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January 13 - January 19, 2015

SMALL NEWS IS BIG NEWS

Volume 9, Issue 384

## Cunningham to Retire From Pleasantville Village Board

By Janine Bowen

A familiar face will be missing on the ballot in the Pleasantville Village Board elections in March.

Longtime Trustee Jonathan Cunningham has decided against seeking re-election this year, ending a decade-plus run in village government.

"After four terms, 12 years, it's enough," Cunningham said. "It's time for some new blood, I think."

Cunningham, a financial adviser who was first elected to the board in 2003, said the fiscal situation in the village has greatly improved over the past decade, and believed he was able to play a role in Pleasantville's return to financial health and discipline.

Cunningham said the village's needs are drastically different today, citing growth



Veteran Pleasantville village Trustee Jonathan Cunningham will be leaving the board when his term expires on March 31 after serving for 12 years.

and development issues as the primary area of concern going forward. The new board members will be able to bring new perspectives to the table, which is healthy for local government and residents, he said.

"It's going to be interesting to see who might be stepping forward and [how]

*continued on page 2*

## New Mt. Kisco Trustee to Be Appointed at Upcoming Meeting

By Neal Rentz

The seat occupied for many years by George Griffin Jr. was empty on Jan. 5 at Mount Kisco Village Hall.

By his name plate sat a single red rose that was left in his honor by Linda Cindrich, wife of Mayor Michael Cindrich.

Griffin lost his long battle with cancer on Christmas Eve at the age of 67.

Following last week's village board meeting, during which his former colleagues expressed their affection and appreciation for Griffin, Cindrich said he expects the board's new trustee to be appointed at one of the next two

meetings, either on Jan. 20 or Feb. 2.

Cindrich said he has the authority to make the appointment under state law that gives the mayor the power to fill a vacant village board seat. However, he assured the public that he will consult with the village board before making his decision.

The appointed trustee would serve until Dec. 7, when the candidate who wins next November's election for the seat's new two-year term would be sworn in.

During last week's meeting, trustees praised Griffin. Jean Farber thanked

*continued on page 4*

## Coming Through in the Clutch



Briarcliff High School student Andrew Sugrue partnered with Neighbors Link in Mount Kisco for its mercado de las fiestas (holiday market) to collect more than 100 toys and gifts prior to Christmas. Sugrue, who volunteers at Neighbors Link as an ESL tutor, placed collection bins throughout the school district and in his home community requesting donations. He hopes to make the effort an annual project.

## Mount Pleasant School Officials Grapple With Prospect of New Bond

By Neal Rentz

Mount Pleasant school officials have begun gauging public opinion to help determine whether they should present a revised capital projects bond later this year.

The possibility of a new vote as early as late March was discussed at the Jan. 7 board of education work session. The meeting had followed distribution of a survey to residents that requested their feedback.

In November, district voters turned down a \$55,855,000 bond by more than a 2-1 margin. The bond would

have allowed the district to borrow for multiple infrastructure projects, primarily at the middle and high schools, including replacement and repair of ceilings, new lighting and the installation of heating and ventilation systems.

Last week Superintendent of Schools Dr. Susan Guiney said the size of another bond hasn't been determined. The district will accept input from residents through the survey through the end of this month, she said.

Guiney dispelled rumors that the district is set to move forward with a \$45

*continued on page 4*



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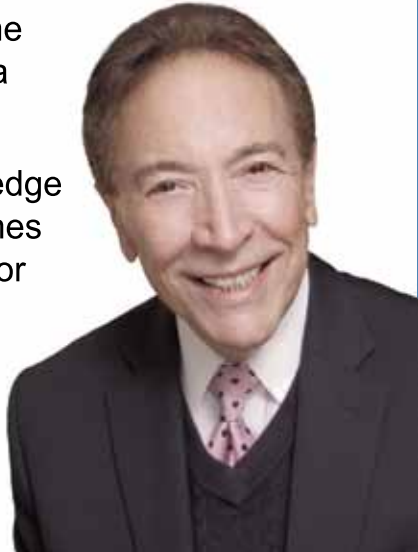
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## Cunningham to Retire From Pleasantville Village Board

*continued from page 1*

they will bring their own perspective," Cunningham said. "What makes the board work so well is that everybody brings something a little different."

Village Clerk Judy Weintraub said no petitions have been filed yet for the March 18 election. This year three seats will be up for grabs, as Trustee Colleen Griffin-Wagner and Mayor Peter Scherer will also reach the end of their terms. Scherer, who was first elected in 2009, said he plans to run for a third term.

"I have, most days, very much enjoyed being the mayor, and we have a lot of initiatives that are seeds that are planted that I would like to see sprout, and for that reason would like to have another go at it," he said.

Griffin-Wagner, elected in 2012, said that she was "90 percent sure" that she would run for a second term on the board. Similar to Scherer, she stated that there are several projects she would like to see to completion, including improvements to the recreation department, enhancements for downtown and a solution for parking issues.

She noted that although she has enjoyed her time on the board so far, she sometimes finds herself frustrated with how long it takes to make progress.

"When you can see something that you really think is in the best interest of

the village and it just takes so long to get there, that's the sticking point for me," Griffin-Wagner said.

In last year's election, only one candidate, Steven Lord, stepped up to fill the seat vacated by Brian Skarstad, who retired from the board, while Trustee Mindy Berard ran for her third term unopposed.

Cunningham said he hopes more than one resident will come forward for his seat. He said he would be willing to speak with interested residents about what is involved in the job that he referred to as a good and easy way to give back to the community.

"I would love the opportunity to talk to folks and to give them the good and the bad, the pros and the cons," Cunningham said.

The deadline to file a petition with the village clerk to get on the ballot for this year's election is Feb. 10. Unlike in most years, when village elections are held on the third Tuesday of March, this year the vote will be held on Wednesday, March 18. State law allows municipalities to move its elections if they fall on St. Patrick's Day, March 17.

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### Advanced Hip Replacements

**Q: Can you explain the Anterior Approach to total hip replacement?**

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**Q: What are the advantages of the Anterior Approach?**

**A:** A more rapid recovery - all patients stand and walk the day of their surgery, typical length of stay in the hospital is 24 to 48 hours, and usually patients are able to go directly home and do not need inpatient rehabilitation. This rapid recovery is achieved secondary to the limited muscle damage and sparing of the gluteal muscles which are your major

walking muscles. Additionally patients are at low risk for hip dislocation with the Anterior Approach and therefore do not need to follow restrictive "hip precautions," that are required of the other hip replacement approaches, allowing for a more natural and comfortable recovery. The accelerated recovery allows patients to return to normalcy quicker including returning to desired activities and work sooner.

**Q: The Anterior Approach sounds ideal, is there any reason it should not be used?**

**A:** In the hands of an experienced surgeon the Anterior Approach can be used for nearly all first time hip replacements as well as some "redo" or revision hip replacements. You should discuss your options with an experienced surgeon that specializes in this method of hip replacement as this technique requires specialized training.

Watch Dr. Grossman describe the Anterior Approach to total hip replacement at [www.nwhorthoandspine.org/DrGrossman](http://www.nwhorthoandspine.org/DrGrossman)

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### Did You Know?

The fastest growing segment of the population undergoing hip replacement is the **45 to 64** age group.



# Kaplowitz Proud of Budget, Bipartisanship in First Year at Helm

By Martin Wilbur

For a while the biggest news from the eighth floor of the county office building where the Board of Legislators does its business had been the incessant infighting and threat of lawsuits.

Last year when County Legislator Michael Kaplowitz (D-Somers) took over as the board's chairman he pledged to put an end to the destructive bickering and confine the arguments to the issues. In that spirit, each one of the 17 legislators was appointed either to chair a committee or to board leadership role.

While disagreements and philosophical differences will often surface between Republicans and Democrats, Kaplowitz said county government last year functioned properly, with a healthy dose of debate in a year where there was no shortage of challenging issues.

"It was a good year for the Board of Legislators," Kaplowitz confidently stated in an interview last Friday. "Bipartisanship and legislative cooperation worked and we demonstrated that, and it's a pretty neat contrast, a pretty stark contrast to other legislative bodies, particularly Albany and Washington, where squabbles seem to be the order of the day."

The chairman pointed to the 2015 county budget as one of the prime examples of effective bipartisanship. Although most of the Democratic caucus opposed the



Board of Legislators Chairman Michael Kaplowitz pointed to a much more cooperative atmosphere which helped lawmakers govern more effectively.

\$1.76 billion spending plan, mainly on the grounds that it authorizes the county to borrow up to \$5 million, it did attract a third Democrat, Legislator MaryJane Shimsy (D-Hastings-on-Hudson) to join all seven Republicans in support.

In December 2013, Kaplowitz and Legislator Virginia Perez (D-Yonkers) were the only Democrats to side with the Republicans to narrowly pass last year's budget 9-8.

Kaplowitz said this year, there was plenty

of compromise, including the addition of \$680,000 toward Title XX, which will help subsidize day care for up to an additional 115 families, and the reduction in the borrowing ceiling from \$8 million to \$5 million.

Revenues from the sales and mortgage taxes are trending up, which could make the borrowing argument moot, he said. Kaplowitz stressed that he was proud of the board's fiscal restraint and responsibility.

"The budget was a success, a good

bipartisan vote, 10-7, a good group of Democrats and Republicans and we didn't balance it using any phantom revenues, which is always the goal," Kaplowitz said.

The other seven Democrats strongly disagreed in one of the more split votes of the year. Legislator Peter Harckham (D-North Salem) said he was unable to support it.

"I voted against it because of that borrowing in the budget," Harckham said. "I'm not going to support on the hope that revenues will increase."

In a press statement released during the budget process Legislator Benjamin Boykin (D-White Plains) outlined how he thought there was too much borrowing in the budget.

Majority Leader Catherin Borgia (D-Ossining) stated in an op-ed piece last month that it wasn't only the county's potential to bond for operating expenses but also taking money from the E-911 fund and failing to set aside funds for the settlement of labor contracts that made the budget "bad for the people of Westchester."

"These types of gimmicks and short-sighted actions defy the principles of good budgeting," Borgia wrote. "Yet they are the result of a 'borrow and spend' budget that offloads the responsibility for today's spending on to tomorrow's taxpayers."

*continued on page 8*

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## Mount Pleasant School Officials Grapple With Prospect of New Bond

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million proposition.

Board of Education President James Grieco said district officials had initially considered putting up a new bond to voters in late February. Under state law, a school district must wait at least 90 days after a previous bond has been defeated before presenting voters with another proposition.

Grieco said district officials want more time to hear from residents on a new bond, which could consist of more than one proposition, unlike the one that was defeated.

A new bond could go to voters "perhaps by the end of March," he said. No decision has been made regarding price tag.

"Nothing is in granite," Grieco said.

"We don't have a number."

Grieco said one possibility was to hold more than one bond vote this year. For example, voters could be asked to approve most projects in a March vote, with an additional smaller bond presented later in the year.

Aside from the survey, the district plans to hold public meetings to hear from residents, Guiney said.

One resident, who did not identify himself, said "a large contingent" of senior citizens came out to oppose the bond because of its high cost and the taxes associated with it.

Grieco noted that school district budgets and referendums need voter approval, unlike other levels of government in the state.



NEAL RENTZ PHOTO

Mount Pleasant Superintendent of Schools Dr. Susan Guiney and Board of Education President James Grieco discussed a possible bond for new capital projects on Jan. 7.

for decades the district failed to regularly maintain its facilities. As a homeowner, he said he budgets the cost of work that's needed on his house, and the district should have done the same.

Grieco said he could not change the past, but agreed previous officials should have invested in capital projects years ago.

Trustee Christopher Pinchiaroli said during the 2007-08 school year district officials had considered scheduling a referendum, but any plans were scuttled during the 2008 economic crisis.

Chiera said the district should consider scheduling a series of relatively small bonds over several years rather than putting up one

large proposition. The district could put out a bond every two years or so, he said.

Trustee Thomas McCabe disagreed with that concept because the district needed to move forward quickly with most of the projects.

Resident Patrick Donnery said many more parents would need to vote to get a new bond approved.

Discussion will continue on the matter during the board's meeting tomorrow (Wednesday) at 7:30 p.m. at the Westlake Middle School/High School library.

"Unfortunately, it's on the backs of children" when school budgets and bonds are rejected by voters, he said.

Guiney said by improving educational programs and school facilities, property values will rise. She acknowledged the district must do a better job of explaining to residents with no school-aged children the benefits of improving the facilities.

Resident Anthony Chiera, who voted against the bond in November, said "there were a lot of wants, not needs."

Chiera said he was unhappy that

## New Mt. Kisco Trustee to Be Appointed at Upcoming Meeting

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him for his many years of service to the village and for his military service during the Vietnam War.

"George is the American hero," Farber said. "George spoke from his heart and always spoke the truth."

Trustee Anthony Markus lauded Griffin, who served on the village board for 11 years, for his efforts on buildings and grounds projects and protecting the taxpayers.

"He will be sorely missed," said Markus.

Cindrich praised Griffin's courage.

"He was strong right until the end," he said.

The mayor said that there is a sudden void not only on the board but in the village.

"It's sad. It's part of life," Cindrich said of Griffin's passing.

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# Final Details Being Resolved on Mt. Kisco Police Consolidation

By Martin Wilbur

Two county legislators revealed last week that a decision whether to consolidate the Mount Kisco Police Department with Westchester's Department of Public Safety may be just weeks away.

Board of Legislators Chairman Michael Kaplowitz (D-Somers) and Legislator Peter Harckham (D-North Salem), whose district includes the village, said the final details are being worked out between Mount Kisco and the county before the Board of Legislators will be formally presented with a proposal.

Both lawmakers were optimistic that the remaining issues in the negotiations will be resolved to pave the way for consolidation.

"I'm hopeful that we're going to be getting it very shortly and then put it on the fastest track possible to get this done," Kaplowitz said.

Harckham mentioned that it is his understanding that human resources related issues are being ironed out by attorneys representing both governments, and not police matters.

If the final details can be worked out, all parties stand to benefit, he said.

"This will give better police protection for Mount Kisco, help the taxpayers of Mount Kisco, give the (village) police officers greater opportunity and give

the county a presence in northeast Westchester," Harckham said.

Previously, Mount Kisco officials have estimated that the village would save about \$2.4 million over the first five years. Last month the village also received a \$340,000 grant from the Local Government Performance and Efficiency Program, which is administered by the Department of State's Division of Local Government Services, to pay for the costs associated with police consolidation.

The village and the county started having talks on consolidation more than three years ago.

While neither legislator would say precisely when they expect the matter to come to a vote, Harckham indicated it could be a matter of weeks. Kaplowitz said that he's "very hopeful that within a very short time" the Board of Legislators will be receiving the package outlining the terms of an agreement. County officials are faced with some very complex issues when entertaining police consolidation, he said.

"There are always issues," Kaplowitz said. "Obviously, you want to make sure that public safety is protected, you want to make sure the assets are properly utilized, you want to make sure that officers will be able to maintain their rank, still provide some savings to Mount Kisco and that the

county is protected."

Consolidation has been supported by the village board and the Mount Kisco Police Benevolent Association.

If the arrangement is approved, Mount Kisco would become the third municipality in Westchester that would be

depending on county police coverage. In 1999, the Town of Cortlandt abolished its police department and has been using the state police and county police. About five years ago the Town of Ossining completed a shared services agreement similar to the one that Mount Kisco is working on.

## Dollar Power



GEORGE ARCO PHOTO

The Mount Kisco Chamber of Commerce held a ribbon cutting ceremony last month to recognize the opening of one of the newest businesses in the village-- Dollar Shoppe and More--located at 720 N. Bedford Rd. Members of the chamber helped store owner Kanchan Bala and his family cut the ribbon to welcome the retail shop.

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# Former Mt. Kisco Parking Officer Sentenced in Meter Thefts

By Martin Wilbur

The Mount Kisco parking enforcement officer who admitted last year to stealing about \$90,000 in meter revenue will spend up to six months in county jail.

Jeffrey Daday, 36, of North Salem was sentenced last Tuesday morning to shock

probation, which includes the stay in county jail in Valhalla and to make full restitution of the \$90,893.72 authorities determined he stole during a more than five-year period ending last May.

Daday has already repaid the money in full to the village satisfying that portion of

the sentence, said Lucien Chalfen, a spokesman for Westchester County District Attorney Janet DiFiore.

"The public must be able to trust and have confidence their government and public servants, whether it's representing their interests in Washington or Albany or as mundane as putting coins in a parking meter," DiFiore said in a statement. "This defendant acted as if he could get away with his crime because he was stealing from a nameless, faceless entity, when in actuality he was stealing from the very people who placed their trust in him, the residents of the Village of Mount Kisco."

Daday had pleaded guilty to one count each of second-degree grand larceny, a Class C felony, and first-degree offering a false instrument for filing, a Class E felony.

From Jan. 5, 2009, until May 6, 2014, Daday would empty the meters and deposit part of the proceeds, anywhere from \$190 to \$600 at a time and mostly in quarters, into his bank account at the local branch of People's United Savings



Jeffrey Daday

Bank on South Moger Avenue.

Bank employees alerted Mount Kisco police when they became suspicious after seeing Daday make large coin deposits into his personal checking account, while in uniform, on a weekly basis.

Police along with investigators from the district attorney's office initiated a surveillance of Daday. The surveillance revealed that Daday was removing the coin chambers from several parking meters and emptying the contents into his pants cargo pocket.

He was arrested as he left the bank branch after making a deposit last May 6.

## Close Call



MARTIN WILBUR PHOTO

Two adults and four children were displaced from their home last Saturday following an early morning blaze at 125 Spring St. in Mount Kisco. The family, which fled the premises, was uninjured was taken to the Mount Kisco Ambulance Corps building where they received assistance from the Metro New York North chapter of Red Cross. The cause of the fire, which was extinguished by firefighters from the Mount Kisco, Bedford and Yorktown Heights fire departments, is under investigation. Another house fire occurred at 15 S. Bedford Rd. in Mount Pleasant last Thursday evening. Similarly, there were no injuries.

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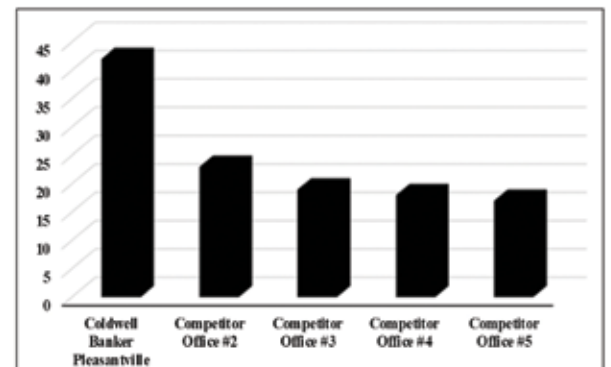
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**Kaplowitz Proud of Budget, Bipartisanship in First Year at Helm**

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But Minority Leader John Testa (R-Peekskill) said while the vote authorizes the county to borrow, that doesn't mean it will. The other options were to raise taxes, order significant layoffs or to reduce the social safety net, he said.

Testa agreed that 2014 marked a breakthrough for board bipartisanship, where all legislators had a chance for input.

"It was a collegial atmosphere, it was very open and everybody had a chance to contribute on all the issues," he said. If we agreed, fine, if not we were still professional."

Harckham said Kaplowitz did a good job on that front and agreed that the lawmakers were professional, but was uncertain whether it marked a major improvement over how the board previously operated.

In one of the first votes of 2015, both parties came together, 16-0, last week to extend the county agreement to provide the Town of Cortlandt with part of its police coverage through January 2020.

However, it's likely that several issues will test the Board of Legislators' resolve this year. With now just under two years remaining before time runs out on the county to comply with the affordable housing settlement, officials will have to grant funding to about 150 units each in 2015 and 2016 to reach its benchmarks and avoid heavy fines and penalties.

While the first 10 units for 2015 were approved last week on Old Route 22 in

Armonk, Kaplowitz acknowledged that the county is now struggling. A partial solution could be to convince Harrison officials to set aside a percentage of the 606 proposed new units for fair and affordable housing. Currently, the developers are proposing no new affordable units, and stronger leadership on the issue is needed from the county executive, he said.

"This is really not acceptable, and the county executive assured me that he is working with Harrison and the developers to engage them to do the right thing," Kaplowitz said.

There is also the possibility that unless the proposed 28-unit Conifer Realty project in Chappaqua receives its variances from the state Board of Review, the county will lose credit for those units. Late last year the board hastily approved funding for the project on the condition the developer receives all necessary local and state approvals in order to reach its milestone for the end of 2014.

Kaplowitz is optimistic that there will be a resolution this year to the ongoing struggle to have a private operator assume control of Playland, which drained more than \$3 million in county funds last year.

He said while that may not happen in time for the popular park's May opening, there is likely to be a gradual phase-in of the new owners. Astorino is expected to provide a recommendation to the lawmakers in the coming weeks regarding

the two remaining candidates for the bid. "I think we're much closer to the end," Kaplowitz said. "I think we all recognize

that you need to do legislative and executive cooperation on this. It's not a unilateral decision."

## Sunday was Fun Day



More than 70 children attended the Indoor Winter Carnival last Sunday at the Rosenthal JCC in Pleasantville. The fun included a bouncy castle, Legos, edible art projects, a ring toss, balloon darts, potato sack races, cotton candy, popcorn and music provided by Camp Discovery's music specialist A.J. Berger. The teen-led event was coordinated by the JCC's Youth Leadership Council as a fundraiser for the Summer Smiles Scholarship Fund and raised about \$1,200. The fund provides assistance to families who hope to send a child to attend any of the JCC summer camps but are unable to afford them.

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# Six Injured in 17-Car Saw Mill Parkway Pileup

By Martin Wilbur

Six people were injured last Wednesday morning in a 17-car chain-reaction pileup on a blind curve on the Saw Mill Parkway in Mount Kisco.

Westchester County police reported that a motorist was driving a Chevy Avalanche on the southbound side of the parkway just past the Route 133 exit at about 6:40 a.m. when he noticed that a car in front of him was moving slowly around the curve.

The driver of the Chevy slammed on his

brakes but lost control of the vehicle, which ran off the road and up an embankment before turning over, said Kieran O'Leary, a spokesman for the county Department of Public Safety.

With the overturned SUV still partially on the road, other drivers stopped to avoid striking it, yet others who followed had little time to react in the pre-dawn darkness on the curve, O'Leary said. As cars stopped, other drivers plowed into them from behind.

"There just seemed to be a confluence of factors that contributed to the crash," O'Leary said.

He said that while it has been suggested that black ice on the roadway may have also played a factor in the accident, that was not immediately confirmed by police following the incident.

The identity of the driver of the Chevy was not immediately released, but O'Leary said that he was able to climb out of the vehicle uninjured. However, six other

people were taken to the hospital, four of them to Northern Westchester Hospital in Mount Kisco and the other two to Westchester Medical Center in Valhalla.

O'Leary said that all six complained of neck or back pain but none of the injuries were described as life threatening.

Only one ticket was issued in the mishap to one motorist for driving without a license, he said.

The parkway was closed for several hours until the wreckage could be cleared.

## O'Connor Davies Acquires Chappaqua Accounting Firm

O'Connor Davies, LLP, one of the nation's fastest growing accounting and consulting firms, announced last week the acquisition of Daniel J. McMahon Company, a 30-year-old practice in Chappaqua.

"The addition of Dan and his team is further proof of O'Connor Davies' commitment to providing our clients with services from the best and most talented professionals in our industry," said Managing Partner Kevin J. Keane. "The knowledge and experience Dan and his team bring will bolster our diverse and expanding team of CPA experts as

we continue our momentum of rapid and strategic growth into 2015."

This addition, which was effective Jan. 1, is part of O'Connor Davies' growth over the past two years, expanding its employee base from 399 to 550 across a variety of specialties. O'Connor Davies now boasts 90 partners throughout the Northeast.

"We have partnered with O'Connor Davies because of our shared focus and expertise in the needs of small- to medium-sized family-owned businesses and the related tax issues for their owners, along with the tax and estate planning for high net worth individuals," said McMahon,

who will join O'Connor Davies along with a team of four from his office. "We will continue to provide the same level of access and expertise our clients have come to expect and are thrilled to now have the depth and the breadth of O'Connor Davies' services, which continues to increase each year."

Individually, McMahon brings with him more than 30 years of CPA experience. He and his team are well-versed in industry trends and complex tax and estate planning issues.

Keane said the market requires highly specialized expertise that has the backing

of a national firm. O'Connor Davies is committed to identifying the top performers in the industry.

"Our growth is strategic in terms of personnel, geography and expertise, with every move driving our mission to better serve client needs while maintaining our values and culture," Keane said.

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Mount Kisco Police Department

**Jan. 2:** Following a call about a possible suspicious person on Lexington Avenue, two Mount Kisco men, 24 and 32 years old, were arrested at 10:17 p.m. for urinating in public. One suspect is accused of urinating on a vehicle, the other on the side of a building.

**Jan. 4:** Report of a disturbance between two neighbors at 10 p.m. Two women, 32 and 35 years old, both Mount Kisco residents, were having an argument online about their husbands. The responding officers recommended that they cease contact with each other.

**Jan. 5:** The owner of a jukebox that was rented to the Mount Kisco Deli & Grocery on Maple Avenue reported at 4:49 p.m. that the wires and cable connection was cut on or about Dec. 30. The jukebox owner, a 49-year-old Connecticut man, stated that through his computer he was able to determine that the machine was no longer connected. He estimated about \$600 in damage.

**Jan. 5:** A 26-year-old Katonah man reported at headquarters at 7:10 p.m. that a 37-year-old Mount Kisco man caused damage to his vehicle with an unknown object. Police were unable to get in

contact with the Mount Kisco man and the complainant departed and has not been in contact.

**Jan. 7:** A St. Marks Place resident, reported a possible burglary in the downstairs apartment at 11:56 p.m. The responding officers noticed damage to the door and screens but no other problems. There are no suspects; the matter is under investigation.

**Jan. 9:** Report of a missing person at 12:20 p.m. A village resident who failed to show up at his place of employment was located at a friend's house in Bedford Hills. The missing person's report was canceled.

Pleasantville Police Department

**Jan. 5:** A Sunnyside Avenue resident reported at 2:11 p.m. of an unauthorized charge on a credit card. The matter is under investigation.

**Jan. 5:** Report of an unauthorized use of a credit card by a Manville Road resident at 7:52 p.m. The matter is under investigation.

**Jan. 6:** A 52-year-old Peekskill man was arrested at 4:02 p.m. and charged with driving with a suspended license after being involved in a car accident near the intersection of Tompkins Avenue and

Bedford Road. The man, who was driving a 2005 Chrysler, crashed into a 2012 Honda Accord. There were no injuries reported.

**Jan. 9:** A 20-year-old Briarcliff Manor man was arrested at 12:49 a.m. and charged with driving with a suspended license.

North Castle Police Department

**Jan. 2:** Complainant reported at headquarters at 9:10 a.m. that his license plates are missing from his vehicle. He stated that he's been driving the car for the past few days and did not notice anything amiss, but saw that both plates were gone when the car was in the garage.

**Jan. 2:** Report of criminal mischief at 2:55 p.m. A complainant stated that he went to Byram Lake earlier today and found that his row boat, which he stored at that location, was significantly damaged by fire.

**Jan. 4:** A Barnard Road resident reported at 2:05 p.m. that a rooster has been crowing in the area most days before dawn. The resident stated that the rooster usually starts making noise at about 4 a.m. waking her and her family up. The animal was located at a nearby residence. The owner stated that the situation will be rectified.

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THERE’S A WORD FOR IT

A vocabulary-building quiz

By Edward Goralski

**Very Useful Words.** The Word Warriors from Wayne State University have just released their annual list of “eminently useful” words that “deserve to be used more often in conversation and prose.” Perhaps you will find some words in this week’s quiz that will be useful throughout 2015.

1. rascalion (n.)	A) an expression of disapproval	B) a vagabond	C) a mischievous person
2. flapdoodle (n.)	A) an argument	B) nonsense	C) a short period of time
3. philistine (n.)	A) a person hostile to culture	B) a matchbook collector	C) a magic potion
4. mélange (n.)	A) a song melody	B) a mixture	C) a dry wind
5. obambulate (v.)	A) to stand upright	B) bind legally	C) walk about
6. subtopia (n.)	A) monotonous urban sprawl	B)an underlying theme	C) a place of rest
7. concinnity (n.)	A) a harmonious arrangement	B) a private meeting	C) a doorkeeper
8. opismath (n.)	A) a skilled opponent	B) the best option	C) a late learner

ANSWERS:  
1. C. A mischievous person  
2. B. Nonsense, rubbish  
3. A. A person who is hostile or indifferent to culture or the arts  
4. B. A mixture of different things  
5. C. To walk about  
6. A. Monotonous urban sprawl of standardized buildings  
7. A. The skillful and harmonious arrangement of different parts  
8. C. A person who begins to learn or study only late in life

# Chappaqua's WeeZee Launches New Integrated Sensory Program

By Martin Wilbur

Louise Weadock isn't afraid to try something new to help children and families.

Weadock, a child psychiatric nurse and the founder of WeeZee-The Science of Play in Chappaqua, has launched a new program that combines the traditional therapies for children with various needs with the therapeutic play available at the 18,000-square-foot play space at Chappaqua Crossing.

ACCESS Sensory Kids (ASK) is the new therapy division of WeeZee and the first program of its kind, according to Weadock. As someone who has worked with special needs children throughout her career and founded ACCESS Nursing & Healthcare Services, the parent company of ASK, about 30 years ago, Weadock is keenly aware that children who need occupational, physical or speech or language therapy make greater strides if it is part of a pediatric program that includes the specific types of physical activity available at WeeZee.

"These kids need a gym like this to warm up in order to maximize the effect of the therapies," Weadock said. "These therapies are just not long enough, they've been cut back so much, that that therapeutic time cannot be optimized just with the therapist and the child alone."

She said the therapists, tutors and



Louise Weadock, founder and owner of WeeZee-The Science of Play, has started a new program that integrates traditional therapy with play time at the facility.

sensory coaches work to create a Personalized Sensory Integration Plan to improve academic, athletic and social skills for children not only on the autism spectrum but for those with sensory processing disorders, developmental delays, ADD or ADHD, eating disorders, Cerebral Palsy and Down's syndrome.

Maintaining physical activity as part of the child's overall program gets more effective results, Weadock explained.

"We know that if we challenge their

neuro-processing capabilities they're going to rehab, they're going to build up, they're going to get stronger and in no time they're going to be where the rest of the pack is," she said.

"So it's trying to keep these kids in the lifestyle of just action, and what we know when they have that action constantly is that the frenetic defenses when something new hits us, goes away," Weadock added.

Parents reported to WeeZee that the facility's sensory integration program

has helped a large percentage of children improve academically, socially and athletically after at least a month of weekly visits.

But once a family receives confirmation that their child needs services, Weadock said, they are often lost about where to go for the various therapies needed. With ASK all the services are under one roof.

What should also be encouraging for parents is the ASK staff is specially trained to help them wade through the intricacies with the health insurance companies. Weadock said all therapy sessions are reimbursable and staff will assist with the paperwork.

While WeeZee has also catered to children without special needs, especially after many families discovered it after Superstorm Sandy when the complex was one of the only areas in New Castle not to lose power, Weadock is pleased that she has been able to refocus her energies on the population that needs the most help.

"I'm really excited to be getting back to it in a therapy way because it brings full circle all that I've been doing with ACCESS Nursing and Healthcare and bringing it around to the kids," she said.

WeeZee-The Science of Play is located at Chappaqua Crossing, 480 N. Bedford Rd. in Chappaqua. For more information about all programs, call 914-752-2100 or visit [www.weezeeworld.com](http://www.weezeeworld.com).



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Lisa M., Briarcliff Manor, NY

# Road Improvements, New DPW Equipment Eyed in P'ville

By Janine Bowen

The Village of Pleasantville is considering improvements to several local roads as part of the Department of Public Works budget for the upcoming fiscal year.

Jeff Econom, superintendent of public works, said he has developed a potential plan to enhance safety for pedestrians by the Saw Mill River Parkway near Pleasant Avenue and Grant Street.

Currently if pedestrians want to cross the street near by the parkway, they have to step into the street to access the walkway, creating a dangerous situation, said Trustee Mindy Berard.

"It astounds me that the state of New York isn't taking care of this," she said during at the Jan. 5 village board work session.

Econom said he plans to sweep the road out, creating a wider driving space so it is more accessible to pedestrians without forcing them into the street. He said a sidewalk could also be installed on Pleasant Avenue for \$60,000, although Berard did not support that idea, saying it is too expensive and that the Saw Mill River Parkway issue is a higher priority.

Another dangerous road that has generated several residents' complaints is the intersection of Grandview Avenue

and Manville Road. Sightlines for drivers making a left turn from Grandview Avenue are inadequate because of a hill and cars parked along the street. Although there have not been any serious accidents, there have been several near misses at the intersection, according to trustees.

Econom said he would like to remove several parking spaces on the road to improve conditions, initially by roping off two or three spaces and then determining if more should be eliminated before making the change permanent.

Other improvements discussed included creating additional parking on Cooley Street and Hobby Street. Econom said that would be difficult, as Con Edison has utility poles located in the right of way. If the village can convince the utility to move the poles back by about eight feet, a significant number of spaces could be created for parallel parking.

In addition, Econom said he would like to gain better control of the right of ways on Hobby Street, which are currently used by local homeowners and businesses, to widen the road. Econom said it is too narrow for a snow plow.

Parking will also be increased in the Rebecca Lane lot. A new configuration would create six more spaces.

During the meeting, Econom also discussed several equipment

expenditures that he said are necessary for the upcoming fiscal year. He asked the village to buy a new street sweeper for \$189,000, since the current sweeper is no longer operational. For the past few months, the village has been borrowing one from Mount Pleasant.


Also, \$206,000 is needed for a new dump truck and sander. The current truck used by DPW is more than 20 years old.

Econom also requested that the village invest in a brine mixer. Currently, the village brings its salt to Mount Pleasant, where a machine creates brine to pretreat the roads before a snowstorm. However, there have been times when the village was forced to go without the substance because demand in Mount Pleasant was too high, Econom said.

"There are certain things, when you do shared services, that everybody needs the equipment at the same time," he said.

Pleasantville typically works on its budget in April. The new fiscal year begins on June 1.

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# Jacob Burns' Sports on Film Series Has Plenty of Game

By Neal Rentz

Don't expect to view traditional Hollywood depictions of sports if you're planning to attend the Jacob Burns Film Center's "We Got Game: Sports on Film" series that begins Thursday evening.

There are no movies depicting the star player or the hopelessly overwhelmed underdog rising up to lead the team to victory.

Instead, all eight features, along with a night of short films, are documentaries covering a wide range of sports and sports issues.

A common goal is for the films to show viewers "what it's like playing the sport," said Andrew Jupin, the Burns' administrative director of programming who collaborated with center programmer Gina Duncan to select the works to be screened.

Duncan said the series not only provides a venue for sports documentaries that have limited theatrical releases, it is also a way to attract patrons who might not ordinarily come to the Burns.

This year's series begins with a screening of "Althea," directed by Rex Miller about tennis champion Althea Gibson, the daughter of a sharecropper, who was not only the first African-American woman to win the U.S. Open and Wimbledon, but the first to play in both Grand Slam tournaments.



JACOB BURNS FILM CENTER PHOTOS

"Back on Board: Greg Louganis," a documentary directed by Cheryl Furjanic about the Olympic champion diver, is the closing night feature on Feb. 25 in the second annual "We Got Game: Sports on Film" series at the Jacob Burns Film Center in Pleasantville.

Following the opening night screening, there will be a panel discussion featuring former New York City Mayor David Dinkins, veteran New York Times sportswriter William C. Rhoden, United States Tennis Association Chairman/CEO/President Katrina Adams and Jacob Burns Board Chairman Hugh B. Price. A reception will follow the discussion.

On Jan. 26, the Burns will host "The 12th Man: Football, Film and Fandom," a program that will include a screening of "America's Game," a documentary about the 1968 Super Bowl champion

New York Jets.

The documentary is produced by NFL Films, which holds a special place in Duncan's heart. At one time she was a producer for NFL Films despite knowing little about the game when she starting working there. She said the entity changed the way the public viewed football, using copious amounts of slow motion action combined with music that became its trademark.

After the screening, author Nicholas Dawidoff, NFL Films senior producer Paul Camrara and writer Sam Tanenhaus will be part of a

question-and-answer session.

"Why Sports?: A Shorts Program," scheduled for Feb. 12, will feature sports-related short films including "I Beat Mike Tyson," "Every Runner Has a Reason" and "Follow Your Fears." Jupin said since the market for shorts is limited, the Burns seeks to screen them when it can throughout the year.

The series will conclude on Feb. 25 with "Back on Board: Greg Louganis," directed by Croton-on-Hudson native Cheryl Furjanic. It will be followed by a Q&A with the director.

Duncan said Louganis, a multiple gold medal Olympic diving champion, was ahead of his time by announcing he was gay and HIV-positive in 1995, resulting in the loss of his sponsors.

The Jacob Burns Film Center is located at 364 Manville Rd. in Pleasantville. For the full schedule and ticket prices, call 914-747-5555 or visit [burnsfilmcenter.org](http://burnsfilmcenter.org).



Althea Gibson is the featured subject in Rex Miller's documentary "Althea" about the groundbreaking tennis champion, which kicks off the second annual "We Got Game: Sports on Film" series at the Jacob Burns Film Center in Pleasantville on Thursday.

## THINK LOCAL SHOP LOCAL

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## Refusal to Build Affordable Housing is Costing the County Dearly

Officials in municipalities who have gone to great lengths over the past several years to make provisions for the development of affordable housing should be fuming at the Town/Village of Harrison.

In September, officials there sent a letter to James Johnson, the monitor overseeing the affordable housing settlement between Westchester and the federal government, basically telling him that because 24 of the 43 municipalities in the county have a greater proportion of citizens that are white, it doesn't have an affordable housing problem.

The Harrison letter also opined that the municipality's "current land use regulations and zoning controls do not impose any barriers to the provision of affordable housing."

Johnson, in his response last week, correctly pointed out that a town's ethnic makeup does not necessarily mean that a town's zoning isn't exclusionary and that existing affordable units herded into one or two places in town isn't sufficient.

Let's face it, Harrison was one of 31 communities in Westchester that lacked sufficient diversity, which required inclusion in the settlement and have its zoning overseen, so its claims of ethnic diversity are suspect.

But what's particularly galling is that the town/village has 606 units of new housing construction in the pipeline, yet not one of those units has been proposed or earmarked to be fair and affordable housing.

As the clock on the county continues to tick, Westchester finds itself about 300 units short of complying with the settlement. With no large project on the horizon to help bail itself out, for Harrison officials to do nothing is a slap in the face of everyone else who has tried, in some cases under difficult circumstances, to take on their share of the responsibility.

For example, in New Castle even before the affordable housing settlement was agreed to in 2009, that town has been embroiled in affordable housing debate. Over the past few years, the Conifer Realty project has sparked endless debate over whether its site is appropriate. The developer is once again back before the state seeking fire safety code variances.

A town such as North Salem, for all its difficult land constraints and minimum public transportation, other than being near a Metro-North station, was able to approve Bridleside, a 64-unit affordable housing project. And North Castle, which has serious limitations with its topography,

sewage capacity and public transportation, had the first 10 affordable units of 2015 approved by the county last week, with several more at the old lumberyard in Armonk expected to follow.

Harrison officials haven't even passed a model ordinance to spell out the basic parameters of how, where and under what circumstances affordable housing can be built.

Board of Legislators Chairman Michael Kaplowitz accurately called the Harrison situation "unacceptable."

While County Executive Rob Astorino has long been a proponent of home rule and has done little to lean on wayward towns to come through on behalf of the county, Westchester faces two crises related to affordable housing: first, it could face some punishing fines and penalties if it fails to approve about 150 units this year and again in 2016; second, there really is a dire need for affordable housing.

It is up to the county's leadership, including Astorino and the Board of Legislators, to put together a better plan to complete the terms of the settlement because what is in place now is no longer working. It must be done in a hurry because time is running out.

## It's Never Too Early to Foster a Love for Learning in Children

It may be too soon to start thinking about sending your baby off to kindergarten, but children are never too young to develop a love of learning. The way you play with them during the early years can enrich their development substantially, according to early childhood experts.

"Brain development is never more rapid than in the first few years, so these formative experiences during infancy and preschool are extremely important," said Dr. Lise Eliot, an early childhood development expert and member of the Expert Panel at VTech, a leader in age-appropriate and developmental stage-based electronic learning products for children.

Certain games and toys can truly engage children, giving them a head start in learning. Whether your child is an infant or preschooler, there are many ways to encourage growth and development through playtime.

### Language

Children use words to express themselves, but also to learn about the people and world around them. Reading helps build their vocabulary, so read to your children daily until they can on their own.

Also, consider toys like the Lil' Speller Phonics Station, which features fun sounds, melodies and animations that reinforce vocabulary and encourages interactive learning. With help from the toy's Spelling Bee feature, kids can learn to spell more than 200 common

three-letter words.

### Math

Math can be fun, especially if the foundation is set early. Help kids learn to count while identifying objects. For example, "how many doggies are in the park today?"

New toys, such as the Chomp & Count Dino from VTech, can also help kids get excited about math. Play in food or counting mode and the dino responds with sounds and phrases, introducing colors, numbers and shapes. Kids can answer the dino's questions by feeding a specific food or number of pieces to show what they've learned.

### Music

Music can stimulate a baby even before they're born, so be sure to continue the exposure to help form a well-rounded education. Baby and toddler music lessons can improve verbal skills, motor skills and increase confidence.

For an at-home alternative, consider the Grow-Along Music Center, which lets children pretend to be musicians. As they sing into the microphone, five colorful lights correspond to children's voices, or they can play with wacky voice-changing and amplifying effects. Rock out with three instrument buttons that play guitar, drum and saxophone sounds.

### Get Moving

Physical activity is a key building block to coordination and motor skills, and hones brain pathways for smooth, purposeful movement. If little ones are

too young to play catch, simply sit on the floor facing each other and roll a ball back and forth. For infants, soft building blocks and other toys can encourage motor development.

You can also encourage movement with toys like the Sit-to-Stand Smart Cruiser, which transforms from a floor play toy with detachable steering wheel activity panel to a ride-on toy. It features driving, learning and music modes that introduce animals, opposites and first words.

More early learning tips are available at [www.vtechkids.com](http://www.vtechkids.com).

It's never too early to instill a love of learning in children. The sooner you get started, the more you can help enrich their development.

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Energy brings you...

## know your **Neighbor** Molly Adele Brown, Singer/Actor, Pleasantville

By Martin Wilbur

Molly Adele Brown has had a knack for getting noticed. Growing up in South Salem as the youngest of three girls in her household, Brown wasn't afraid to stand up in front of her family and perform. It's something that she learned to do naturally.

"When I was younger I was definitely the one that was looking for attention. That was me," Brown said. "I grew up in a family of three sisters, so there was a lot of singing and dancing at home."

Her love for performing led to dance lessons as a young child, then roles at the Lighthouse Youth Theater Company's production of "A Chorus Line" and in "The Music Man" and "A Christmas Carol" at Westchester Broadway Theatre. Brown also participated extensively in theater at her high school, St. Luke's in Connecticut.

As a teenager, she displayed her musical side by taking out her mother's old guitar to play--before her mom bought her one of her own.

Brown, 21, a theater performance major at Wagner College in Staten Island who

will be graduating this spring, has since added singing and songwriting to her repertoire.

The latest step forward for the country music lover was her decision last fall to enter a new national online music competition called Bands4Good Challenge, a North Carolina-based program that looks to help aspiring artists further their careers while raising money for children's music programs across the United States.

The competition requires contestants to submit samples of their work to be judged by a panel of recording industry professionals ranging from producers to singer/songwriters. Brown was one of 12 finalists selected in the Adult Open Division.

Scoring for the finalists, which concludes on Wednesday, consists of a combination of judges' evaluation, online public votes and monetary donations by the public made to the charity of a contestant's choice.

Brown, the daughter of Renee and Charles Brown, founders of the Armonk general contracting firm C.W. Brown,



said when she learned of the competition it sounded exciting and a good way for more people to listen to her music. But it also was in line with her mission of having her music help others. She chose to benefit Little Kids Rock, a New Jersey organization that partners with public school districts in mainly disadvantaged areas to bring music programs to children.

"When I was younger I worked really hard to make it a point to help out others and I am happy to see how I can still keep giving back while doing what I love," said Brown, whose family downsized and moved to Pleasantville after her father passed away a few years ago.

At the end of last week, Brown was sitting in third place. The winner receives career development and coaching, recording studio sessions, performance opportunities and introductions to industry professionals.

Regardless of what happens with the competition, Brown may have received her biggest break during a college internship

at the Casting House in Manhattan. Her mentor, whose husband is in the music industry, had a conversation with her about what she wanted to do after school.

When Brown told her about her musical aspirations, she was asked why she wasn't writing her own music. That was the impetus for Brown to start writing her own lyrics, many of them about her own feelings and experiences, which can be an intimidating process, she said.

The couple began writing music to accompany some of her lyrics, which has helped Brown to refine her sound. So far she has a full book of lyrics and has finished recording five songs.

"It's all about making connections in this business and I just was fortunate to have this one," said Brown, who started enjoying country music by listening to Luke Bryan, Kacey Musgraves and Carrie Underwood.

Sometime after graduation, Brown hopes to make more connections by heading to Nashville and being part of the scene in the country music capital.

She also intends to keep as many options available by keeping her eye out for additional theater roles.

"I've been very, very lucky in that I've been able to do what I love to do and go at it full throttle," she said.

To vote for Brown in the Bands4Good Challenge, visit [adultopen2014.bands4good.com/MollyABrown](http://adultopen2014.bands4good.com/MollyABrown). To learn more about Bands4Good Challenge, visit [www.bands4good.com](http://www.bands4good.com).

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# Camp Guide 2015

## It's Not Easy Being Green

### How Camps Help Children Care for the Earth, Environment

Whether a child makes his home in the heart of the city or the fields of the heartland, daily life can make getting "back to nature" hard for any family.

Yet experiencing the outdoors helps children gain enhanced abilities to learn, lead and experience contentment, as well as gain a lifelong interest in caring for planet earth.

A toad or a frog?

Parents who want to be sure their kids know a toad from a frog and a catfish from a crawfish don't need to go it alone. Camp programs are among the very best ways for children to get to know first-hand a very important family member — Mother Nature.

Take James, for example. Despite being included in many family travels, James and the natural world had only a passing acquaintance, and his parents were wise enough to send him into the woods for camp.

"We have a little potato patch down by the river, and the kids can catch a trout in the river and dig up potatoes and bring them back to camp, learning what it's



like to live off the land," explained Sandy Schenk, owner and director of Green River Preserve camp of Cedar Mountain, N.C. "When James's parents came to pick him up at week's end, he dragged his duffle bag across the parking lot, gave his mom and dad a big hug, and fished out his prize from camp, a huge potato, and gave it to his father. He was so proud. This was a first — he made a connection between the earth and food, and you could just see the light bulbs turn on."

Almost all camps incorporate hikes and nature activities, and some go an extra mile to immerse kids in nature and the environment. Green River Preserve is one

such camp. It specializes in helping gifted children better understand the earth through daily activities with professional naturalists on a 3,400-acre nature preserve.

"We find that getting kids into the natural world is transformational," Schenk said. "Nature's a magnificent teacher because everyone is treated the same. Pushing yourself is something that happens naturally in the out of doors. And when you see kids helping each other over a slippery rock wall, it's amazing. We see each child come out of the program with a greater understanding of nature and better sense of self."

Eagles' Nest Camp of Pisgah Forest, N.C. has been teaching kids to take care of their natural world for decades.

"In our Explorer's Club class, kids are out in the woods, streams and bushes, really getting a feel for the amazing biodiversity of the Northern Appalachians," explained Noni Waite-Kucera, executive director of Eagle's Nest Foundation. "To have kids be able to explore and be a part of that is a real gift for them."

Eagle's Nest also sponsors camp craft

classes, helping children learn to read a map, build a fire and leave no trace.

"We teach every camper how to respect and avoid making an impact on the environment," Waite-Kucera said.

Even an earth art class uses items found in the forest for woodland sculptures, which campers then leave behind to biodegrade and contribute to the health of the forest ecosystem.

#### You Are What You Eat

Environmental programs don't always take place exclusively in the outdoors. Enter the kitchen. The Whole Kitchen program uses holistic ingredients, fresh foods, whole grains and local produce.

"We grind our flour from wheat berries, and the kids make the bread," Waite-Kucera said. "It's all a way to show how nature provides for us, and why we need to return the favor."

Sometimes, a camp's location can provide built-in environmental lessons. At Windsor Mountain, camp life centers around a small farm and camp garden nestled in the foothills of New Hampshire on the edge of a 4,000-acre nature preserve.

*continued on next page*



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# Camp Guide 2015

## How Camps Help Children Care for the Earth, Environment

continued from previous page

"We offer kids a chance to get their feet wet in the morning dew, to feel the grass under their feet, to lie down in the field and look up at the stars," said Sarah Herman, its camp director. "Our activities help them understand how Mother Nature is delicate and why we care about helping to protect her."

### Art and Nature

Campers harvest vegetables from the garden for the salad bar and help take care of the farm animals. Children with a special interest in nature also can go directly into the marsh to learn about its animal habitats, into the woods to create natural art or on a bog-wading ecological adventure. For older youth, three-day, off-campus trips can take campers backpacking, mountain climbing, rafting and more — all with an eye to building awareness in the natural surroundings.

Regardless of which you choose, nearly all campers leave with an enhanced appreciation of the outdoors, and some even take environmental skills into their own communities.

"One of our campers who enjoyed our garden wrote to tell us that he's volunteering his time to a community

garden project," Herman said.

It's that kind of lifelong love for nature that camps of all types can foster.

"Fear of the woods and nature walls off so much excitement for too many children," Schenk said. "We feel like we're opening a door for many of our campers, so they can enjoy natural parks and wildlife preserves for the rest of their lives."

### Doing What Comes Nature-ly

According to Camping Specialist Gary Forster of YMCA USA, camps are an ideal setting for creating environmental awareness in our children.

"Children seeing animals in a natural setting for more than just a day and understanding how their choices have an impact on all systems of life is just the beginning," Forster said. "From awareness grows an appreciation, and from that standpoint, we see children who are ready to act."

Interrelationships. Plants and animals live in communities that meet their special needs, and are connected through a "web of life." To make good decisions, we need to be honest about how our choices will affect the other living things around us. The choices we make now can affect the

future of everything we care about.

Cycles. The building materials of life (air, water, soil) are used over and over again. Conservation doesn't mean just using less; it means learning to respect how natural systems work, and then working with them. It's the "circle of life."

Awareness. Spending time in the outdoors can bring people closer to God, closer to each other and closer to the beautiful natural world. It can relieve stress, improve health and it results in people learning to care. When we care, we act differently. We're in charge of our own actions first, which can positively change our family, our community and our nation.

Resources. The decisions we make everyday have lasting consequences. The more we understand how things work, the wiser we can be in our decisions. We can all learn to reduce, reuse and recycle our natural resources. When we understand the responsibility we have to each other, and to the living things around us, we can rethink old problems and create wonderful new solutions.

Energy Flow. The sun is the source of energy for all living things. Green plants

(producers) turn some of that energy into food, some of which is then used by animals (consumers), which can eventually be broken down for use again (by decomposers). We also harvest the sun's energy when we use solar, wind and water power, and when we use fossil fuels like gas, oil and coal.

### Five Planet-Friendly Ideas

- Start a recycling program at home. Find out what your community recycles and what happens to the recyclables.

- Save three to five gallons of water when you brush your teeth — no need to keep the water running.

- At the store, consider the packaging. Is it disposable or reusable/recyclable?

- When cleaning, choose rags that can be reused after washing.

- Plant a tree in your backyard or neighborhood and help keep the air clean.

For more information about finding the right camp and how to prepare for camp, visit ACA's family-dedicated website, [www.CampParents.org](http://www.CampParents.org) or call 1-800-428-CAMP.

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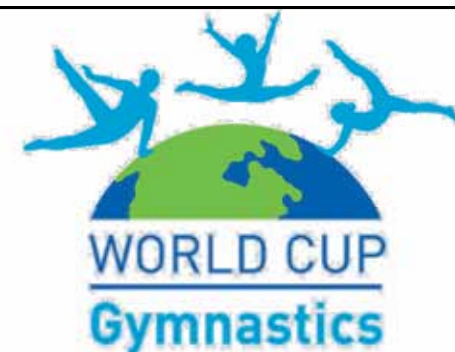
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# Wall-to-Wall is Trending Back, and its Grey, Grey, Grey

More than 25 years ago, my friend John Carr was the first person I knew who built his own home. He was also the first who taught me that installing hardwood floors cost pretty much the same as installing subflooring and wall-to-wall carpeting.

Naturally, I thought, who would ever want carpeting when they could have hardwood flooring at the same price?

It seems that for the past three decades, everyone else has had the same preference, with the addition of an area rug here and there--or so I thought--until I visited my seller client. Redi-Cut Carpets of Port Chester, the largest floor surfacing store in Westchester, offers wall-to-wall carpeting, hardwood flooring and area rugs.

"Yes, actually, wall-to-wall carpeting is very much back," said Michael Feldman, second generation owner of Redi-Cut, which is ensconced in a 5,500-square-foot space on Main Street next door to Tarry Market and Tarry Wine operated by Mario Batali and Joe Bastianich of television fame.

After having ripped out all of my wall-to-wall in two rooms, remembering that I had beautiful hardwood flooring underneath, now suddenly I'm ordering new carpeting because who knew it's back?

"Yes, people have been into hardwood floors as a preference because they

found them cleaner and anti-allergenic and didn't collect dust, and certainly we sell wood floors and refinish them, but the carpet industry realized what was happening and responded to it," Feldman said. "Now they make carpeting that is non-allergenic and guaranteed for life not to stain. It's actually coated with Teflon."

"Teflon? You, mean, like the stuff on frying pans?" I asked?

"Yes, like on frying pans," Feldman responded.

"Son of a gun, that's some protection," I exclaimed.

It seems that this kind of technology has been available for three years. Feldman, who goes every year to a surface flooring convention in Las Vegas to keep abreast with what's trending in carpeting, estimates that as much as 70 percent of his market prefers wall-to-wall carpeting over hardwood flooring. That came as a real surprise to me, that the long-term trend toward hardwood flooring has suddenly reversed itself.

Further, Feldman noted that the preference in neutral shades toward the



By Bill Primavera

warmer beiges had cooled markedly toward the greys.

"Grey is definitely the big choice today in both lighter and darker shades," he said.

That pronouncement did not surprise me because I can see many benefits for choosing grey as a cooler shade that tends to make a room look larger and provides a better neutral background to allow other colors to "pop."

When asked about the choice between wool and artificial fiber, Feldman said that those who seek the more expensive options will go for wool, which is the more luxurious, but is more

difficult to keep clean and doesn't last as long. "Tremendous improvements have been made with nylon, which can look very much like wool, doesn't stain and is virtually indestructible, and yet look how soft the texture can feel," he said while demonstrating with the soft pile from one of his samples.

The price range for purchasing wall-to-wall carpeting is as broad as the income range of the marketplace. Feldman's more

upscale clientele might spend \$22 a square foot while the average purchaser, i.e., me, would spend from \$6 to \$8 per square foot.

Other technology advances include production plants having the capability of customizing carpeting colors to the customers' specifications to match colors of upholstery or draperies.

So, now that I've stripped my floors bare to reveal the hardwood beneath, I've just ordered wall-to-wall to recover them and, you've got it, the color I've selected is a subtly patterned blueish grey.

If you want to update your wall-to-wall carpeting, the pro to guide you is Michael Feldman of Redi-Cut Flooring. He can be reached at his store, located at 173 N. Main St. in Port Chester, at 914-873-0811. The website is [www.redicutny.com](http://www.redicutny.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](http://www.PrimaveraPR.com)), specializing in lifestyles, real estate and development. His real estate site is: [www.PrimaveraRealEstate.com](http://www.PrimaveraRealEstate.com) and his blog is: [www.TheHomeGuru.com](http://www.TheHomeGuru.com). To engage the services of Bill Primavera and his team to market your home for sale, call

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# Happenings

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## Wednesday, Jan. 14

**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.

**Pound Fitness Program.** A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Ripstix™ and combining constant simulated drumming resulting in working the entire body. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. \$20. Every Wednesday. Info: Contact Peggy at 914 960-4097.

**Mommy Meet Up.** Whether it's your first child or your fifth, this program is a great way to get out of the house, meet new friends and enjoy time with your baby. For newborns birth to eight months old and their moms. Romper

Indoor Playground at World Cup Nursery School & Kindergarten 160 Hunts Lane, Chappaqua, 10:15 to 11 a.m. Free. Every Wednesday (except holidays). Info: 914-238-9267 ext. 20.

**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](http://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.

**Lego Club.** We provide the Legos, you bring your imagination. A fun-building club for students in grades 2-6. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Meets the second Wednesday of each month. Registration required. Info and registration: 914-864-0130.

**Wednesday Night Bingo.** Regular bingo tickets and specials available for sale. Includes coffee, tea and hot chocolate. Hot dogs and soda for sale. Holy Rosary School, 180 Bradhurst Ave., Hawthorne. Doors open at 6 p.m. Games

start at 7:20 p.m. \$2 (for one card). Extra game cards may be purchased for \$2 or \$3 each along with a few specialty games. Every Wednesday.

**Moving Beyond the Automobile.** A set of short films show how cities around the world are rethinking transportation and restructuring roads and transit systems to reduce how much time we spend in cars. Discussion to follow the films. Presented in partnership with the Sierra Club Lower Hudson Group. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. Refreshments at 7 p.m. Program at 7:30 p.m. Free. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**"She's Beautiful When She's Angry."** The first theatrical documentary to pay tribute to the daring and often controversial women who, by fighting for their long-overdue rights between 1966 and 1971, gave birth to the current women's movement. Filmmaker Mary Dore will be on hand for a post-film discussion and Q&A. The Picture House, 175 Wolfs Lane, Pelham. 7:30 p.m. \$12. Seniors and students: \$10.

*continued on page 23*

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*Business of the Week*

## Reining Cats and Dogs, Mt. Kisco

By Janine Bowen

If you're looking for a place where your dog can have some fun while you're at work or simply want to pamper your furry friend, Reining Cats and Dogs is the place to go.

The Mount Kisco pet day care and grooming establishment has been thriving in the village for more than 15 years, but a new owner, Amanda Zuckerman, recently acquired the business.

"I've had a huge heart for [dogs] ever since I came out of the womb," she said.

Zuckerman grew up around animals, and her father is the owner of Pleasant Grooming of Armonk and operates the facility with Zuckerman's brother.

After years of trying various careers, including teaching and retail work, Zuckerman decided to join her family at the Armonk shop and grew to love it. When she and her brother, Tyler, were approached with the opportunity to take

over Reining Cats and Dogs, Zuckerman knew it was the right move even though she never imagined that she would enter into the same line of work as her father.

"I always loved dogs ... but I never thought I would be doing this," she said. "I tried so many different industries and I wasn't happy."

Zuckerman said what separates Reining Cats and Dogs from similar businesses is the knowledge and experience of the staff. Groomer Veronica Marrocco has been practicing her craft for more than 30 years, with a degree in advanced canine cosmetology from the International Society of Canine Cosmetologists.

Despite years of experience, groomers still frequently attend expos to continue learning, she said.

"It's the experience, it's the knowledge factor of all the different breeds and the history and how they've changed in evolution," said Zuckerman. "It's the



Grooming for your pet and doggie day care are popular at Reining Cats and Dogs in Mount Kisco

With only 10 weeks of ownership under her belt, Zuckerman said that she hasn't made any changes to the business yet, noting that she doesn't want to mess with a formula that has proven successful for more than a decade.

In the future, she hopes to develop partnerships with local animal shelters. A firm believer in animal adoptions, she hopes partnerships will allow the business and shelters to cross-promote events to help homeless animals find permanent, loving homes. In the meantime, owners of adopted pets will enjoy a 10 percent discount on all services at Reining Cats and Dogs.

"There are so many pets out there that do not have a home and it's really heart-wrenching even thinking about it," Zuckerman said. "If there's anything else I can do to help, that's the smallest thing I can do."

Reining Cats and Dogs is located at 200 E. Main Street in Mount Kisco. To learn more, visit [www.rcdwestchester.com](http://www.rcdwestchester.com) or call 914-666-2121.

education."

In addition to grooming, Reining Cats and Dogs also offers professional dog training and day care, which is limited to 25 dogs per day to ensure personalized attention for each animal. The facility also has a live web cam, so that owners can check in on their pets throughout the day.

Reining Cats and Dogs also offers cageless overnight stays.

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# The Never-ending Debate on the Health Aspects of Wine



By Nick Antonaccio

"Red wine is healthy for you."  
"All alcohol is bad for you. Even moderate consumption can be detrimental to your health."

These contradictory headlines blare out with increasing frequency. And each is backed by a scientific study or irrefutable pedigree. Which study to believe?

We are bombarded with so many conflicting news reports we adaptively, perhaps even instinctively, make distinctions amongst the reports based on our personal viewpoint and ideology, rather than on any authoritative or higher-learned source that we can rely upon. With the proliferation of information being hurled at us, who can discern reality from perception, fact from opinion?

This incongruity is increasingly applied to scientific studies, the last bastion of efficacy, and in some minds, even infallibility. Gone are the days when one could rely on a singular report, based on irrefutable parameters, as the definitive treatise on a particular study, be it in the field of technology, medicine, space or mathematics. The adage applies that there have been more scientific discoveries in the last 100 years than in all of humankind

before that.

I've noticed this with increasing frequency in reports on the health impacts of consuming wine. Scientific findings vetted and published by highly regarded professional journals are increasingly contradictory. Is the scientific method becoming less reliable or is science itself becoming so advanced that permutations and differing findings are inevitable?

I have reported on the numerous studies undertaken to determine the health aspects of consuming wine in moderation. Here is the landscape of reports, all of which employed universally accepted scientific methods.

1. Moderate consumption of red wine (two glasses per day for males; one for females) is healthy. Numerous medical and scientific journals have reported on the benefits of consuming resveratrol, a compound in red wine, including protecting the heart and brain, preventing cancers, fighting cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process.

2. "Benefits of Red Wine a Myth" blared the headlines of a study conducted by Johns Hopkins University on a group of older adults deep in Tuscan wine country.

They concluded that any benefit would require massive quantities of resveratrol (read wine), which would inevitably have deleterious effects on one's health.

3. Any consumption of wine is unhealthy. Studies report that wine contains alcohol and this alone overrides any perceived benefits. Even minor amounts of alcohol consumption may lead to liver disease, cancer, cognitive impairment and social dangers such as drunk driving and aggravated assaults.

4. Last week I read a polarizing report published by the University of Texas at Austin that would likely baffle the staunchest supporters of wine consumption. The headline in Business Insider, an online news site, read: "A New Study Suggests That People Who Don't Drink Alcohol Are More Likely To Die Young."

The study was conducted over a 20-year span with 1,824 participants from ages 50 to 65. The study leaders concluded that 41 percent of moderate drinkers died prematurely compared to 69 percent of the nondrinkers. Heavy drinkers? Sixty percent died prematurely.

No underlying scientific reason was determined for this startling result.

It seems that for every one of us,

there exists a study that conforms to our individual beliefs and psychological rationale. I find myself having to discern the truth amongst these reports: accept the scientifically-based conclusion in one report or the diametrically opposed result in another? Is there a valid scientific determination in any of them?

What's a consumer to do? In the face of conflicting evidence, I resort to the universally accepted, unscientific evaluation method employed by generations of our ancestors – instinct. But our instincts are influenced by personal biases and ideology, which have been in part forged by the very media presenting the information our minds digest and process. The more we know, the less we know.

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 [atnantonaccio@theexaminernews.com](mailto:atnantonaccio@theexaminernews.com) or on Twitter @sharingwine.



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# The Restaurant Examiner



## Amore in Armonk: A Trattoria With Intriguing Variety

By Jerry Eimbinder

When visiting a restaurant for the first time, the options for advice on what to order are limited.

Reviews can be found on foodie sites, but how reliable are they? Fake reviews abound on dining and social media sites, many created by companies or individuals in Asia or Eastern Europe that charge modest fees for their handiwork. A term even exists for writing fake reviews; the practice is known in the trade as "astroturfing."

There are also establishments that reward customers with gift certificates for writing favorable reviews. Another unethical practice (without a name as far as I know) is removing the negative comments on a site in exchange for advertising.

Guests sometimes ask waiters for recommendations. But the chances are good that the server is a college student more familiar with the meals at the school cafeteria than the restaurant's signature dish.

With the need for more informed dining on the part of our readers in mind, we started the "What's Popular" series — where restaurant owners are asked to tell us what items on their menus are the most popular, and if possible, why.

To learn about the dishes that are bestsellers at Amore, we talked to Mark Mazzotta, co-proprietor of the Armonk restaurant with his brother, Joe. Mark Mazzotta describes the food at Amore as authentic "real boot Italian," with the emphasis on serving "varied regional dishes with premium ingredients that are peaking in season."

The Mazzotta brothers are celebrating



Amore in Armonk is located on a full acre with gardens surrounding the restaurant.

20 years of operating restaurants in the area and the first anniversary at the Kent Place location. "We tore the old building down and reincarnated it into a cozy Italian trattoria resembling a Tuscan-style farmhouse," Mark Mazzotta said.

He said one of the most popular starters is the pasta salad Pomodoro, which includes Roma tomato, gorgonzola cheese and red onion. The most popular entrée on the menu is Veal bel Paese — veal scallopini layered with eggplant, prosciutto and fresh mozzarella in a portobello-sherry demi-glacé.

Pizzas that the public have gravitated to are the Margherita, whose ingredients include San Marzano plum tomatoes, fresh mozzarella and fresh basil, and the Queen Regina, made from crushed San Marzano tomatoes, buffalo mozzarella, fresh basil and parmigiano reggiano.

Although Amore is an Italian restaurant, a highly popular item is the half-pound, flame-broiled Amore Pub Burger, Mark Mazzotta revealed. Contributing to its

appeal is its blend of 100 percent, Grade A American chuck and short rib. It is served with caramelized onions and heirloom tomato on a toasted roll.

The Zuppa di Pesce gets my vote. It's a magnificent medley of calamari, little neck clams, mussels and shrimp — and I loved the accompanying spaghetti's delightful tomato sauce.

Specials augment the menu dishes, Mazzotta said.

"Our innovative specials are fresh, earthy and savory with the emphasis on using the best each season has to offer, not to mention some culinary adventurism," he said.

**The restaurant's best-selling specials are:**

•**Wild Boar Ragu Papparadelle.** Slowly braised wild boar ragu, gently simmered in cabernet. "It is perfectly married with house-made wide ribbons of pasta with a daub of ricotta fresca," Mazzotta said.

•**Zucca e Ricotta.** Slow-roasted butternut squash, crispy sage and toasted

pignoli nuts, with sheep's milk ricotta fresca and crostino.

•**Winter Salad.** Market arugula laced in harvest/winter vinaigrette, on thinly sliced orchard pears with toasted walnuts and pecorino Toscano.

•**Salmon and Lentil.** Pan-seared Atlantic salmon filet over lentil, carrot and pancetta ragout, with cognac/madeira porcini mushroom glacé, including a potato tort.

•**Risotto.** Creamy arborio rice with roasted cubed butternut squash and smoked Italian bacon, along with roasted sweet bay scallops.

•**Tre Amici (The Three Wise Men).** Lavender-infused vodka, quince purée fresca, just-squeezed lemon and pomegranate juice.

•**Pizzetta Zucca.** Personal thin-crust pizza, with blistered garlic, slow-roasted butternut squash, crispy sopressata forte Calabresi and Hudson Valley goat cheese/shaved reggiano parmigiano.

•**Short Rib Lasagna.** Hand-made pasta layered with slow-roasted Angus short ribs, bolognese/sangiovese essence, sheep's milk ricotta fresco, smoked mozzarella and light San Marzano ragu.

"We assemble ingredients with love and passion to make your mouth happy," Mazzotta said.

The restaurant has a bar, brick pizza oven, event space and a large private outdoor terrazzo. The one-acre property includes an extensive vegetable garden, herb gardens, grapevines and a freshwater brook. A bocce courtyard is also planned.

*Amore Pizzeria & Italian Kitchen/Caterers is located at 1 Kent Place in Armonk. Call 914-273-3535 or visit [www.amorearmonk.com](http://www.amorearmonk.com).*

## Happenings

continued from page 20

Members: \$6. Info and tickets: Visit [www.thepicturehouse.org](http://www.thepicturehouse.org).

### Thursday, Jan. 15

**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 [claudiayogadance@gmail.com](mailto:claudiayogadance@gmail.com)

**Story Time Playgroup.** Join Miss

Debbie for a story, music and playtime with toys and books in this new program. Children and a parent or caregiver can spend special time together and make new friends. For children six months to four years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:45 to 2:30 p.m. Free. Meets every Thursday. Info: 914-769-0548 or visit [www.mountpleasnatlibrary.org](http://www.mountpleasnatlibrary.org).

**Read to Rover.** Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Meets every Thursday. Info: 914-864-0130 or visit [www.mountkiscolibrary.org](http://www.mountkiscolibrary.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, e-mail [AddietudeDance@gmail.com](mailto:AddietudeDance@gmail.com) or visit [www.Addie-tude.com](http://www.Addie-tude.com).

### Friday, Jan. 16

**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](mailto:olin.amyj@gmail.com).

**"The Wizard of Oz."** Directed by Melodie Wolford, Antonia Arts presents this adaptation of this classic starring Gabrielle Sansone as Dorothy and a cast of talented area actors. Paramount

Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. Adults: \$29. Seniors and students: \$19. Also Jan. 17 at 7 p.m. and Jan. 18 at 3 p.m. Info and tickets: 914-739-0039 ext. 2 or visit [www.paramounthudsonvalley.com/events/event/the-wizard-of-oz](http://www.paramounthudsonvalley.com/events/event/the-wizard-of-oz)

### Saturday, Jan. 17

**Pleasantville Farmers Market.** The market moves indoors featuring vendors with winter-grown produce along with a variety of meats, cheeses, breads and prepared foods. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 9 a.m. to 1 p.m. Every Saturday through May 9. Info: Visit [www.pleasantvillefarmersmarket.com](http://www.pleasantvillefarmersmarket.com).

**Mount Kisco Farmers Market.** St. Mark's Church, 85 Main St., Mount Kisco.

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# Women, This Regular Screening Can Save Your Life



By Dr. Navid Mootabar

*There's important news for every woman in a recent report from the Centers for Disease Control and Prevention. Despite evidence that cervical cancer*

*screening saves lives, about eight million women, 21 to 65 years old, have not been screened for cervical cancer in the past five years. In addition, more than half of new cervical cancer cases occur among women who have never or rarely been screened.*

*In this column, I explain which tests you need, when to get screened and demystify the protective HPV vaccine. I also offer women a silver lining: You rarely have to worry about advanced cervical cancer if you are regularly screened.*

Did you know that cervical cancer was the leading cause of death among women 40 years ago? The introduction of screening through the Pap smear has caused the disease to drop to the fourth cause of female mortality.

But that incidence could be lowered even further if more women had the recommended Pap test. To understand this screening's exceptional value, here is an explanation of the primary cause of cervical cancer: Human Papillomavirus (HPV).

HPV causes about 90 percent of all cervical cancer cases. This sexually transmitted virus is so common, most

people will contract it at some point in their lives. There are many strains of HPV. Certain HPV strains are responsible for changes on a woman's cervix that can result in cervical cancer. Other strains may cause genital or skin warts. Additional factors that contribute to an increased risk for cervical cancer include smoking, extended use of birth control and having multiple sexual partners.

Most women who have cervical cancer will have no symptoms. However, infrequent symptoms may include unexplained vaginal bleeding, bleeding after intercourse and abnormal vaginal discharge. What's more, the strains of HPV that may lead to cervical cancer are also asymptomatic.

Regular screening for cervical cancer has extraordinary life-saving potential. The screening test -- the Pap smear-- involves brushing cells off the cervix, which are then examined for abnormalities. The goal is to identify cervical cancer in a precancerous state, when it is highly curable. The impact of identifying the disease early through a Pap smear is that from 2001 to 2010, the incidence of the disease decreased by almost 2 percent a year.

So when should you get screened? New guidelines recommend that women start at age 21. A Pap smear is recommended every three years, combined with an examination of the same cervical cells for HPV, until the age of 65, provided you have no risk factors or abnormal Pap smears.

At 65, screenings can be discontinued if there have been no abnormal results in the previous 10 years, or no history prior to the 10 years of moderately pre-cancerous growth.

The three-year guideline takes into account that for most women, cervical cancer doesn't progress quickly. Very rarely does it advance from normal to cancer in one year. Therefore, if a woman is screened every three years, there is every likelihood the disease will be caught while still in the highly curable pre-cancerous stage.

Keep in mind that the guideline represents the minimum number of screenings you need to be safe. However, some women require more frequent screenings. At each visit, your gynecologist will determine if it is appropriate to do a Pap smear, by assessing all risk factors.

There are two other forms of prevention for cervical cancer. One is the condom. The other is the HPV vaccination, which protects women from several of the most common and aggressive strains of HPV that can lead to cervical cancer. However, it does not protect against all strains that can lead to the disease.

The vaccine -- a series of three injections over six months -- is recommended any time from ages 9 to 26. Because HPV is transmitted through intercourse, I often recommend to my patients that they wait until they are considering becoming sexually active. Many parents question if their daughter needs the vaccine at such

an early age. The decision as to when to receive the vaccine is very individual, and should be made in consultation with the patient's gynecologist or pediatrician. I want to stress that the vaccine does not replace regular Pap smears.

Treatment for cervical cancer in the pre-cancerous stage can be as simple as an office procedure called a loop electrosurgical excision procedure, which involves a local anesthetic and removal of all pre-cancerous cells from the cervix. There is a low incidence of recurrence. If the disease advances to cancer, treatment depends on the stage and the woman's wish to remain fertile. It can involve a cone biopsy, in which the outer portion of the cervix is removed, a hysterectomy, involving removal of the uterus and cervix, or radiation therapy.

It is essential to understand that, although the recommendations call for a Pap smear every three years, seeing your gynecologist annually is a vital part of a woman's comprehensive health care. Pelvic exams, Pap tests and breast cancer screenings can help prevent illness and detect problems at an early and potentially more treatable stage. All women need to be diligent about visiting their gynecologist each year.

*Dr. Navid Mootabar, a member of Westchester Health Associates in Mount Kisco, is chief of Obstetrics and Gynecology and the director of the Institute for Robotic & Minimally Invasive Surgery at Northern Westchester Hospital.*

## Happenings

*continued from page 23*

9 a.m. to 1 p.m. Info: Visit <https://www.facebook.com/MtKiscoFarmersMarket>.

**Sahaja Meditation.** Led by Peter Simone. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 to 11 a.m. Free. Every Saturday. Registration required. Info and registration: 914-864-0137.

**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 Saturday and Sunday in January. Info: (914) 723-3470 [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Pound Fitness Program.** A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks

called Ripstix™ and combining constant simulated drumming resulting in working the entire body. TADA Theatre And Dance Arts, 131 Bedford Rd., Katonah. 11:45 a.m. \$20. Every Saturday; also Wednesdays at 7:30 p.m. Info: Contact Peggy at 914 960-4097.

**Nature Spies.** Learn the basics of animal tracking and explore animal tracks, pelts, bones and teeth. Along the way we try to figure out what animals visit our trails. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: \$5 per person. Non-members: \$8 per person. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Argentine Tango Dances.** Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Refreshments served. Broadway 26 Dance, 26 Broadway, Hawthorne. 8 p.m. to midnight. \$16. Also the first Sunday of each month from 3 to 6 p.m. \$12. Info: 914-725-3023 or 914-484-5101 or e-mail [sampelayo@optonline.net](mailto:sampelayo@optonline.net).

### Sunday, Jan. 18

**Meet the Animals.** Meet and learn all about the animals while you get a look up close. Cranberry Lake Preserve, Old

Orchard Street, North White Plains. 1 p.m. Free. Info: 914- 428-1005.

### Finding and Feeding Winter Birds.

Go on a winter walk to learn what birds in our area like to eat and where they find shelter. The walk includes a visit to the Bird of Prey Aviary and busy bird feeders as well as a search for our more elusive feathered friends. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: Free. Non-members: \$8 per person. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Saturday Specials.** A program for special needs kids and their families. Stories, songs, sensory activities and schmoozing. For all ages. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 2 p.m. Free. Registration required Info and registration: 914-238-4779.

### 27th Annual Winter Jazz Concert.

Catch jazz great Houston Person and his quartet when they perform for this annual event. The Schoolhouse Theater, 3 Owens Rd., Croton Falls. 7:30 pm. \$32. Info and tickets: 914-277-8477 or visit [www.schoolhousetheater.org](http://www.schoolhousetheater.org).

**Square Dancing Fun Nights.** The Friendly Squares Dance Club will hold the first of two evenings that provide great exercise for the body and mind. Also an opportunity to meet new people and make new friends. Singles, couples, families and all age groups welcome. Casual attire; no experience necessary. Katonah Methodist Church Parish Hall, 44 Edgemont Rd., Katonah. 7:30 to 9:30 p.m. Free. Also Jan. 26. Info: Contact Tee Cotter at 914-433-2919.

### Monday, Jan. 19

**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. Info: 914-769-2021.

**Meet the Animals.** Come for an informative program that allows you to get up close and hands on with some of the nature center's live animals. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11 a.m. Members: \$5 per person. Non-members: \$8 per person. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

# ExaminerSports

## Crowley Helps Lead Briarcliff to a Rivalry Win Over the Panthers

By Monica D'Ippolito

The Briarcliff High School gymnasium was blaring Friday as the Bears hosted the first meeting of the season with cross-town rival Pleasantville.

"My first year, when I was coaching JV, personally I approached it as just another game, until I experienced that first year how that game was, at a JV environment, how juiced the kids were and how juiced the people in the stands were," Briarcliff coach Cody Moffett recalled. "By that second game, my first year, I started to get it and I can understand how it is."

Although the Panthers would get out to a hot start, ending the first quarter with a 5-0 run and 14-9 lead, Briarcliff did well pressuring Pleasantville's guards and limiting their shots from the perimeter, earning its sixth win with the 67-54 victory.

"Today isn't a day where I'm walking away from here disappointed with the outcome," Pleasantville coach Chris Welsh said. "Today's a day where I'm hopeful. I saw some really good things from some good players on my team and I know the next time we play them over at our place, we're going to give them a game."

Ending the first half with a 5-0 run of their own, the Bears took a 25-22 lead into the third quarter. Jack Reish kick-started the momentum when he hit

four consecutive baskets off the bench, accumulating eight points in the quarter on the way to finishing with 17 points, three rebounds and three assists.

"What many people don't know is that Jack brings a lot of leadership," Moffett said. "Even for a sophomore, the way he commands respect inside the huddle is huge."

Briarcliff would get into foul trouble early, as it would be in the penalty with 6:17 left in the fourth quarter. The referees were calling a tight game, penalizing the Bears on five separate charge calls, which ignited the Panthers' bench.

"When teams take charges on us, sometimes it can be a deflater," Moffett said. "But I just try to tell the guys, I'd much rather you pick up a charge being aggressive going to the basket than just settling on a contested jump shot or a contested 3 or whatever it may be."

But the Panthers were unable to take advantage of the free trips to the line, as they finished 12 for 21 from the charity stripe. Despite the poor free-throw shooting, they would still make a run late in the fourth quarter.

Briarcliff opened its biggest lead with about four and a half minutes remaining at 53-37, but the Panthers, led by senior Chris Maloney, would slowly chip away at the 16-point cushion.



Briarcliff's Sean Crowley

Maloney scored 14 points in the fourth quarter, including six in the final three minutes. However, the closest Maloney and the Panthers would get would be was nine points, after Maloney found teammate Mike Manley for a trey, cutting the lead to 60-51.

Pleasantville then turned to its highly aggressive full-court press, but the Bears were able to break through the pressure and capitalize with easy buckets over the top. All the Panthers could do was

intentionally foul, but the Bears had enough of a lead to ice seal the outcome.

Sean Crowley, Briarcliff's 6-foot-5-inch center, finished the day with 16 points and 10 rebounds, including three dunks late in the fourth quarter.

"He's a big guy, but he's skilled," said Welsh of Crowley. "We've played big guys without the skill set that he has. I thought we did a fairly good job on him for the majority of the game. He got his points in the end when we were overly aggressive in our trap, needing to get steals."

Maloney and Manley led the way for Pleasantville, as Maloney finished with 17 points, six rebounds and four assists, while Manley led all scorers with 22 points.

"We're a young team and it's our first time through the league schedule," Welsh said after his team dropped to 5-4 on the season. "I was happy with the way we competed; there were just some bad decisions and some costly turnovers."

As for the Bears, they improved to 6-2 and will hold bragging rights in the rivalry until the two tip off again in Pleasantville.

"I'm just glad that we were able to send our seniors out with a win on our home court versus their rival," Moffett said. "We've got to play them one more time, so hopefully we can go up there and execute a great game plan, and then if we see them in the playoffs so be it."

## Hot-Shooting Westlake Pulls Away from the Vikings

By Monica D'Ippolito

A one-point game at halftime turned into a 22-point beating as Westlake returned to the court and shot lights-out in the second half against Valhalla, earning the road win and the season sweep of its cross-town rival Friday night.

"We knew Valhalla is a really good team because of the third quarter of the previous game we played them, it was really close too," the Wildcats' Lauren Holzer said after her team's 60-38 win. "But this game we just knew we weren't playing to our full potential and we had so much more in us. I'm glad that showed in the second half."

It was a tale of two halves as the Vikings did well in the first two quarters, limiting Westlake's shooters and keeping the Wildcats to only 21 points in the half.

With 45 seconds remaining in the second quarter, a made free throw by the Vikings' Brandi Coon tied the game at 18-apiece. Faith Lovett gave the Wildcats with a 3-pointer on the ensuing possession, but Sofia Mazza found teammate Colleen Kelly underneath, cutting Westlake's lead to 21-20 at halftime.

"The last time we played Valhalla, Valhalla came out and had a tremendous



Westlake's Faith Lovett

second half, and I said to them, 'Why don't we do that?'" Wildcats coach Sean Mayer reminded his players. "There were a few things at halftime that we talked about. We were getting outrebounded by 10 rebounds, so that was number one and, number two, we were rushing our offense."

The Vikings scored the first bucket of the second half when Coon found

teammate Kaylie Dymek for a 3-pointer, giving Valhalla a short-lived lead. After the made basket, Westlake answered with a 7-0 run and never surrendered the lead after that.

The Vikings' Sam Monlo ended the Westlake run with a layup after an underneath, inbounds play – making the score 28-25 in favor of the Wildcats. But Westlake then went on another run, this time 12-0, to end the third quarter.

The Wildcats added seven more points to start the final quarter, and it took until the 6:40 mark for Valhalla to break up the 19-0 run with a Monlo basket in the paint.

"I think they picked their game up (in the second half) and they started hitting 3s and when Westlake is hitting 3s they're tough to beat," Vikings coach Stephen Boyer said. "They came off a couple screens and hit some, two or three feet beyond the 3-point line and then they went on like a 14-0 run. We missed a couple shots inside, missed a couple one-and-one opportunities. They had a big run on us and we never could come back."

The Wildcats wound up connecting on nine shots beyond the arc, including six by leading scorer, Faith Lovett, who finished with a game-high 20 points. Holzer and

Katie Schmid added 12 and 11 points, respectively, for the Wildcats.

"We just kept a positive energy in the locker room, all of our teammates were positive too," Holzer said. "It was just a good environment at halftime and we knew coming out, it was going to be 100 times tougher. My teammates are the ones that help me get open and they get open too, and we all have our eye out for each other."

As for the Vikings, who dropped to 3-5, they were led by Coon's 10 points, while teammates Dymek and Monlo added eight and seven points, respectively.

The Wildcats, now 7-2, achieved the season sweep of rival Valhalla, as Westlake defeated the Vikings at home, 66-50 on December 5.

"This is my 14th season," noted Mayer after his team improved to 7-2 and completed the sweep of its nearby rival. "Valhalla has had a very strong program, Coach does a very good job and it's special. I told them if you want to be a good team, you have to win on the road... I'm definitely proud of that and, beating Valhalla, you know the kids know each other and it's special."

# Byram Hills Edges Fox Lane in "Rumble for the Ribbon"

By Cutler Klein

Despite a postponement to Saturday due to inclement weather, the crowd was still raucous and the intensity was dialed up as the Byram Hills Bobcats beat Fox Lane 2-1 in a thriller at Brewster Ice Arena. The annual fundraiser, known as the "Rumble for the Ribbon," raised over 3,000 dollars for breast cancer research.

Joe Rocco scored the game-winner late



Fox Lane's Matthew Leader controls the puck near center ice in the third period vs. host Byram Hills.

in the second period for the Bobcats on a power play coming out of the corner. They were able to hold on from there behind a solid effort from goaltender Grace Lunder, who made 19 saves.

Referees in this one called a tight game. There were 28 penalties whistled in the game, 16 of them on Fox Lane. For the Foxes, that may be fairly commonplace, but not for Byram Hills. Head coach A.J. Cloherty said that the intense atmosphere got to some of his players.

"A couple of our players were definitely affected by the crowd in the first period," he said. "They did things that they're not typically known to do. After the first



The Bobcats' Nicholas Salandro skates in all alone on Fox Lane goalie Abbie Ives in the second period Saturday night.



Byram Hills' Robert Lunder gets past a pair of Fox Lane players in the Bobcats' 2-1 victory on Saturday.

period, the captains did a really good job calming the storm, telling the kids that that's not Byram Hills Hockey."

The game started slowly, with neither side gaining the upper hand throughout the first period. Early in the second, Fox Lane found the back of the net on a power



Jonathan Lattarulo of Byram Hills tries to skate away from Fox Lane's Thomas Tenney in Saturday night's game at Brewster Ice Arena.

play with a goal by Angus Ferguson. According to Cloherty, his team usually starts reeling after giving up the first goal. But this was a different game, and the Bobcats climbed back into it with a breakaway goal out of the penalty box by Nicholas Salandra. The score could have been more lopsided had it not been for the stellar goaltending of Fox Lane's Abbie Ives.

Fox Lane head coach Scott Miele said that his offense sputtered after the first goal, and they couldn't hold the lead.

"We couldn't shoot the puck around the net," he said. "We tried to make the perfect play every time and get a highlight-reel goal, instead of shooting and trying to get the rebounds."

Miele also attributed the close score to Ives' fantastic play in net. Her dazzling

save on a Bobcat breakaway with five minutes remaining kept the Foxes' comeback hopes alive.

"She does her thing, and made some very big saves," he said. "The score could have easily been 3-1 or 4-1. That's why she's a Division I prospect."

A key player for the Bobcats was Joe Rocco, who netted the game-winner. Cloherty said he has been a leader on and off the ice for his team.

"We call him 'Mr. Byram Hills Hockey.' He led the team in points last year, and he hasn't missed a beat this year. He was leading the fundraising effort, and he stepped up for the game-winner."

For the Bobcats, it's a marquee victory that will define their season, no matter what happens come playoff time in February.

"Our team acted like this was a one-game season,"

Cloherty said, "It was for the seniors. This was all that mattered; this was the game to win. Our team knew that we needed to win to stay in the hunt for sectionals."

For Fox Lane, it's a close defeat that will hurt for quite awhile.



Alexander Mykitiuk of Byram Hills proudly holds the winners' trophy after the Bobcats defeated Fox Lane 2-1 in the annual "Rumble for the Ribbon."

"It hurts," Miele said. "These are our statement games. It stings that we were fully capable of winning, but we were not doing what we needed to do."



The Foxes' Joseph Ramirez looks to move the puck up the ice in the annual "Rumble for the Ribbon" vs. Byram Hills.



Fox Lane goalie Abbie Ives thwarts Nicholas Salandro of Byram Hills on a third-period breakaway in Saturday's game.

# Bobcats Get Some Quick Revenge by Crushing Harrison

By Andy Jacobs

The Byram Hills boys' basketball team played last Thursday evening's game against visiting Harrison as if it had some sort of score to settle.

Actually, the Bobcats did.

Just three weeks after squandering a 14-point, third-quarter lead against the Huskies in the opening round of the annual Harrison holiday tourney, the Bobcats got the chance to exact some revenge and they weren't about to pass up the opportunity.

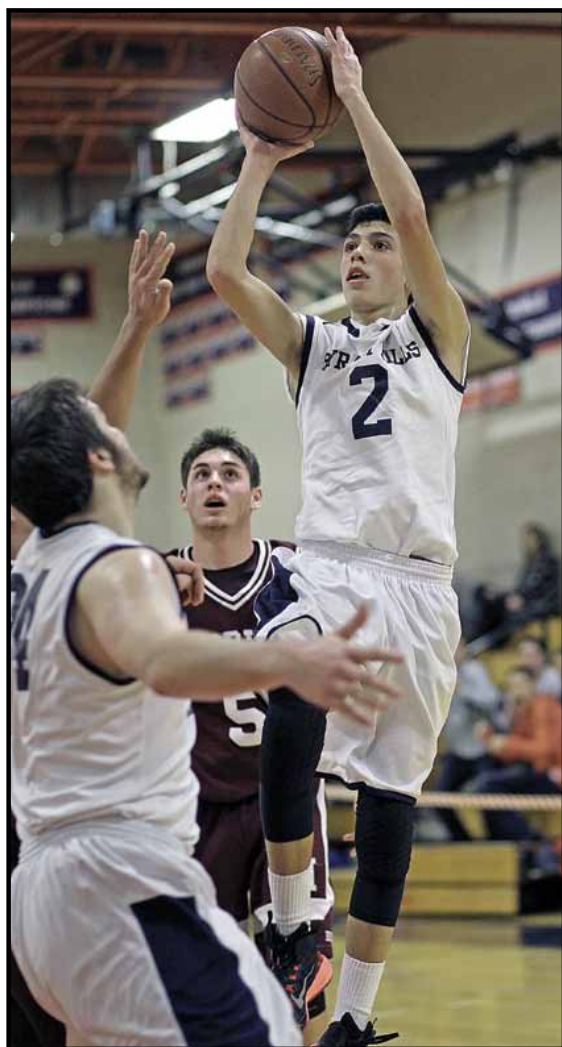
With Skylar Sinon scoring 14 points and Andrew Groll contributing 12 points, 14 rebounds and five blocked shots,



The Bobcats' Matt Groll shoots the ball in the second half vs. visiting Harrison.



Byram Hills point guard Ross Weinfeld searches for a teammate to pass to in Thursday's game.



Freshman guard Skylar Sinon sends up a runner from the baseline in the Bobcats' easy win over Harrison.

Byram Hills cruised to a 60-38 victory against the overwhelmed Huskies in a game that was all but over shortly after halftime. The Bobcats led by as many as 32 points in the second half, enabling both Sinon and Groll to take a seat on the bench for good late in the third quarter.

"This was a nice redemption," said Bobcats coach Ted Repa afterwards.



Joe Fromer of Byram Hills gets into the lane for a shot in Thursday's lopsided win over the Huskies.

"Yeah, we were upset about the loss at Harrison, being up 14 points with 10 and a half minutes to play and blowing that. So the guys came out with a purpose."

Harrison's Justin Stagg had scored 24 points after halftime to help bring the Huskies back in last month's tourney game. His 3-pointer at the buzzer sent the contest to overtime, but in the sequel there would be no more heroics as he made one early basket and then was never heard from again. Meanwhile, the Bobcats, with a key player back in their lineup, closed the first quarter on a 13-4 run to take control.

"It hasn't been talked about, but we didn't have our starting point guard, Ross Weinfeld, for that," said Repa, referring to the first meeting between the teams. "He was sick. So having him back changes everything for us."

The Bobcats' lead was still only seven points midway through the second quarter, but they ended the half on a 9-2 run, getting a pair of buckets from Matt Groll sandwiched around a Weinfeld 3-pointer and a Sinon floater from the left baseline after dribbling through two Huskies in his way. Byram Hills took a 30-16 lead to intermission, giving Repa a feeling of déjà vu.

"I was worried because we were up 14 and that was the exact lead we had last time," he said. "So I was worried that they were gonna make a push."

Byram came out in the second half and made sure that wouldn't happen. The Bobcats scored the first eight points of the third quarter, getting two baskets apiece from Sinon and Jared Friedberg. After the Huskies' Jack Hockman answered with a 3-pointer, the Bobcats ran off another eight points in a row, the first six coming from Andrew Groll.

Bobcat guard Karl Samsen concluded



Bobcats coach Ted Repa calls out a play for his team in the second half vs. visiting Harrison.

the third quarter with a conventional 3-point play as Byram Hills, after outscoring the Huskies 19-4 in the period, built a 49-20 cushion. Andrew Groll, the dominating senior center, and Sinon, the sharpshooting freshman guard, both exited with just under two minutes left in the third quarter, and Repa was able to use his entire roster in the final eight minutes against a Harrison team that had somehow missed 10 of its first 11 free-throw attempts.

In limiting the Huskies to just 20 points over the first three quarters, Bobcat players drew five charging calls, much to the delight of their coach.

"We executed our game plan really, really well," said Repa. "I was really happy. We mixed up the lineups a little bit and it worked out. It's a good win because it's a league win and Harrison's a good basketball team. To be honest, I really like our team and I think our losses have been more about us beating ourselves with turnovers, not winning the 50-50 balls, not executing. And today was a lot better."

The Bobcats, now 7-2 this season after defeating Riverside 48-40 less than 24 hours later, won't always have the same



Byram Hills guard Matt Milone handles the ball near the top of the key in the fourth quarter of Thursday night's home game.

motivation they showed against Harrison, but Repa is convinced some of the lessons they learned in the loss to the Huskies will carry them the rest of the season.

"We've still got some room to improve, but we have a good team when we play well," he said. "Sometimes, as much as we hate losing in December, you learn a lot from it, and we learned some major things from that game. And I think we're

# Fox Lane Hands the Quakers Their First Loss of the Season

By Andy Jacobs

All the momentum of a seven-game winning streak seemed to vanish for the Horace Greeley boys' basketball team over the holiday break.

That's what the Quakers and their fans quickly discovered when they returned to the court last Wednesday evening after the lengthy absence and watched as visiting Fox Lane put together a pair of huge runs that paved the way to a convincing 67-43 victory, sending previously undefeated Greeley back down to earth with a thud.

"I don't think Fox Lane is that much better than us," said Quakers coach Dave Fernandes in the aftermath of his team's lopsided loss to their neighboring rival. "I just think we had a big goose egg. But they (the Foxes) played very well today. Their bigs really outplayed us."

Those bigs, Matt Redhead and Alex Olsen, combined to score 36 points as the Foxes rebounded from a disappointing loss to the John Jay Indians two days earlier with perhaps their finest effort of



Fox Lane coach Mike Tomassi chats with guard Sean New in last Wednesday's road win vs. Greeley.

the season. In front of a standing-room crowd, Fox Lane broke open a close game late in the first half with an 11-1 run that left the Quakers facing a 28-16 deficit at halftime.

"I think we lost focus in previous games," said Fox Lane coach Mike Tomassi. "But tonight, they stayed focused and they really wanted to win. The boys came out and their will to win was the best I've seen in a while."

The Foxes never trailed again once Olsen scored on a layup that gave them a 4-3 lead. When the Quakers' Cameron Ciero made consecutive coast-to-coast forays for baskets that brought Greeley to within 17-15 in the second quarter, Fox

throws from Ethan Kenney. Despite the 12-point halftime lead, Tomassi was wary about another second-half letdown similar to the one that doomed the Foxes at John Jay 48 hours earlier.

"We kind of let them come back in the game," he said about the loss to the Indians. "And we didn't want to have that happen again. The boys made an effort tonight to make sure that once we got up we weren't gonna let

down and to just follow the game plan and keep staying focused."

The third quarter began with Olsen scoring inside on a nifty up-and-under move in the lane. After the Quakers' Jason Neff, who scored a team-high 15 points, connected on a 3-pointer, Fox Lane ran off the game's next 11 points, highlighted by a pair of Owen Azrak steals that led to fast-break baskets. Suddenly the Foxes' lead was up to 41-19 and not even five straight points from Ciero made much of a difference.

Fox Lane took a 45-24 cushion into the fourth quarter and never allowed the Quakers to get any closer than 19 points.

Ciero, Greeley's primary offensive threat, finished the evening just four of 15 from the field and he misfired on seven of his 10 free-throw attempts, much to the delight of the Fox Lane student body that constantly reminded him of his Shaq-like numbers from the charity stripe.

"That third quarter killed us," conceded the Quakers' Fernandes. "When you come out of halftime, you can turn around and scored a quick seven or eight points and it puts you back in the game.

We didn't do that. We gave them the opportunity to score on us quickly. So I was really surprised."

Fernandes was also surprised by what he witnessed from Olsen, the Foxes'



Fox Lane guard Owen Azrak drives against Greeley's Cameron Ciero in the second half of last week's game.

junior forward. He saw enough of Redhead last year to know what to expect from him, but the play of the other Fox Lane big man caught him by surprise.

"The kid Olsen, I think he's a really good player," he said. "He's cagey, he's a very good defensive player, he's long. It's hard to shoot over him. I think that Olsen kid is gonna be something."

Tomassi coached both Olsen and Redhead on the Foxes' junior varsity team and knows exactly what he has in his two frontcourt players.

"I've seen it," he said. "It's just a matter of time before everybody else starts to find out. No surprises, I knew what they're capable of."



Greeley's Cameron Ciero improvises in midair as he tries to score a basket inside during last Wednesday's game vs. Fox Lane.



Matt Redhead, who scored a game-high 21 points, shoots a free throw in the win over Greeley.



Greeley's Jeff Merchant and Fox Lane's Alex Olsen battle for rebound during last week's game in Chappaqua.

Lane responded with the first of its two huge runs that decided the outcome.

The 11-1 spurt began with a 3-pointer by Anthony Nappi, included two buckets by Redhead, who finished with a game-high 21 points, and ended with two free



The Quakers' Brandon Spiegel fires a corner jumper under the watchful eye of his coach, Dave Fernandes.

# Pace Earns Its First Conference Win by Surprising the Skyhawks

By Andy Jacobs

Until Saturday afternoon, there was one team left in the Northeast-10 that still hadn't won a conference game this season — the Pace University Setters.

But with Kyle Pearson and Mike DeMello each scoring 24 points and Shelton Mickell adding 20, the Setters finally earned the elusive first league victory, by a convincing 76-62 margin over Stonehill College, and perhaps provided the home fans at the Goldstein Fitness Center with a glimpse into the future.

"Oh, no question," said Setters head coach Pat Kennedy afterwards, asked if had just seen his team deliver the brand of basketball he had promised upon his arrival last year. "Exactly right. Yeah, this was an important win for everybody, for our parents and our fans and the people. This team came in 9-4 and we didn't just beat 'em, I mean we kind of manhandled 'em in the second half."

The Setters, now 5-10 overall and 1-7 in the NE-10, found themselves behind 6-2 three minutes after the opening tip before



Shelton Mickell of Pace dribbles the ball past midcourt at the Goldstein Fitness Center.

Pearson started making shots from all over the court. The junior forward connected twice from 3-point range and scored 12 consecutive Pace points, enabling the



The Setters' Kyle Pearson rises for a jump shot in Saturday's victory over Stonehill.

Setters to grab a 14-13 lead seven minutes into the contest. He finished the half with 16 points as the Setters took a 33-29 edge to the locker room.

"It's one of the things we emphasize," said Kennedy, now just one win shy of 500 for his career. "We've got to get the ball to Kyle. When we don't get the ball to Kyle, we're not a good basketball team because he's our inside presence for scoring. So we said, 'Let's get the ball inside, let's get it in the paint, let's get it to Kyle.' He went to work and then, from there, it just kind of filtered out."

The second half began with Setters center Khalil Brown, who finished with four blocked shots, dunking the ball to ignite a 14-2 spurt over the first three minutes that left the shocked Skyhawks facing a 16-point deficit. Mickell, fresh off his career-high 27 points in last Wednesday's loss at Merrimack, had eight of the points in the big Pace run that was highlighted by Pearson's breakaway tomahawk jam.

"We were up by six, and before you

*continued on page 31*

## Setters' Winning Streak Comes to an End Against Stonehill

The Pace University women's basketball team took the court on Saturday afternoon fresh off its finest performance of the season and riding the wave of a six-game winning streak.

But nationally ranked Stonehill College needed just a few minutes to splash the Setters with a huge dose of reality. The visiting Skyhawks scored the game's first nine points and never lost the lead, emerging with an easy 63-46 victory in a Northeast-10 Conference game at the Goldstein Fitness Center.

"I think we got a little overconfident and a little complacent," said Setters head coach Carrie Seymour after her team's impressive winning streak had ended



Pace forward Yuni Sher works her way inside during Saturday's game vs. Stonehill.



Freshman Gabby Rubin of Pace lines up a shot from beyond the 3-point line vs. the visiting Skyhawks.

with a thud. "We stopped doing the things that had led to our success of the last six games."

Just three days after shooting 57 percent from the field, including an astounding 13 of 21 from 3-point range against Merrimack on the road, it took the Setters nearly five minutes to finally get on the scoreboard in their showdown with a Stonehill team that entered the contest with a gaudy 10-1 record.

"Stonehill's a very good team, obviously,"



Pace guard Geena Rosalbo tries to slip past Stonehill's Amy Pelletier in Saturday afternoon's game.

said Seymour, "and even if we played our best I still think they're a better team than we are right now."

The Setters, sparked by eight points off the bench from recent Iona transfer Christina Rubin, managed to narrow their big early deficit to just one point midway through the opening half. But the Skyhawks answered with a four-minute, 14-0 blitz that stretched their lead to 28-12.

A basket by Alexa Dietrich and then five points in 15 seconds from sophomore

center Kirsten Dodge moved the Setters back within nine again, but that was as close as they got the rest of the day. Stonehill took a 33-19 lead into halftime and was never seriously threatened in the second half.

"The girls were excited to play, they were hyped up to play," said Seymour. "But we went away from the game plan. We went away from the discipline. It's what happens when you play good teams."

Stonehill opened up a lead as large as 21 points before the Setters went on an 11-2 run, sparked by six points from Yuni Sher, to close within 47-36 with just over seven minutes remaining. An 8-2 spurt by the Skyhawks over the next three minutes, though, put an abrupt halt to the Pace comeback bid.

For Seymour, whose entire starting five went scoreless in the first half, it was a frustrating day because she witnessed a lot of the things that led to her team's 2-7 start this season. Sher, Rubin and Jaclyn Oskam all finished with 11 points, but the Setters were crushed on the boards and gave up 17 offensive rebounds.

"The good thing is we play again on Tuesday," said Seymour, looking ahead to the 5:30 home game against Southern New Hampshire. "We have to bounce back. I feel like we went backwards, we went back to where we were in November. I don't know if it's a wakeup call, but we've got to learn the lesson that, in order to be competitive, we have to be more disciplined."

*-Andy Jacobs*

## Pace Earns Its First Conference Win by Surprising the Skyhawks

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Pace freshman guard Mike DeMello shoots a jumper in the second half vs. visiting Stonehill.

knew it we were up by 16," said Kennedy. "So we outscored 'em by 10 in about three or four minutes and that kind of really

built a cushion. But we still have to learn how to play with the lead. We had to call some timeouts to get our guys organized. You see our youthfulness as we're trying to win some of these games."

Stonehill, still trailing by 13 with 7:45 to go after DeMello drilled one of his six 3-pointers on the day, closed to within 64-56 exactly five minutes later. But Jaylen Mann's clutch tip-in of a missed 3-point attempt from the left corner by DeMello with 2:05 on the clock may have sealed the outcome. It started an 8-0 run that restored the Setters' huge lead.

"Jaylen Mann's tip-in when it was an eight-point game was a huge play, a huge play," said Kennedy. "That was the only bucket he made all day, but it was a good one."

Kennedy called the victory "probably our second-best win since I've been here," behind only last season's upset of Southern Connecticut. He had special praise for DeMello, the freshman guard from nearby Mohegan Lake, who wound up with a career-high in points, had no turnovers in 38 minutes and limited the Skyhawks' leading scorer, Carter Smith, to



Khalil Brown dunks the ball early in the second half of Saturday's game.

just eight points.

When reminded he's just one win away from a special milestone, Kennedy chuckled, then said, "Oh yeah, the next



Pace forward Jaylen Mann fires a jumper out of the left corner during the Setters' home win vs. Stonehill.

one'll be 500. That would be pretty cool. As I told (athletic director) Mark Brown, I'd like to stay here through 600. If I could do that, that puts you in a pretty special group. So we'll see, we'll see."

## Fox Lane Romps Past an Injury-Ravaged Quaker Squad

By Monica D'Ippolito

Fox Lane tallied up a home win against rival Horace Greeley Wednesday afternoon, as the Quakers depleted roster could not match up against the hot-shooting Foxes.

"I went to Fox Lane, I played basketball for Fox Lane, and I got my butt kicked by Greeley plenty of times, there is a lot of rivalry there," Fox Lane coach Kris Matts said after his team's 55-33 victory. "It's all in good fun in the end because he's a great coach, they're great girls and Lauren



Fox Lane's Tara Lombardi sets her sights on the rim as she shoots a 3-pointer in last Wednesday's home win.



Greeley's Lauren Brown tries to get past Fox Lane's Sorvina Carr in last Wednesday afternoon's game.

Brown is a phenomenal athlete. But as a Fox Lane grad, a Fox Lane teacher and a Fox Lane coach, I'm excited about this win, most definitely. "

With so many injuries throughout the Quakers' roster, the majority of responsibility, especially on the offensive end, fell on Brown, the athletic junior guard. Brown finished the day with 11 points, seven rebounds, three assists, three steals and four blocks.

"She's really aggressive and that's what we keep telling her she needs to do with

this team," Quaker coach John Alkalay said. "We honestly don't have a lot of girls that can make plays off the dribble and she's the one that always has to be in attack mode."

Greeley (1-7) had lost three key players for the season, including Meaghan Townsend, Ashley Rosenberg and Cari Himel, all from concussions that happened prior to or early in the season. Junior Sara Shenkman was also out a few games from a concussion, but returned for her first game against the Foxes.

"It's tough for the girls out with injury, because I know they want to play," Alkalay said. "It's also tough for the girls on the team because now they're playing bigger and more expanded roles. The other piece of it is the chemistry you develop from playing all year, which is not there because,

when you lose one girl one game, another girl another game, then you're constantly trying to plug holes and that's hard to do."

Fox Lane's offense didn't get going until the second quarter, when its excellent ball movement around the perimeter allowed for open looks from behind the arc. The Foxes ended up draining eight 3-pointers and accumulating 15 assists as a team in the game.

"They played primarily a zone and the key to beating that is going to be quick passes around the perimeter and beating



Victoria Darling of Fox Lane grabs a rebound during the Foxes' victory over visiting Horace Greeley last week.

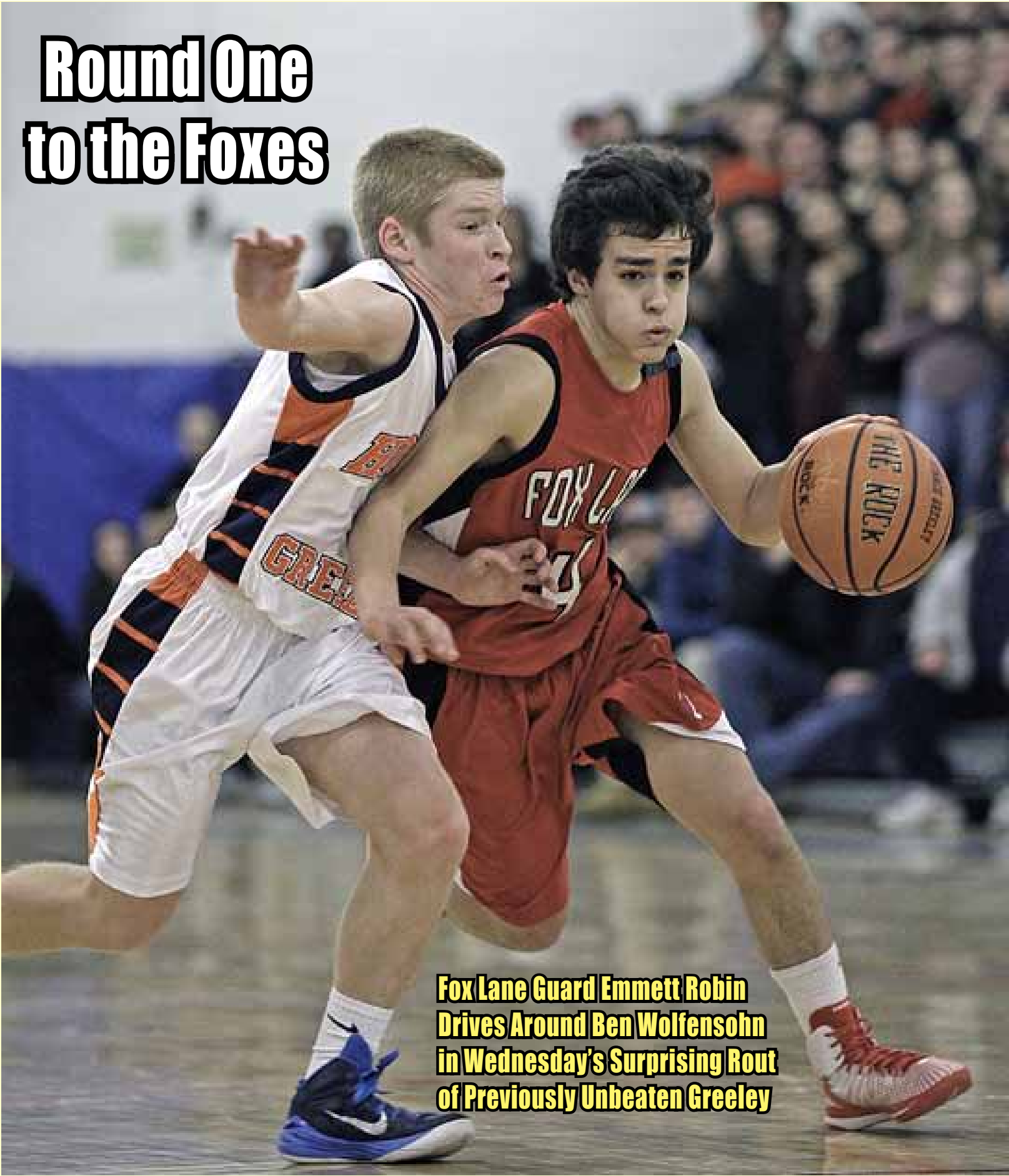
them up the court," Matts said. "They are very athletic, so we did work on that a lot in practice."

Sophomore Emily O'Mahoney led the Foxes with 23 points and sank five shots from 3-point range. Tara Lombardi and Maria Violante finished with 10 points each. Lombardi also added six rebounds and five assists, while Violante pulled down 13 rebounds to notch a double-double.

As for Greeley, Anna Waterhouse was the second-leading scorer behind Brown, winding up with 10 points, four rebounds and two steals.

"I thought they played really hard and scrappy in the second half," Alkalay said. "Although the score didn't show it, they were playing with urgency, diving for balls and trying to get every rebound. With the group we have, with all the injuries, that's the only way we'll stay in games is to play with that sense of urgency."

# Round One to the Foxes



**Fox Lane Guard Emmett Robin  
Drives Around Ben Wolfensohn  
in Wednesday's Surprising Rout  
of Previously Unbeaten Greeley**



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