 3

Breast and Ovarian Cancer Support Group. Northern Westchester Hospital at Chappaqua Crossing, 480 Bedford Rd., Chappaqua. 7 p.m. Free. Meets the first Wednesday of every month. Registration required. Info and registration: 914-962-6402 or 800-532-4290.

Thursday, Sept. 4

Multilingual Mother Goose. Learn and share songs and rhymes in other languages. For children from birth to five years old; with an adult. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 2:30 p.m. Free. Every Thursday. Registration required. Info and registration: 914-238-4779.

Friday, Sept. 5

Stroller Tours. Take a break from the ordinary and bring your little one with you. Moms, dads and caregivers of stroller-bound babies are welcome for special "before hours" tours of the unique landscape and contemporary art of Iceland in the Katonah Museum of Art's "Iceland: Artists Respond to Place" exhibition. For adults with children under 18 months. Breakfast snacks provided by Tazza Café. Katonah Museum of Art, 134 Jay St., Katonah. 9 to 10 a.m. Members: Free. Non-members: \$10. Info: 914-232-9555 ext. 0.

Alysa Haas Kicks Off Evening Performances at White Plains Jazz Fest

Next week downtown White Plains will be home to Jazz Fest, a six-day collaboration between ArtsWestchester, the City of White Plains and the White Plains BID designed to energize and enliven the city with nine jazz events at a variety of downtown venues.

Now in its third year bringing jazz enthusiasts to dine and enjoy live music in White Plains, the event is back – and it’s going to be bigger, bolder and hotter than ever. The highly anticipated event, which takes place from Sept. 2-7, has expanded from three days of performances to a six-day festival that includes Latin, smooth, classic and contemporary styles of jazz--a globally influenced art form that originated in America.

Jazz Fest will also feature free and affordable performances by accomplished musicians throughout White Plains. The festival promises to be a jazz lover’s heaven--true to the indescribable nature of our country’s own original art form.

ArtsWestchester, a significant contributor to this year’s festivities, will host two events in the Arts Exchange, its historic landmark building on Mamaroneck Avenue, and co-host a third event with the White Plains Performing Arts Center (WPPAC). The first concert at the Arts Exchange will feature Alysa Haas on Thursday, Sept. 4.



Alysa Haas

Haas, a cabaret artist and native New Yorker, received her training in voice, musical theater and dance at Webster University and Fordham University and earned a master’s in speech pathology at NYU. She studied voice and musical theater with Glenn Seven Allen, Luba Tcheresky, Don Jones, Ellen Bullinger

and Jan Callner.

Haas has appeared in numerous theater productions and her film credits include “100 Feet,” “Asylum,” “The Split Cherry Tree” and short films “The Notebook” and “The Birthday.” She can be seen “around the scenes” in “Smash,” “Law & Order SVU” and “Blue Bloods.” She teaches cabaret, musical theater, jazz dance and improvisation to children and teens and has directed and choreographed numerous musical theater productions. She formed a cultural club, taking children and families to Broadway shows, the NYCB, jazz at Lincoln Center and Avery Fischer and Carnegie Hall.

The Gerry Malkin Jazz Collective will perform on Friday, Sept. 5. A tenor sax-led six-piece of acclaimed Westchester jazz musicians, the band, will be joined by special guest artist/trumpeter Scott Wendholt. Tickets for each event will be \$20 and can be purchased online at artsw.org/jazzfest.

The music of Miles Davis will be the focus of an event presented by ArtsWestchester and the WPPAC on Saturday, Sept. 6. “The Blue in Green Project: A Tribute to Miles Davis” will be a convergence of great talents, featuring music by one of jazz’s greatest performers, whose groundbreaking sounds and styles played a major role in the evolution of the

art form. Performances by guitarist Wali Ali, pianist Bob Baldwin, saxophonist Ray Blue, bassist Harvie S, trumpeter Antoine Drye and drummer Tony Jefferson will be an exciting addition to the festival. Admission is \$25.

Those interested in catching all three ArtsWestchester and WPPAC performances may purchase a “Jazz Pass.” New this year, the pass will grant the holder access to all three events at a discounted rate. Limited to the first 50 purchasers.

For more information, visit www.ArtsW.org/jazzfest.

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THERE'S A WORD FOR IT

A vocabulary-building quiz
By Edward Goralski

It's a Tragedy. The author of “An American Tragedy,” Theodore Dreiser, was born on Aug. 27, 1871, in Terre Haute, Ind. The 1925 novel was based on a celebrated murder case and brought critical and commercial success to Dreiser. Using a few of this week’s quiz words may bring some success to your vocabulary.

1. **guise (n.)**
A) outward appearance B) a small flag C) courage
2. **urbane (adj.)**
A) shrewd B) teeming C) refined
3. **evince (v.)**
A) to remove by force B) place blame C) demonstrate clearly
4. **didactic (adj.)**
A) plausible B) instructive C) distinctive
5. **recapitulate (v.)**
A) to return in kind B) summarize briefly C) capture again
6. **inimical (adj.)**
A) not friendly B) not human C) not capable
7. **importune (v.)**
A) to accomplish quickly B) request with insistence C) carry out
8. **obloquy (n.)**
A) a debt of gratitude B) a modified rule C) defamatory statements

ANSWERS:

1. A. Outward appearance or aspect; semblance
2. C. Polite, refined, and often elegant in manner
3. C. To show or demonstrate clearly; manifest insistence
4. B. Instructive, especially excessively
5. B. To summarize briefly
6. A. Not friendly
7. B. To beg for persistently; request with insistence
8. C. Defamatory or censorious statements, especially when directed against one person

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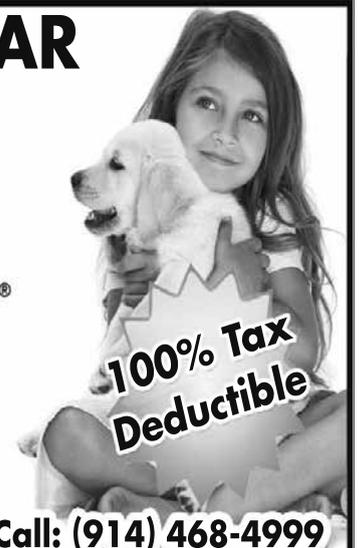
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When Dinner and Breakfast Drinks Share Identity Crises



By Nick Antonaccio

The food and beverages we consume have gone through revolutionary production processes and distribution channels in the last 50 years. Before the globalization of our economy and the dominance of the corporate industrial complex in the food chain, life seemed simpler. Before science perfected ways to optimize food production and increase the shelf life of foodstuffs, life seemed self-controlling.

Here in 2014, we're coming full circle for many of these products. The surge of neighborhood farmers' markets and a demand by consumers for more natural products has brought us to a new ethos, introducing concepts such as locavore, sustainability and farm-to-table into our lexicon.

But not all stars are aligned. Certain sectors of the food chain are still entrenched in the big business, industrial food chain. Two of these products are American wine and orange juice. What, you say? One cannot find more natural sources of beverages than these two. California vineyards and Florida orange groves are close to nature herself.

Let's examine two myths these products have in common: they are home-grown and their taste is natural.

First, they are home-grown: Fact or myth?

It is fairly straightforward. American wine is produced in the United States from grapes grown in the United States. Well, not quite. In recent years, American producers have seen demand outstrip supply in certain vintages. To sustain their market share and profitability, a number of producers have purchased huge vats of grape juice and/or processed wine from South America. That California Cabernet you enjoy may be partially sourced from Chile.

Florida orange juice comes from Florida orange groves. Except when it doesn't. There is a growing percentage of orange juice on grocery shelves that is a combination of bulk juices purchased from several countries, blended together and bottled/boxed for retail sale by the giant orange juice companies—Pepsi (Tropicana) and Coca-Cola (Minute Maid).

Second, their taste is natural. Fact or myth?

Grapes are crushed, fermented and bottled, preserving a particular wine's natural components and taste. Well, not always. A growing percentage of wines are influenced in the winery, which at

times may resemble an industrial factory.

Here are two of the many techniques employed:

1. To increase tannins and structure during production, bags of wood chips are floated in stainless steel wine vats. Want a toasty aroma and flavor in your wine? Don't wait years for the natural evolution; add a bag of oak chips for a few weeks.

2. To completely control flavor consistency each year, a winemaker may employ a device called a spinning cone. The flavor compounds, and alcohol, of a tank of wine are literally stripped out of the wine via centrifugal force. The winemaker now has a clean palette to reconstruct his wine. He then purchases and adds into the wine personally designed flavor compounds and alcohol. Just like that, a perennially consistent wine product is created.

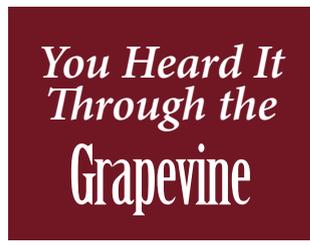
Making orange juice is simple. Pick oranges, squeeze oranges, bottle the juice. Well, not exactly. In order to insure a consistent flavor year in and year out, producers resort to modern science, similar to the spinning cone used in the wine industry. Some grapes go to hell and back and now we find out so do oranges.

First, all oxygen is removed from the extracted juice to retard spoilage. Then, as reported in a June article in The Atlantic magazine, "Oils and essences are extracted from the oranges and then sold to a flavor manufacturer who concocts a carefully composed flavor pack customized to the company's flavor specifications. The juice, which has been patiently sitting in storage sometimes for more than a year, is then pumped with these packs to restore its aroma and taste, which by this point have been thoroughly annihilated." In spite of this process, the final product may still be labeled "natural" and "100 percent pure."

Sometimes it seems the more refined and sophisticated our preferences for natural foods become, the more refined and less natural our food products remain.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in

instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



THE GIG IS UP

Up on our website, that is. Throughout this month, we're posting sets and highlights from the **Pleasantville Music Festival**. The bands you came to see, and the bands you just have to see again. New sets every week in August to watch on pctv76.org and share with your friends. And why stop there? Search "music" and find years of past Festival performances. Talk about a sweet gig.

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Breastfeeding: A Small Moment With Far-Reaching Benefits

By Kim McKechnie

We know that in most cases “natural” is better, and breastfeeding is no exception. Breastfeeding your baby is the most healthful way to feed and nurture most newborns, and the American Academy of Pediatrics (AAP) backs this contention.

The AAP recommends exclusive breastfeeding for the first six months of a baby’s life, as well as continued breastfeeding for at least the first year as solid foods are introduced.

Breastfeeding your baby can also lead to broader benefits. Breastfed babies are sick less often than babies who are fed with formula because of the natural antibodies that are passed from a nursing mother to her baby. Breastfeeding protects babies from infections by contributing to their immune system resulting in lower occurrences of conditions such as ear infections, diarrhea and respiratory infections.

In fact, the U.S. Department of Health and Human Services concluded that the country benefits when mothers breastfeed. According to a recent study, if 90 percent of families breastfed exclusively for six months the United States would save about \$13 billion per year because medical costs are lower for fully-breastfed infants than for those of never-breastfed babies.

Fewer sick days for babies also means fewer missed days of work for you. Another benefit is a cleaner environment – no plastic

refuse and a shallower environmental “footprint.”

Not to be overlooked are the many benefits of breastfeeding for mothers, beginning with postpartum weight loss. It’s easier for a woman who’s gained a reasonable amount of weight during pregnancy to lose that weight more quickly if she breastfeeds.

Women who breastfeed, according to the World Health Organization, lower their risk of breast and ovarian cancers. Breastfeeding also decreases a woman’s risk of developing Type 2 diabetes, as well as statistically lessening the likelihood of her developing osteoporosis later in life.

Having a newborn baby in your life can be a bit chaotic at times. Fortunately, breastfeeding also provides psychological and emotional benefits, which cannot be ignored. The built-in benefit of breastfeeding – some peaceful downtime – can have a restorative and meditative effect on the busy mother of a newborn. Breastfeeding provides the opportunity to peacefully nurture and bond with your baby as he or she feels the beat of your heart and warmth of your skin, and learns the unique sound of your voice.

Its numerous benefits outweigh some initial challenges. Northern Westchester Hospital is committed to helping new mothers achieve breastfeeding success. There is access to someone with lactation expertise 24 hour a day, seven days a week.

Any time of day or night someone can help you.

Breastfeeding is an intimate act of love for both mother and baby, and I feel privileged to be able to witness and help facilitate this beautiful bonding experience.

Preparing for Your New Arrival

Expectant parents can gain knowledge and confidence before they head for the delivery room simply by attending a childbirth class. Northern Westchester Hospital offers a variety of courses for new and expecting parents as well as their family members to help them prepare for and care for a newborn.

Childbirth Preparation Class

Come and enjoy a day with other couples to get ready for the arrival of your baby. Our full-day Childbirth Preparation Class is designed to provide information to help a mother prepare for childbirth, make informed decisions and minimize fears. It includes an overview of labor and delivery, relaxation and breathing techniques, pain management and the postpartum experience. Also included are birthing videos and a tour of the labor and delivery, nursery and postpartum units.

Breastfeeding Class

This informative session is taught by a lactation consultant. Learn about the benefits of breastfeeding for baby and mother, strategies for breastfeeding success, caring for your breasts during

pregnancy and lactation and methods for nursing twins.

Sibling Class & Tour

Soon-to-be big brothers and big sisters age two and up will enjoy this program. The tour includes a look at a hospital room where mom will be staying and a peek at the nursery. Children will see a video about what it is like to have a new baby in the family and a demonstration of a doll being diapered. A snack and juice will be served.

New Mom’s Support Group

Come with your baby to meet other moms and share information about newborn care. This support group provides an opportunity to connect with moms who may be going through similar experiences and challenges.

Breastfeeding Support Group

This group provides an open forum, under the guidance of a board certified lactation consultant, to address any breastfeeding challenges new moms encounter after they leave the hospital. Our mission is to support women and help them achieve their breastfeeding goals.

Visit www.nwhc.net/calendar for class schedules as well as registration information.

Kim McKechnie is a registered nurse and lactation coordinator at Northern Westchester Hospital.

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ExaminerSports

Foxes Looking for a Return to Old Winning Ways

By Jake Elman

The middle of August ushers in the dog days of summer and a few hints that a new school year is just around the corner. Among those hints are the frequent CRUNCH! sounds of padded players hitting one another. Football is finally here again, bringing with it a sense of optimism and excitement to teams all across the region.

For Fox Lane, a school that has historically done very well, the past three seasons have been a bit of a challenge. Maybe that's because the team has had to change from a "win-now mentality" to a developmental period, focusing more on building plays and depth. Fox fans might have become impatient with the lack of consistency, but now there are high hopes for 2014.

Will this be the year all the planning pays off?

As with every team, success starts with the player calling the signals. Senior Luke Verrochi will enter the season as Fox Lane's starting quarterback, taking over for the graduated Jake Cohen. Verrochi's arm looked crisp in camp, and the change of scheme, with more of an emphasis on slant and drag routes, should be a help to him.

Verrochi has stiff competition in junior Aaron Winkler, but should emerge, barring injury, as the starter in the season opener against Mahopac. While Winkler has been impressive during the preseason, it may be safer to go with the player who's had a year to learn under head coach Steve Quinn. If Verrochi does struggle out of the gate, Winkler could quickly get the nod, with Verrochi moving over to play tight end.

Whomever the quarterback is, he'll have numerous weapons to work with on offense. Though the electric Chris Johnson has graduated, the Foxes are still set at the running back position with senior Lucas Beni. A third-year player on varsity, Beni is a gritty leader both on and off the field, the type of player the Foxes are glad to have.

Quinn has stressed all summer long that Beni is in line for a breakout season. What stands out about Beni is that, while he's always been a power runner, he's also capable of making big plays in the open field as well. Certainly a player to watch for the Foxes this season, Beni could very well be the team's X-Factor - if he plays well, big things could await the Foxes.

With the change in scheme comes more opportunities, and a player who's sure to capitalize is senior running back Erik Picone. A converted wide receiver, Picone looked explosive throughout



Lucas Beni, who figures to be the Foxes' primary back this year, picks up some rushing yardage in a game vs. Arlington last season.

camp, taking handoffs from Verrochi for big gains of yardage and maneuvering past the defense for first downs.

"I like my new role," said Picone, taking a brief break during training camp, "and I get to do a lot of pass routes too."

Picone will have lots of help when Verrochi or Winkler decide to throw the football. Seniors Will Wortmann, Perry Spiro and Jon Hansan all have a chance to make a splash in the air game. The three are also playmakers in the secondary, and if they can come close to reaching their potential Fox Lane has a chance to shut opposing teams down.

Interestingly enough, it appears Quinn will go with four juniors on the offensive line; senior left tackle Kirk Atkinson is the lone exception. It's not that unusual, but with all of the hungry linemen on this team, it wouldn't be surprising if there are changes throughout the season. Junior John Clune is one lineman to keep an eye on, as he has the size any coach would like to see at that position.

Fox Lane's defensive line is one that can get to the quarterback with ease, and a key piece is starting defensive end Jason Gerold. A former linebacker, Gerold started last year for the Foxes before a concussion ended his season. Now, healthy and stronger, Gerold will be looking to carry this defense to the top.

"We need to be fearless this year and play with some swagger," said Gerold. "I believe we can do this with the people on this team and the way we practice.



Fox Lane head coach Steve Quinn watches from the sidelines as the final seconds tick off the clock in a home loss last year.

Everyone's hungry to win this year and that's what we'll do."

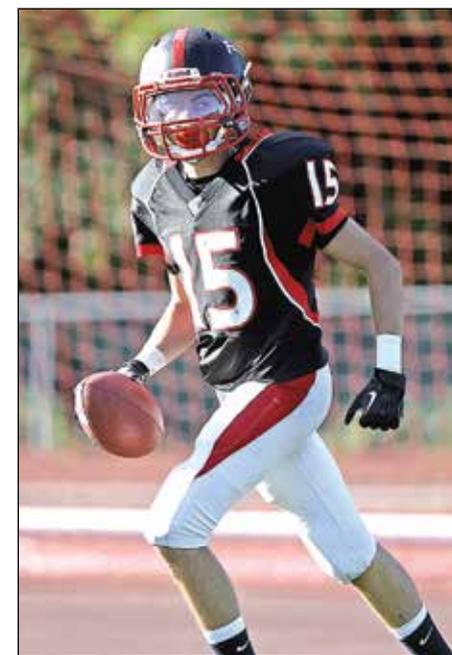
The linebacking corps features Beni and Verrochi, likely to the dismay of opposing teams. Both have the strength needed at the linebacker position to create big hits and cause fumbles, and the Foxes will be looking for those things to be commonplace throughout the year. This isn't a big defense in terms of size, but the talent on the field should be enough to make up for it.

There's a different attitude around this Fox Lane team, almost as if the players have raised their expectations. It may have seemed at times recently that the Foxes were content with being average, but in Year Four of the Steve Quinn regime, those days appear to be a thing of the past.

The Foxes' 2014 schedule is dominated by road games, especially in



Fox Lane quarterback Luke Verrochi tries to break a tackle as he runs out of the pocket.



The Foxes' Perry Spiro reacts after scoring a touchdown during a 2013 game.

the first weeks of September, what with the field at Memorial Stadium being renovated. After playing on the road at Mahopac, Clarkstown South and Roy C. Ketcham, the Foxes finally host a game the fourth week of the season against Suffern. But that game will be played at Byram Hills. Two weeks later, the Foxes play their first game on their new turf, against Mamaroneck.

By then, it may be apparent that there's plenty of talent and potential with this Fox Lane team. It's realistic to think that this may be the Foxes' best season under Quinn. Behind three-year varsity veteran Beni, some eager juniors who can make plays, and a renewed desire to win consistently again, the 2014 season could be a throwback to the good old days of Fox Lane winning football.

ANDY JACOBS PHOTOS

'Gades Return for Final Homestand of the Regular Season

The Hudson Valley Renegades have been just a .500 team over their last 10 games, but they return to Dutchess Stadium this week for the final homestand of the regular season still in possession of the best record in the New York-Penn League.

Despite dropping an 8-2 decision to host Connecticut on Sunday, the 'Gades sit far atop the McNamara Division standings with a 44-24 record, six full games ahead of second-place Brooklyn.

A day earlier, the Renegades won their third game since last Tuesday's All-Star break as Hunter Lockwood provided an RBI single and Grant Kay followed with a two-run triple during a four-run outburst in the first inning en route to a 6-2 triumph over Connecticut. Starting pitcher Nolan Gannon, one of seven Hudson Valley players selected for the All-Star game, went the first five innings to earn his sixth victory of the



Hudson Valley Renegades All-Star players, left to right, Nolan Gannon, Bralin Jackson, Casey Gillaspie and Coty Blanchard are back at Dutchess Stadium all this week for the team's final homestand of the regular season.



ANDY JACOBS PHOTOS

season in eight decisions.

Kay, who had been hitting .430 more than a month into the start of his

professional career before a 2-for-24 slump just before the All-Star break, added his second hit of the game leading off the third inning and eventually scored on a sacrifice fly by Alec Sole. The Renegades' final run came in the sixth as Wilmer Dominguez hit a one-out double and later scored on Braxton Lee's fielder's choice grounder to short.

Hudson Valley's last homestand of the regular season, three games with Aberdeen and three more with Connecticut, began last night. The final

five games, starting tonight (Tuesday) and lasting until Saturday evening, all begin at 7:05 pm. The first 1000 kids attending Thursday's game will receive a Renegades backpack. There will be fireworks following the Friday and Saturday games vs. the Connecticut Tigers.

The regular season concludes with a pair of road games, next Sunday and Monday against the Aberdeen IronBirds.


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- Every team will be given a field to host one practice a week in the afternoon/evenings (pending availability)
- Emphasis will be on teaching not only during the practice sessions but during the games as well
- These are strictly scrimmages so score will not be counted
- Coaches will pitch at the K-2 level
- Players will pitch the entire game in two inning intervals beginning at the 3-4 level (coach assist as needed)
- Umpires will be present for all games
- Season starts after Labor Day in September and runs through the end of October
- Clinics will be available to all teams (details to be determined)

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2014 High School Football Schedules

BRIARCLIFF

Saturday	9/6	2:30	Croton-Harmon
Saturday	9/13	2:00	Ardsley
Saturday	9/20	1:30	at Hastings
Sunday	9/28	2:00	Irvington
Thursday	10/2	7:00	at Albertus Magnus
Saturday	10/11	3:00	at Westlake
Saturday	10/18	4:00	Pleasantville



BYRAM HILLS

Friday	9/5	7:30	at Nyack
Saturday	9/13	3:00	Walter Panas
Saturday	9/20	3:00	Westlake
Saturday	9/27	1:30	at Lakeland
Sunday	10/5	2:00	Rye
Saturday	10/11	3:00	Pelham
Saturday	10/18	5:00	at Hendrick Hudson



FOX LANE

Friday	9/5	7:00	at Mahopac
Friday	9/12	7:00	at Clarkstown South
Saturday	9/20	1:30	at Roy C. Ketcham
Saturday	9/27	2:00	Suffern (at Byram Hills)
Thursday	10/2	6:30	at John Jay (East Fishkill)
Saturday	10/11	4:00	Mamaroneck
Friday	10/17	7:00	at Arlington



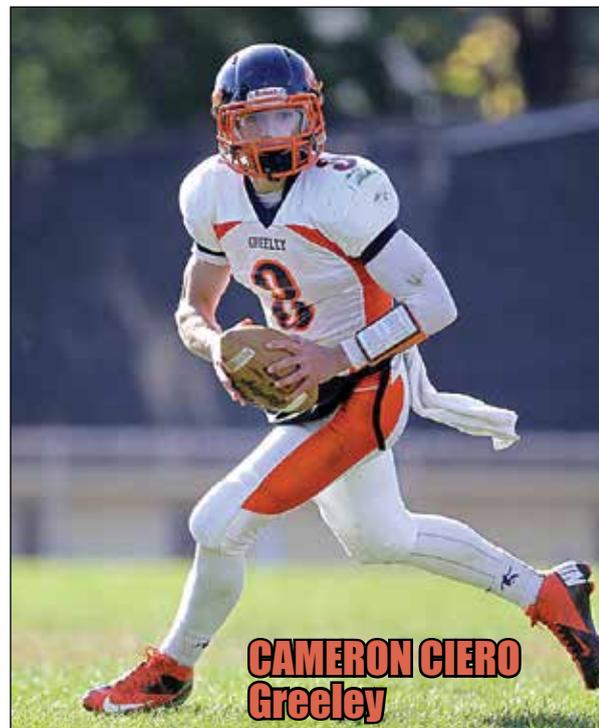
HORACE GREELEY

Saturday	9/6	1:30	Scarsdale
Saturday	9/13	2:00	at Mt. Vernon
Saturday	9/20	1:30	Port Chester
Saturday	9/27	6:00	at Ossining
Thursday	10/2	4:00	Yorktown
Saturday	10/11	3:00	at North Rockland
Saturday	10/18	2:00	at Clarkstown North



PLEASANTVILLE

Saturday	9/6	1:30	Irvington
Saturday	9/13	2:00	at Albertus Magnus
Saturday	9/20	1:30	Our Lady of Lourdes
Friday	9/26	7:00	Putnam Valley
Sunday	10/5	2:00	at Ardsley
Saturday	10/11	7:00	Nanuet
Saturday	10/18	4:00	at Briarcliff



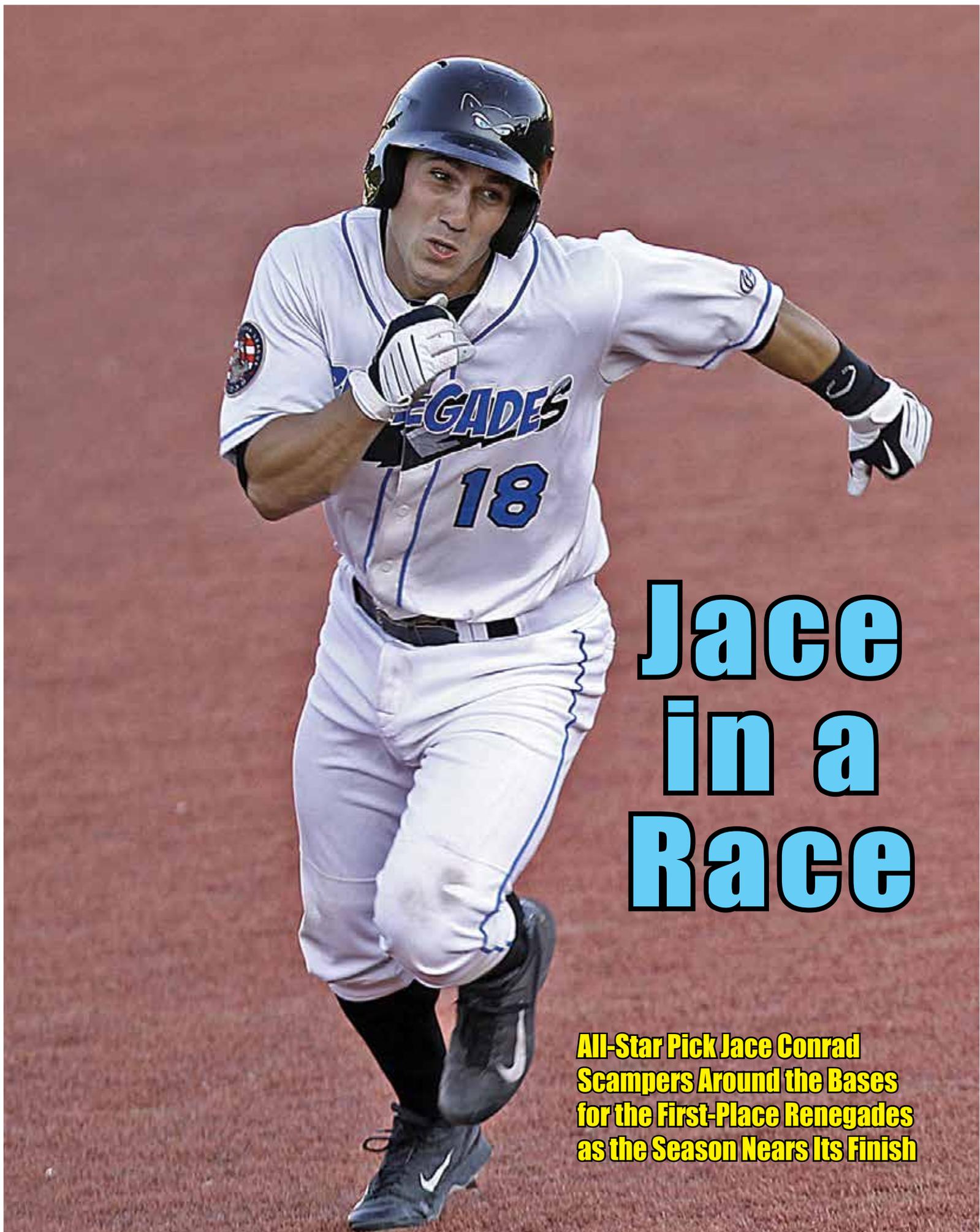
VALHALLA

Saturday	9/6	1:30	at Tuckahoe
Saturday	9/13	1:30	at Pawling (Elementary School)
Saturday	9/20	1:30	at Dobbs Ferry
Saturday	9/27	2:00	Blind Brook
Thursday	10/2	5:00	Bronxville
Friday	10/10	7:00	Haldane
Saturday	10/18	5:00	Yonkers Montessori Academy

WESTLAKE

Saturday	9/6	1:30	Hastings
Saturday	9/13	2:00	at Croton-Harmon
Saturday	9/20	3:00	at Byram Hills
Saturday	9/27	1:30	Nanuet
Thursday	10/2	4:00	at Edgemont
Saturday	10/11	3:00	Briarcliff
Saturday	10/18	2:00	Our Lady of Lourdes





Jace in a Race

**All-Star Pick Jace Conrad
Scampers Around the Bases
for the First-Place Renegades
as the Season Nears Its Finish**

ANDY JACOBS PHOTO