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January 27 - February 2, 2015

SMALL NEWS IS BIG NEWS

Volume 9, Issue 386

Variations Approved for Chappaqua Affordable Housing Project

By Martin Wilbur

A state panel granted conditional approval for required building and fire safety variances last Thursday to the developer of the controversial Chappaqua affordable housing project.

The Department of State's Hudson Valley Regional Board of Review approved Conifer Realty for four variances that are needed to build the 28-unit Chappaqua Station on Hunts Place. The board's decision was a reversal from its position last July when it denied Conifer seven of eight variances that had been requested.

The board voted unanimously in favor of the variance that allowed for multiple windows on the side of the building facing the Metro-North train tracks with zero setback from the MTA property line. It also approved three variances that had been grouped together, by a 3-1

margin, addressing the amount of room needed for aerial access to fight a fire.

Conifer must still adhere to several conditions before it can move forward, including receiving MTA permission for the first variance and state Department of Transportation (DOT) permission to use the exit ramp of the nearby Saw Mill River Parkway so firefighters have the proper distance from the roughly 50-foot tall building in the event of a blaze.

New Castle Town Attorney Ed Phillips said after the vote that he was surprised by the board's conclusion.

"I'm a little surprised by the decision to grant the variances for the aerial access because the (revised) application they submitted in October wasn't any different than the previous application," Phillips said.

In July, the board rejected all but one

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Calm Before the Storm



MARTIN WILBUR PHOTO

Trucks with plows attached to the front were lined up on Sunday and ready to roll at the state Department of Transportation's facility on Route 100 in Millwood near the Taconic Parkway. Forecasters were predicting a full-blown blizzard with one to two feet of snow starting on Monday and extending through Tuesday.

Grunthal Appointed to Fill Mount Kisco Village Board Vacancy

By Neal Rentz

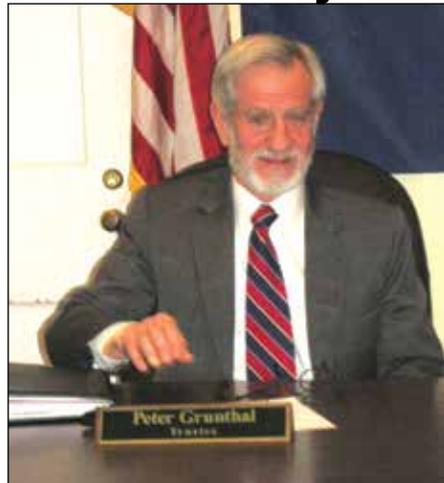
Peter Grunthal was appointed last week by Mayor Michael Cindrich to the Mount Kisco Village Board replacing the late George Griffin Jr. who died on Christmas Eve.

Grunthal, 71, returned to the five-member board on Jan. 20. He previously served from 2003 to 2010.

Cindrich said under state law village mayors have the power to appoint trustees if there is a vacancy in the middle of a term. Grunthal will complete Griffin's term, which ends on Dec. 7.

"Since leaving the village board he's been deeply involved and committed to this community," Cindrich explained of his choice. "Peter has always been a hard worker. What's exceptional about Peter

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NEAL RENTZ PHOTO

Mount Kisco Trustee Peter Grunthal has returned to the village board replacing the late George Griffin Jr.

Stargiotti to Launch Bid for Return to Pleasantville Village Board

By Janine Bowen

The Pleasantville Village Board will say goodbye to longtime Trustee Jonathan Cunningham at the end of March, but his replacement could be another familiar face.

Joseph Stargiotti, a partner at the Pleasantville law firm of Stargiotti & Beatley, is currently in the process of collecting signatures to get on the ballot for the March 18 village election. Stargiotti was elected to a village trustee's seat in 2006 but stepped down in 2008 after he was appointed Peekskill's corporation counsel. As corporation counsel he was required to attend Monday city council meetings, which conflicted with village board meetings.

Now exclusively in private practice after

also having served as counsel to other municipalities, Stargiotti has decided to seek a return as a village trustee.

"I enjoy civic service," Stargiotti said. "Local government is the purist form of government [and] it's the least likely to be corrupt."

He compared local government to a small business where the employees run the company; local elected officials who sit on the village board are residents who are invested in Pleasantville. Stargiotti noted that he is looking forward to once again being part of a group that makes decisions on a variety of issues, from taxes to recreation department changes.

Since stepping down from the board Stargiotti has remained heavily involved in the community. He began his association

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Variations Approved for Chappaqua Affordable Housing Project

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of the requested variances, citing the lack of setback between the Conifer and MTA properties, inadequate aerial fire apparatus access and that some of the materials originally proposed for the structure would be unsafe.

The building is proposed to be built on a parcel that is just over one-third of an acre.

Randolph McLaughlin, the attorney for Conifer Realty, said there were key differences between last year's application and what had been resubmitted, particularly regarding building materials.

"We are very pleased with the outcome," McLaughlin said in a statement last Thursday afternoon. "Conifer changed the structure to a steel frame that required fewer variances. Conifer will proceed to satisfy the conditions stated by the Board of Review."

In late 2013, the developer received a special permit from the town, which hinged on the Board of Review's variance approvals.

Westchester Board of Legislators Chairman Michael Kaplowitz (D-Somers), whose district includes the Town of New Castle and the Hunts Place site, said he is hopeful that Conifer will be able to satisfy all conditions but the county will not release its portion of the money to help pay for the project

until all conditions imposed by approval authorities have been satisfied.

In early December, the Board of Legislators went ahead and authorized the funding so the county could narrowly reach its 2014 benchmark to comply with the affordable housing settlement with the federal government. The 28 units have already been counted toward Westchester's end of 2014 total of 452 units with funding in place. By the end of next year, 750 units of new affordable housing have to be constructed in 31 largely white communities.

Kaplowitz acknowledged the difficulty of the Hunts Place site.

"The problem has always been this specific site," he said. "The site has been problematic and the county is optimistic the developer can comply with the conditions but the health and safety issues must be addressed."

New Castle Supervisor Robert Greenstein, who was critical of the former town board's approval of the special permit in 2013 when he was a candidate, said his concerns of putting an apartment building at that location remains the same.

"We should have done better," Greenstein said. "I've offered to work with Conifer to find a larger and more attractive location, but they've insisted on sticking with the Hunts Place site."



The state Board of Review, pictured here last July, caught some by surprise last week by granting conditional approval for four variances to Conifer Realty that may pave the way for construction of the Chappaqua Station affordable housing project.

Looking ahead, Conifer has additional conditions in the special permit, as well as in the variances themselves, that they must satisfy."

It was unclear last week whether the town or some of the residents who have opposed the project will take any legal action, such as filing an Article 78.

One local resident who has opposed the project, Chappaqua Transportation owner Joan Corwin, said she was

disappointed in the Board of Review because they would be placing the residents who live at the site in danger. While children would have no room to play and may be attracted to the nearby train tracks, she questioned whether firefighters would have adequate space to battle a blaze.

"How could they not see that this site isn't a safe place?" Corwin asked.

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LIFE-SAVING NEWS FOR WOMEN

What you need to know about cervical cancer screenings...



Ask the Doctor

Navid Mootabar, MD

Chief, Obstetrics & Gynecology
Director, Institute for Robotic & Minimally Invasive Surgery
Northern Westchester Hospital

nwroboticsurgery.org/DrMootabar

Q: What causes cervical cancer?

A: Human Papillomavirus (HPV) causes about 90 percent of all cases. HPV is a sexually transmitted virus that is so common, most people will have it at some point in their lives. Certain strains of HPV can cause changes on a woman's cervix that may result in cervical cancer. Additional risk factors include smoking, extended use of birth control, and having many sexual partners.

Q: What are the symptoms of cervical cancer?

A: It's important to realize that in most cases, there are no symptoms. Uncommon symptoms include unexplained vaginal bleeding, bleeding after intercourse and abnormal vaginal discharge. Given that the HPV strains that can lead to cervical cancer are themselves asymptomatic, it becomes clear why you must be regularly screened for cervical cancer.

Q: How often should I have a Pap smear?

A: New guidelines recommend women have a Pap smear and HPV test every three years starting at age 21 until age 65, provided you have no risk factors or abnormal Pap smears. This regimen makes it extremely likely the disease will be caught while still in the highly curable pre-cancerous stage. Some women require more frequent screenings.

At each visit, your gynecologist will evaluate all risk factors and determine if you need a Pap smear. Although the recommendations call for getting a Pap smear every three years, annual gynecologist visits are extremely important to your health. Pelvic exams, Pap tests and breast cancer screenings help detect problems at an early and potentially highly treatable stage.

Q: What about the HPV vaccine to prevent cervical cancer?

A: Two other forms of prevention include the condom and the HPV vaccination, which protects against several strains of HPV known to cause cervical cancer. It does not, however, protect against all strains. I often recommend to my patients that they get the vaccine when they are considering becoming sexually active. Note that the vaccine does *not* replace the need to practice safe sex or to get regular Pap smears.

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New Castle to Move Forward With Downtown Chappaqua Study

By Janine Bowen

New Castle officials agreed to authorize an additional \$20,000 Tuesday night to fund a downtown revitalization study that will be used to help update the town's Master Plan.

The study, which is scheduled to begin shortly and continue through August, is intended to analyze the market and provide an implementation plan for transit-oriented development centered around the Chappaqua train station.

"That train station is a tremendous asset," said Kevin Dwarka, an economic and land use consultant with the Pace Land Use Law Center, which is assisting the Master Plan Steering Committee with the update process.

"It's a tremendous asset economically, but it's also an asset culturally because it defines who you are as a community. Not everyone has a train station," he continued.

Tiffany Zezula, managing director of the Land Use Law Center, noted that the study would focus on market realities, conditions and the fiscal impact of land use in the downtown area, which will create a concrete plan for future development. By the end of the process, town officials will be presented with a plan of how to develop town-owned land as well as acquire and develop land that is privately owned, Dwarka said.

Town board members expressed some trepidation about the idea of transit-oriented development, some of them explaining that the term connotes urbanization. The board agreed changes would need to be phased in over several years.

"I think sometimes people get nervous by development, thinking that some of the terms that are thrown around are going to turn us into Yonkers or Mount Kisco or some of these more developed areas," said Supervisor Robert Greenstein, who has pressed for his board colleagues and merchants and property owners to revitalize the downtown. "I think it's important to emphasize that development can be done in a quaint and charming way."

Dwarka and Zezula said downtown Chappaqua already has transit-oriented development because the term refers to any type of infrastructure centered around a mode of transportation. Chappaqua has a strong housing market, which will support the downtown retail market, Dwarka said. Reasons to pursue enhanced transit-oriented development include diversification of the tax base and the creation of new jobs, he said.

"The tide has been shifting back for people wanting to live and work and shop in a downtown that's part of their community," said Dwarka.

He also explained that the concentration of activity downtown may reduce traffic and parking problems because it would promote walking. Concentration of activity in one area would also allow for preservation of land on the town's outskirts.

Town board and Master Plan Steering Committee members expressed concern about how the proposed transit-oriented development and the recently approved rezoning to allow retail at Chappaqua Crossing will impact each another. Master Plan Steering Committee members explained that Chappaqua Crossing developer Summit/Greenfield should be involved in the downtown revitalization study and Master Plan update process since decisions could affect their property.

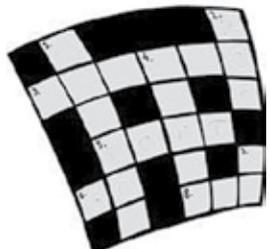
Dwarka agreed with that sentiment, noting that the Master Plan needs to be a document that allows all parts of New Castle to work together. He also emphasized that the downtown revitalization plan can focus on utilizing land and creating infrastructure that will contribute to downtown Chappaqua's uniqueness.

"There are certain experiences that are going to be possible in the downtown that are not going to be possible in Chappaqua Crossing," Dwarka said. "They are two very different types of environments and you have very different assets in those

locations."

The final presentation based on the revitalization study is expected to be completed by September and will give multiple scenarios for development ranging from the introduction of four-story mixed-use buildings to the use of current retail space. The study will be based on community feedback received during last year's public outreach meetings as well as public engagement workshops that are slated for February and May.

A preliminary draft of the updated Master Plan is currently expected in October.



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Stargiotti to Launch Bid for Return to Pleasantville Village Board

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with Pleasantville Community Television (PCTV) where he served as its treasurer and eventually was president of the organization's board.

He is currently a member of the Planning Commission, a position he was appointed to eight months ago, and serves on the board of directors for Foodchester, the nonprofit company that operates the Pleasantville Farmers Market.

So far, Stargiotti is the only other

potential candidate to join Mayor Peter Scherer and Trustee Colleen Griffin-Wagner to announce plans to run in the upcoming election. Scherer and Griffin-Wagner revealed earlier this month that they intend to run for re-election.

Cunningham decided against running again after serving on the board for the past 12 years.

If elected, Stargiotti said he hopes to focus on good business development and new construction in certain areas of the

village to increase the commercial tax base and help protect residents from tax increases. It's a feat he said will be difficult to accomplish.

"It's not like I'm going to come in and, with a whirlwind, change things but it's a direction I would like to help take the village in," Stargiotti said.

Residents who wish to run for the village board have until Tuesday, Feb. 10 to file a petition with the village clerk to be on the ballot for the election.

Grunthal Appointed to Fill Mount Kisco Village Board Vacancy

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Grunthal is he's continued to work hard off the village board."

He's volunteered for the Conservation Advisory Committee and was also former chairman of the village's Finance Advisory Committee, helping to draft the committee's bylaws, Cindrlich said.

Grunthal, a retired actuary, is also a chairman of the Byram Lake Committee, which was formed to protect the lake and watershed, and a Mount Kisco Fire Department trustee. He had worked for two large international consulting firms and taught business and economics at Marymount College and Fordham

University until retiring from teaching in 2013.

Grunthal said he was willing to return following Griffin's death.

"It wasn't so much my decision as the tragedy that George Griffin passed away so relatively early in his life," he said. "The mayor invited me to come back."

Grunthal said he had "no idea" if he would seek election to a full two-year term this fall. He declined to comment on whether he would leave the planning board where he serves as an alternate member, but would continue to chair the Byram Lake Committee.

Grunthal decided not to seek re-election in 2010 after seven years of

village board service. He took Cindrlich's seat on the board when Cindrlich was first elected mayor.

"After seven years I felt a sabbatical would be appropriate," he recalled.

Grunthal said his priorities are sound financial management, continued environmental improvements and sustainable development.

Also, at last Tuesday's meeting it was announced that Anthony Markus, who has been a trustee since 2003, was appointed the new deputy mayor.

"He's a worker. He's committed to the village and I believe he will do an exceptional job," Cindrlich said of Markus.

County Accepting Applications for Seasonal Park Rangers

The Westchester County Department of Public Safety is accepting applications for seasonal rangers to patrol county parks this summer. Applications are due by Feb. 20 and are available online at <http://www.westchestergov.com/ps>.

Uniformed park rangers work under the supervision of county police officers to maintain a safe and enjoyable atmosphere in the county's parks. They assist the public, provide information on park rules and procedures, help to search for lost children, perform basic first aid and make regular security checks.

First-time park rangers are paid \$14 an hour. Salaries are higher for those who have worked as a ranger for the county before.

Applicants must be a high school graduate, at least 19 years old, a U.S. citizen, a Westchester resident and possess a valid New York State driver's license by the time of appointment. Accepted candidates must attend a three-week training program at the Westchester County Police Academy.

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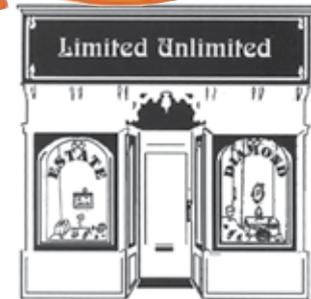



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Area State Legislators' Reaction to Silver Indictment Along Party Lines

By David Propper and Martin Wilbur

Last Wednesday, New York State Assembly Speaker Sheldon Silver was on stage and earning praise from Gov. Andrew Cuomo during the unveiling of Cuomo's 2015 Opportunity Agenda.

The following day, Silver was handcuffed and in the custody of federal authorities, arrested amid corruption charges just as the Assembly's legislative session and budget negotiations were set to get underway.

Silver, a Manhattan Democrat, was accused of receiving more than \$4 million in kickbacks in exchange for using his political power to influence real estate developers to use his law firm, part of a five-count indictment.

The longtime lawmaker and political power player was released on \$200,000 bail, surrounded by throngs of reporters as he left the federal courthouse in lower Manhattan following his arraignment.

Reaction to Silver's travails from some of Westchester's state legislators was predictable, with fellow Democrats urging caution and to let due process run its course before reaching conclusions. Meanwhile, one Republican, similar to many of his party brethren who have chafed at Silver's two-decade rule in the Assembly, immediately called for his resignation.

Published reports Sunday night indicated that Silver is likely to temporarily

step down as speaker pending the outcome of his case.

Republican Steve Katz (R-Yorktown), one of Silver's harsh GOP critics, called for him to resign from office last Thursday afternoon. Katz didn't mince words, proclaiming, "The emperor has no clothes. Good riddance to a filthy, corrupt, sleazy politician who should have been gone years ago."

"This man has been corrupt for the last 20 years," Katz also said of Silver, who referred to him as a "crumb" at one point during an interview.

While Katz strongly pushed for Silver to leave office, Assembly Democrats stressed patience for the embattled speaker. Assemblywoman Sandy Galef (D-Ossining) said she was still digesting the facts when reached last Thursday.

"We do live in a country where you are innocent until you've been proven guilty," Galef said.

The longtime legislator said she thinks the Assembly can continue to function despite the charges leveled against Silver, noting "we have a lot of great leaders up here in the Assembly."

"And the speaker didn't do everything, believe it or not," Galef stressed.

Assemblyman Thomas Abinanti (D-Pleasantville) said that it is important for Silver to remain in office as the legislature is about to enter the critical



Embattled Assembly Speaker Sheldon Silver

state budget review period. While the legislative process wouldn't grind to a halt without him, Silver is such an experienced negotiator, he would be missed.

"Even with that indictment, he is far more qualified to be the leader of the Assembly than many of his colleagues," Abinanti said.

Abinanti also said the public should be careful not to judge Silver too quickly, particularly with the history of overzealous prosecutors providing headline-making splashes of arresting Albany leadership only to see them walk free. In the past 25 years, three legislative leaders--former Speaker Mel Miller, ex-Senate Minority Leader Manfred Ohrenstein, both Democrats,

and Joseph Bruno, the former Republican Senate Majority Leader--were brought up on charges but were all eventually acquitted or cleared of wrongdoing, he said.

"History has shown there have been those who have made a name for themselves attacking leadership," Abinanti said.

State Sen. George Latimer (D-Rye), who served for eight years in the Assembly under Silver until elected to the Senate in 2012, said he doesn't think the Assembly's day-to-day work will be affected by Silver's indictment, since there are multiple lawmakers in both houses who are key figures in the budget process.

"Sitting in the Senate, it's impossible for me to know how the Assembly members will deal with the matter, but we in the Senate should just focus on our own responsibilities," Latimer said.

Meanwhile, Katz argued that any Assembly member who isn't calling for Silver to step aside should be ashamed of themselves. Katz wants to see Silver out as soon as possible and believes he won't go out without "kicking and screaming."

"This is a man whose sole desire is to go down in history as the longest standing Assembly leader," Katz said. "It doesn't matter what the atmosphere, the poisonous, toxic, corrupt atmosphere that he has engendered, he has encouraged."

Pat Casey and David Propper contributed to this article.

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Dog Park Plan Weighed for New Castle's Gedney Park

By Janine Bowen

New Castle officials are mulling the introduction of a new dog run for a section of Gedney Park.

At last Tuesday night's work session, the town board approved the hiring of a consultant to investigate the possibility of fencing off one acre of land within the park to allow dog owners to bring their pets and have them run around without a leash. A section of land behind the park's lake and the site of the former tennis courts are being considered as possible locations for the dog park.

Town Administrator Jill Simon Shapiro explained that the former tennis court site, which is adjacent to the bathrooms and further back in the park, is the preferred location. However, Councilwoman Lisa Katz was concerned about the level of activity and traffic in that area because of its proximity to fields.

"It might just be a lot to be parking and to have the dog run and all of the ball fields back there," she said.

Katz said she would prefer the dog facility be located near the lake, where the parking would be more accommodating.

But Shapiro noted that trying to keep dogs out of the water could be an issue.

Currently, owners are allowed to walk their dogs off leash in Gedney Park as long as they are on the trails. Shapiro said she believes that policy will remain in place even if a dog park is introduced. She explained that the main goal of a designated dog area would be to reduce the number of dogs off leashes in areas where they are prohibited. Many pet owners will lift their dogs over fences to allow them to run on the enclosed fields, according to Shapiro.

Other board members were supportive of creating a dog park at Gedney Park. Supervisor Robert Greenstein took the idea one step further by suggesting the idea of a pet memorial near the area. He noted that the project could serve as a fundraiser with people purchasing plaques as a way to remember their deceased pets.

"I think it would be really nice as a fundraiser to commemorate dogs. I know I would do it for my beloved Max," Greenstein said, referring to his own dog.

Mount Kisco Welcomes New Rec Superintendent to Village

By Neal Rentz

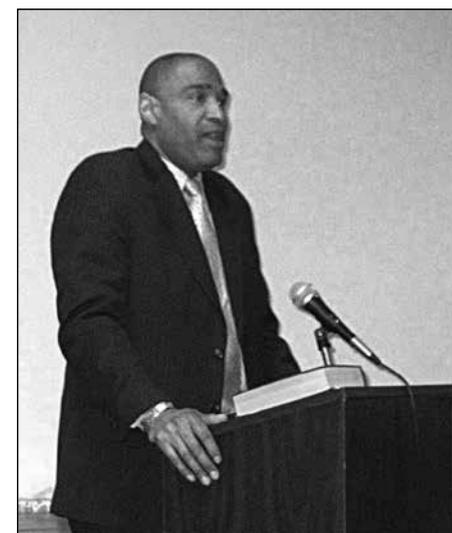
New Mount Kisco Superintendent of Recreation Peter Thomas was welcomed to the village last week after having been recently appointed to the post by the Recreation Commission.

Commission Chair Linda Cindrich, who introduced Thomas during the village board's Jan. 20 meeting, said Thomas holds a master's in public administration from Pace University and earned a bachelor's degree in recreation from SUNY Brockport. He previously worked for Rockland County YMCA.

"Peter has an extensive background which lends itself beautifully to the position that we offered him," she said. "He has a broad recreation background and has developed and implemented programs for young children (and) teens and he's very experienced in overseeing senior recreational activities."

Thomas said he would maintain Mount Kisco's recreation programs and enhance them as much as possible within the parameters of the village's budget. He said the position also fit his career goal.

"Superintendent of recreation for any village or town is something that I had aspired to when I started college, worked my way up and tried to get to that point," said Thomas, who started his \$85,000 a



NEAL RENTZ PHOTO

Peter Thomas, Mount Kisco's new superintendent of recreation, was introduced by the village board last week.

year job on Jan. 5.

Mayor Michael Cindrich said that multiple candidates were considered by the commission before it made its choice.

"An inordinate amount of work went into interviewing candidates, defining the job description and basically choosing the person that they thought would fit the village well," he said.

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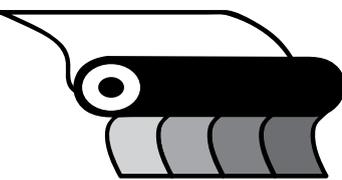
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Police Blotter

Mount Kisco Police Department

Jan. 16: Report of a grand larceny at 4:18 p.m. at a business on Radio Circle. A 35-year-old Peekskill woman who is an employee at the establishment is suspected of writing herself three checks totaling \$10,000. The matter is under investigation.

Jan. 16: The owner of Westchester Ballroom on Radio Circle reported at

11:07 p.m. that someone had attempted to enter the rear of the building. The responding officer found no suspects.

Jan. 18: Report of a burglary from American Gas on Main Street at 12:29 p.m. A gas station attendant stated that a male subject came into the business the previous evening and stole an undetermined amount of cash. The matter is under investigation.

Jan. 19: A 55-year-old Arizona

woman who was a guest at the Holiday Inn reported at 9:30 a.m. that she had a pendant and earrings stolen out of her room. No estimated value for the missing items were given. The incident is being investigated.

Jan. 19: Report of criminal tampering at 3:36 p.m. It was reported that the bus at the homeless shelter on Green Street was found to have a suspicious powdery substance on the gas cap.

Jan. 19: A 24-year-old Mount Kisco man was arrested on Lexington Avenue at 10:36 p.m. and charged with DWI following a traffic stop.

Jan. 20: A 20-year-old New York City woman was arrested at 2:29 p.m. and charged with third-degree assault, a misdemeanor, for attacking a 19-year-old woman from New York City at the Karafin School on Radio Circle. Both subjects are students at the school and got into a fight.

Jan. 21: Report of a possible identity theft at 4:36 p.m. A 63-year-old man stated that an unknown individual opened a credit card account in his name and would have needed his social security number to do that.

Jan. 22: Report of an individual fishing on Byram Lake Road at 11:01 a.m. The complainant was told this is the Town of Bedford police department's jurisdiction despite Byram Lake serving

as Mount Kisco's drinking water source.

Pleasantville Police Department

Jan. 19: Report of a stolen vehicle on Sky Top Drive at 3:13 a.m. The matter is under investigation and the information is deemed confidential.

Jan. 20: A Brentwood Drive resident reported at 1:28 p.m. that a vehicle skidded on the icy roads and collided with the mailbox, knocking it over. Damage was estimated at \$50.

Jan. 20: Report of a robbery at 6 p.m. The matter is under investigation. All information regarding this matter is considered confidential at this time.

North Castle Police Department

Jan. 16: Report of an attempted burglary on Faraway Road at 2:16 p.m. A caller reported a suspicious condition at that location.

Jan. 16: A complainant reported at 3:47 p.m. that a tree branch looks like it may fall onto Mianus River Road due to insect damage.

Jan. 17: Report of a dispute with two customers at Stop & Shop on North Broadway at 11:20 a.m. The complainant reported that the two individuals, a male and a female, left the premises and were walking toward Reservoir Road.

Obituaries

Joseph Goldreich

Joseph D. Goldreich of Mount Kisco died at home on Sunday, Jan. 18.

He was 89.

Goldreich was the devoted husband of Vivian, with whom he shared a life of family and travel. A prominent structural engineer in New York, he was active in many engineering associations.

He is survived by his three beloved sons, Peter, and his wife, Sophia, of Shorewood, Minn., Andrew of New York City and Matthew and his two children, Jennifer and Jonathon, of Irvington.

A funeral service was held Jan. 22 at Beecher Flooks Funeral Home in Pleasantville followed by burial at Cedar Park Cemetery in Paramus, N.J.

and his sister Christine.

The family received friends at the Beecher Flooks Funeral Home on Jan. 23. A Mass of Christian Burial was celebrated on Jan. 24 at Holy Innocents Church followed by interment at Gate of Heaven Cemetery.

Steven Carini

Steven E. Carini, 64, was born on June 18, 1950. He was a graduate of Pleasantville High School.

He is survived by his loving mom, Madeline, and his sister Karen. He is predeceased by his father, Ed Carini,

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Mt. Kisco, Bedford to Kick Off Major Solar Power Push

By Neal Rentz

The Village of Mount Kisco and the Town of Bedford are kicking off a major push this weekend to encourage businesses and homeowners to use solar power.

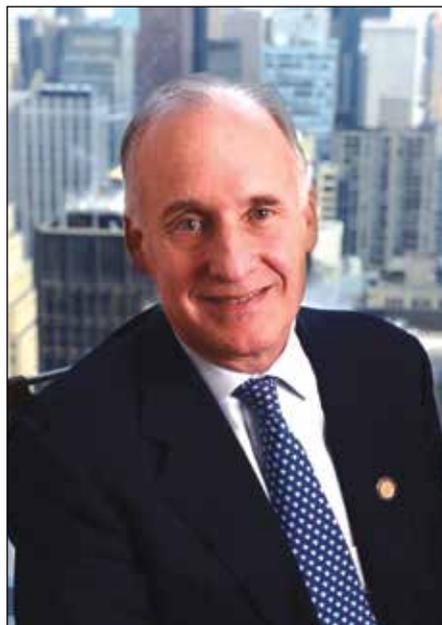
The Bedford 2020 Environmental Summit and Solar Action Day is scheduled for this Saturday at Fox Lane High School from 8 a.m. to 4:30 p.m.

The event, which will address various environmental issues, will celebrate five years of community action in the two municipalities and to launch Solarize Bedford-Mount Kisco. The solar power campaign will run through June 15.

Bedford 2020, a nonprofit organization staffed by more than 90 community volunteers, is leading a grassroots effort to reduce greenhouse gas emissions 20 percent by 2020 and to create a sustainable community that conserves its natural resources.

The town and village were selected by Solarize Westchester to participate in the campaign. Solarize Westchester is partnering with the New York State Energy Research and Development Authority's (NYSERDA) NY-Sun initiative, a \$1 billion investment in solar power through 2023.

Mount Kisco Mayor Michael Cindrich said last week that a varied list of environmental topics will be discussed



New York State's "energy czar" Richard Kauffman, chairman of energy and finance for Gov. Andrew Cuomo, will provide the keynote opening address at the Bedford 2020 Environmental Summit and Solar Action Day on Jan. 31 at Fox Lane High School.

at Saturday's event, but "the highlight is solar."

"It's exciting. I'm glad to be part of it," he said.

Grants and tax incentives are available

for those looking to install solar systems into their homes or businesses, Cindrich added.

He said the village is interested in possibly obtaining land for solar farms and to seek public input regarding locations.

Bedford 2020 Executive Director Midge Iorio said residential solar installers Ross Solar Group and Sunrise Solar Solutions, which specializes in commercial installations, are working with Bedford and Mount Kisco. The town and the village have changed permitting laws to reduce the time and money spent on issuing solar permits, she said.

Home and business owners who sign up for solar installations by May 15 will be offered rates that are significantly below market prices, Iorio said. The price will drop as more people sign up regardless of when they enroll before the deadline, she said.

Bedford and Mount Kisco officials hope the event will convince local residents to consider solar power.

"It's really a great way to kick-start solar," Iorio said.

She stressed that Saturday's summit would cover more than solar power. There will also be workshops on single stream recycling, energy efficiency, composting, trends involving electric

cars and how to support and grow food locally, among other topics.

The summit will feature presentations by leading national environmental experts, including Richard Kauffman, chairman of energy and finance for Gov. Andrew Cuomo, and Andy Revkin, author of the Dot Earth New York Times blog. They will provide up-to-date information on the environmental revolution.

Iorio said a major goal is for attendees to learn steps "they can take to really make a difference in the life of our community."

Registration for the event is required. The public is asked to register early because space is limited for the lectures and workshops.

The fee for the day, which includes workshops and lunch, is \$25 for adults and \$10 for students. To register and receive more information about the Bedford 2020 Environmental Summit and Solar Action Day and to see the full slate of speakers and workshops, visit www.Bedford2020.org or call 914-620-2411.

The event is sponsored by Bright Home Energy Solutions, City Carting, Curtis Instruments, Healthy Home Energy and Consulting and Ross Solar Group.

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Parking Fees to Rise at Mount Pleasant Train Station Lots

By Neal Rentz

Most fees at the Valhalla and Hawthorne Metro-North station parking lots in Mount Pleasant will be increasing on March 1.

The town board agreed unanimously to hike the fees, which were last raised in January 2013.

The annual parking pass for town

residents will rise from the current \$215 to \$235. Also, the cost of an annual parking pass for non-residents will be going up from \$500 to \$600 and a seven-day parking pass will increase from \$15 to \$20 for residents and from \$25 to \$45 for non-residents.

The \$75 cost of the annual student pass for residents and the \$5 five-day passes for

senior citizens will remain the same.

Prior to the Jan. 13 vote, Supervisor Carl Fulgenzi said that despite the hikes parking would still be cheaper than in surrounding communities. An annual parking pass in New Castle, for example, is \$450, he said.

Fulgenzi said he did not want maintenance and security costs associated

with the parking lots to be passed along to town taxpayers.

"I think it's a very small increase," Councilman Denis McCarthy said.

No residents addressed the board during the public hearing that preceded the vote.

Con Edison Suit Settlement

The board also voted unanimously to settle a potential lawsuit with Con Edison.

Officials agreed to eliminate Chapter 204 of the town code, which contained a series of regulations on utilities that had been approved by the board in 2013.

The utility had threatened to sue the town because it claimed Mount Pleasant had overstepped its authority in its attempt to regulate utilities. The state Public Service Commission has that authority, the utility contended.

"It's pretty much redundant," Fulgenzi said of that portion of the town code.

As part of the settlement, Con Edison will pay Mount Pleasant \$10,000 for costs associated with the town's previous inspection of its utility poles. Con Edison representatives will also meet with town officials to update them on previous, current and future projects.

Con Edison will also provide a plan to remove its double and triple utility poles in the town's right of way and notify the town of any planned work to be done in the right of way, including when emergencies occur.

Mt. Pleasant Board of Ed Mulling Veterans Tax Breaks

By Neal Rentz

The Mount Pleasant Board of Education is considering an optional series of property tax breaks for military veterans.

The school board has scheduled a Feb. 4 public hearing on the proposal for the exemptions.

Director of Business Administration Lisa Sanfilippo said the state legislature had approved a measure that gives school districts the option to provide tax exemptions to veterans, similar to the ones provided by other levels of government in the state.

If the Mount Pleasant Board of Education approves the veterans tax exemptions, the maximum reduction a veteran could receive next year would be \$966. That would cost each resident who is not eligible for the exemption \$30 to make up for the cost, Sanfilippo said.

While most of the trustees said they would support participation for one year

and analyze its impact before voting on it again, Trustee Thomas McCabe said he was against the idea. Taxpayers have the responsibility of paying for a good education for students, not providing tax breaks, he said.

McCabe said he was concerned other groups could seek tax exemptions in the future if these were approved. If the board approves the exemptions it should only be done for one year, he said.

Several residents said they supported the concept. Mike Griffin said an additional \$30 was not an excessive amount.

"I'd be happy to pick up \$30 to say thank you for serving," Griffin said.

No Middle School Rats

Superintendent of Schools Dr. Susan Guiney said that contrary to social media rumors, there is no rat infestation at Westlake Middle School.

The Westchester County Department of

Health found no evidence of an infestation during an inspection over the Christmas holiday break, Guiney said.

She did confirm, however, there recently had been a rat problem at the middle school that was addressed. A few rats had been trapped at the school as a result of food being left in classrooms, student lockers and other areas of the building, but not the cafeteria, she said.

Guiney said teachers and students have been asked to remove food from classrooms and lockers. Part of the problem was likely caused by holiday parties when rodents were attracted by uneaten food, she said.

Even though Westlake High School is attached to the middle school and also located near a wooded area, it has not experienced a rat problem. The district will continue to monitor the high school.

Last week Guiney debunked rumors of large groups of rats roaming around classrooms near students' feet.

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New Logo, Brand Introduced for Pleasantville Schools

By Janine Bowen

Last year the Pleasantville School District unveiled a new initiative called the Pleasantville 2026 Strategic Plan, which aims to provide the Class of 2026 the tools it will need to be successful upon graduation.

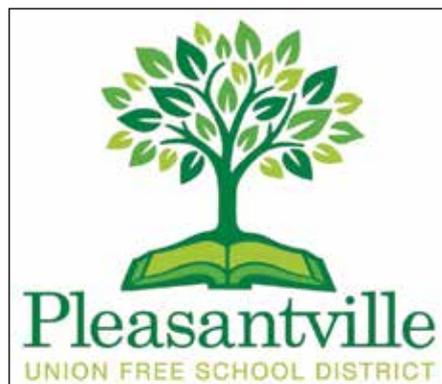
Earlier this month it introduced a new look to accompany that plan. At the Jan. 13 board of education meeting, the district unveiled its new brand and logo.

The district's Communications Committee has been working on increasing dialogue between the district, students and parents but members realized that before enhancing communication outlets, they must first create a uniform look.

"We realized before anything could start, we needed to brand ourselves," said Trustee Emily Persons, a committee member.

Designed by StudioKat, which is owned by district parents Kat and Gregory Nemec, the logo was developed over a series of meetings and based on words and phrases that committee members felt defined the district.

The design that was chosen features a tree growing out of an open book above the phrase "enter to learn, go forth to



The Pleasantville School District's new logo designed by district parents Kat and Gregory Nemec.

serve."

"It represents a lot in that one tree," said Kat Nemec. "It represents our beautiful little walking town, our growth and our love of the environment."

She explained that the tree features leaves that are three different sizes and colors to represent the district's three schools while the tree's four branches represent the three schools as well as the district as a whole. The tree is rooted in a book because it is a fundamental learning tool where all knowledge

begins, Nemec said.

"The detail that went into this was absolutely incredible," said Superintendent of Schools Mary Fox-Alter.

"It's incredible because [Nemec] articulated what we are in a visual, which is very, very hard to do," added Board President Shane McGaffey.

The new logo will begin appearing on district newsletters and on the website in the coming weeks while a smaller version of the design will appear on the new district smartphone app to be unveiled later this month. Nemec

explained that the rollout of the brand will occur slowly and in a cost-effective manner. As materials need to be replaced, the image will be added.

In addition to the new logo, StudioKat designers also revamped the school's mascot, the panther. Nemec explained that as she went through all three schools, she saw multiple variations of the panther with different sizes and shapes. She hopes that the new design will create consistency between the three schools and encourage the district's sports teams to adopt the image as new uniforms are ordered.

Registration to Start February 2 for Mount Kisco Camps

Mount Kisco Recreation will begin accepting registration for both Camp Iroquois and the Mount Kisco Teen Travel Camp on Monday, Feb. 2 at 9 a.m. This year registration by mail is also being accepted. Registration booklets can be printed directly by visiting www.mountkisco.org/recreation or picked up at Village Hall or the Memorial Pool complex.

If you are signing up your child(ren) in person, please note registrations are accepted between 9 a.m. and 4 p.m. Monday through Friday at Village Hall. For more information, call the recreation office at 914-666-3059.

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Submissions Sought for DEP Water Resources Art & Poetry Contest

The New York City Department of Environmental Protection (DEP) has launched its 29th annual Water Resources Art and Poetry Contest.

Second- through twelfth-grade students attending public, independent, charter or parochial schools or who are home-schooled in New York City and in the East and West of Hudson watersheds are invited to create original art and compose poetry that reflects an appreciation for our shared water resources. Entries will be accepted online until March 1 and a ceremony honoring all student participants will take place in May.

“By creating original works of art young New Yorkers are encouraged to think about the environment and express its importance to them and their communities,” said DEP Commissioner Emily Lloyd. “Nearly half the State of New York relies on the city’s water supply system so this is a terrific opportunity for students in New York City and watershed school systems to learn about our shared natural resources while developing their own creative vision.”

Last year, nearly 700 New York City and watershed students from 68 schools submitted either original

poems or artwork about New York City water, including paintings, collages, three-dimensional models, photography, animation and videos of dance performances, public service announcements and songs. In May they were honored at an awards ceremony at the Tribeca Performing Arts Center at Manhattan Community College where the artwork and poems were displayed.

DEP’s Water Resources Art and Poetry program helps raise awareness about the importance of clean, high-quality drinking water, and what it takes to maintain New York City’s water supply

and wastewater treatment systems. The 2015 contest will focus on four central themes that incorporate STEM disciplines:

Water, A Precious Resource: To highlight the importance of the quality of tap and harbor water.

The New York City Water Supply System: To understand the history of the city’s drinking water system and watershed protection.

The New York City Wastewater Treatment System: To examine how the city cleans nearly 1.3 billion gallons of wastewater every day.

Climate Change and Water Stewardship: To bring attention to the changing climate and the importance of understanding the effects on water resources.

Entries will be judged based on creativity in interpreting one or more of the contest themes, accuracy of information, originality and skill. An impartial panel of judges will review the entries and select one art and one poetry winner from each category (grades 2-3, 4-6, 7-8 and 9-12).

For this year’s contest, teachers, parents and students can visit www.nyc.gov/dep/artandpoetry to view the contest guidelines and resource materials, submit entries online, see past winners and learn more about New York City water.

Hickory Hill Figure Skating Club to Host Free Open House

Hickory Hill Figure Skating Club, based at the Harvey School’s Evarts Rink in Katonah, is having a free open house skating session on Sunday, Feb. 1 from 10:30 to 11:30 a.m. during its regular ice dance session.

“We are comprised of skaters of all ages and abilities, from all over the tri-state area,” said member Mary Raine. “The members are warm, caring, creative people interested in the sport, interested in learning more and welcoming to new members. This is an exciting, energetic group.”

Bring your own skates (sorry, no rentals) to experience the benefits and fun of ice skating and introduction to this life sport. Three half-hour classes will be offered: a children’s class on basic skating skills; an adult class to improve basic skating skills; and a class for former ice hockey players who

may be interested in coming back to skating. The other half-hour will be for free skating.

The classes will be taught by coaches with international competition experience. The class for former ice hockey players will be taught by Denis Petukhov, U.S. Olympic ice dance competitor with partner and wife Melissa Gregory. Petuhov works with the Russian hockey league using the Kick Ice Hockey Fitness program he and Gregory developed.

If there is enough interest generated by the open house, Hickory Hill will continue the classes.

The Harvey School Evarts Rink is located at 240 Jay St. (Route 22) in Katonah. For more information, contact Hickory Hill Figure Skating Club at maryhhfsc@gmail.com.

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Local Lawmakers Give Cuomo's Proposals a Tepid Response

By Martin Wilbur

Area state legislators gave Gov. Andrew Cuomo's State of the State address last week mixed reviews, generally lauding him for proposals to encourage business growth but leveling strong criticism against his education policies.

Cuomo, who delivered a nearly hour-and-a-half address in Albany last Wednesday afternoon where he also unveiled a proposed \$150 billion 2015-16 budget, laid out an ambitious agenda which includes substantial money for infrastructure projects and a bold social agenda, that among other things, would significantly raise the minimum wage.

However, several local lawmakers talked of their disappointment and frustration that a proposed \$1.1 billion increase in state aid for education will come with a series of conditions that are likely to be met by stiff opposition from both sides of the aisle and possibly alienate teachers' unions.

State Sen. George Latimer (D-Rye) said that the state is "accelerating down the wrong road on education." There were no plans offered to eliminate the Gap Elimination Adjustment, which reallocated a portion of education funds to close a state budget gap under former governor David Paterson, and does not project levels of school aid.

Furthermore, Cuomo's education plan bases half of teachers' evaluation

on standardized test scores when there is already excessive mandatory testing, Latimer said. The "one-size-fits-all approach," which lumps the challenges of urban districts with suburban districts, is misguided.

"The majority of Westchester's school districts do not need these changes -- they are performing at a high level of excellence already," Latimer said. "And I certainly don't think the problem with our results with students falls primarily on the teachers."

Latimer said he intends to support some local and regional projects that have been proposed such as mixed-use developments at Metro-North train stations, reducing the net income tax on small businesses from 6.5 percent to 2.5 percent over three years and adding a renter's credit to tax relief provisions when a community complies with the tax cap.

Assemblyman Thomas Abinanti (D-Pleasantville) was even more forceful in his disdain for many of Cuomo's education plans, but also criticized the governor's failure to directly help property taxpayers.

The \$1.1 billion in extra education aid would go a long way to easing local homeowners' burden, but Abinanti said conditions such as delaying the granting of tenure to teachers to five years, offering a \$20,000 bonus for higher performing teachers and emphasis on test scores won't improve education.

"He's diverting the money for the kids' benefit and that's not right," Abinanti said. "We all know that more money is needed and he's failing to provide the proper funding."

The assemblyman said if tenure is extended to five years that would make some teachers vulnerable to the whims of districts, which could keep on taking in probationary instructors. Also, schools wouldn't benefit from teachers competing against each other for a bonus.

Assemblywoman Sandy Galef (D-Ossining) said she was pleased with the more than 4 percent boost in spending. As a longtime supporter of a circuit breaker to help property owners, she also supports that initiative and the property tax credit programs.

Galef also agreed that it is worthwhile to use \$5 billion in legal settlements on infrastructure projects.

But Galef said she was hesitant to support the expansion of charter schools--with the ceiling being raised from 460 to 560 charters statewide -- and a new teacher evaluation system in which 50 percent of the evaluation is students' performance on standardized tests.

"I tend to think that's probably very high," Galef said.

State Sen. Terrence Murphy (R-Yorktown), in the capital for his first State of the State address, praised Cuomo's

proposals to lower the small business tax rate to 2.5 percent over the next three years and improve the state's infrastructure, which should help to create jobs.

He also complimented the governor for using the \$5 billion legal settlement to pay to repair crumbling roads and bridges and make investments in new water and sewer systems.

"There are several worthy infrastructure projects in the Hudson Valley that I commend the governor for presenting and will work in a bipartisan manner to generate support for them," Murphy said.

However, he said he wants to see the Gap Elimination Adjustment, which he called a "scheme" that took 5 percent of school funding away in 2009, eliminated. The GOP Senate Majority Conference plans to make that a major push this session, Murphy added.

The most caustic criticism came from Assemblyman Steven Katz (R-Yorktown), who called Cuomo's agenda an "ultra liberal screed that is intended to try and prop him up as a presidential contender."

"I think that he has done nothing to eliminate the barrier that there are for businesses to come in and thrive," Katz said, noting the only reason the budget may be balanced is the money from the \$5 billion settlement.

Pat Casey and David Propper contributed to this article.

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Editorial

Silver an Unnecessary Distraction for Already Challenged Albany

Word on Sunday that embattled Assembly Speaker Sheldon Silver would likely step aside temporarily from his leadership position while his federal corruption charges are adjudicated did little to quell the level of mistrust in the state capital.

Sure, most Americans believe in innocent until proven guilty, as they should, but the grudgingly painful way in which Silver was slow to recognize the right thing to do only enhances the belief that Albany is broken and out of touch with the real world.

Since 1994, Silver has ruled the Assembly with an iron fist. His supporters have portrayed him as a sharp, experienced and savvy negotiator who has been able to navigate the corridors of state government as deftly as anyone for the causes that his constituents and caucus believe in. No doubt he has those attributes in abundance.

Furthermore, his preference for staying behind the scenes, in an almost mysterious fashion, adds to some people's suspicions or at least makes him appear aloof.

Until some fellow Democrats and media members started questioning whether his continued presence as the speaker would be a distraction, Silver appeared oblivious to the reality that there would be no way he could function effectively leading the 150-member Assembly under the cloud of indictment.

This is not a call from him to resign from office. So far, he has been found guilty of nothing. A resignation from office is something an individual legislator should decide privately. Eventually, Silver may have to answer again to his district's voters.

And as was pointed out by Assemblyman Thomas Abinanti, recent history has shown that publicity-seeking prosecutors have sometimes had far from air-tight cases against previous legislative leaders.

But what should be troubling and appalling was the initial reaction among some Democrats that if Silver stepped down as speaker, no one else in their ranks would be qualified to step in and take over. Regardless of the level of government, democracy includes checks and balances, delegation of duties and sharing of power and responsibility. There would really be no one to come in and take over or at least in a shared arrangement?

No worthy organization of any kind, much less a major government, ought to be so dependent on one person. That one man could become so powerful--or indispensable--is something that should immediately reignite calls for drastic reform in Albany.

Whether it's because Silver finally came to his senses or had his arm twisted so hard he was left without a choice, it's good that he's apparently stepping aside. But the resignation as speaker should have been

permanent--or at least until the Assembly is scheduled to vote for its leader again.

Under this arrangement, Silver remains in limbo and his continued presence as a speaker who may be temporarily sidelined prevents the Assembly from moving forward and provides nothing but a distraction and a black cloud over the legislature.

Education Big Loser in Cuomo Budget

There was much to like in Gov. Cuomo's annual State of the State address last week, which doubled as a 2015-16 budget unveiling. There's money for infrastructure improvements, tax incentives for small businesses and proposed increases in minimum wage.

There's money for education, too. Sort of.

Cuomo's continued agitation of educators almost seems by design. Maybe his political handlers have told him that it's an easy formula. It's certainly not because the policies make sense for students, because they don't.

Tying \$1.1 billion in additional state aid to test scores and reforming tenure and devising a cockamamie way to give some teachers bonuses, is nothing more than to score points by looking and acting tough.

What a shame. Arguably one of the most important resources, the state's schools, will remain hostage to political posturing for at least another year.

Column

Winter Storms Should Trigger Winter Health Warnings for Residents

Old Man Winter had really geared up to deliver its first substantial snowfalls to our area this past week.

While this usually means lots of winter fun and outdoor activities for the kids and winter sports enthusiasts, unfortunately, every year hundreds of people injure their backs, or even worse, suffer heart attacks, from shoveling snow. Typical winter conditions (a little more than an inch of snowfall and temperatures that dip below 20 degrees) cause death rates from heart attacks to triple among men 35 to 49 years old.

"While the temperature is not going to

Correction

In last week's article about the discussion of a possible new capital projects bond for the Mount Pleasant School District, it was incorrectly reported that a resident, who declined to be identified, supported the district's November bond issue. The resident actually opposed the proposition because the cost was too high. The Examiner regrets the error.

be extreme, shoveling snow can still be very dangerous for many people, particularly if the right precautions aren't taken," said Dr. Ivan Miller, medical director of the Emergency Department at Westchester Medical Center. During the winter months snow removal may be a necessity, but it must also be considered a physical activity that should be carefully undertaken. Westchester Medical Center wants to remind everyone of the potential dangers associated with the snow. There are some tips that can help alleviate this hassle and keep you, your back and your heart safe so that you can enjoy the winter wonderland around you.

If you've ever had a heart attack, if you have heart disease or high blood pressure, you probably don't want to do the shoveling yourself. Like starting a new exercise program, at the very least, you should consult your doctor before attempting it.

Do not work to the point of exhaustion. If you become short of breath or have difficulty breathing or feel tightness or discomfort in your chest, stop immediately.

Get a neighborhood kid to shovel your walk or dig out your car. Volunteer to do it for an elderly or infirm neighbor or relative if you are physically able.

Take it slow! Pace yourself. Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically. Be sure to stretch out and warm up before taking on the task.

Avoid driving if possible. Slick and icy road surfaces can be deadly. Staying off the road allows road crews to properly clean the road surface, which makes travel safer for everyone. If you must drive, use caution.

Additionally, anyone who will be spending time outdoors at any other time during the winter, should be aware of the signs and symptoms associated with cold-related emergencies.

"If you think you may be suffering from the effects of the cold, remove yourself from the element immediately and seek medical attention if necessary," Miller said.

This article was provided by Westchester Medical Center.

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Stuart Vance, Artist Pleasantville

By Martin Wilbur

It's fitting that Stuart Vance's newest art exhibit features tangled webs of freeways, exit ramps and clover leaves.

Although a New Yorker for 27 years and a Pleasantville resident since 2003, Vance is a native of California's San Fernando Valley, where driving wasn't just a way of life but represented freedom, at least to a 16- or 17-year-old kid.

Vance's "Relics From the Age of Carbon," an exhibit that opened last week at Westchester Community College's Fine Arts Gallery, features 14 paintings and one sculpture that in a somewhat abstract way pays tribute to these mega structures created during the time when there was little thought paid to the welfare of the environment.

Still, Vance marvels at the creation of the complex web of highways.

"How is it that engineers design this system of roadways to be what they are? It's really kind of fascinating because it's not like somebody sat down and said 'Okay, this will be the pattern and it will go like this,' Vance explained.

"There was a period of time when there

was lots of trial and error and eventually they figured out things like the angle of a ramp or how a cloverleaf will ease congestion on an off ramp instead of just straight off where people can pile up behind them."

A painter from early on, Vance's return to his primary form of art-making occurred almost by necessity. Intrigued by the technology revolution, he spent about 15 years immersed in graphic design.

When that business slowed during the financial crisis, Vance, 55, reasoned that it was a great opportunity to return to his first love--painting. In 2009, with the housing market having gone bust, he created "Unreal Estate," a series of paintings and drawings that explored the changing nature of the American home.

Those works were shown in various venues, including at a gallery near Manhattan's Union Square.

Later on, he became intrigued about freeways and how the marks made by the paintbrush could resemble those roads.

"I started to think about tangles and the tangles eventually became freeways and highways and overpasses and things like



that," said Vance, who has taught digital art for about eight years at Westchester Community College and more recently has started teaching a digital imaging class.

"It was sort of a natural evolution for me because I came from Southern California and it's sort of like the apotheosis of that kind of landscape, and it's actually a landscape that I have a lot of nostalgia for and feel things that are positive."

Having become an artist was a natural progression for Vance. Growing up just outside Los Angeles, his father was a painter and a designer, so for the younger Vance painting was "as natural as the smell of pancakes in the morning."

For college he went to the San Francisco Art Institute, one of the few studio art schools in the country. After graduating, Vance arrived in New York to be part of

the art scene.

But eventually, his interest gravitated toward graphic design and commercial art. Vance returned to school to earn his master's degree, enrolling in NYU's Interactive Telecommunications Program.

"I'm very glad I did what I did, which is I left the art-making world and went into commercial design," said Vance, who lives with his wife and 13-year-old daughter. "I learned a lot about things that are important, things that are important about messaging and branding and I'm now delving back into that process."

In his free time Vance enjoys contributing to his home community, having volunteered for PCTV, and more recently, has used his expertise along with other community members to promote the Pleasantville Farmers Market.

Vance plans on continue teaching at WCC, something that he enjoys because his interaction with the next generation of artists, what they like and what their influences are keeps him fresh.

He also intends to keep on painting and hopes that there are more exhibits in his future.

"Now that I'm painting again and I'm making art again, I'm working towards how to sell it, how to market it as much as possible and that's kind of my main focus," Vance said.

"Relics From the Age of Carbon" will be shown at WCC's Fine Arts Gallery, located on the campus at 75 Grasslands Rd., through March 7.

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Talent on Display at West Patent Elementary Family Fun Night

By Janine Bowen

Kids were screaming as the lights came up at the Mary Lou Meese Theater at Fox Lane High School last Friday night. But it wasn't a world famous pop star performing.

Students in grades K-5 were actually cheering for their classmates during the West Patent Elementary School Family Fun Night, an annual talent show sponsored by the West Patent Elementary School Association (WPESA).

"This excitement, this energy...there's no other event throughout the school year that gives them this opportunity,"

said WPESA co-President Jessica Cambareri.

Performances to Taylor Swift's hit song "Shake it Off" and songs from the Disney movie "Frozen" dominated the night, which featured about two dozen acts. Other children showed off dance routines that they choreographed themselves, demonstrated their knack for archery and played the piano.

Cambareri, who has been helping out with Family Fun Night for the past seven years, said she is consistently impressed by the talent level and comfort the students display as they step onto the high school stage, which

is much larger than the one they're used to at West Patent.

"We are always amazed," she said. "They work really hard and this is the one day of the year that they really get to showcase their talents and their range and it's just a great, fun night."

This year students were surprised and excited by a special dance performance to "The Cuban Shuffle" by the West Patent Dance Team, a group comprised of about two dozen teachers from the school.

West Patent music teacher Anne Marie Kmetz, who joined her colleagues in the dance routine despite suffering from a concussion, explained that teachers used to regularly perform at the fundraising event but took a break as it became difficult for them to fit rehearsals into their schedules.

Kmetz decided to bring teacher participation back this year, much to the delight of students who danced and clapped while they watched their teachers perform on stage.

"This year it just felt like we needed that team spirit again so I put the word out and I was surprised but I got a lot of responses back from the teachers," she said.

The WPESA typically raises more than \$100,000 per year for student events. It collected \$440 in concession



NANCY HOPKINS PHOTO

Danny Spolansky, Brady Hopkins and Deacon David played air guitar to a KISS song during Friday's Family Fun Night at Fox Lane High School. The evening raised funds for the West Patent Elementary School Association.

money during Family Fun Night that will benefit special fifth-grade activities, and also raised another \$1,675 for WPESA.

To cap off their final Family Fun Night, all fifth-graders were invited on stage to dance for the last time as West Patent Elementary School students.

Senior Downsizing Seminar Rescheduled for Feb. 21

The "Maintaining Independence as You Downsize" seminar that was postponed last Saturday due to inclement weather has been rescheduled for Saturday, Feb. 21 at the offices of the Yorktown Chamber of Commerce, located at 3635 Crompond Rd. in Cortlandt. The seminar will take place between 1 and 2:30 p.m.

Join elder law attorney Neil Reig, real estate agent Vicki Jimpson-Fludd of Better Homes and Gardens - Rand Realty and Community Outreach Director Douglas Thomas from Atria Senior Living for an informative discussion. Topics of discussion will include making a financial and legal plan, preparing your house for sale and senior housing options. Refreshments and door prizes will be available.

Registration for the event is required. To register, e-mail vicki.jimpsonfludd@randrealty.com.

For more information about this program, contact Vicki Jimpson-Fludd at 914-762-1020 ext. 223 or e-mail her at the above address.

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Local Baseball Foundation to Host Fundraiser With Dwight Gooden

By Martin Wilbur

For the last eight years, John Fitzgerald's nonprofit organization has raised money to provide equipment and improve fields for children in Ireland who are interested in baseball.

The lifelong Valhalla resident is now also looking to help youngsters who play baseball closer to home.

On Saturday, Feb. 21, Fitzgerald and the organization he founded in 2006, Baseball United Foundation, will be hosting a luncheon featuring former Met and Yankee standout pitcher Dwight Gooden to raise money for cash strapped Little Leagues and other baseball programs in Westchester and New York City. There are still tickets available for the luncheon, which will take place at Graziella's Italian Bistro in White Plains.

"This is kind of going to be our first big event in Westchester, and that's where I'm from, so we're starting to look in Westchester and in New York City and fund programs that need our help," said Fitzgerald, a 1995 Valhalla High School graduate who played varsity baseball.

The idea to assist local youth baseball programs to accompany its highly successful initiative of raising money for Irish baseball was started after Superstorm Sandy. Fitzgerald was approached to participate in a fundraiser with a minor league player from Monmouth County, N.J. for families along the Jersey Shore who



One of Baseball United Foundation's baseball clinics that it conducted for children in Ireland who are interested in the sport. The foundation is hosting a Feb. 21 luncheon with retired Met and Yankee pitcher Dwight Gooden to help raise money for metropolitan area baseball programs.

had been hard hit by the storm.

By being involved in that effort, which raised about \$20,000, Fitzgerald gained contacts from within the Major League Players Association.

When he had an opportunity to hook up with Gooden, a household name in New York baseball who was part of World Series winning teams with both the Mets and Yankees, Fitzgerald jumped at the chance.

"It's kind of another step in that direction, former players, current players, that's really what we're trying to do in the U.S. to kind of raise awareness," Fitzgerald said.

He said that since getting a recognizable

name was key for the first major local fundraising event, he wanted to make it worth everybody's efforts. Those who sign up and attend the fundraiser will be treated to a three-course meal, receive an autograph and be invited to participate in an extended Q&A with Gooden about anything baseball related.

"We want to make it baseball-centric," Fitzgerald said. "It's not just about Doc Gooden talking about

his life, and he's got an amazing story, but he's going to take questions about anything"

Fitzgerald, a filmmaker by trade, launched the Baseball United Foundation after he completed a documentary about a relatively small group of kids in Ireland who play baseball despite the lack of decent equipment and coaching and unsafe or unsuitable playing surfaces.

Even so, the country, where an estimated 500 youngsters now play the sport, has been able to field a national team since 1996, he said. They're hardly an international

power, and while the goal isn't to groom the next Major League phenom, being able to compete has been an accomplishment.

The foundation has been able to ship thousands of pounds of equipment and raise money to send coaches at various levels of organized ball to conduct clinics during the summer. There are also coaches who are American ex-patriots or native Irish who spent time in the U.S. and fell in love with baseball.

In one effort, Baseball United raised \$4,000 to create a small youth baseball park in County Meath, Ireland, since virtually all playing fields there are for soccer, rugby or Gaelic football.

"We don't want it to seem like we're trying to push baseball in places where it doesn't exist," Fitzgerald said. "That's really not what we're doing. These are places where baseball does exist, but it can be made safer and easier and more cost-effective and more affordable to play."

Given the seemingly insurmountable odds of making a difference in Ireland, helping children locally shouldn't be difficult.

"We've sent coaches over to Ireland, to send them to the Bronx or Brooklyn should be pretty easy," Fitzgerald said.

There are still availabilities for the Feb. 21 luncheon with Dwight Gooden. Tax-deductible tickets are \$150 each. For more information, visit www.lunchwithdoc.com or www.baseballunitedfoundation.org.

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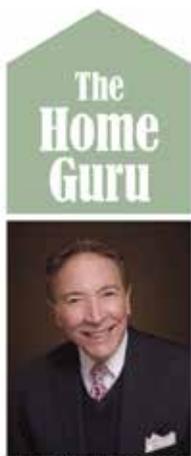
What's the Most Popular Home Project? Beats Me!

In my many years as both a homeowner and homestyles journalist, I have observed that home repair and improvement projects tend to fall into three categories: the ones you need to do, the ones you want to do and the ones you do solely to increase the value of your home.

The urgent projects you find in the first category, such as leaky pipes, cold furnaces or an invasion of termites, are the ones most likely to grab the dollars in the average homeowner's repair budget. Postponing these repairs can not only make a home uncomfortable, but can also lead to a small problem getting worse and costing even more to repair.

Projects meant to boost a home's value take on their own urgency when we first begin to anticipate moving. The scruffy front door that we learned to ignore or the outdated bathroom vanity suddenly stands out as a liability that could make our home harder to sell. We consult lists of which projects will give us the most bang for our buck, spruce up what we can, and when it's all done we may sit back and think, "Gee, it wouldn't be so bad to stay here now."

The home improvements that are left "for later" are the ones that have no particular urgency or potential return on



By Bill Primavera

investment but would please us personally. Now that I am finally ensconced in my new residence I can enjoy a few projects for pleasure, with the first major one being the installation of custom shelving. The past few years have certainly been a whirlwind of projects, repairs and contractors for me and Mrs. Home Guru, and it got me wondering what other homeowners were working on, and how much of it was a result of urgent need and how much was for personal expression.

To satisfy my curiosity, I first turned to Angie's List, the well-known website where paid subscribers rate local businesses. On their home page (once you have subscribed) they list the top 20 most popular services under "Home, Yard, Auto, Pets & More." As might be expected, urgent situations made up nearly half of the list, with plumbing, heating and air conditioning and roofing comprising the top three.

Other practical and sensible services that were most needed included carpet cleaning, pest control, large appliance repair, housecleaning and general handyman services. The services on the list I could imagine being either for fun or for increasing value included interior and exterior painting, landscaping and general

and kitchen remodeling. I was amused to see "moving" at the bottom of the list, as though the beleaguered homeowner has finally said, "Enough!"

HomeAdvisor.com offers a similar service as Angie's List and their site gave me a little more data to explore. Their top projects are listed in order of popularity within each category, but I was most interested in their extensive list of most popular projects by city. At the risk of reading too much into things, but also acknowledging that The Home Guru can be allowed a few flights of fancy, I decided to compare New York with Tampa and Minneapolis.

Judging by the list, New York comes across as a city of serious builders. Two of the three top projects as of this writing involved architects/engineers and concrete, reminding me of the city's well-known canyon of skyscrapers. The third project in the top three was heating and furnace systems, reflecting the brutal winters that often hit New York. Finally, although home security services made the list of top 50 projects in each of the three cities I viewed, nowhere did it rank as high as it did in New York, coming in sixth. Even with crime in New York at relatively low levels, the residents there still need to feel safe.

The two top projects in Tampa were designers and decorators and garages and

garage doors, reflecting a population who can devote a little more time to the upkeep of their homes, as opposed to tending to urgent repairs. As befitting a location in a warm climate, swimming pools were in the top 10 along with pest control. The cold weather here in New York may drive some pests indoors to live with us, but at least it also culls some of the population each year, so we have that working in our favor.

Finally, I perused the top projects in chilly Minneapolis, and found that the top 10 included insulation, windows and snow removal service. But it's not always winter in Minnesota, so I shouldn't have been too surprised to see decks made the top 10 as well. I imagine that when the summers are short, you would want to be outside enjoying them as much as you can.

It seems that nationwide we are a diligent bunch, prioritizing our home projects by urgency first before turning to those that give us pleasure.

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

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Food Bank Rolls Out New Truck to Help Feed the Hungry

By Martin Wilbur

A new Food Bank for Westchester truck that was unveiled last week will help the organization recover at least twice the amount of excess food from supermarkets and other commercial establishments throughout the county.

Funded by a grant from Purchase-based PepsiCo, the Food Bank recently acquired a 16-foot refrigerated Freightliner to add to its fleet. About 10 feet shorter than the rest of its trucks, it will be able to maneuver in tight quarters and through the narrow streets that are common in many lower Westchester communities, such as Yonkers, Mount Vernon and New Rochelle, said Ellen Lynch, the Food Bank's executive director.

Until now, the Food Bank has been unable to retrieve food from more supermarkets in its Retail Recovery Program because it has been difficult for drivers to expediently get into and out of some locations.

Supermarkets that are part of the program have donated excess food, including more nutritious produce, that might otherwise be thrown out. The program also includes larger bakeries and specialty food stores.

PepsiCo, a longtime supporter of the Food Bank since shortly after the organization's launch in 1988, gave the grant that bought the \$90,000 truck and



Left to right, Rick Rakow, chairman of the board, Food Bank for Westchester; Food Bank Executive Director Ellen Lynch; Deputy Westchester County Executive Kevin Plunkett; Sue Norton, PepsiCo vice president of global citizenship; and Toby Pidgeon, director of operations at Food Bank for Westchester with the organization's new truck.

provided another \$70,000 in related expenses, including first-year operating costs. Last Wednesday, the new truck left on its maiden voyage from the Food Bank's 37,000-square-foot distribution center in Elmsford.

"They're supporting us in every possible way and this is one fabulous example of it, and it really helps us be able to take food that's available in the county that would otherwise go to waste," Lynch said of PepsiCo's effort.

Last year, the Retail Recovery Program provided 271,000 meals to hungry families

in Westchester, said Toby Pidgeon, director of operations for the Food Bank. Estimates project that number will increase to about 550,000 meals annually as a result of the new truck, he said.

Sue Norton, PepsiCo's vice president of global citizenship, said the corporation jumped at the chance when Food Bank representatives approached them about obtaining a truck that would help it to reach thousands of needy families.

"We've made the donation to fund the truck and the driver and had a fun time designing (the outside) of the truck in a

way that brought to light the Food Bank vision and mission and the vision that we have at PepsiCo for serving Westchester," said Norton.

The Food Bank has been picking up food at all Stop & Shop locations throughout Westchester and at select A&P and Shop-Rite stores, Pidgeon said. Other stores participating in the recovery program are Whole Foods, DeCicco's, Sam's Club, Trader Joe's and BJ's Wholesale Club. Other stores are invited to sign on as well.

"We already have 30 pickups on schedule for the PepsiCo truck," Pidgeon said.

Also on hand for the truck's launch was Deputy County Executive Kevin Plunkett, who called last Wednesday "a very special day."

"This is something to celebrate in Westchester County, not because of the county but because of the people who will benefit," Plunkett said.

The Food Bank distributes about 7.2 million pounds of food each year to 265 hunger relief programs, including food pantries, soup kitchens, shelters and day care and residential centers. It is estimated that about 200,000 Westchester residents are hungry or considered at risk of going hungry.

Retailers interested in participating in the recovery program should contact Food Bank Food Sourcing Manager Bob Silvia at 914-909-9621.



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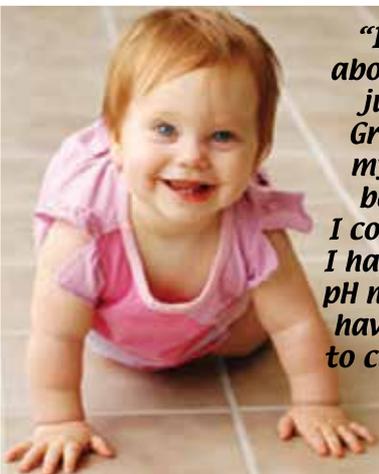
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New Wave Icons the B-52s Set to Take Stage at Capitol Theatre

By Jacob Kussmaul

For fans of flamboyance and danceable nostalgia, the B-52s are still as pertinent as ever.

Best known for classics “Rock Lobster,” “Love Shack” and “Roam,” the band will perform at Port Chester’s Capitol Theatre this Saturday at 8 p.m.

For more than three decades, the B-52s’ rollicking persona and catchy call-and-response tactics have made them longstanding innovators on the alternative scene.

In the mid-1970s, Kate Pierson, Cindy Wilson and Fred Schneider recruited Keith Strickland and Cindy’s brother, Ricky, to be in their band. While thinking up potential names, the group, which formed in Athens, Ga., settled on The B-52’s after the evocative hairstyles of Pierson and Wilson. In an interview with Jon Bream of the Minneapolis Star Tribune, Pierson explained how the name influenced their concept. (In 2008, they edited the name to read the B-52s.)

“When we named ourselves The B-52’s—that’s slang for big beehive hairdos—it was all about being Fellini-esque and changing it up and transformation; wearing a mask or a wig can be transformative in theater,” she said.

The quintet’s chemistry blossomed in a unique way. Unlike the virtuous dynamic of other bands in their area,



New Wave legends the B-52s will appear in Westchester this weekend at Port Chester’s The Capitol Theatre.

all five members had no formal musical training or experience. But by their debut gig on Valentine’s Day 1977, the group clicked. The lineup of Schneider and Pierson on lead vocals, the Wilson siblings on guitar and bass and Keith Strickland on drums saw the group experiment while performing. Pierson’s singing voice exhibited an exceptional range, from tuneful and whimsical to raucous screaming. Coupled with her sparse organ riffs, Schneider’s comical narratives and Cindy Wilson’s harmonies, The B-52’s gave the otherwise bleak and mysterious

Athens music scene a dose of life.

In a relatively short time, the band established a solid fan base within the punk and new wave communities in the United States and United Kingdom. Their first single, “Rock Lobster,” featured a drop C tuning and a lighthearted, yet chaotic energy, which was unique for the time. Its B side, “52 Girls,” featuring greater emphasis on melody and harmony, was equally representative. Such exposure led to a series of prolific gigs, including New York City’s CBGB and the Electric Ballroom in London.

Late in 1979, the band released its self-titled debut album. An extended, more radio friendly take of “Rock Lobster” was included, peaking at 56 on the Hot 100 chart. Riding on the success of subsequent efforts (“Wild Planet” in 1980 and “Whammy!” in 1983), the debut album eventually reached platinum status.

The death of Ricky Wilson in 1985 from

AIDS prompted a three-year hiatus, but The B-52’s soldiered on. They skyrocketed to greater heights with their comeback album, 1989’s “Cosmic Thing,” helping to win them a Grammy Award. Based on the strength of monster hits “Love Shack” and “Roam,” the band finally benefited from music royalties.

The commercial success did not guarantee the B-52s financial security. Thus, they are now primarily a touring band, packing a myriad of dates into their itinerary each year. Their touring has remained relatively consistent. In an interview with radio personality Howard Stern, Schneider said, “I’m not wealthy. We only started making money after ‘Cosmic Thing.’” He added, “I live pretty modestly. I’m not broke, but I can’t retire.”

Schneider has most recently been involved with his side project, the Superions. Their single, “Konnichiwa,” was released last May and is available through iTunes. Additionally, Pierson also plans to release her debut solo album, “Guitars and Microphones,” for next month.

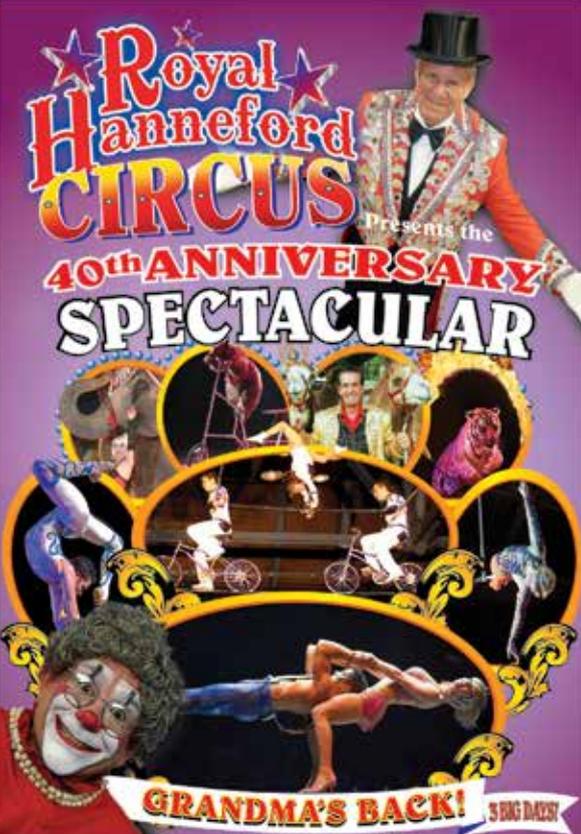
Tickets for the B-52s’ performance at the Capitol Theatre are \$35 for balcony seating, \$55 for loge and \$75 for orchestra. The Capitol Theatre is located at 149 Westchester Ave. in Port Chester. For more information, call 914-937-2146 or visit www.thecapitoltheatre.com.

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Moguls, Sharp Turns and Good Conditions: All This Expected for 2015

The stock market, with its ups and downs and changing conditions, is a lot like skiing. The question is, for 2015, will it be more like alpine or cross-country? Will there be lots of moguls to overcome? Will it be reaching new peaks or will it be, heaven forbid, downhill from here?



By Peter Chieco

The New York Stock Exchange marked the end of 2014 with its sixth consecutive year of an uphill climb – the longest bull market since 1999 -- with all eyes hopeful for a smooth run in 2015.

The final days of last year – and the first few of 2015 – were not without a few bumps, of course. Nevertheless, the Dow Jones Industrial Average increased by about 7.5 percent in 2014, a gain that few predicted, particularly after its approximately 25 percent gain in 2013.

Some financial experts say that more “moguls” are in store for 2015 as an easy monetary policy starts to wear off. And we have certainly experienced some nasty falls in early January.

There is considerable news from around

the world to cause any stock-skiier to take a tumble: France, Ukraine and Russia, Russian debt, interest rates, China and Hong Kong, recession in Japan. There are even concerns that oil prices may be too low to support increased domestic production.

Meanwhile, the White House is optimistic. Jason Furman, chair of the President’s Council of Economic Advisers,

expects an even better year in 2015, citing improvements in hiring, wages and corporate investment. He noted that health care costs are dropping and the pace of insurance premium growth is slowing.

Furman also added that he is awaiting another indicator of economy growth: “For younger people to marry, buy houses and bring children into the world,” referred to in Census Bureau statistics as “the rate of household formation.”

Related to this, the housing market seems poised to grow. And here’s good news-- realtors expect that foreclosures and short sales will drop to normal levels

this year. Foreclosures were down by about 30 percent by the end of 2014, and further drops are expected in 2015.

On the flip side of that good news, is that mortgage rates may inch back up. Some realtors forecast the 30-year fixed rate will reach 5 percent by the end of 2015. The one-year adjustable rate will likely rise less, if at all, they say.

Another indicator of a recovering economy is consumer spending, which tends to keep pace with the economy. As unemployment drops and incomes rise, consumer spending rises at about the same rate.

And, for the first time, Baby Boomers are not the largest segment of the population, Millennials are (the generation born between 1982 and 2004). That prompts a new equation for the housing market, as these twenty-somethings will soon be settling down and looking for housing of their own. Perhaps now is the time to consider investing in multifamily housing, perhaps through Real Investment Trusts (REITs) that specialize in this sort of thing.

Millennials came of age with the Internet and cell phones in their hands. It follows that industries catering to their needs – and demands for instant gratification and lightening-speed communication – may be worthy of a renewed look by investors. Start-ups, apps and technology providers may be considerations, as are industries that incorporate online shopping and home delivery of a vast range of products, foods and services.

What else?

Lower prices for oil may lead some investors to wonder if this is the year to invest in those industries typically heavily dependent on fossil fuel. Airlines come to mind, as well as other types of transportation-related industries.

Negotiating the slopes of 2015 will take flexibility and fortitude. Keep in mind your long-term goals and be ready to zig-zag: adjust your portfolio as needed. Enjoy the ride!

Peter Chieco is a financial adviser with Morgan Stanley Wealth Management in Greenwich, Conn. He can be reached at 203-625-4897.

The Prudent Portfolio

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Analyzing This Year's Super Bowl From a Culinary Perspective



By Nick Antonaccio

Super Bowl Sunday brings together friends and family to indulge in the biggest junk food day of the year.

Once a year we indulge guilt-free in those waist-widening, artery-clogging foods we try to fastidiously avoid all year. And what better way to wash down those calories and fat than with your favorite beverage.

But what to consume on this traditional National Junk Food Day?

According to the National Restaurant Association, 48 million Americans will order takeout food. What will we be eating? For 69 percent of us, we will be noshing on chips, dips and salsa and 63 percent will be inhaling chicken wings. In fact, National Chicken Council projects that 1.25 billion chicken wings will be devoured. They calculate that is enough to put 572 wings on every seat in all 32 NFL stadiums.

A few statistics as a reference point for the game:

On the field: The New England Patriots are appearing in their eighth Super Bowl (tied for most all-time), with three wins. This is the Seattle Seahawks' third

'a challenge for bragging rights'

appearance with one win. Two proven teams vying for additional glory.

Off the field: The average price of a ticket to the game is expected to reach a record high of over \$3,000. The average viewer will be spending an average of \$78 on food, beverages and team merchandise. That adds up to a whopping \$14.3 billion. A 30-second commercial costs a record \$4.5 million.

With these factoids as a base, here's my premise for this week's column: a Super Bowl Challenge for the best food, wine and beer produced in the two rival football regions.

Food: Each region has its iconic foods. Which is superior?

From the culinary heights of haute cuisine in the downtown area to the ultimate Italian comfort food in the North End, Boston diners have numerous fine choices. Iconic dishes like New England clam chowder and Boston baked beans are steeped in the colonial underpinnings of the city and region. And don't forget the fresh cannoli at Mike's Pastry.

But don't count out Seattle. Its proximity to Northwest waters makes it famous for fresh seafood sold at Pike's Place Fish Market. A sample dish that showcases Seattle's culinary diversity is cedar-

planked salmon with wild huckleberry demi-glace, caramelized Walla Walla sweet onions and Washington apple pie.

If this category determined the Super Bowl winner, New England would win hands down.

Wine: Washington State is one of the premier producers of fine Cabernet Sauvignon and Bordeaux blends. There are over 700 wineries, a number of which are a short distance from Seattle. Quilceda Creek, Andrew Will and Chateau Ste. Michelle consistently produce quality wines year after year.

Although Massachusetts' Westport Rivery produces a worthy sparkling wine and Rhode Island's Sakonnet Vineyards offers Cock of the Walk Red, they can't compete with the terroir of Washington State.

Seattle dominates New England in this category.

Beer: Craft beers are growing in popularity, a testament to the new generation of talented brew masters. Both teams' quarterbacks are stars, Russell Wilson having more recently come into prominence and Tom Brady continuing

to exert his inimitable perseverance and talent on the playing field. So, too, the beers of each region. Each city overflows with craft breweries – over 150 each, several with national reputations.

For Seattle, look for those available in our area: Pyramid, Red Hook and Elysian. Of course, Boston has its Samuel Adams. This is the most difficult category, but I have to give the nod to Sam Adams for its consistent performance, its skill at offering a wide range of choices and the beautiful women it seems to attract – just like the Pats' Brady.

Which team will claim bragging rights for the next year? Which region will claim culinary dominance? Whatever your plans are for the Big Day, relax with your favorite junk food, your beverage of choice and enjoy the game.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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Italian Language and Culture With Mara De Matteo. De Matteo, born and raised in Italy, combines lively conversation with grammatical instruction in her classes, creating interactive lessons on the richness of Italian culture, past and present, through real-life anecdotes, literature, personal memoirs, films and photography. North Castle Public Library, 19 Whipoorwill Rd East, Armonk. Beginners from 6:30 p.m. Free. Info: 914-273-3887.

Wednesday, Jan. 28

Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. Mount Kisco Coach Diner, 252 E. Main St., Mount. 7:30 to 8:30 a.m. Free. Every Wednesday. RSVP suggested. Info and RSVP: Contact Julie Genovesi at 303-929-7203 or e-mail julie@eurobella.net or just drop in.

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 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) through June. Info: Contact Kim Bremer at 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.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. No previous yoga or fitness exercise experience necessary. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887.

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. Every Wednesday. Info: 914-666-8041.

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.

Art Series Discussion: Charles Christian Nahl. Born in Germany in 1818, Nahl was a child prodigy whose talents with watercolors were developed by the age of 12. After studying with Emile Jean Horace Vernet in Paris, his family went west to participate in the California Gold Rush. Nahl's unique eye on America's west would forever change the way the world saw that region. Led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East,

Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Thursday, Jan. 29

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.

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. Every Thursday. Info: 914-769-0548 or visit www.mountpleasantlibrary.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. Every Thursday. Info: 914-864-0130 or visit www.mountkisco.library.org.

Writing Workshop. Writing about your life may feel like a daunting task. The focus of this supportive ongoing workshop is to get your stories on the page using different short formats and learning from published authors as well as each other. Beginners and more experienced writers welcome. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Free. Also Jan. 29 and Feb. 5. Info: 914-273-3887.

"The What, Where and How of Dr. Who." Travel through time with Clive Young as he presents this celebration of 50 years of the most popular Sci-Fi TV series in America. Designed for avid fans and newcomers, Young will give the audience a behind-the-scenes peek and highlight unforgettable exploits of the 11 doctors over the series' 50-year run. This multimedia program will feature surprise guests, amusing trivia and more. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.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 or visit www.Addie-tude.com.

Friday, Jan. 30

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.

Friday Night Cinema and Conversation. "Seven Up Plus." This film looks at the lives of several English children as their youth, adolescences and adulthoods are captured on film every seven years until the most recent installment, 2012's 56 Up. Led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Saturday, Jan. 31

Bedford 2020 Environmental Summit and Solar Action Day. Workshops and lectures on solar energy, energy efficiency, waste and recycling, water quality, forest and backyard management, local food and more. This environmental expo will also feature interactive demonstrations, green products and information from over 70 participating organizations and businesses. Fox Lane High School, Route 172, Bedford. 8 a.m. to 4:30 p.m. Adults: \$25. Students: \$10. Pre-registration required. Info and pre-registration: Visit <http://bedford2020.org/summit2015/> or call 914-620-2411.

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.

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

Tai Chi With Larry Attile. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. A hands-on class that is geared to the level of experience of the class. Please wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 10:30 a.m. Free. Info: 914-273-3887.

Teaching Trails: A Community Path for Environmental Education. Join guided trail experience through the

continued on page 26

Stay Focused and Beat the New Year's Resolution Burnout



By Dr. Brian J. Dombal, DPT

January 2015 is drawing to a close, and with the first month of the year nearly behind us, how are you progressing toward your New Year's resolutions?

Most research has found that it takes about two to three months to form a new habit or to break a bad habit. Therefore, this time of year becomes a critical period in determining whether you will achieve your resolutions. What steps can you take to stay motivated, maintain your progress and/or get yourself back on track?

First, it can help to identify which stage of change you are currently in. The five stages of intentional behavior change, also known as the Transtheoretical Model, are pre-contemplation, contemplation, preparation, action and maintenance. If you have set a goal for yourself you are generally past the pre-contemplation stage (where one has not yet thought about needing to change a behavior) and past the contemplation stage

(where one is actively thinking about a behavior they need to change).

If you are having difficulty moving from thinking about making a change to taking action it can be helpful to reflect on the value of the change you are considering. When you feel a sense of urgency and motivation to take active steps toward your goal you will have more success in moving from contemplation to preparation.

Preparation is where many goal setters find themselves at the beginning of the year -- a start date has been selected and one has begun to move from a desire to change toward true action. Perhaps you have signed up for a gym membership, thrown out your holiday desserts and junk food or bought a new pair of running shoes.

The focus on changing one's attitudes and beliefs that helped in the move from contemplation to preparation should now be replaced by forming the behaviors and mindset that will help maintain that change over time, and move from preparation into action and maintenance. In the preparation stage, focus on creating a plan of action and finding change catalysts, such as substituting healthy alternatives for the problem behavior, selecting ways you will reward yourself for successful habit formation and setting targeted

goal steps for your journey.

The preparation stage is an ideal time to consult with a professional in your desired area of change, whether it's a fitness professional for exercise-related goals, or an appointment with a registered dietician or clinical nutritionist for diet and weight loss resolutions. Forming an action plan with an experienced and knowledgeable expert can help ensure that you work toward your goals safely and effectively, with reduced risk of injury or burnout.

As you continue to practice new habits and healthy behaviors you move from preparation to the stages of action and maintenance. Here it becomes critical to keep utilizing the strategies formed in the preparation stage to help you maintain new behaviors and avoid slipping back into bad habits. Control your environment to the best of your ability by removing temptations and adding reminders for target behaviors. Also, pay attention to the situations and people who can help you stick to your goals and those that detract from your success leading to problematic behavior and falling back into bad habits.

Keeping a positive outlook is essential in the maintenance stage, particularly when you find yourself not maintaining your goal behavior. It is

important to remember that mistakes or slips in keeping your resolution are not causes to abandon your goal and return to your old ways. Find healthy ways to resist when temptation to skip today's workout or to overeat or drink too much strike.

When you do lose focus, think about the big picture and reflect on what you can learn from your mistake. Most importantly, immediately resolve to get back on track. If you have not consulted with an expert or professional thus far, doing so in the action and maintenance phase can provide a powerful source of motivation and advice to help you have the best chance of lasting results and help you overcome any pitfalls you have encountered.

While change is never easy, utilizing the right strategies for your current stage of change can make the difference between achieving your 2015 goals or giving up and resolving to try again next year.

Dr. Brian Domba is director of physical therapy at ProClinix Sports Physical Therapy and Chiropractic. Located in Armonk and Pleasantville, ProClinix offers a range of services including physical therapy, chiropractic and nutritional counseling. For more information, visit www.proclinix.com.

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Happenings

continued from page 24

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. Info: 914-723-3470 or visit 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.

Feeding Fun. It's mealtime for the animals. Come see what's on the menu and learn how the critters stay healthy. 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.

Sunday, Feb. 1

Wolf Tails for Kids: Mythology of

a Predator. A program that discusses the relationship between the wolves and humans of the past. Guests will be introduced to various wolf mythologies and then have a chance to create their own and share, if desired, before visiting ambassador wolves Atka, Alawa, Zephyr and Nikai and the center's critically endangered red wolves and Mexican gray wolves, too. Don't forget a camera. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$15. Children (under 12): \$12. Also Feb. 21 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Animal Athletes. Come meet and learn about some of the most amazing athletes in the world, then put your own athletic prowess to the test. 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.

Winter Wolves. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical time for packs in North America. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr as well as the centers critically endangered red wolves and Mexican gray wolves. Also enjoy hot beverages in our woodstove-heated classroom. Dress for cold weather.

Wolf Conservation Center, South Salem. 2 p.m. Adults: \$15. Children (under 12): \$12. Also Feb. 7, 14, 16, 18 and 22 at 11 a.m. and Feb. 14 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Danceworks for Children. The dance company of Westchester Community College, a diverse ethnic and cultural combination of college students and alumni, will perform a special program for children who are invited to join the action on stage. For children three years old and up. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 3 p.m. \$10. Info and tickets: 914-606-6262 or visit www.sunywcc.edu. Tickets may also be purchased at the door.

Winter Interlude. Enjoy a mid-winter festival, a musical prelude to the Super Bowl, with a playbook of captivating and soothing compositions for strings. Featuring Violinist Victor Lioni and the Camerata Chamber Group. Westchester Community College's Classroom Building, Room 200, 75 Grasslands Rd., Valhalla. 3 p.m. \$18. Seniors: \$16. Students: \$12. Info and tickets: visit sunywcc.edu/SmartArts. Tickets may also be purchased at the box office 30 minutes before the performance.

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. 3 to 6 p.m. \$12. Also the third Saturday of each month from 8 p.m. to midnight. \$16. Info: 914-725-3023 or 914-484-5101 or e-mail sampelayo@optonline.net.

Monday, Feb. 2

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. Every Monday. Info: 914-769-2021.

Wild Encounters Story Time. Nature discovery for youngsters three to five years old; with a parent or caregiver. Participants enjoy a nature-themed story and discover the wonders of nature while exploring fields, forests or landscaped grounds. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: \$9 per child. Non-members: \$12 per child. Every Monday. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Telephone Support Group for Women With Metastatic Breast Cancer. This new Support Connection group offers the opportunity to share information and experiences with women across the country who are living with breast cancer. Share information and experiences. Confidentially discuss concerns and gain support from others who understand from the comfort of home. Open to women nationwide living with recurrent, advanced stage or metastatic breast cancer. 7 p.m. Free. Meets the first

Monday of every month. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

Tuesday, Feb. 3

Snow Moon Wolf Walk. Celebrate February's full moon, the "Snow Moon." While keeping warm by the outdoor fire pit, guests will enjoy warm drinks, sugary treats and the symphony of howls from the 24 wolves. Learn about the history of wolves in the United States, their importance to a healthy ecosystem and the efforts to save these magnificent creatures for future generations. Then take a short moonlit walk to visit the center's ambassador wolves. Please bring flashlights and dress for cold weather. Program will be canceled in case of rain. Wolf Conservation Center, South Salem. 6 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

"13 The Musical." The Random Farms Kids' Theater presents this production written by Tony Award-winning composer Jason Robert Brown, a hilarious, high-energy musical for all ages about discovering that cool is where you find it, and sometimes where you least expect it. Performed by a cast of young middle school and high school performers. Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. Adults: \$18. Seniors and students: \$16. Premium seating (first four rows): \$23. Groups (of 20 or more): \$14. Also Feb. 4-8 at 7 p.m. and Feb. 7 and 8 at 2 p.m. Info and tickets: Visit www.tarrytownmusichall.org or www.randomfarms.com.

Wednesday, Feb. 4

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

Thursday, Feb. 5

Pleasantville Garden Club. Lorraine Gibbons, a co-founder of Garden State Urban Farms, a cityscape of EarthBox container gardens on underdeveloped city lots in Orange, N.J., will share her experiences about cultivating vegetables in a 1,800-square-foot hydroponic greenhouse, which yields as much produce as two to three acres of open farmland. She will discuss the productivity of portable open containers and how she created a program to train disabled veterans and teens to grow produce for restaurants, markets and hospitals. All welcome. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit www.pleasantvillegardenclub.org.

THERE'S A WORD FOR IT

By Edward Goralski

Go Ask Alice. Charles Lutwidge Dodgson was born on Jan. 27, 1832. Dodgson, a mathematician and writer, is better known as Lewis Carroll, whose famous works include "Alice's Adventures in Wonderland." His works featured Carroll's specialty, coining blended words and nonce words, words coined for a particular occasion. Perhaps a few of these words will be of use on more than one particular occasion.

1. frabjous (adj.)

- A) unruly B) delectable C) wonderful

2. mimsy (adj.)

- A) threatening B) underwhelming C) dainty

3. chortle (v.)

- A) to change one's mind B) do an odd job C) chuckle gleefully

4. snark (n.)

- A) an imaginary animal B) a mischievous smile C) eat quickly

5. jabberwocky (n.)

- A) a spending spree B) nonsensical speech C) a festive gathering

6. galumph (v.)

- A) to move clumsily B) raise a sudden action C) dance away the night

7. vorpal (adj.)

- A) noisy B) deadly C) twisted

8. wabe (n.)

- A) a dry riverbed B) a puff of wind C) wet side of a hill

ANSWERS:

1. C. Great, wonderful, fabulous
2. B. Firm, underwhelming and ineffectual
3. C. To chuckle gleefully
4. A. An imaginary animal
5. B. Nonsensical speech or writing
6. A. To move or run clumsily or heavily
7. B. Sharp or deadly
8. C. The wet side of a hill

The Restaurant Examiner

Shakiban's Newest Endeavor: Fine Dining, Family-Style

By Jerry Eimbinder

You may have eaten at one of the many dining establishments founded by Par Shakiban during his more than 40 years in the restaurant business. Eateries he launched include Patisserie Salzburg of Scarsdale and Rye, Brezza in Armonk, Eclipse Northern Italian in Port Chester, Eclipse of Stamford and Eclipse Mediterraneo Cucina and Laguna in White Plains.

Now he is applying his know-how and experience to family-style fine dining.

Last Saturday his 16-month-old, 180-seat restaurant, Taleggio Italiano Classico,

in White Plains was converted from an upscale dining establishment into a family-style restaurant while keeping most of the same dishes on the menu. Each oversized appetizer or entrée can feed two to three people.

Family-style restaurants are rare today, although Carmine's and Tony's Di Napoli appears to be a successful example of this concept in New York City.

Typically, the appetites of four or even five people can be satisfied by ordering two appetizers and two main courses, said Taleggio Italiano Classico General Manager Charles Amchir. He mentioned

that options will be available for single diners or couples.

Amchir, who came aboard a month ago, previously held managerial posts with the Greenwich Lobster House, Cafe Mozart in Manhattan, California Pizza Kitchen at the Willowbrook Mall in Wayne, N.J. and at Via Vanti! in Mount Kisco.

Another of the changes at Taleggio, Amchir said, will be an increase in the number of seafood items offered.

For first-time visitors or guests seeking a delicious three-course dinner, I recommend:

Appetizer: Scrumptious Spanish octopus with garlic and oil. Boiled and lightly charred on the grill, it's so thick it looks like a big chunk of lobster meat.

Entree: Veal Sorrentino with marsala sauce. Two layers of thinly pounded veal are topped with eggplant, prosciutto and mozzarella.

Dessert: Chocolate cake. Filled with lots of chocolate mousse and delivered from Patisserie Salzburg.

Red or white sangria is offered by the pitcher.

The restaurant is open seven days a week with lunch service beginning at noon each day and dinner service starting at 4 p.m. The kitchen closes at 10 p.m.



Monday through Thursday and at 11 p.m. on Friday and Saturday. Sunday closings vary, so check with the restaurant.

A recently opened 24-hour municipal parking garage is located directly behind the restaurant. Parking is \$1 per hour and is payable by cash or credit card. The walk from the garage to the restaurant entrance requires only a few steps.

Taleggio Italiano Classico is located at 189 E. Post Rd. (at the corner of Walker Avenue) in White Plains. For more information, call 914-761-1111 or visit www.taleggiorestaurant.com, 914-761-1111.

Westchester's Most Delicious Dishes

Fusilli Arrabbiata at Amore in Armonk

Westchester's Most Delicious Dishes will be included weekly to alert diners to great flavors and savory tastes they can experience locally. In each article in this ongoing series, we focus on outstanding cuisine and the talented chefs responsible for it.

By Jerry Eimbinder

Fusilli Arrabbiata (also spelled Arrabiata) is an exquisite pasta special at Amore in Armonk and, being a special, it is only occasionally available.

But it is well worth the wait. Here's why.

Its long cork-screw pasta has a truly remarkable, robust tomato sauce called Arrabbiata that is complemented with an abundance of flavorful accompaniments including succulent seafood. Without a doubt, the sauce contributes mightily to making this dish delicious and significantly different.

The ingredient list is impressive playing together: Prince Edward Island mussels, small sweet bay scallops, roasted cherry tomato and wilted arugula.

Arrabbiata sauce is a light marinara or red Italian sauce given an extra spicy flavor by adding hot peppers. The word "Arrabbiata" in Italian loosely translates to "angry mood" — the name inspired by its piquant taste. There are many varieties of this sauce but typically they include red pepper, tomatoes, garlic, parsley and onions.

In making its Arrabbiata sauce, Amore uses premium cold-pressed Napa Valley extra virgin olive oil and red pepper flakes.

"Arrabbiata sauce goes well with any plain pasta," said co-proprietor Mark Mazzotta. "When preparing Arrabbiata with a tubular pasta like penne, it's important to make more sauce than needed to adequately coat the pasta since Arrabbiata sauce and others like it readily are absorbed by the pasta."

"The most authentic Arrabbiata recipes rely on crushed red pepper or red pepper flakes, although some recipes do use alternatives like chili peppers, habaneros or jalapeños," Mazzotta mentioned. "Some also include smoked chili peppers or fire-roasted, crushed tomatoes to evoke an earthier, smoky taste in the finished product."

"In our kitchen, garlic and parsley are simmered first in a little olive oil, and the lengthiest cooking process is cooking the onions," Mazzotta said. They are sautéed over medium heat for about 10 minutes, allowing them to soften and sweeten up."

The cost for this terrific dish is only \$20.

Mazzotta and his brother, Joe, are celebrating 20 years of operating restaurants in the Armonk area. Many of the vegetables and ingredients they use are grown in gardens on the restaurant's grounds.

Amore Pizzeria & Italian Kitchen/Caterers is located at 1 Kent Place in Armonk. Call 914-273-3535 or visit www.amorearmonk.com for more information.



JERRY EIMBINDER PHOTOS

Fusilli Arrabbiata, available as a special at Amore in Armonk.



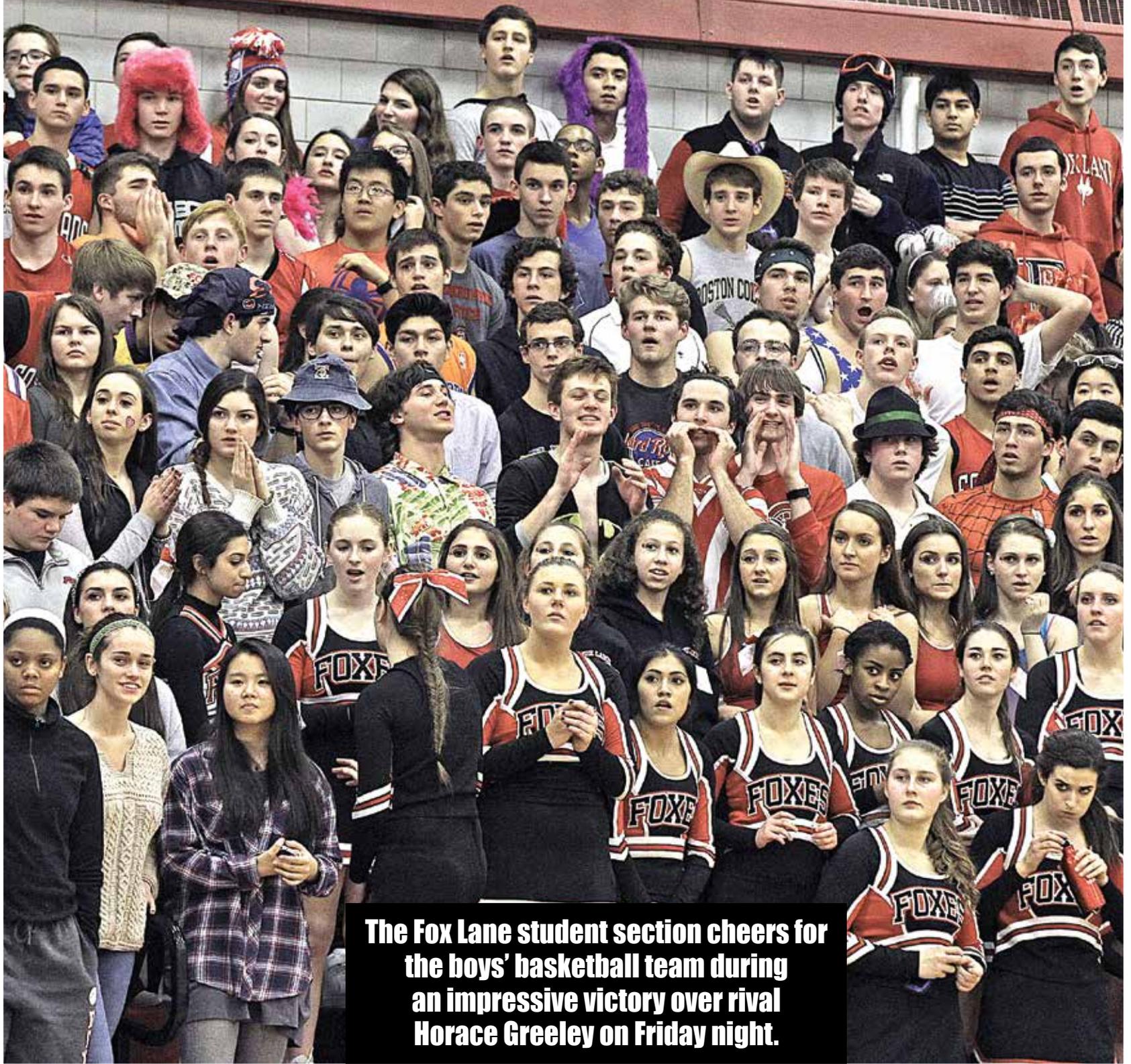
Mark Mazzotta, left, and his brother Joe. Many of the ingredients used in their dishes at Amore are grown on the premises.

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Inside The Foxes Den



The Fox Lane student section cheers for the boys' basketball team during an impressive victory over rival Horace Greeley on Friday night.

ANDY JACOBS PHOTO

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- CABICO
- STONE
- QUARTZ
- CORIAN
- DECORATIVE HARDWARE