

Reward Hiked in Stalled P'ville Firefighter Murder Investigation

By Arthur Cusano

Westchester County Crime Stoppers announced last Wednesday a new \$3,500 reward for information on a Pleasantville murder investigation that is nearly 20 years old.

Organization Chairman Derickson Lawrence said he hoped the new reward, along with an existing \$2,500 reward from New York State Crime Stoppers, would coax someone to come forward with new information on the killing of volunteer firefighter Thomas Dorr in January 1996.

"We believe that after 20 years, with the passage of time comes strength, courage and hopefully resolve, because we believe that somebody out there knows something," Derickson said at the Pleasantville Volunteer Fire Department's Washington Avenue headquarters. "That, in addition to the incentive of \$3,500 as a reward, we hope

moves the needle for somebody to share information."

Dorr was found murdered in Graham Hills Park on Jan. 7, 1996, near his Pollywoggle Road house. The 50-year-old White Plains Water Department worker had intended to walk from his home to the firehouse to join other volunteers on standby during a blizzard, but never made it. When firefighters learned Dorr was missing, they began a search. His body, beaten and stabbed, was found the next morning.

Lt. Jeff Hunt, head of the detective division for the Westchester County Department of Public Safety, said the investigation still focused on Dorr's widow and stepson, whom he said was a heroin user.

"Right off the bat they asked for attorney privileges, which has hampered the case," Hunt said. "Also, I'm going to make the allegation right now that they helped clean up or tidy up the crime scene, which dampened the investigation."



ARTHUR CUSANO PHOTO

Westchester Crime Stoppers Chairman Derickson Lawrence, at podium, announced a new \$3,500 reward for info on the still unsolved 1996 murder of Pleasantville volunteer firefighter Thomas Dorr.

Hunt said that he did not believe that Dorr was on his way to the firehouse when the attack occurred, as family members had previously alleged. Police made a conscious decision not to charge family members

with tampering with evidence as part of the larger investigation, but they could still be charged at a later time, he added.

Robert Allo was a co-worker of Dorr's

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Suspects sought in 2014 Pleasantville murder, see page 2

North Castle, Goldberg Come to Terms on New Three-Year Contract

By Martin Wilbur

The North Castle Town Board approved a new contract for Town Administrator Joan Goldberg last week ensuring the municipality's first-ever administrator will remain in place for at least the next two years.

The three-year agreement, approved 4-0 by the board on Nov. 18, calls for Goldberg to receive an \$8,000 raise retroactive to Sept. 28, bringing her salary to \$153,000, Supervisor Michael Schiliro said.

For the contract's second year, which begins Sept. 28, 2016, her salary will rise to \$160,000. The agreement calls for the town to decide whether to pick up the option on the third year at a salary no less than \$166,000.

Until the new agreement was approved,



North Castle Town Administrator Joan Goldberg

Goldberg had been paid under the terms of the expired contract.

Goldberg said after last Wednesday night's town board meeting that she was

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Housing, Assisted Living Proposed for Mt. Pleasant's Legion Property

By Neal Rentz

A White Plains-based developer is proposing a major development for a portion of the property owned by the Legion of Christ in Mount Pleasant that would include 116 single-family homes and an assisted living facility.

The developer, Baker Residential, is also proposing to donate 16.5 acres of the 165-acre property on Columbus Avenue to the town, which would use it for recreational facilities.

The site is vacant wooded land that is located in a General Office Building zone (OB-1) at 582 and 590 Columbus Ave. It sits adjacent to the property acquired by the EF Academy, which opened a boarding school on another portion of the Legion of Christ parcel.



NEAL RENTZ PHOTO

The Mount Pleasant Town Board last week reviewed a proposal for a residential development and an assisted living facility on a portion of the undeveloped property owned by the Legion of Christ.

The residences would be built in clustered lots, according to the applicant's

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P'ville Murder Case Centers on DNA as Authorities Target Suspects

By Arthur Cusano

The investigation into the murder of Pleasantville resident Linda Falkoff last year is now focused on DNA recovered at the scene, with various suspects being pursued, police announced last Wednesday.

"There is more than one suspect, multiple suspects," said Lt. Jeff Hunt, commander of the detective squad overseeing the case for the Westchester County Department of

Public Safety.

Hunt's comment was made following a press conference at the Washington Avenue firehouse announcing that an award is being offered in another unsolved murder case, the homicide of former volunteer firefighter Thomas Dorr, who was killed in Graham Hills Park in Mount Pleasant in January 1996.

Falkoff, 76, a widow and a retired IBM employee, was found dead inside her

residence on Oct. 30, 2014, when a U.S. Postal Service employee became suspicious after seeing mail pile up for several days.

Police checked on her at the home located at 79 Grandview Ave. and discovered Falkoff's body inside. Police reports stated that she was stabbed to death, but there have been virtually no comments since, including where inside the house her body was found or if a murder weapon was recovered.

Investigators now believe she was killed during a burglary attempt.

"One of the suspects has left (the state), and we are pursuing different routes and different evidence and lines of investigation revolving around DNA recovered," Hunt said.

Police said they have yet to locate the suspect who has left the state. Hunt said that suspect is believed to have known the victim but was not an area resident.

Falkoff was a known hoarder, and the clutter in the home made the investigation more difficult, said Falkoff's son, who has lived in California for the past 20 years. He now owns the home and has made no



Linda Falkoff

effort to sell it.

A \$2,500 reward is being offered for information on the case. Anyone with information is asked to contact 1-866-313-8477 or 1-866-313-TIPS. All calls will be kept confidential.

Raise the Age Forum in Chappaqua Set for Dec. 1

The League of Women Voters of New Castle is hosting a community forum titled Raise the Age of Criminal Responsibility on Tuesday, Dec. 1 at 7 p.m. at the Chappaqua Library Theater, located at 195 S. Greeley Ave. in Chappaqua.

Typically, criminal law treats children differently from the way it treats adults. New York and North Carolina are the only states that prosecute all youths 16 years of age and older as adults. Research has found that the human brain is not fully formed until about age 25.

Allison Lake, deputy director of the Westchester Children's Association, and Lisa Freeman, director, special litigation

and law reform unit, juvenile rights practice of the Legal Aid Society of New York, will present an overview covering the current laws and application in New York as well as information on adolescent brain development and the effects on children treated as adults in the criminal justice system.

We will take input from the public and inform the community about this important issue and raise questions with experienced and knowledgeable experts in the field.

Coffee and refreshments will be available.

For more information, e-mail lwvnewcastle@gmail.com.

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

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Q: What gynecologic conditions do you see most frequently in your practice?

A: Endometriosis, uterine fibroids and ovarian cysts are the big three. With endometriosis, cells from the lining of the uterus are found in the pelvic area. This can cause pelvic or abdominal pain, painful periods and painful intercourse. Uterine fibroids are benign tumors (most remain benign) growing from the uterus wall. They can cause pain, especially if large and pushing against other organs, heavy and painful periods, urinary symptoms, infertility or miscarriage. An ovarian cyst is a fluid-filled or solid growth in an ovary that can be benign, pre-cancerous or malignant, and can cause pain.

Q: What should I do if I have one or some of these symptoms?

A: Do not delay in seeing your gynecologist. I stress this because women are so busy that they often unnecessarily put up with pain. These conditions are diagnosed through a complete medical history and physical exam, sometimes aided by ultrasound and, in the case of endometriosis, a laparoscopy, in which a camera detects uterine cells in the pelvic area.

Q: What are my treatment options?

A: Since these conditions are stimulated (not created) by female hormones, medical treatments include hormonal medications, such as birth control pills, coupled with pain medication. Surgical options at Northern Westchester Hospital for all three conditions include advanced minimally invasive approaches, specifically leading-edge robot-assisted single-incision laparoscopic surgery (SILS), which can be performed through a single incision in the belly-button.

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Assisted Living Facility Proposed in Mount Kisco

By Neal Rentz

A Connecticut-based developer has asked the Mount Kisco Village Board to consider a zoning text change to allow for construction of what would be the first assisted living facility in the village.

Maplewood Senior Living LLC and Radio City Ventures, another limited liability company which co-owns the 5.7-acre property at 2 Morgan Drive, have also proposed to include a memory care facility.

The 85,000- to 90,000-square-foot facility would have about 90 units, said Tom Gaston, executive vice president for acquisitions and development for Maplewood Assisted Living.

Monthly rent would be between \$4,500 and \$8,500, Gaston said. Three-quarters of a parking space would be provided for each unit. Nurses would be on site 24 hours a day.

The sewage treatment plant that had been on the site and owned by New York City was closed in the 1960s. The land was transferred to the village in the mid-1980s. Immediately after the transfer, the village sold the land to a private concern.

Charles Martabano, an attorney representing the developers, said during a Nov. 16 public hearing on the project that the parcel is currently zoned Research and Development (RD); however, there is no language in the code



NEAL RENTZ PHOTO

Tom Gaston, executive vice president for acquisitions and development for Maplewood Assisted Living, discussed a proposal for an assisted living facility for Morgan Drive at the Nov. 16 Mount Kisco Village Board meeting.

to allow for assisted living in Mount Kisco.

Therefore, the applicant is seeking specific language to make assisted living a permitted use, Martabano said. The planning board has expressed its support for zoning text changes and neighboring property owners also back the type of use, he said.

He told village trustees the site is contaminated and would be cleaned up

by the developers.

Gaston said his Westport, Conn.-based company operates similar facilities in Connecticut, Ohio, Massachusetts and New York City. The company also plans to open facilities in Florida.

"Our track record, I think, speaks for itself," he said.

Gaston said his company is eyeing an RD zone because, "we like being next to commercial areas" rather than in isolated residential zones.

There is a "large increase in the 75-plus age group," Martobano said of the growing need for assisted living facilities.

Martabano said if the project is approved it would lead to a revitalization of the area because it would encourage additional development.

However, village Trustee Karen Schleimer said she was concerned about the location. The Bristol, an assisted living facility on Business Park Drive in Armonk, is in a corporate park, which she said is an inappropriate setting for residents. When residents sit outside they see parking lots, Schleimer said.

Judith Simon, the only resident to speak during last week's hearing, supported the project. Alzheimer's disease is increasing for older Americans and there is a greater need for assisted living facilities, said Simon, who is executive director of A&J Home Care,

Inc., which provides nursing services to residents in Westchester and Putnam counties.

Gaston said there are about five million Americans with Alzheimer's and 380,000 in New York State, he said.

The developer's representatives agreed to a request from Mayor Michael Cindrich to meet with trustees in a work session in the near future to further discuss the project.

The trustees voted unanimously to adjourn the public hearing until Dec. 22.

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Housing, Assisted Living Proposed for Mt. Pleasant's Legion Property

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submission. They would be divided between 48 half-acre lots and 68 quarter-acre lots, with access from East Stevens Avenue and West Lake Drive. Connections are available to public sewer and water.

The single-family residences on quarter-acre lots would be between 2,500 and 3,000 square feet, and would have three or four bedrooms and a two-car garage. The single-family duplex residences would be between 2,800 and 3,000 square feet with three bedrooms and a two-car garage.

The houses on the half-acre lots would be detached single-family houses of

between 3,000 to 3,500 square feet with four bedrooms and a two-car garage.

The developer is also seeking to create an assisted living facility on a portion of the land to the west of the homes. In addition to the 16.5 acres that would be given to the town, 80 acres would remain open space.

Councilman Denis McCarthy said the assisted living facility could be a positive for the town because it would keep seniors in Mount Pleasant.

Baker Residential is estimating that the homes on the quarter-acre lots would sell for \$699,990, with those on the half-acre

parcels going for \$799,990.

The developer is projecting revenue of \$1.73 million in annual property taxes to the Mount Pleasant School District and \$118,950 to the town's budget.

Supervisor Carl Fulgenzi said the developer would need to submit the proposal to the planning board. The supervisor said he recently spoke with planning board Chairman Michael McLaughlin about the proposal.

"He likes the whole concept," Fulgenzi said.

Representatives of the developer will be invited to a future town board work

session, he said. The town board would need to rezone the property to allow for the development of the residential units.

Reward Hiked in Stalled P'ville Firefighter Murder Investigation

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in White Plains. He called on the public to help catch his killer.

"It's been nearly 20 years, and that's long enough," Allo said. "Those who knew Tom loved Tom. He was a kindhearted person, a gentle giant. He touched the lives and souls of everyone he came across."

Pleasantville Fire Chief Asterio Scopino said the crime still weighed heavily on the department.

"Every year we do a memorial service at Graham Hills Park, so it's great that Crime Stoppers put up this reward and sheds new light on a cold case," Scopino said. "Obviously it's a loss for everyone here. Not only was he a firefighter, but he was a great person and a great friend. I guess we feel there's no justice and no closure to this situation as of yet."

Anyone with information on the case is asked to call Westchester Crime Stoppers at 1-800-898-8477. All calls will be kept confidential.

North Castle, Goldberg Come to Terms on New Three-Year Contract

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happy to continue in the job that she started in September 2012 and was looking forward to the next couple of years and the challenge of helping the town resolve several key issues such as its road paving program and more parking for downtown Armonk.

"I think it's really great," she said. "I like being the first town administrator (in North Castle). You could sort of blaze your own path."

Schilero said there were no specific stumbling blocks that had held up a contract extension beyond working through routine issues.

In addition to her salary, other key

provisions include Goldberg getting credited with 247 hours of paid time off, effective Jan. 1, according to the terms of the contract. Also, to determine the 20 years of benefit-eligible service with North Castle to qualify for retirement medical eligibility, Goldberg will receive credit for the 16 years she previously served as comptroller in Yorktown.

Goldberg arrived with much anticipation in 2012 after a previous town board had created the position of administrator but had not filled the post. However, some controversies have followed her. Goldberg left Yorktown following a run-in with Supervisor Michael Grace and the board majority and was terminated, then took

about \$77,000 for unused vacation time that she contended she was entitled to. Goldberg was forced to return the money after the town went to court.

In December 2013, Goldberg was terminated by the previous North Castle Town Board after being accused of misconduct. She was rehired a few weeks later. Former police chief and current police Lt. Geoffrey Harisch has also accused her of harassment.

While virtually all villages have a professional administrator or manager, the only towns in Westchester to employ an administrator are North Castle, Mamaroneck and New Castle.



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Judge: County Complied With Affordable Housing Settlement

By Martin Wilbur

A U.S. magistrate judge ruled last Thursday that Westchester County was in compliance with the affordable housing settlement late last year because it had provided financing for enough units to meet its 2014 benchmark.

Judge Gabriel Gorenstein determined that the county met its obligation once the Board of Legislators last November agreed to issue bonds to allow the controversial Conifer Realty project, Chappaqua Station on Hunts Place in Chappaqua, to move forward. As a result, the county should not be held in contempt for violating terms of the settlement.

A May 8, 2015, report from federal monitor James Johnson contended that the financing for the 28-unit project should not count toward the total because variances from the state Board of Review had not been issued before the end of last year and because there were still a series of conditions required by the town before a building permit could be obtained.

Without including the 28 units, the county would have been 24 shy of its requirement to have funding in place for 450 affordable residences by Dec. 31, 2014.

While Gorenstein's decision acknowledged that the affordable housing settlement mentioned that the project was subject to all local and state

variances, the county's action committed to using the funds.

"What is important is that the particular 'condition' at issue here...does not operate to affect the availability of money to build the project," Gorenstein wrote.

Had the county fell short of the benchmark, it would have been fined \$30,000 initially, and another \$60,000 for each month that it failed to comply. The settlement mandates the county have building permits in place for 750 units of new affordable housing by Dec. 31, 2016.

In a statement Thursday afternoon, County Executive Rob Astorino applauded the decision, remarking that it was obvious the county had met the settlement's requirements.

"This is another win for our residents," Astorino said. "From the beginning, the county has worked hard to comply with the terms of the settlement. But we have also stood firm against overreaching by the federal government to force the county to do things that are not in the agreement. The magistrate's decision clearly shows that the county has met its obligations and that the federal government's contention of contempt was wrong and without legal merit or justification."

The Chappaqua Station project has been met with significant community



Last November Board of Legislators Chairman Michael Kaplowitz announced the county would supply funding for the controversial Chappaqua affordable housing project on Hunts Lane. Last week, a federal judge ruled the county complied with the affordable housing settlement despite objections by the housing monitor.

opposition, with many detractors arguing that the roughly one-third-of-an-acre parcel, wedged between the Saw Mill Parkway exit ramp and the Metro-North tracks, would be dangerous and an inappropriate location for people to

live.

A special permit was granted by the former New Castle Town Board in September 2013; however, Conifer Realty did not receive its state variances until April and has still not satisfied the long list of conditions to obtain its building permit.

Board of Legislators Chairman Michael Kaplowitz (D-Somers), whose district includes New Castle, echoed many of Astorino's sentiments regarding the judge's decision. He said while there are other issues that the county needs to resolve, most notably a completed Analysis of Impediments, the issue of financing should never have been in doubt.

In the remaining 13 months, the county needs to make sure it finishes the job.

"It's a good victory for the people of Westchester County and it's a victory for sanity," Kaplowitz said. "The county has been complying with the settlement and this ruling allows us to make the case."

The county has already surpassed its 600-unit benchmark for financing for 2015 with funding in place for 635 units, according to the county executive's office. There are currently 466 units with building permits, 59 short of the end-of-year benchmark of 525, but there are 101 applications pending.

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New Castle Gets First Look at Redevelopment Scenarios for Hamlets

By Martin Wilbur

Potential redevelopment scenarios for downtown Chappaqua and Millwood were unveiled to the public last week with the intent of incorporating some of the ideas into the Comprehensive Plan update early next year.

A Nov. 19 forum led by representatives of the Pace Land Use Law Center presented six scenarios – four for Chappaqua and two for Millwood. The Chappaqua concepts ranged from low-intensity improvement of public spaces to major high-density residential and retail development. One Millwood concept focused on the area getting sewers one day while the other assumed it won't.

The ideas discussed last week came out of the town's two hamlet studies that were completed earlier this year and done concurrently with the ongoing work on the Comprehensive Plan update. A revised Comprehensive Plan is expected to be adopted by next spring.

Kevin Dworka, a senior fellow at the Pace Land Use Law School who has worked on the project with New Castle officials, challenged the several dozen residents who attended the session last Thursday night at Robert E. Bell Middle School to envision making the two downtowns more vibrant. A roughly 45-minute overview and explanation was followed by residents visiting different

stations for each concept, engaging facilitators and voicing the pros and cons of each plan.

"It's the beginning of the conversation and we hope it sparks your creativity so we can get into the concluding part of the exercise, where you go in to have your own Millwood, or choose your own Chappaqua, and let us know what types of attractions, what types of spaces you imagine for these two very important centers of your community," Dworka said.

Dworka and Tiffany Zezula, deputy director of the Pace center, stressed that the items listed in each scenario can be combined, depending on public feedback, to create almost completely different concepts.

Concept A, which focuses on improving public spaces, envisions a Town Hall of up to 90,000 square feet that not only serves as a municipal building with town offices but also a facility that includes a recreation/community center. It would be built on the current recreation field so the building would front South Greeley Avenue. The field would be relocated to near where the current Town Hall stands.

There would also be a pedestrian path connecting the Town Hall property with the nearby parking areas and train station. There would be no new commercial development.

The second plan, Concept B, transforms

Greeley Avenue into a more vibrant Main Street by adding mixed-used development between Woodburn and Washington avenues.

"When Greeley (Avenue) hits Woodburn it kind of falls apart as a pedestrian Main Street," Dworka said.

Furthermore, underground parking can also be included below the current Bell School ball field with a new playing surface on top. Officials could also consider putting a bubble over the field for year-round use.

Concept C envisions a walkable Chappaqua that infuses residential uses in the heart of downtown along with some commercial development, Dworka said. Woodburn Avenue could be home to multifamily zoning featuring two- or three-story structures containing about 120 apartments, including studios and one- and two-bedroom units at various price points.

A new parking structure would be built on the town's current recreation field. It would be close enough so visitors could walk to the center of downtown. Some limited additional commercial development could also take place in the area between the Bell School field and the back of the current South Greeley Avenue stores.

The most aggressive plan for Chappaqua is Concept D, which builds about 300

residential units and 200,000 square feet of retail to make the downtown completely sustainable, including developing cultural attractions.

"Downtown Chappaqua with this scale of development does not shut down at six o'clock," Dworka said.

The options for Millwood are less plentiful because of the longstanding struggles to connect to public sewers. Dworka said if downtown is able to connect, or if there is some other technology that is created to enable significant building, mixed-use development along Station Road could connect the hamlet's two distinct commercial clusters.

Without sewers, the town would have to work with private property owners or encourage maximization of its industrial complexes.

Supervisor Robert Greenstein, who addressed the audience at the start of the evening, said it's an exciting time and one New Castle needs in hopes of moving forward. The long-term solution for stabilizing property taxes and improving the downtowns is to increase the tax base, he said.

"I hope that this is not just another example of studying things or talking about stuff," Greenstein said. "It's time for action and hopefully people are ready for some action."



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New Life for One Supermarket, End of the Line for Another

By Martin Wilbur

An area supermarket celebrated a fresh start this week, while another will have its doors shuttered with apparently no new operator taking over.

The former Mount Kisco A&P on North Bedford Road reopened Thursday at 7 a.m. as Stop & Shop following a five-day conversion period. The roughly 70,000-square-foot store was the 25th and final A&P that Stop & Shop took over in the past month and a half in the metropolitan area, said company spokeswoman Arlene Putterman.

Lynn Scavullo, Stop & Shop's director of core support, said location, size and

the surrounding community's needs were the key factors in bidding for the store during A&P's bankruptcy proceedings. It acquired the store for \$25 million.

"We have stores nearby, but not that close by, and definitely the community," Scavullo said. "The community needs a good supermarket. I think that was definitely what attracted us here."

The store's size will allow for the store to maintain a bakery, deli and prepared foods sections, she said.

District Director Kevin Conrad said the Mount Kisco Stop & Shop brought in all of the A&P employees who wanted to remain, although some searched for other

jobs and left because of the uncertainty during the bankruptcy process. There are currently 128 employees, but the store is hiring and management hopes to reach 170 workers.

Meanwhile, several miles away at Millwood Plaza, that shopping center's A&P is set to close on Nov. 30, The Examiner learned this week. There had been hope that brothers Ruben and Jaime Luna, who own several supermarkets in the tristate area and had acquired the lease last month, would make plans for an operator to take over the space, New Castle Supervisor Robert Greenstein stated last week.

But that arrangement has apparently fallen through because of a disagreement over how much income would be guaranteed to the landlord.

On Wednesday, many of the store's shelves were bare, with shoppers scooping up what items remained at up to 50 percent off regular price.

Robert Newman of Yorktown said he periodically stopped in when he needed some groceries in a hurry. No longer having that option, even if the store was relatively small and had deteriorated in recent years, would be inconvenient, he said.

"I shop here because it's convenient, but it sucks," said Newman, who plans to do more of his shopping at Trader Joe's in



MARTIN WILBUR PHOTO

Stop & Shop workers and executives celebrate taking over the former Mount Kisco A&P. But the A&P at Millwood Plaza is scheduled to close on Nov. 30.

Danbury. "I came in here to get what I can get. It's not my favorite place to go."

Dodd Farber, owner of Dodd's Liquor City in Millwood Plaza, said while the space will go dark for now, he is hopeful that some operator will soon move in because it is an attractive location near several different communities.

Although a small space of about 20,000 square feet, the site is a perfect size for the right type of market, he said.

"It's a desirable location for a high-end food store that will prosper," said Farber, who said he doesn't believe his business will suffer without a supermarket because his store is a destination.

Mt. Kisco Holiday Tree Lighting Ceremony Slated for Dec. 4

The Mount Kisco Chamber of Commerce and the Village of Mount Kisco will hold the annual holiday tree lighting ceremony outside Village Hall on Friday, Dec. 4 at 6 p.m.

After the ceremony everyone is invited to walk to the American Legion to visit with Santa and enjoy cookies and cocoa donated by the American Legion and Holiday Inn.

The chamber's annual Gold sponsors are: BMW-Mount Kisco,

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Two Mount Pleasant Police Officers Hit, Dragged By Car

By Neal Rentz

A male suspect is being sought in connection with an incident where he knocked down and dragged two Mount Pleasant police officers with his vehicle on Nov. 14 on Route 117.

The Mount Pleasant Police Department received a complaint at about 12:10 a.m. reporting illegal street racing on Route 117 and Phelps Way. Patrols went to the scene and encountered about 75 vehicles on Route 117, near Route 9, that were on the eastbound shoulder and roadway.

When the first responding officer arrived, the vehicles immediately

dispersed, police said. However, one vehicle was observed being operated in a reckless manner by two additional responding officers. The vehicle fled at a high rate of speed but officers did not pursue it.

About a half-hour later in the westbound lanes of Route 117 near Route 9, Sgt. Michael McGuinn, a 30-year veteran of the department, and Officer Luke Oliveri, a nine-year veteran, stopped the vehicle they identified as being operated recklessly.

When the driver refused to get out of his vehicle, McGuinn opened the driver's door. Oliveri walked up to assist and the driver restarted the vehicle, shifted into reverse and floored the accelerator, according to police. Both officers were

knocked to the ground and dragged. McGuinn was dragged for about 50 feet, with the underside of the door pinning him to the ground.

Mount Pleasant Police Chief Paul Oliva said Monday Oliveri was dragged backward by a collision with McGuinn and the car, which accelerated backward and left tire marks on the pavement.

Both officers were transported to Westchester Medical Center, where they stayed for one day to received treatment for "road rash" scrapes and stitches for lacerations and were then released, Oliva noted.

The suspect drove from the scene, police said. He was described as a heavyset white man weighing about 300 pounds, about 30 years old with a shaved head and black

rimmed glasses.

Police said an investigation revealed that one unauthorized speed contest had been held, but the drivers left the scene and no arrests were made. Oliva said Mount Pleasant police have received sporadic reports of racing in the area, which take place on occasion between 10 p.m. and 2 a.m.

Mount Pleasant police are asking for the public's help in identifying the individual responsible for injuring the officers. Anyone with information is being urged to contact the Mount Pleasant Police Department at 914-769-1941.

Crimestoppers last Thursday began offering a \$2,500 reward for anonymous information that leads to an arrest.

Mount Vernon Man Killed Walking in Roadway Near WCC

By Neal Rentz

An apparently intoxicated Mount Vernon man was struck and killed Monday evening near Westchester Community College.

Mount Pleasant police received a 911 call about 7 p.m. stating that a man was walking in the roadway on Grasslands Road in Valhalla near the eastern gate to the college. The caller said the man appeared to be intoxicated.

While a police officer was immediately dispatched to the area, about two minutes

later a second 911 call was received from a motorist who reported that he just struck a pedestrian. The motorist remained at the scene.

Valhalla Ambulance and the Valhalla and Fairview fire departments were dispatched. The Greenburgh Police Department and paramedics responded as well.

The victim was identified as 57-year-old Herbert John Wesley III. He was pronounced dead at the scene.

The driver and witnesses were transported

to police headquarters for statements.

Mount Pleasant police requested the assistance of the Westchester County Department of Public Safety Accident Reconstruction Team to document the scene. The involved vehicle was impounded and will be inspected so police can learn if there were any mechanical defects.

While the investigation is ongoing, it does not appear there will be any charges filed at this time, police said.



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SMALL NEWS IS BIG NEWS

Schiliro Angered Over Smith's 'Loser' Tag of Miller House Volunteers

By Martin Wilbur

North Castle Supervisor Michael Schiliro blasted outgoing County Legislator Michael Smith last week for labeling the Friends of Miller House a "loser" after the organization's former treasurer was soundly defeated for his seat.

Schiliro, who has battled Smith and county officials for the past two years over disagreements regarding restoration of the historic 1738 Miller House/Washington Headquarters in North White Plains, called the lawmaker's reference "disgraceful" at the Nov. 18 town board meeting.

"To me, for somebody, an elected official put there by people of this town, to criticize our volunteers because all they're trying to do is get that house restored before it falls down, to me is unacceptable, it has no place in government, especially an elected official," Schiliro said without referring to Smith by name.

"I just can't stand by and let somebody like this criticize our volunteers in this town," he added. "It can't happen."

Schiliro also called Smith's failure to be gracious after the election disgraceful.

The source of Schiliro's anger was the passage Smith wrote in a Nov. 11 post on his website concerning various election results in the county. Smith's piece, titled "Winners & Losers," labeled the Friends a loser for backing defeated District 3 Democratic candidate John Diaconis, who



North Castle Supervisor Michael Schiliro, left, called out County Legislator Michael Smith last week for his characterization of volunteers trying to save the Miller House.



served as the organization's treasurer for four years, and for refusing to disavow comments made in June by its former president comparing some county officials to ISIS and the Taliban for permitting the landmark to deteriorate.

Diaconis lost to Republican Margaret Cunzio by 12 percent in the Nov. 3 election.

In the piece that was posted on his website, Smith questioned the group's ability to be involved in the Miller House's operation for refusing to distance itself from former president Ed Woodyard's comments. The comments occurred during a contentious give-and-take between the town board and Smith on the status of Miller House restoration at

the June 24 town board meeting.

"Loser: Friends of Miller House - Their treasurer ran for County Legislator because the Miller House needed fixing. He lost," Smith's entry stated. "The group has yet to retract the comment of its president, who compared Westchester County government to ISIS and the Taliban, five months ago. The Westchester Historical Society should question if individuals with these radical beliefs are up to the task of running the house as a museum."

Smith's piece was e-mailed to constituents throughout the district, which includes North Castle.

Smith said last Friday that he stood by his criticism of the Friends and of Schiliro for remaining silent on Woodyard's comparison. While Smith said he values the efforts of all community volunteers, the Friends are deserving of his criticism, which is more outrageous in light of the recent terrorist attacks in Paris.

"Just because you're a volunteer doesn't give you immunity from bad decisions," Smith said.

He said he was further bewildered by North Castle Co-Historian Sharon Tomback who tried to explain the comparison at last week's meeting.

During the public comments portion of the Nov. 18 meeting, Tomback also disparaged Smith, calling his repeated references "diversionary tactics" for the county's inability to restore its "derelict property."

"Obviously, he's still using diversionary tactics to talk about anything other than the failure of the county politicians and some of its employees to maintain county-owned infrastructure," Tomback said. "If Mr. Smith has failed to read or hear the news coverage describing how ISIS continues to destroy artifacts, more's the pity."

Schiliro said he plans to meet with Cunzio about various issues after Thanksgiving and is optimistic for a better relationship with the legislator-elect.

Regardless of the merits of either side of the Miller House debate, Schiliro said he will always support the volunteers.

"I'll have any volunteer's back in this town, especially the volunteers on the Miller House," he said.

Friends of Miller House was formed to defray costs of programming should the structure reopen to the public.

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Obituaries

John Cullen

John Robert (Bob) Cullen passed away Nov. 21, anointed and fortified by the sacraments.

He was 88.

Cullen was born in San Francisco and served in the Merchant Marines during World War II, and again in the Army during the Korean Conflict. He was active as a fundraiser for Holy Name Church in San Francisco and for Catholic Charities. Cullen and his brother, Jim, were founding members of the Donner Lake Property Owners Association, preserving the area in Truckee, Calif. for the community's enjoyment.

After moving to Chappaqua, Cullen was very active in his daughters' schools, at Church of Saint John and Saint Mary in Chappaqua and the Mary Immaculate Fathers' Association in Ossining. He taught Sunday school classes, served on the parish council, and with his wife, Marge, was ordained as a Eucharistic minister, serving at Sunday Mass and visiting the elderly and sick in the parish.

As president of the Lions Club of Chappaqua, Cullen helped buy a car for the sisters at Rosary Hill in Hawthorne.

In his professional life, he was an expert pension administrator for GTE/Verizon,

George Circosta, Jr.

George M. Circosta, Jr., formerly of the Pleasantville area, died Nov. 16.

He was 60.

Circosta worked for Lincare and formerly for Hitachi Chemical. He was a graduate of St. Thomas Aquinas School, Pleasantville High School, class of 1974, and he received his bachelor's degree from Mercy College. Dance was

and later a knowledgeable and caring real estate broker in Chappaqua.

He is preceded in death by his brother, James, and daughters Catherine and Roberta.

He is survived by his wife, Margaret Ahern Cullen; daughters Mary (Michael) Zorich, Patricia Cullen and Teresa (Serafino "Sandy") Bueti; grandchildren Serafino, Gianina and Paul Bueti and Timothy and Regina Zorich; sister-in-law Mary Ahern Dean; brother-in-law Paul Ahern; sisters-in-law Stephanie Seeger Ahern and Blanche Boudreau Cullen; nephews Dennis (Nonnie) Cullen, Peter (Barbara) and Joseph (Rochelle) Dean and Timothy (Carla) Ahern; nieces Anne and Christine Dean, Peggy (Charlie) Gee and Carolyn (John) Parodi; his loving cousins, Cecelia McHugh Falbe, Clare (Bob) Masucci and Susan Falbe; and many loving grandnieces, grandnephews and friends.

Memorial visitation will be held today (Tuesday) at Beecher Flocks Funeral Home in Pleasantville from 2 to 4 p.m. and 7 to 9 p.m. A Mass of Christian Burial will be held Wednesday, Nov. 25 at 10 a.m. at Church of Saint John and Saint Mary (Little Church), in Chappaqua. Interment will be private.

In lieu of flowers, donations may be made to Northern Westchester Hospital or Phelps Hospital Hospice.

his passion, and he was well-known in the dance community throughout Westchester.

He is survived by his sister, Ann Circosta Lena, nephew Robert A. Lena and many loving cousins and friends.

Visitation was Nov. 22 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial was held on Nov. 23 at Holy Innocents Church in Pleasantville. Interment was private.

Pasquale Pagliaro

Pasquale (Patsy) Pagliaro passed peacefully on Nov. 17 in Newtown, Conn. where he lived recently after 40 years in Pleasantville and 20 years in Brooklyn.

He was 85.

Pagliaro was born in Sulmona, Italy on Sept. 25, 1930, to Concezio and Potenza (Pecoraro) Pagliaro. He lost his mother when he was four and was raised with love by his father and grandparents, and later his stepmother Yolanda. Having secured an accounting degree in Italy, he came to America in 1954 to continue his studies, earning his CPA.

His was a true American immigrant success story, growing up in poverty and war and achieving great success in his adopted country, earning him the respect of many. He was a retired executive vice president at Phillip Brothers, the commodity trading company. He was a past president of the Pleasantville Lions

Club and Italian-American Club of Pleasantville as well as a member of the Knights of Columbus. In 1992 he was awarded the Honore al Merito from his hometown of Sulmona. Most important to him, though, was family.

Pagliaro is survived by his loving wife of 60 years, Laura (nee Pagliaro); brother Nando and wife Lia; son Frank and wife Jeanine; son Mark and husband Erlin, and grandchildren Matthew, Allison and Amy. The family would like to thank the staff at Maplewood Senior Living in Newtown and Regional Hospice and Home Care of Western Connecticut for their loving care.

Calling hours were on Nov. 20 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial took place on Nov. 21 at Holy Innocents Parish in Pleasantville. Interment followed at Gate of Heaven Cemetery in Valhalla.

In lieu of flowers, the family requests that donations be made in his name to the Pleasantville Lions Club, P.O. Box 147, Pleasantville, N.Y. 10570.

Police Blotter

Pleasantville Police Department

Nov. 17: At 2:14 p.m., a 48-year-old Pleasantville woman was arrested at 2:14 p.m. and charged with petty larceny, a Class A misdemeanor. The suspect is accused of shoplifting from Key Food on Pleasantville Road.

Nov. 18: A 39-year-old Pleasantville was arrested at 9:50 p.m. on Wheeler Avenue and charged with operating a vehicle with a suspended license, a misdemeanor.

Nov. 20: A 21-year-old Brooklyn man was arrested on Marble Avenue at 1:38 a.m. and charged with operating a vehicle with a suspended license, a misdemeanor.

North Castle Police Department

Nov. 13: Report at 12:18 a.m. of a male running in the shoulder of the roadway and a female occupying a parked vehicle on Route 22. The two parties had been involved in a verbal dispute.

Nov. 13: Report of a two-vehicle

accident with unknown injuries on North Broadway in front of Dunkin' Donuts at 8:33 a.m.

Nov. 16: At 9:25 a.m., a 19-year-old student on Old Orchard Street was reported to be having auditory hallucinations, possibly due to smoking marijuana laced with PCP. The student has not shown any violent tendencies at this time. Officers dispatched.

Nov. 16: The clerk at a Main Street gas station reported that a lady ran inside the store at 5:05 p.m. and told him to "call the cops." The employee was unable to provide any additional information, but stated the woman was alone and did not appear to be in medical distress. The subject had just been involved in a minor auto accident.

Nov. 17: A complainant reported at headquarters at 4:29 p.m. to report her credit card was used to make unauthorized purchases. The matter was turned over to the Detective Division.



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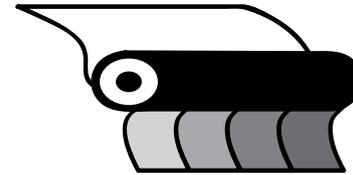
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Editorial

Time for New Castle to Embrace Change to its Downtown Areas

Now that the ideas behind New Castle's area studies for revitalizing downtown Chappaqua and Millwood have been officially presented, it will be interesting to see how the remainder of the Comprehensive Plan process plays out.

The main thrust behind revising portions of the plan, the first time it's being done by the town in nearly 27 years, is to improve its downtown business hamlets. Little else will change in New Castle, particularly in the residential zones, officials have promised.

But for a town that has been slow to embrace change, these next five or six months will test whether the municipality and its residents have what it takes to make significant course corrections where needed.

Throughout most of the debate whether to allow retail at Chappaqua Crossing, one of the key arguments against the proposal was that it would wreck the Chappaqua and Millwood business hamlets.

Well, over the past couple of years, New Castle officials have expended considerable time and energy, as well as monetary resources, to help the downtowns. That wasn't just to inoculate the hamlets' commercial areas from Chappaqua Crossing, but let's face it, for a town with as attractive a reputation as New Castle, the look and feel of the business centers aren't all that special.

Even the mildest of the scenarios presented last week by representatives of the Pace Land Use Law Center, which has been helping the town in its update, may represent a jarring change for many. A new 90,000-square-foot Town Hall and community center and improvements to other municipal property would be an eye-opener for anybody.

It doesn't mean that any of the scenarios presented last week will remain completely intact. There is still plenty of input to be gathered from the public and the ideas will likely morph into something else before all is done.

Change is difficult for most of us. We're creatures of habit, and when it comes to our homes and home communities, many of us like to hold on to what we know rather than experiment with the unknown.

But the time for some change is almost at hand. Supervisor Robert Greenstein directly told residents at last Thursday evening's forum that to improve the downtowns and broaden the tax base something needs to be done.

"I hope that this is not just another example of studying things or talking about stuff," he said. It's time for action and hopefully people are ready for some action."

These should be exciting times for those who eventually want to see new and fresh downtowns in New Castle. It's time to embrace that change.

County Can End Miller House Saga

The latest war of words on the never-ending Miller House debate erupted in the past two weeks. It started with County Legislator Michael Smith's unnecessarily snarky "Winners & Losers" piece that appeared on his website, taking a shot at North Castle volunteers on the Friends of Miller House who supported their former treasurer for the Board of Legislators.

That was followed by North Castle Supervisor Michael Schiliro's response in an attempt to put Smith in his place before the legislator heads out the door.

Lost in the rhetoric – again – is the fact that if the county wants to restore Miller House it doesn't need the town's permission. It's county property and if it wants to move it to Miller Hill or anywhere else on county land in Westchester it is free to do so.

But will it? There has been speculation among some of those involved with the Miller House in North Castle that part of the Astorino Administration's eagerness to move it to the town's Fountain Park a few years ago was so the county could then pass off some of the expenses to the town.

While most who care deeply about history want the house to remain where it has always stood, maybe it's time to see if left to its own devices whether the county will do anything to restore the treasure – or continue to try and blame "radical" volunteers.

Letters to the Editor

More Sidewalks Needed to Protect Pedestrians on State Roads

The pedestrian death on Grasslands Road (in the Town of Mount Pleasant near the Greenburgh border) close to Westchester Community College on Nov. 17 highlights the need for sidewalks to be built on streets leading to the college, especially on Grasslands, Hillside and Knollwood roads.

Every day and night students walk on dangerous roads leading to the college. Cars drive up and down these roads – very fast. It's a miracle that there haven't been more pedestrian accidents. Many students who are enrolled at the community college

rely on public transportation to get to and from school and walk on these busy state roads. When it is dark at night, it's very difficult for people to see them.

The Town of Greenburgh recently embarked on an initiative to make the town more pedestrian friendly. We are committed to spending significant dollars each year on the construction of new sidewalks – especially near schools. However, the expense is going to be enormous. There are many streets within the town that need sidewalks. We are going to include funding in our capital

budgets and seek federal and state grants.

It's my hope that New York State will partner with local governments by funding new sidewalks near schools and colleges – especially on state roads. Let's make New York State pedestrian friendly. One fatality is too many. No excuse for the state to do nothing when they are on notice that their roads leading to the college are too dangerous for pedestrians to walk on.

Paul Feiner
Greenburgh Town Supervisor

Claim of No Knowledge of Racist Phone Call Does Not Ring True

I read with amazement Mr. Amiano's claim ("Controversy Erupts Over Robo Calls in District 3 BOL Race," November 17-23) that Margaret Cunzio, the campaign and County Executive Astorino had nothing to do with the racist phone message on the eve of the election linking John Diaconis to Ken Jenkins and President Obama. (Query:

Why no mention of white Democrats – like Andrew Cuomo or Mike Kaplowitz?)

Anyone who has ever run for office or been involved in politics in any capacity knows that NO campaign literature and NO campaign phone call goes out without the campaign's knowledge and approval.

Instead of apologizing, Mr. Amiano

engages in political subterfuge 101 – denying responsibility, deflecting the criticism and pivoting to attack the other candidate. I hope for better in the future from Ms. Cunzio and her campaign.

Linda Trummer-Napolitano
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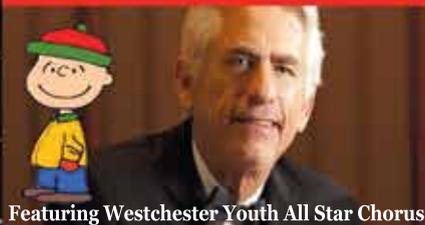
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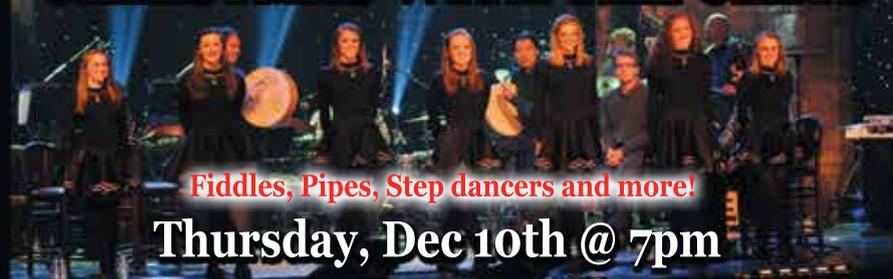
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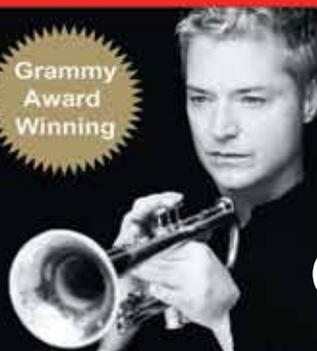
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Video SEP Pro Hawthorne

By Martin Wilbur

Placing an ad in the yellow pages or even developing a smart-looking website isn't enough to get a business noticed in today's crowded marketplace.

With many consumers' attention diverted and competition in every industry as stiff as ever, projecting a message that resonates with the public could be the difference between success and failure for an entrepreneur.

Just over two years ago David Vogel and Neco Turkienicz launched Video SEP Pro, a Hawthorne-based agency, which creates videos that business owners, nonprofits and other organizations can use to market their products and services in a variety of situations.

The videos made by Vogel and Turkienicz, who each have well over 20 years' experience in advertising agencies and the television and film production industry, are part of a marketing strategy developed for each client.

"Basically, this business was created because of the need by businesses to get

their message across as quickly and as efficiently as possible," Vogel said.

"We all have short attention spans now, shorter than ever, we are all being pulled in multiple directions, the Internet has changed how businesses operate, how we find information, and we create video content and a marketing strategy that allows them to communicate who they are, why you should be doing business with them and how they differentiate themselves from the competition."

Video SEP Pro, which moved into temporary offices in the Skyline Drive office complex about six months ago after launching as a home-based business, creates a variety of videos depending upon a client's needs. Vogel and Turkienicz can develop an introductory video for a company's website, branding videos, testimonial videos, ones that can be part of presentations and commercials.

"You try to learn a lot about the company. Okay, what do you want to do with this," said Turkienicz, who was born and raised in Brazil and graduated



Video SEP Pro President David Vogel, standing, and Vice President Neco Turkienicz, seated, create specialized videos to help companies market themselves more effectively.

from the Tel Aviv University's Film and Television School where he lived for more than 20 years before coming to New York. "We try to learn all there is and then we come up with a strategy."

Videos can be made with various techniques such as using live action, 2D animation and pieces featuring spokespersons. They can travel to a client onsite or film in a makeshift studio inside their Hawthorne space.

"Content is king and video is the king of content," Turkienicz said.

Vogel, who was raised in Chappaqua and now lives in Somers, said they have the ability to tell their clients' stories in ways that will have impact.

"It's the story of their business, which typically is how the process starts," said Vogel, who became friends with Turkienicz when they both worked for a Manhattan animation company. "That's the first video we make for a client."

There are qualities that set Video SEP Pro apart from similar firms. Turkienicz, a North White Plains resident, said there are few other video agencies that have their level of professional production background. Also, their work is integrated into a larger marketing strategy that can benefit clients' efforts with social media, e-mail marketing and pay-per-click.

Video SEP Pro has attracted clients in a wide variety of businesses of all sizes, including a kitchen renovation company, a law firm and a horse stable, to name a few, along with clients in the non-profit world. They're also becoming increasingly involved in medical-related clients, Vogel said. One example of their work was a branding video for Weill Cornell Medical College's Lymphoma Program.

The team is also expert at video search engine optimization, which often helps their clients get placed at or near the top of Google Internet searches.

Vogel and Turkienicz are searching for a larger space for next year but expect to remain in the area, a relatively short commute from their homes.

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See it to Use it: The Benefits of Out-in-the-Open Storage

While I wear the mantle of The Home Guru, I get practically all of my ideas and advice from others who are specialists in their fields. But most times, the spark of an idea comes right at home, faced with a chore to be done or some small improvement to make life easier or more enjoyable. Frequently, they are suggested by my wife Margaret.



By Bill Primavera

Just recently, she came up with a clever organization idea for her walk-in closet resulting from her frustration of having to fumble around in a jewelry chest for the right necklace, among many she has collected, to match her outfit for the day.

To the left of the entrance is a corner with two small stretches of bare wall where she suggested I nail several rows of brass brads from which she could hang her necklaces in plain sight.

"See it to use it," she said.

I counted out her necklaces, noted their length and nailed three rows of brads in an attractive, even pattern. After my wife had hung the necklaces in their new open environment, we realized we had created a work of art of sorts.

But the practical aspect of the project is its usefulness every time she holds up a garment and can see at a glance

which ones coordinate. Since we created this little project, a couple of my wife's friends are eager to organize their necklaces in the same way.

From this small project we are inspired to find even more ways to put frequently used objects in plain sight. For instance, I've taken to organizing all my home office supplies in see-through containers, as well as old files, so that additional labeling is not required as with the cardboard boxes I formerly used.

Not everyone will be a fan of keeping items out in the open. I suppose people fall into two camps: one side needs to see everything in its place to feel assured that their home is in order, while others want to keep things out of sight so their environment may function as a blank slate.

Some people may also worry that they will "stop seeing" items if they are always in the open. Rather than inspiring more frequent use, their various collections may dissolve into background noise.

My suggestion is to be judicious about what goes on display. Too much of anything, or too many items without an assigned home, will become clutter, and clutter is the enemy of organization. Pick out only what you really use – and use

frequently – and take the time to give everything its own place. What may otherwise have become disheveled can instead look enticing.

The kitchen is the busiest room for most families, and storing items in the open can help boost efficiency. Plates staked on edge in racks, pots and pans hanging from peg boards and serving utensils arranged in vases have become popular. A set of open shelves, opposed to closed-up cabinets, can make a kitchen appear larger. If you worry that dust will settle on plates, you can choose cabinets with glass doors.

If you are prone to purchasing small appliances that you don't use as often as you would like – such as slow cookers, pasta machines, stand mixers and the like – having them lined up on a dedicated shelf, out of the way but not out of reach, may make inspiration strike more frequently when you are planning which dish to make.

Food itself can suffer from being out of sight and, therefore, out of mind. Think about which foods are easiest to see and reach, and you may get a sense of what foods you are eating most. Follow the



BILL PRIMAVERA PHOTO
A collection of necklaces in plain sight make accessibility and coordination easier, while creating wall art of sorts.

nutritionists' advice instead, and keep fresh fruit in bowls on the counter and sliced crudité on an eye-level shelf in the refrigerator. Move leftovers to transparent containers, or at least label them, and you are more likely to eat them before they go bad.

Our hobbies give us much pleasure, so why not indulge in the display of your tools and materials even when you are not using them? You might find wall space to display woodworking tools, multicolored skeins of yarn or exercise accessories. Seeing your favorite tools and materials may spark a creative impulse in you, even at an odd

hour.

If out of sight is out of mind, everything in plain view is more likely to be used and, therefore, be truly useful.

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). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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WMC Heart Transplant Patients Receive Holiday Hope, Cheer

By Arthur Cusano

Learning that one needs a heart transplant can be a traumatic ordeal. Patients are forced to stay for months at a hospital or medical facility hooked up to machines until a match becomes available.

Registered nurse Sue Young of Putnam Valley is part of Westchester Medical Center's heart transplant team in the cardiac catheterization lab, and for three years has worked with staff and former heart transplant patients to arrange for a Thanksgiving dinner for patients currently waiting for a donor at the Valhalla hospital. She arranges for all the fixings – turkey, stuffing, mashed potatoes, and more, out of her own pocket.

On Monday, the three current patients in the unit were joined by six former patients who had successful transplants at the facility. Young and fellow staff members served all of them in a small fifth-floor lounge area.

"My friend, Raymond Liverzani, was admitted in August 2012," Young recalled. "And as I visited him, although I had treated these patients beforehand, I saw there are people without families, or with families that live far away. I became friends with his friends, and when he had his transplant and left, it continued on with the patients."



ARTHUR CUSANO PHOTO

Left to right, patients Bruce Fitzpatrick of Stamford, Conn. and Mark Rushion of Monticello, nurse Sue Young, and patient Fred Badger of Ossining enjoy a holiday meal at Westchester Medical Center on Monday. Young organizes the meal every year for those awaiting heart transplants.

Young said the department hangs decorations and holds a monthly event for those waiting at the hospital, often with a holiday or seasonal theme. While the transplant procedure has become somewhat routine, the experience of each patient can vary greatly.

"Everyone is different," Young said. "There are people that have waited a week and there are people who have waited over a year. Blood type comes into play with this, and how sick you are."

Frank Galasso of Port Chester had his

heart transplant in 2009, and was among those former patients that returned Monday to offer support to current patients.

"It was scary at the beginning, but I had complete trust in the doctors and the nurses and everybody here," Galasso said. "I was here for three weeks and left a week after the transplant."

Galasso said he told patients to have faith in hospital staff.

"I tell them to be patient and trust everybody here that will work for you to

save your life," Galasso said. "The match has to come in, and everything has to work out properly. I'm fine now. I'm a new person and I thank everyone who works here and the donors."

Bruce Fitzpatrick of Stamford, Conn. is a retired stock broker who also spent five years playing in the New York Mets organization in the 1960s. He came to the unit in early September and after 70 days is still waiting for a match.

"You have to go through an admission process, which includes a psychiatrist," Fitzpatrick said. "I think they want to make sure that you'll take care of it. They're giving you a pretty good gift."

Fitzpatrick said he was in shock when he found out he needed a transplant after two recent heart attacks. He now spends his days attached to a machine that dispenses life-saving drugs. Getting a new heart is one thing, he said, but it's what happens afterwards that will determine his fate.

"I'll go out of here on nine different drugs to keep the heart from rejecting me that'll drop my immunization system very low, so now I'll be at risk of getting infections," he said. "I'll come back each week for a blood test and they'll do a biopsy and adjust the medicines. It's all about the medicines. It's a miracle. Twenty years ago I probably wouldn't be standing here."





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Mike and Miriam Risko Music School Owners, Ossining

By Martin Wilbur

Mike and Miriam Risko are Westchester products, but as musicians it was in Manhattan where they met.

Mike grew up in Yorktown while Miriam spent most of her childhood in Ossining. It wasn't until they were young adults about 25 years ago and playing clubs in the city that their paths crossed.

Considering that for the past 20 years they have owned and operated their own music school, Mike Risko Music, it's a good thing they had tied the knot. Otherwise, they might have never seen each other, Miriam said.

"One of us is always here and we're open late. We're open till nine o'clock at night," she said. "We put in a lot of hours here. We have twice the amount of responsibility. We have our band, too. We work a lot but it helps that we're married."

What also helps is that the couple, who have nine- and 12-year-old children, is passionate about music and enjoy everything about what they do. Their school now has about 30 instructors teaching nearly every type of instrument and genre

of music and 500 students, including adults, who take either individual lessons or are part of group instruction each week. It is open Monday through Saturday.

By 2009, they had outgrown their previous space above a Croton Avenue storefront in Ossining and bought a 3,000-square-foot building down the street, and in the process also became music retail merchants. Their store carries a wide variety of instruments, equipment and sheet music.

As musicians it remains important for them to perform, particularly at functions throughout the area and on behalf of various organizations locally, such as for several local education foundations. Mike and Miriam also play at local fairs and farmers markets throughout the metropolitan area.

Among their other community-centered activities, the Riskos have provided music programs to the Ossining and Chappaqua schools and CSI Nursery School and Garden House Nursery School in Briarcliff Manor. They also run a pre-K piano program at the Ossining Children's Center and are responsible for the music program at the Pleasantville Cottage School and



MARTIN WILBUR PHOTO

Edenwald School.

"Part of the thing that makes it work is that we love what we're doing so we're not forcing ourselves to work," said Mike, 48, of the seemingly exhausting schedule. "We're sort of doing this anyway, and that's how the whole thing started, gigging and playing and (being) interested in all of this, it's sort of an extension of where our life is anyway."

Miriam, 45, started taking voice lessons as a young girl. Mike took his first guitar lesson at 13 years old. Five years later while he was pumping gas at a Yorktown service station, he would practice his guitar when there was time between customers.

One day, the owner of an Ossining music store stopped at the gas station and heard Mike play. He asked him to come down to his business, which is where Mike Risko Music operates today.

That eventually led Mike to give music lessons in the back of the business. He accumulated a large enough following,

where by 1995 he started his own school to extend his love for music to others. In 2009, when the owner of the former music store was ready to retire, the Riskos bought the building.

"I just wanted to show what we do," Mike said of teaching. "When I opened the school, I opened it by myself and I just wanted to show what I was teaching and learning."

He wrote and developed the school's guitar curriculum in a series of three books. They call their instruction a different experience than the music lessons they took in their youth, make sure students are having and schedule performances in the community, such as at libraries. The Riskos spoke recently at a National Association of Music Merchants conference in California on that topic.

Part of passing on that appreciation of music is to make children and parents aware that virtually anyone can learn to play an instrument, Miriam said.

"One thing about music lessons is there's no easy way, there's no shortcut," she said. "You've got to learn it and you've got to start from the beginning and it takes the discipline of being able to stay with it. It shows that if you work hard at something you will get good at it, which is something you can carry over to every aspect of your life."

Mike Risko Music is located at 144-146 Croton Ave. in Ossining. For more information, call 914-762-8757 or visit www.mikeriskomusicschool.com.



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Kaitlyn Corbett
Nuclear Engineer

Kaitlyn Corbett has always called New York home. Born and raised in Buffalo, she earned her degree in nuclear power engineering at SUNY College of Technology and moved to Peekskill to start her career at Indian Point. Safety is the single most important mission for Kaitlyn and her 1,000 colleagues at the plant, and it's been the focus of her years of study and training in the nuclear power industry. Every day, engineers are graded on their performance by inspectors from the Nuclear Regulatory Commission. The NRC recently gave Kaitlyn and the team at Indian Point its highest safety rating — for the fifth year in a row.

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WELCOME TO TARRYHILL

Tarrytown | \$1,199,000 | Tastefully renovated Tarryhill Contemporary Colonial boasts 4 bedrooms, 4 full baths, a new chef's kitchen/great room and year round views of the Hudson River. Lower level includes a very spacious family room complete with wood-burning fireplace. Enjoy Tarryhill amenities including clubhouse, pool, tennis, basketball court, walking path and kiddie park. Web# 4544543 **Chappaqua Office 914.238.3988**



UNIQUE RESIDENTIAL COMPOUND

Pleasantville | \$989,000 | Sited on 2.7 acres on secluded lane, this one-of-a-kind property includes a main house on circular driveway with 3 bedrooms, 2.5 baths and 3-car attached garage with large deck above; separate two-story poolhouse with loft, bath and kitchen; additional storage barn and studio. In-ground pool and plenty of parking with fountain in the front circle. Web# 4532814 **Pleasantville Office 914.769.3333**



ENTERTAINER'S DELIGHT

Pleasantville | \$849,999 | Set back from the road with long driveway for extra parking, this center hall 4-bedroom, 4-bath Colonial with two-story entry foyer has been meticulously maintained. Kitchen features stainless steel appliances and granite counters. The deck overlooks a large level backyard that is secluded and extends to a serene wooded setting. A true must see to appreciate. Web# 4541757 **Pleasantville Office 914.769.3333**



COUNTRY CONTEMPORARY

Pleasantville | \$769,000 | Impeccably maintained 3-bedroom, 2-bath home is nestled on a beautiful acre of property. Inviting living room with cathedral ceilings, lots of light from high windows and cozy wood-burning fireplace. Upgraded kitchen and baths. Library works well as a family room or use lower level playroom for additional space. Scenic view from wrap-around deck and screened-in porch. Web# 4538659 **Pleasantville Office 914.769.3333**

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UPPERCUT North Coast	\$13	\$ 10.99
PASTOU Sancerre	\$20	\$ 16.99
DOG POINT Marlborough	\$20	\$ 16.99
FROG'S LEAP Napa Rutherford	\$23	\$ 19.49

CHARDONNAY(750ml) SALE

FLEUR DU CAP S Africa	\$10	\$ 8.49
CUPCAKE California	\$10	\$ 8.99
HESS SELECT California	\$13	\$ 10.99
CORVIDAE Mirth Columbia Valley	\$15	\$ 12.49
JAM CELLARS Butter California	\$17	\$ 13.99
ADELAIDA HMR Vineyards Paso Robles	\$24	\$ 17.99

MAGNUMS (1.5L) SALE

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BAREFOOT Sauvignon Blanc	\$14	\$ 10.99
YELLOWTAIL Chardonnay & Cabernet	\$14	\$ 10.99
WOODBIDGE Chardonnay	\$15	\$ 11.99
TWO OCEANS Cab/Merlot Blend	\$14	\$ 10.99
MASCIARELLI Montepulciano	\$19	\$ 15.99
ROBERT MONDAVI Priv Sel Cabernet	\$20	\$ 16.99

VODKA (various sizes) SALE

SVEDKA (1.75L)	\$23	\$ 19.99
SMIRNOFF (1.75L)	\$23	\$ 19.99
SKYY (1L)	\$20	\$ 16.99
KETEL ONE (750ml)	\$30	\$ 26.99

PINOT NOIR(750ml) SALE

PINOT PROJECT California	\$12	\$ 9.99
UNDERWOOD WINE CELLARS OR	\$13	\$ 10.99
90+ CELLARS Lot 75 Russian River	\$19	\$ 15.99
LOLA North Coast	\$19	\$ 15.99
BIGGIO-HAMINA Eola-Amity Hills, OR	\$22	\$ 17.99
BELLE-GLOS Meiomi	\$24	\$ 17.99

CABERNET SAUVIGNON(750ml) SALE

McMANIS CA	\$11	\$ 8.99
ROOT 1 Chile	\$12	\$ 9.99
JOSH California	\$14	\$ 11.49
JOEL GOTT	\$18	\$ 14.99
LOUIS MARTINI Sonoma	\$19	\$ 15.99
LOS VASCOS Grand Reserve Chile	\$20	\$ 16.99

RED BLENDS (750ml) SALE

APOTHIC DARK	\$12	\$ 9.99
TRIFULA Piemonte Rosso	\$12	\$ 9.99
NAVARRO CORREAS Malbec Blend	\$12	\$ 9.99
MÉNAGE à TROIS	\$13	\$ 10.99
BOGLE ESSENTIAL RED	\$13	\$ 10.99
HESS SELECT Treo	\$19	\$ 15.99

SPIRITS (various sizes) SALE

CAMARENA Tequila Blanco (1L)	\$25	\$ 21.99
CAMARENA Tequila Reposado (1L)	\$25	\$ 21.99
BLACK BOTTLE Blended Scotch (750ml)	\$24	\$ 21.49
ST. PAUL London Dry Gin (1L)	\$15	\$ 13.49
BOMBAY SAPPHIRE GIN (1L)	\$37	\$ 32.99
SAMBUCA ROMANA (750ml)	\$31	\$ 27.99
WOODFORD RESERVE (750ml)	\$42	\$ 37.99
WOODFORD RESERVE (1L)	\$52	\$ 46.99
WOODFORD RESERVE (1.75L)	\$78	\$ 69.99
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The Restaurant Examiner

Larchmont's Anna Maria's Brings Back Lunch, Ladies Night

By Jerry Eimbinder

Anna Maria's in Larchmont is now serving lunch Thursday through Sunday and "Thursday Ladies Night" will return Dec. 3, featuring discounts for women patrons. Wednesday's Pasta Night has a few new dishes as well.

The lunchtime appetizers are priced from \$9 to \$11 and include mussels in a white wine and garlic broth, mac and cheese, fried zucchini and insalata caprese (mozzarella, tomato, basil, extra virgin olive oil and cracked black pepper).

The most popular salad on the lunch menu, Executive Chef Anna Maria Santorelli said, is Italian tuna fish,

which contains no mayonnaise. It consists of albacore tuna, cucumbers, capers, olives, lemon and olive oil over Bibb lettuce. Italian tuna fish is also available as a sandwich on a brioche bun. Lunch salads range from \$9 to \$13.

The bestseller among the lunch entrées is the Chatsworth Burger (\$14), which contains caramelized onions and mozzarella served on a brioche bun with French fries, said Santorelli, the former executive chef at Gracie Mansion during the administrations of three New York City mayors – David Dinkins, Rudolph Giuliani and Michael Bloomberg.

Wednesday Pasta Night features a two-course dinner (appetizer and main course) priced at \$19 per person, plus tax and gratuity. Appetizer choices include salads, mussels and fried zucchini sticks (newly added) and a special that changes weekly.

The entrées on the seasonal Pasta Night menu include some new dishes and two returning attractions – Rigatoni Bolognese (tube shaped pasta with meat sauce) and Linguini Alle Vongole (linguini with red or white clam sauce).

The recently added pasta dishes are Tortellini al Pesto (cheese filled pasta), Penne Alla Siciliana with fried eggplant and mozzarella cheese in tomato sauce and homemade Cavatelli with artichoke and Cremini mushrooms in garlic and oil. A special pasta dish changes weekly; recently it was butternut squash ravioli in a light sage butter sauce

Happy Hour, held Tuesday through Thursday, offers discounted drinks and appetizers at the bar only from 4:30 to 7 p.m. Beverages offered include Pinot Grigio (white wine) and Montepulciano

(red wine) at \$5 a glass and a house Cosmo at \$8. Beers include Coors Lite (\$4), Blue Moon (\$5) and Captain Lawrence (\$5). The appetizers are mussels, marinated olives, truffle fries and a board of imported cheeses.

The 800-pound cement bar is a tourist attraction.

Bartender Patrizio Trivellini, who grew up in Turino, Italy, is a singer/songwriter – and he contributes a welcome voice when the staff sings "Happy Birthday."

Trivellini provides wine pairing suggestions when requested by customers.

During her time at Gracie Mansion, Santorelli fed many visiting celebrities, among them Harrison Ford, Danny DeVito and Woody Harrelson; singer/actress Barbra



Acclaimed chef Anna Maria Santorelli has had a lifelong love of cooking and food.

Streisand; actor/comedian Billy Crystal; operatic tenors Placido Domingo and Luciano Pavarotti; film director Francis Ford Coppola; and John F. Kennedy, Jr.

She was 10 years old when her family arrived in America from Naples and settled in the Williamsburg section of Brooklyn. She learned to cook by helping her mother in the kitchen.

"I loved pasta as a child and could eat it every day," she said.

While a student at Grover Cleveland High School at the age of 17, she worked during lunch and after school at her brother Alfonso's restaurant. She interned at the Gramercy Park restaurant La Colombe d'Or and cooked at Coco Pazzo, a Tuscan cuisine restaurant in Manhattan.

Anna Maria's is open for dinner Tuesday through Sunday and for lunch Thursday through Sunday from noon to 3 p.m. It is closed on Monday. Anna Maria's Cucina Italiana is located at 18 Chatsworth Ave. in Larchmont. For more information, call 914-833-0555 or visit www.annamariaskitchen.com.

The Knish: An Old Favorite Makes a Comeback

By Jerry Eimbinder

Author Laura Silver is doing her best to help bring back the once popular potato-filled pastry as she visits libraries and book stores and talks about her book "Knish: In Search of Jewish Soul Food."

Silver talked about the knish's place in New York history in a program last Thursday evening at the Warner Library in Tarrytown. Her presentation was accompanied by nostalgic slides from when the knish was more popular than pizza in Brooklyn and Manhattan, especially in Jewish neighborhoods.

Knishes are found relatively sparingly today. Ben's of Scarsdale has three different round knishes on its takeout menu – potato, kasha and spinach at \$3.49 each on display in the takeout display case.

Round potato and kasha knishes are made daily at the recently opened G.O. Kosher in Mount Kisco and cost \$5.95 each.

Special order vegetarian knishes are also available from G.O. Kosher but need to be requested in advance. Priced at \$8.95 each, they include Susan's Special (a broccoli and potato knish), Willie's Special (a spinach with potato knish) and Joe's Special (an asparagus with potato knish).

Paul's Special, also needing to be ordered in advance, is a knish version of a Reuben. It's made with pastrami, homemade sauerkraut, parve cheese and Russian dressing (\$11.95) and should be



eaten warm.

At its Rye Brook and Stamford locations, Rye Ridge Deli offers round and square potato knishes at \$4.50 each. Epstein's of Hartsdale has a "Block Buster" – a potato knish stuffed with salami, mustard and sauerkraut but offered only on Mondays for \$9.99. New City Kosher Deli & Restaurant has potato, kasha and mushroom knishes on its menu at \$3.50 apiece.

Silver's grandparents emigrated from a small Polish town called Knyszyn where knishes, a staple of its Jewish population, may have originated. A version of the knish called "knysza" was distributed to mourners at Catholic funerals in



Laura Silver, the author of "Knish: In Search of Jewish Soul Food."

Left: Knishes at G.O. Kosher in Mount Kisco.

Knyszyn by women hired to attend and cry.

Silver was inspired to research and write her book when the famous Mrs. Stahl's knish shop in Brighton Beach, Brooklyn closed in 2006 after 70 years.

Mrs. Stahl's was her family's favorite place to get knishes.

"Whenever I visited my grandmother, who was living in a nursing home, I would bring her knishes from Mrs. Stahl's," Silver said.

For more information about "Knish: In Search of Jewish Soul Food," including websites and places where the book can be ordered or purchased, visit www.knish.me/book.

Happenings

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

Tuesday, Nov. 24

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

Wednesday, Nov. 25

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.

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday. Info: 914-769-0548 or www.mountpleasantlibrary.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. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. \$20. Every Wednesday. Info: Contact Peggy at 914 960-4097.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-

769-0548 or www.mountpleasantlibrary.org.

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.

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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., Bedford. 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. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Also Nov. 25. Info: 914-273-3887.

The Explorers Club. A new literacy/activity program this fall. Join Miss Debbie to explore a new theme each week (science, art and more) through literacy and hands-on activities. Come read, discover and create. For children five to seven years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:15 p.m. Free. Every Wednesday. Registration required. Info and registration: www.mountpleasantlibrary.org.

Knitting at the Library. Knitters and crocheters of all skill levels. For ages 10 and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 p.m. Free. Every Wednesday. Info: 914-864-8041 or www.mountkiscoliberalry.org.

Zumba Toning With Amy. Sculpt and tone muscle groups while dancing and

shaking toning sticks to the sassy sizzling rhythms of the Zumba. Toning sticks provided. PFX Fitness, 10 Castleton Rd., Pleasantville. 6:30 to 7:30 p.m. Drop-in fee: \$12. Every Wednesday Info: E-mail olin.amyj@gmail.com.

Bereavement Support Group for Parent/Sibling Loss. Led by Jody Monkovic. Phelps Memorial Hospital Center, Suite 225, 755 N. Broadway, Sleepy Hollow. 6:30 to 8 p.m. Suggested donation: \$10 per meeting. Wednesdays through Dec. 2. Pre-registration required. Info and pre-registration: Contact Bess Steiger at 914-366-3957 or e-mail bsteiger@pmhc.us.

Art Series With Professor Valerie Franco: "Michael Dahl." Born in 1659 in Stockholm, this Swedish portrait artist spent most of his professional life in England. Internationally acclaimed, he was famous for his high-profile commissions of Europe's most important aristocrats and nobility. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Thursday, Nov. 26

Community Thanksgiving Dinner. Bring a side dish or dessert to share. The turkey will be provided. We'd like to know that you are coming, but walk-ins are welcome. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. 5 p.m. Free. Info: 914-769-0458 or visit www.pvillepresby.org.

Friday, Nov. 27

"Mooseltoe, A New Moosical." A charming story about a moose who wants to fly with Santa's reindeer. The story sets out to find the great wise Mooseking for advice and along the way meets a variety of characters, all of whom teach Mooseltoe valuable life lessons. Meanwhile, with trouble at the North Pole, will Mooseltoe be able to save Christmas? White Plains Performing Arts Center, 11 City Place, White Plains. 11 a.m. \$15 and \$25. Info and tickets: 914-328-1600 or visit www.wppac.com or call 914-328-1600. For Group Sales, e-mail barbara@wppac.com.

A Gift of Art. Mamaroneck Artists Guild's annual holiday show and boutique featuring unique handmade gifts at affordable prices for everyone on your list. Mamaroneck Artists Guild Gallery, 126 Larchmont Ave., Larchmont. 12 to 5 p.m. Free. Also Nov. 28 and open seven days a week beginning Dec. 1. Continues through Dec. 24. Info: Contact Gallery Director Suzanne Montresor at 914-834-1117 or e-mail mag2120@verizon.net.

"Peter Pan." One of the most crowd-pleasing shows presented by Yorktown Stage. Yorktown Stage, 1974 Commerce St., Yorktown Heights. 2 p.m. \$28. Seniors (63 and up) and students (12-22): \$21. Children (under 12): \$19. Group discounts

available. Also Nov. 28 at 7:30 p.m. and Nov. 29 at 2 p.m. Info and tickets: 914-962-0606 or visit www.yorktownstage.org.

Westchester Winter Wonderland Kickoff and Tree Lighting. Featuring entertainment, including circus performers, carolers and story tellers, as well as a variety of food and boutique vendors. For opening day, the New York Rangers will host a special children's "Try Hockey for Free" session with former Ranger Adam Graves. Followed by the tree lighting. Kensico Dam Plaza, Valhalla. Hockey clinic at 3 p.m. Opening at 5 p.m. Tree lighting at 6 p.m.

The North White Plains Fire Company No. 1 Christmas Tree Sale. All proceeds will benefit the fire company. Free parking; all ages welcome. North White Plains Fire Company No. 1 firehouse, 621 N. Broadway, North White Plains. 4 to 8 p.m. Trees are priced according to size and type. Fridays from 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 8 p.m. through Dec. 19 (unless sold out). Info: 914-949-3575 or e-mail ncsf1@optonline.net.

Saturday, Nov. 28

Trains: Your Ticket to the Great Outdoors! Yonkers Model Railroad Club presents a display of model trains. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 a.m. to 4:30 p.m. Members: Free. Non-members: Adults--\$10. Seniors--\$9. Children (2-12)--\$8. Children (under 2)—Free. (Includes admission to all Manor House exhibits.) Also Nov. 29 and Dec. 5, 6, 12 and 13. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Adult Coloring. If you're an adult looking for a relaxing, fresh and new activity that will help bring stress relief to your busy life, try this new coloring class. Drop in anytime. Materials provided. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to 12:30 p.m. Free. Every Saturday. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Adult Salsa Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Free. \$12. Every Saturday. Also Wednesdays from 6:30 to 7:30 p.m. Info: 917-215-1720 or visit www.addie-tude.com.

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

continued on page 28

Advanced Lung Cancer Screening Detects Cancer Sooner – and Saves Lives

Lung cancer is the number one cause of cancer death in the United States and worldwide. But you may not know that an advanced type of screening – the Low-Dose CT (LDCT) Scan – is reducing lung cancer deaths by 20 percent, according to the National Institutes of Health.

Its effectiveness makes this scan today's "standard of care" for those at high risk, and it is newly covered by Medicare and most health insurance plans. Read on to see if you meet the screening criteria and to learn how Northern Westchester Hospital (NWH) makes sure every eligible person can afford this test.

Who Should Get LDCT Screening?

If you meet each of these criteria, LDCT lung cancer screening, which is conducted at NWH, may be right for you.

--Between 55 and 74 years old.

--A smoking history of 30 pack years. That means you smoke (or smoked) one pack daily for 30 years, two packs daily for 15 years or three packs daily for 10 years.

--Currently smoke or quit within the past 15 years.

--No symptoms of lung cancer.

What Exactly is LDCT Screening?

LDCT lung cancer screening is a

new form of traditional computed tomography imaging technology that uses a very low dose of radiation to provide critical 3-D information about the lungs. It is unprecedented in its ability to detect ever-smaller lung cancers called nodules – small lesions or defects in lung tissue that can represent early cancers. The life-saving power of earlier detection can't be overstated. When we catch cancer early – when it is smallest – we can have the most impact on prognosis and survival. According to the American Cancer Society, LDCT screening is shown to prevent up to 12,000 deaths from lung cancer a year in the U.S.

Why is Getting Screened So Essential?

Screening for lung cancer is particularly vital, as this cancer presents no symptoms in its early stage. Here's why: the lung is a relatively large organ. Picture a marble floating within a big balloon. For the marble to have a noticeable impact, it must become bigger. Only when that marble becomes the size of an acorn or an orange do symptoms develop. There may be pain as the now-bigger growth presses against neighboring lung tissue or blood vessels or a persistent cough can develop from its pressure against the

airways. That is why a person harboring early-stage lung cancer usually reports they "feel fine," and precisely why screening is necessary and effective.

What Are the Chances of Something Being Found?

Most screening results are negative. The overwhelming majority of nodules are benign. Fewer than 3 percent of those screened will need intervention in the form of a biopsy. Of those people, only a small percentage wind up having cancer. That's the point. We are looking for those few people with lung cancer. As with any screening, a small number of false positives can lead to unnecessary diagnostic biopsies. However, every biopsy performed at NWH is done using the most up-to-date, minimally invasive method possible. When lung cancer is diagnosed, NWH offers comprehensive oncologic care second to none.

How Affordable is LDCT Screening?

Medicare now covers LDCT screening and commercial insurers are moving toward coverage. But what if you meet the eligibility criteria and don't have commercial insurance or



By Dr. Christos Stavropoulos

Medicare? NWH can help with a wide range of payment options and below-average pricing. If you can benefit from the screening, we make sure you get it.

Steps to Take

If you believe you meet the screening criteria, speak to your primary care physician about ordering an LDCT. If you don't have a physician who can refer, NWH's nurse practitioner will

perform a comprehensive assessment, determine eligibility and order an LDCT if necessary. NWH goes the extra mile to make this potentially life-saving screening 100 percent accessible to everyone who needs it.

To learn more about the Lung Cancer Screening Program or to make an appointment with our nurse practitioner, call 914-242-7695 from 8:30 a.m. to 4:30 p.m.

Dr. Christos Stavropoulos is chief of the Thoracic Surgery Division and director of the Lung Cancer Program at the Cancer Treatment and Wellness Center at Northern Westchester Hospital in Mount Kisco.

Helping People With Diabetes Get Moving in the Right Direction

Diabetes is a condition in which a person's body does not properly produce or use insulin. Insulin, a hormone produced by the pancreas, is necessary for glucose to enter the cell and be converted to energy to perform daily activities.

Since glucose is produced from the majority of foods that we eat, when a person has diabetes and is unable to properly break it down, these sugars build up in their blood. This may lead to serious health complications, including heart disease, stroke, blindness, kidney failure, reduced muscle strength, sensation issues and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

There are three categories of diabetes: type 1, type 2 and gestational. Type 1, previously known as juvenile or insulin-dependent diabetes, is typically diagnosed in children and young adults. The body does not have the ability to produce enough insulin, reducing the amount of glucose that can enter cells for energy.

Type 2 is the most common form of diabetes, often referred to as hyperglycemia or insulin resistant diabetes. In individuals with type 2



By Dr. Marissa Chapnick

diabetes, glucose levels rise above normal. At first, the pancreas produces extra insulin to compensate, but eventually it is unable to maintain the work output and cannot make enough insulin to keep their blood glucose levels normal.

Gestational diabetes occurs in women who are pregnant and have never had diabetes prior to pregnancy. During pregnancy, the placenta produces hormones that may cause a buildup of sugar in the mother's blood. If the mother's pancreas is unable to produce enough insulin to handle the excess sugar, her blood glucose levels will rise.

Physical therapists are extensively trained to evaluate and assess pre-diabetic and diabetic patients. They are able to design individualized exercise programs that will improve their quality of life and reduce risk factors. Often, people wish to exercise but they don't know how to begin or their limitations. Physical therapists have a great understanding of the body as a whole to design safe and effective exercise programs for each person. These programs will include aerobic exercise, strength training, flexibility enhancement and balance training.

No matter what type of diabetes an individual suffers from, one action proven to help is exercise. The American Diabetes Association recommends 30 minutes of moderate exercise at least five days per week, but no more than two consecutive days. Moderate intensity exercises are described as intense enough to make you perspire and raise your heart rate, but still engage in conversation.

Aerobic exercises allow your body to use insulin more efficiently while relieving stress, improving your heart and promoting blood circulation. Strength training two days per week can also lower your blood glucose levels by maintaining strong muscle and bones. Strong muscles improve one's ability to burn calories even while at rest. Think about it, your heart is a muscle.

Physical therapists are also equipped to treat areas that may have pain or sensory issues such as numbness and tingling. Along with providing appropriate exercises, physical therapists perform manual therapy techniques that help relieve pain. Assistive devices are often used to aid with walking as a result of pain, a sore on the foot or post-stroke symptoms resulting from diabetes. Physical therapists can help improve your strength and balance in order to make your walking pattern more safe and efficient.

There is always a way to make time to better your health and exercise. Here are some helpful tips to get you started on a daily basis:

Get up once per hour and walk. Moving helps maintain an appropriate blood glucose level. Take the stairs instead of an elevator if that's an option.

Use speakerphone. You can pace while on the phone.

Get involved in sporting events and play dates with your kids.

When doing homework or watching television, stop for a few minutes and stretch.

If you're taking public transportation, get off a stop early and walk. It will start your day off right.

These are simple ways of fitting in exercise without taking time away from responsibilities.

The impact that physical therapy can have on diabetic individuals is significant. Every case is unique and physical therapists are best suited for tailoring specific plans to help each individual. With November being American Diabetes Month, now is as good a time as any to seek a physical therapist to help get moving in the right direction.

Marissa Chapnick is a doctor of physical therapy at ProClinix Sports Physical Therapy & Chiropractic in Armonk and Pleasantville.

Happenings

continued from page 26

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.

“The Danish Girl.” The visually exquisite true love story of artist Einar Wegener and his wife Gerda, as Einar makes the pioneering journey to undergo gender reassignment surgery in the 1920s. A Q&A with director Tom Hooper will follow the screening. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Noon. Members: \$15. Non-members: \$20. Info and tickets: Visit www.burnsfilmcenter.org.

“Faith, Food and Friends.” A new weekly gathering that includes prayer, song, discussion and dinner for all. Emanuel Evangelical Lutheran Church, 197 Manville Rd., Pleasantville. 5 p.m. Free. Every Saturday. Info: Visit www.emanuelelc.org.

Journey to the Ancient Middle Kingdom: Chinese Culture. The workshop takes you on an inspiring journey through and audio-slide presentation. Capture the spirit of traditional Chinese culture and its beliefs behind the dance, music, martial arts, traditional Chinese medicine, and writing systems. Experience the grace and energy of classical Chinese dance, one of the most expressive art forms in the world. Feel the joy of the distinctly Chinese sound of ancient instruments with thousands years of history and Discover the true China you’ve never known. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Sunday, Nov. 29

Dark Star Orchestra. Performing to critical acclaim worldwide for nearly 15 years and for over 2,000 shows, Dark Star Orchestra continues the Grateful Dead concert experience. On any given night the band will perform a show based on a set list from the Grateful Dead’s 30 years of extensive touring or use their catalog to program a unique set list for the show. Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. \$45. Info and tickets: Visit www.tarrytownmusichall.org.

Monday, Nov. 30

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.

Knitting Circle. This group is open to everyone who has an interest in knitting.

Live, love, laugh, learn and have fun together during these creative journeys. Come share patterns and ideas and celebrate creative spirits together while enjoying the ancient art of knitting. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday. Info: 914-273-3887.

Wild Encounters Story Time. Nature discovery for youngsters. Enjoy a nature-themed story and discover the wonders of nature while exploring fields, forests or landscaped grounds. Dress for outdoor activity. Except in extreme weather conditions, a portion of each class is spent outdoors. For children three to five years old; with a parent or caregiver. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: \$9 per child. Non-member: \$12 per child. Every Monday (except Dec. 28). Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Zumba Class. Open to all. Drop-ins welcome; no membership needed. PFX, 101 Castleton St., Pleasantville. 6:30 to 7:30 p.m. \$10 a class. Every Monday. Info: Contact Amy Olin at olin.amyj@gmail.com.

Raising Healthy Families With a Pesticide-Free Backyard: Green Lawns and Gardens. Guest speaker Patti Wood, a national expert and founder and executive director of Grassroots Environmental Education, will talk about the importance and implementation of cost-effective solutions without pesticides or synthetic fertilizers for your lawn and garden care. Part of a speaker series sponsored by the Town of Mount Pleasant Conservation Advisory Council and The Mount Pleasant Public Library. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8:30 p.m. Free. Info: E-mail mamajosied@aol.com.

Tuesday, Dec. 1

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 e-mail claudiayogadance@gmail.com.

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate

early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

“Raise the Age of Criminal Responsibility.” The League of Women Voters of New Castle is hosting this community forum to discuss the issue of New York prosecuting all youths 16 years old and up as adults. Featured speakers are Allison Lake, deputy director of the Westchester Children’s Association, and Lisa Freeman, director, special litigation and law reform unit, juvenile rights practice of the Legal Aid Society of New York. Refreshments will be served. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: e-mail lwnewcastle@gmail.com.

Author Talk. Pleasantville High School graduate Jessica Tom will discuss her first book, “Food Whore: A Novel of Dining and Deceit.” This novel about aspiring food writer Tia Monroe and the ins and outs of the New York restaurant world was inspired by Tom’s experiences in the food industry and her role as lead reviewer for the Yale Daily News Magazine. Copies of the book will be available for sale. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: 914-769-0548.

Wednesday, Dec. 2

Spirituality Workshop. Presented by the Rev. Dr. Carole Johannsen, coordinator of Pastoral Care at Phelps. Phelps Memorial Hospital Center auditorium, 701 N. Broadway, Sleepy Hollow. 9 to 10:30 a.m. Free. Registration required. Info and registration: Contact Ellen Woods at 914-366-3937 or e-mail ewoods@pmhc.us.

New Mommy Meet-Up. A great way to get out of the house, meet new friends and enjoy time with your baby. For babies up to eight months old and their moms. Romperie Indoor Playground at World Cup Nursery School and Kindergarten, 160 Hunts Lane, Chappaqua. 10:15 to 11 a.m. Free. Every Wednesday through June 24, 2016 (except holidays). Info: Contact Kim Bremer at 914-238-9267 ext. 20.

Mind Games. A fun way for seniors to help stimulate their minds and improve cognitive functioning by playing group games. Phelps Memorial Hospital Center’s boardroom, 701 N. Broadway, Sleepy

Hollow. 2 to 3:30 p.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail ewoods@pmhc.us.

Sleep Well Support Group. Provides an opportunity for people with sleep disorders and their family members and friends to share experiences and learn about the disorders and treatment options. Dentist Michael Teitelbaum will discuss oral appliance therapy for sleep apnea. Light refreshments will be served. Phelps Memorial Hospital Center’s boardroom (use auditorium entrance and take elevator to the C Level), 701 N. Broadway, Sleepy Hollow. 6:30 to 8 p.m. Free. Registration required. Info and registration: 914-366-3755.

Sci-Fi Trivia Night. Geek out to celebrate the release of “Star Wars: The Force Awakens.” Covering science fiction in film and television from its earliest manifestations through today in a multimedia competition hosted by Jacob Burns Film Center Programmer Andrew Jupin. Teams of four people will enjoy a fun night of friendly, intergalactic rivalry, sci-fi-themed prizes and popcorn. Jacob Burns Film Center, 405 Manville Rd., Pleasantville. 7 p.m. Tickets per team: Members--\$40. Non-members: \$60. (includes two drinks.) Info and registration: Visit www.burnsfilmcenter.org.

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.

Advent Soup and Service. First Congregational Church of Chappaqua, 210 Orchard Ridge Rd., Chappaqua. 7 to 8:30 p.m. Free. Also Dec. 9, 16 and 23. Info: 914-238-4411 or visit www.fcc-chappaqua.org.

Thursday, Dec. 3

Mahjongg Club. Intermediate players welcome. Participants must bring their own set. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 p.m. Free. Every Thursday. Info: 914-864-8041 or www.mountkisco.library.org.

Storytime Playgroup. Come hear a story and music and join in on playtime with toys and books. Children, parents and caregivers will make new friends and share time together. For children one to four years old; with a caregiver. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 2:45 p.m. Free. Every Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Gaming Old School. Join old school gaming enthusiasts to play board games like a kid again. Open to all ages. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkisco.library.org.

Celebrating the Upcoming Holidays at My Favorite Wine Bars



By Nick Antonaccio

The holiday season is upon us. Celebrations with family, friends and business associates are beginning to ramp up. What better way to relax with friends or family than at the modern-day

American version of the English pub, the wine bar.

In northern Westchester, we have two outstanding examples. In Mount Kisco, Pour Café and Wine Bar at 241 E. Main St., has been a mainstay for revelers the last eight years. In Pleasantville, Batonnage Wine Bar at 10 Marble Ave., will soon be celebrating its fifth anniversary.

Each establishment offers unique slants on the traditional wine bar theme.

Pour Café and Wine Bar (www.pourmtkisco.com)

At Pour, you feel like you're visiting a rich relative's home. It is a refurbished 19th century Victorian, with intimate candle-lit rooms resplendent with comfortable sofas and lounge chairs. But you are attracted to the bar, where bottles of rare spirits are on display – and open for your consumption.

Your host, Anthony Colasacco, wants to replicate this experience. So pull up a seat, engage him in conversation and take advantage of his largesse, all at reasonable

prices.

"Pour is the place to come and discover boutique spirits, small production wines and small plates folks won't find elsewhere in Westchester," Colasacco said. "We are the place to discover new and unique flavors in an intimate setting."

Here is the breakdown of the vastness of Pour's offerings. Space doesn't permit a discussion of its breadth and depth.

By the glass:

16 wines (eight each of white and red)

10 cocktails

100 bourbons and ryes (also offered in five select sets of flights)

By the bottle:

12 beers

62 wines (28 whites; 39 reds)

Small plates:

A well-conceived menu of cheeses and charcuteries plus six flatbreads with alluring gastronomic toppings. A must nightcap for chocoholics: Vosges Mo's Dark Chocolate Bacon Bar.

Batonnage (batonnagewinebar.com)

Manager David Paljevic is working hard to reinvent the wine bar. His lists tend to be more expansive than others and he offers a unique flight concept. All by-the-glass selections of wine, whiskeys and scotches are available as choose-your-own small pours of one to three ounces in multiples of three choices (flights). For example, pick any three of the 48 bourbons and ryes to

sample in one-ounce portions, then enjoy a more generous portion of your favorite.

David and his father, Paul (the owner of Batonnage and its next-door neighbor, Eurospa), have created a New York City vibe. The high-top tables in the front room and the lounge seating in the rear room invite patrons to relax in a sophisticated atmosphere. From the teak flooring to the corkwood composition vaulted ceiling, from the hand-crafted fixtures to the onyx bar top, Batonnage is cosmopolitan and urbane.

David will soon be introducing Flight Passport, his promotional app, which will capture your on-premise flight purchases for future visits. For every five flights purchased, you receive a sixth flight gratis.

"It's about the experience,"

David said. "My goal is to stock the familiar and the unfamiliar, so try something different when you visit."

Jordan Vazquez, Batonnage's mixologist, has crafted an eclectic cocktail list (try his version of the Old Fashioned).

"Tell me the style and ingredients you prefer in a cocktail and I'll create a personalized mixed drink on the spot," Vazquez offers adventurous bar patrons.

By the glass:

20 wines (10 each of white and red, plus flights)

8 sparkling wines

17 cocktails

68 Bourbons, ryes and scotches (plus flights)

2 Sangrias

4 Margaritas

8 Ports

3 Aperitifs

By the bottle:

26 beers

129 wines; half and full bottles (32 whites; 94 reds; 3 Roses)

Small plates:

An extensive menu of cheeses and charcuteries. Try the truffle burrata bruschetta or one of the five personal-size gourmet pizzas.

Note: Batonnage will change its name in January to Flight Wine and Whiskey Bar. Stay tuned for announcements.

Wine bars have evolved into much more than the monolithic outposts of the last century. Whether you are a novice, a casual drinker or a highly particular tippler, today's wine bars are committed to satiating your appetite – and curiosity.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 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.

You Heard It Through the Grapevine

A Charitable Giving Plan Can Help Combat Hunger One Starfish at a Time

Many of us are in the throes of planning our Thanksgiving holiday. Perhaps our children will come home from college or visit with their new families. Perhaps we will invite friends and neighbors to join us.

Our menus may be a tantalizing combination of traditional family recipes and exciting new additions. Chances are, whoever celebrates with us and whatever we serve, our Thanksgiving will feature a table laden with food.

At the same time, we know that many Americans will not have a Thanksgiving feast. Even our neighbors may struggle with hunger. There are hundreds of thousands of food-insecure families in New York, families for whom access to nutritionally-adequate food is uncertain. Throughout the five boroughs, about 1.4 million people – mainly women, children, seniors, the working poor and people with disabilities – rely on soup kitchens and food pantries; about 2.6 million New Yorkers experience difficulty affording food for themselves and their families.

Fortunately, there are also many



By Kevin Peters

organizations combating hunger, and most need extra support during this holiday season. If helping to alleviate hunger sounds like a good cause, now may be a good time to consider a charitable giving plan to one of the many nonprofits based in New York.

How should you start?

I would always suggest a meeting – or at least a call – to representatives of the selected charity before making a donation. It is always advisable to ask for proof of the charity's 501c3 status; as a philanthropist, you want to ensure that your money is being used as you intended. Research done beforehand ensures clarity and may lead to an ongoing partnership between you and your beneficiary.

There are various strategies for giving. An upfront gift is easy; you can donate cash or assets directly for the charity's immediate use. Consider the tax benefits of gifting highly appreciated stock.

With these sorts of donations, you may be entitled to tax deductions. Be sure to obtain receipts.

Consider the flexibility of a donor-advised

fund (DAF); you receive an immediate tax break upon making a contribution to a fund. A DAF is a type of giving program administered by a third party. You transfer cash or other assets to a tax-exempt sponsoring organization such as a public foundation. You can then recommend – but not direct – how much and how often money is granted to the charities, sometimes as easily as using an Internet portal. And you avoid the cost and complexities of managing a private foundation.

Other strategies for giving that provide tax benefits include charitable gift annuities, charitable remainder trusts, charitable lead annuity trusts and charitable lead unitrusts.

These can be simple or complicated, depending upon an individual's personal circumstances, and really require assistance from financial and tax advisers.

You can continue your legacy of giving after you are gone, and can honor and memorialize loved ones as you do so, through such vehicles as charitable bequests and endowed gifts. These help your beneficiary charity to continue its mission. In the case of a charitable bequest, your gift may entitle your estate to an unlimited

federal estate tax charitable deduction.

Workplace giving or volunteering your time at a food pantry or fundraising event are also exceptional ways to contribute. There is nothing like donating your time to set an example for young children.

Of course, a philanthropist need not overlook the simple satisfaction of donating a turkey and all the trimmings to the nearest food bank at Thanksgiving. If you ever doubt that a single donation can make a difference, remember the starfish story.

An old man finds on the beach starfish washed up on the sand, as far as the eye can see. He spies a little boy throwing the starfish back into the water, one by one.

"There must be tens of thousands of starfish on the beach. Nothing you do will make a difference," the old man tells the boy.

The boy bends down and tosses another starfish into the ocean. "I made a difference to that one," he says.

Kevin Peters is a managing director and financial adviser with Morgan Stanley Wealth Management in Purchase. He can be reached at 914-225-6680.

The Prudent Portfolio

The information contained in this column is not a solicitation to purchase or sell investments. Any information presented is general in nature and not intended to provide individually tailored investment advice. The strategies and/or investments referenced may not be suitable for all investors as the appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives. The views expressed herein are those of the author and may not necessarily reflect the views of Morgan Stanley Wealth Management, or its affiliates Morgan Stanley Smith Barney, LLC, Member SIPC.

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NOTICE OF FORMATION OF KEVIN KENNEDY PLLC filed with the Secretary of State of NY on September 9,2015. SSNY has been designated as agent upon whom process against the PLLC may be served. SSNY shall mail process to **2020 Maple Hill Street #1113, Yorktown Heights, New York 10598. Purpose: any lawful activity.**

Notice of Formation of M&R Account Services LLC Art. Of Org. filed with SSNY on 10/14/2015. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **M&R Account Services LLC, 29 Scenic Dr Apt O, Croton on Hudson, NY 10520 Purpose: any lawful purpose.**

Notice of Formation of Frawley Coaching, LLC. Arts of Org. filed with NY Secy of State (SSNY) on 9/4/15. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. **Purpose: any lawful activity.**

Notice of Formation of Dovetail DB LLC Arts of Org. filed with Secy. of State

of NY(SSNY) on 9/15/2015. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail process to: 55 East 76th St., 1D, NY, NY 10021. **Purpose: any lawful activity.**

NOTICE OF FORMATION OF TTL Photography, LLC. Articles of Organization filed with Secy. Of State of N.Y.(SSNY) on 09/16/2015. Office location: Westchester County. SSNY designated agent whom process may be served and shall copy of process against LLC to principle business address: 1304 Midland Avenue, Ste. B-60, Yonkers, N.Y. 10704. **Purpose: any lawful act.**

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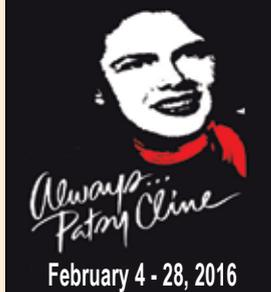
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White Plains Hospital Opens Urgent Care Center in Armonk

White Plains Hospital expanded its reach with the Nov. 17 opening of an urgent care center, comprehensive imaging center and medical offices at White Plains Hospital Medical and Wellness in Armonk.

This marks the first time a hospital has opened an urgent care center in Westchester. The 24,000-square-foot facility, located at 99 Business Park Drive, is easily accessible for patients from I-684 and Route 22.

The hospital marked the occasion with an open house for the community and ribbon cutting ceremony attended by regional business leaders and elected officials.

"We have been a trusted provider of quality health services for residents of northern Westchester for years," White Plains Hospital President and CEO Susan Fox said, "and we are pleased to now make many of those exceptional services available closer to home for this community."

The center is open seven days a week for after-hour ailments and injuries, including the flu, sore throats and common sprains, which are not necessarily severe enough to require emergency room visits. Hours are 3 to 11 p.m. on weekdays and 9 a.m. to 9 p.m. on weekends. The center is staffed by experienced board-certified physicians.

Dr. Rafael E. Torres, director of emergency medicine at White Plains Hospital, will serve as medical director.

"We hope that by bringing urgent care

to Armonk, we will help fill a gap in the area, particularly for those individuals with less severe illnesses and injuries who can be treated effectively and efficiently in an ambulatory setting," Torres said.

In addition to the urgent care center, the facility also offers comprehensive primary care and other services, including pediatrics, OBGYN, endocrinology and specialty surgical consultations, as well as laboratory services and a physical therapy space.

A full-service diagnostic imaging center is open weekdays from 8 a.m. to 11 p.m. and weekends from 9 a.m. to 9 p.m. The center features a silent MRI,

64-slice CT scan, pediatric radiology, sonohysterography, 3D mammography, 3D breast ultrasound and bone densitometry.

For more information, call 914-849-7900 or visit www.wphospital.org/armonk.

North Castle Supervisor Michael Schiliro, center, greets Larry Smith, chairman of the White Plains Hospital Board of Directors, during the Nov. 17 opening of the hospital's urgent care center in Armonk. Hospital President and CEO Susan Fox looks on.



JOHN VECCHIOLLA PHOTO




New O&V Tasting Room

P'ville Community Synagogue to Offer Adult Class

In response to parent interest, Pleasantville Community Synagogue Rabbi Julie Danan is offering the next monthly adult class, "Exploring Judaism" during Hebrew school on Thursday, Dec. 3 from 5 to 6 p.m. The topic "Hanukkah for Grownups" will cover the real history as well as the practical hands-on rituals of Hanukkah.

Hebrew school parents and interested others are welcome to this friendly, relaxed mini-course, which is designed for parents who want to know more about their Jewish heritage; non-Jewish parents of Jewish children who want to learn along with their kids; individuals considering conversion to Judaism; and anyone who wants to learn. No prior knowledge is needed and there will be plenty of room for questions and discussion.

For more information or to RSVP, contact Rabbi Julie Danan at rabbid@shalompcs.com.



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Radiothon Helps Maria Fareri Children's Hospital Assist Families

By Arthur Cusano

Patsy and Raj Bobde of Ossining had struggled for years to have a child, but when their daughter Yashwini arrived nine months ago, she was months earlier than expected and weighed just a pound.

"I had just scheduled my baby shower," said Patsy, a pediatrician. "The next thing I know, within five days of that call, everything happened. All hell broke loose. It was very scary. The night it happened, I felt like everything was going to fall apart after trying for years to have a baby."

The couple was one of several families interviewed last Thursday morning as part of 100.7 WHUD's 11th annual Children's Miracle Network by morning show hosts Kacey Morabito Grean and Mike Bennett in the Valhalla hospital's lobby. The radiothon began early Wednesday morning, with several on-air staffers taking part at the hospital and in the studio, and raised more than \$450,000.

Raj, also a doctor, told listeners he and his wife faced life-and-death decisions.

"We knew that if we made one wrong decision, she would be no more," he said.

Patsy Bobde said her daughter is now 14 pounds and healthy, and no one would know she was a premature baby. She has admitted patients to Maria Fareri and is an even bigger supporter after her own

ordeal.

"There's no place like this hospital, from the security guards to the people who change the garbage and the janitors, they make you feel like part of the family here," Pasty said. "Maria Fareri is more than a hospital; it was my second home for four months and there was never a day I didn't feel supported in this place."

Children's medical facilities are a valuable resource that are getting much harder to find, she added.

"Most hospitals, because of the economy and the way medicine is going in this country, they are closing down a lot of the pediatric floors in the community hospitals," Bobde said. "So a place like this that just cares for children is an amazing thing. I do think it makes a difference in the quality of care in terms of the outcome of a child that comes to a hospital like this."

Raj Bobde said he hoped to see the hospital continue to expand its capacity to allow more families to get the care they need.

"We saw quite a few babies who were not that lucky and had to be transported to somewhere else because the bed capacity was full," he said.

WHUD, a PAMAL broadcasting station, has been partnering with the hospital before it was completed, Grean said.



ARTHUR CUSANO PHOTO

Patsy and Raj Bobde, left, of Ossining shared their daughter's story with WHUD morning show hosts Mike Bennett and Kacey Morabito Grean last Thursday at Maria Fareri Children's Hospital.

"We once did a fundraiser every year on air, like a toy drive," she said. "And before the hospital was built, Mike was involved with a lot of the pre-building fundraising to raise the \$25 million in order to just break ground here."

Grean said the station staff saw the annual event as a cornerstone of their broadcast year.

"The children's hospital is all about the families of Westchester and the Hudson

Valley, and WHUD is all about the families of Westchester and the Hudson Valley, so our worlds blend perfectly," she said.

Grean said that many of the families interviewed on air get very emotional, as the Bobdes did, when discussing their children. She said it was often contagious.

"We just cry the whole morning," Grean said. "Sometimes I cry on the way here and on the way home."

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