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September 1 - September 7, 2015

SMALL NEWS IS BIG NEWS

Volume 9, Issue 417

Modell's Sporting Goods Plan Debated in Mount Kisco

By Neal Rentz

A proposal to bring a Modell's to the former Borders site in Mount Kisco sparked some debate at last week's village planning board meeting between an owner of an independent sporting goods store and another merchant.

The roughly 20,000-square-foot space at 154-162 E. Main St. has been vacant since September 2011, when the bookstore company went out of business after filing for bankruptcy. The property is now co-owned by Modell's and the New Jersey-based Lerner Properties.

For the sporting goods chain to move in, a special permit and a change of use approval would need to be approved by the village's planning board.

Modell's is seeking to occupy all but 6,000 square feet of the upper level of the two-level storefront. Another tenant, which has not been determined, will occupy the balance of the space. The



Tiger Lily boutique owner Cathy Deutsch spoke in favor of a proposal to bring Modell's Sporting Goods to the former Borders site on Mount Kisco's East Main Street.

only major interior changes would be the installation of a new elevator and a staircase.

At the Aug. 25 public hearing, Cathy



NEAL RENTZ PHOTOS

Tina Bernstein, who co-owns Mount Kisco Sports with her husband, Robert, opposes the Modell's plan.

Deutsch, the owner of Tiger Lily, a boutique across the street from the vacant storefront, said she and several other Main Street business owners

support Modell's moving into the village.

When Borders folded, a void was created downtown which negatively impacted business, Deutsch said, noting that Modell's shoppers would be attracted to other establishments in the area.

"Modell's will give us the life we need," she said.

Mount Kisco Sports co-owner Tina Bernstein opposes the project. While Bernstein said she did not object to competition, Modell's would be too large and out of character with the village.

"It doesn't fit into our town," she said.

Another resident, Mitchell Rislin, said he has been good friends with the company's CEO, Mitchell Modell, for 20 years and Modell cares deeply for the communities in which his stores are located.

Modell's could be the best chance for the site to be filled, Rislin said. If it fails to move into storefront, the property

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Organic Turf Makes East Coast Debut in Pleasantville

By Arthur Cusano

"It doesn't really smell like coconuts," said Heath Steelman, a project manager for Global Turf. "It smells like dirt."

Steelman was talking about a new type of eco-friendly turf field surface being installed for the first time on the east coast of the United States on the Pleasantville School District's practice fields. The surface is made from ground coconut shells and cork as opposed to rubber used in most synthetic fields.

"I think they have some in California and the west coast, but this is the first place on the east," Steelman said. "It has more of a real feel to it, as opposed to the rubber, which is a little more spongy. This is more like natural turf."

Crews spent two weeks installing the



ARTHUR CUSANO PHOTO

Employees of Global Turf worked to install new environmentally-friendly surface last Thursday on the Pleasantville School District athletic fields.

fields, which will be ready for the first day of school this week. The turf is expected

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No. Castle Resident Charges Long Pond District Finance Plan Illegal

By Martin Wilbur

A longtime North Castle resident is charging that the town is proposing an illegal method of paying for much-needed repairs of Long Pond Dam and has asked the state comptroller's office to step in.

An Aug. 13 letter written on behalf of North White Plains resident Anthony Futia by Albany-based attorney Louis Oliver, Jr. urged the comptroller to make sure the town assesses the more than \$300,000 in repairs and debt strictly on an ad valorem basis. That would drastically reduce the financial responsibility of the town from \$13,500 a year to about \$270 annually, Oliver's letter contended.

Oliver stated that the town owns less than 1 percent of the assessed valuation in the newly-formed Long Pond Park

District, not the 47 percent officials have said the town would pay.

The town board approved a resolution creating the district at its Aug. 5 meeting, pending the comptroller's approval.

"Under the circumstances, no public purpose will be served by the creation of the new Long Pond Park District in the Town of North Castle as proposed in the resolution passed by the Town Board on August 5, 2015," Oliver's letter stated. "To the extent that the town proposes to pay more than its ad valorem share of the cost of repair and maintenance, the Town is making an illegal gift of public monies in violation of the New York State Constitution..."

Oliver's letter mentioned that there would be no public access to the pond for

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Modell's Sporting Goods Plan Debated in Mount Kisco

continued from page 1

could remain vacant indefinitely, Rislin added.

"It's not going to be an easy thing to fill," he said.

Modell's Regional Marketing Supervisor John Borrelli said the company wants to be "part of the community." The chain has made donations to several youth sports programs.

Borrelli said Modell's also looks to hire

local residents to work at their stores.

During the meeting, planning board member Ralph Vigliotti said he wanted the storefront's exterior to resemble others in the village's downtown. Modell's District Manager William Perez said the store would meet all village codes.

Modell's is hoping to operate 9 a.m. to 9 p.m. Monday through Saturday

and 10 a.m. to 7 p.m. on Sunday, Perez said. Planning Board Chairman Joseph Cosentino said because St. Francis of Assisi Church is located across the street and has cars parked in the area for Sunday Mass, he hoped Modell's management would open the store later on Sunday.

"It would really help this community if you opened up at 12 instead of 10,"

Cosentino said.

Board Vice Chairman Anthony Sturniolo requested more information about the merchandise to be sold at Modell's. Perez said about one-third of the items are sporting goods, with the rest being sports-related apparel.

The board agreed to adjourn the public hearing until its Sept. 9 meeting.

No. Castle Resident Charges Long Pond District Finance Plan Illegal

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recreational purposes with the creation of the district for anyone other than the 18 homeowners, making taxpayers contribute toward something they would be prohibited to use.

North Castle plans to enter into a contract with the park district to spell out its annual contribution, since under state law a municipality cannot be a district member, Town Attorney Roland Baroni said.

Baroni said on Monday that the town owns the majority of the water and a portion of the dam, which gives the municipality the responsibility to contribute and protect its residents. The state Department of Environmental Conservation (DEC) has been after North Castle for several years to come up with a

plan to repair and maintain the dam.

Baroni added that the state comptroller has previously allowed for contracts to be drawn up between a town and a district.

He compared it to upgrades that the town is considering to the community center in North White Plains that would allow that facility to be used as an emergency shelter. While it would most likely help only residents of that hamlet, public safety is at stake.

"Sometimes you have to act even though it benefits only one area of town and this is one of those cases, and I don't think anything is wrong with that," Baroni said.

Baroni said there is legitimate rationale to how officials arrived at the current payments. During discussions about

how the project would be funded, the town had originally agreed to have each of the 18 private property owners pay \$1,229 a year for 20 years and it would contribute the remainder of the estimated \$27,000 estimated cost, about 22 percent. However, the town learned that levying district taxes must be on an ad valorem basis, Baroni said.

Now, the highest assessed district property owner would pay \$1,229, while other district members would have their annual payments calculated based on that figure.

Futia warned that if the comptroller approves the town's arrangement, he would go to court to fight. He acknowledged that the impact on his property tax bill would be insignificant and that he has already far

outspent in legal fees whatever he would recoup in lower taxes.

But Futia, a member of We The People of New York, Inc., a group of citizens whose mission is to hold government accountable, said the town board has agreed to this financial arrangement with the district to help curry political favor with not only the 18 homeowners but other residents in Windmill Farm, which he said is a powerful constituency in town.

"We're a country of laws and let's follow the law," Futia said. "What they're doing is not following the law."

Baroni expects the comptroller's office to take several months before it decides on whether to approve the district's financial arrangement.

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A: You are first evaluated for your degree of respiratory disability prior to rehab. This data leads to a personalized exercise plan that typically involves the treadmill or bike. At Northern Westchester Hospital (NWH), the eight-to-12-week multi-faceted program includes an exercise component, education about your illness, and psychosocial and nutritional support.

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Q: How do I access a high-quality pulmonary rehab program?

A: Speak with your physician, he or she should consider referring any patient who has chronic lung illness or has been recently hospitalized for breathing difficulties, particularly for an exacerbation of COPD. When referring you to a program, your doctor should know what it offers, the quality of the professionals involved, and patient outcomes.

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Chap Crossing Affordable Units Part of Race to Comply With Settlement

By Arthur Cusano

The criteria for getting affordable housing in Westchester development projects is a complicated formula and time is of the essence, a county housing official told New Castle officials at the town's Aug. 26 planning board meeting.

The planning board is currently hearing proposals for the Chappaqua Crossing retail project, which still requires site plan approval. The project now includes up to 32 affordable units in the old Reader's Digest cupola building.

"If there is one takeaway from this, understand that there is no one-size-fits-all," Norma Drummond, the county's deputy commissioner of planning told the board last week. "We have single condos, single-family houses, two-family houses, all the way up to developments that are 93 units."

A 93-unit development has two floors of affordable housing in the Town of Cortlandt. The county received permission from federal housing monitor James Johnson to create 15 affordable units at the location because it was near the Montrose VA, she said.

Chappaqua Crossing developer Summit/Greenfield is looking to place affordable housing units in the third and fourth stories of the signature cupola building on the sprawling campus formerly owned by Reader's Digest, said

the applicant's attorney John Marwell. An earlier plan had affordable units in the east village portion of the project near the market-rate housing.

The affordable housing settlement, reached by former county executive Andrew Spano with the U.S. Department of Housing and Urban Development (HUD) and approved by the Board of Legislators in 2009, requires 750 affordable units be built by Dec. 31, 2016. Under the settlement, at least half of those units must be rental, and no more than 50 percent can be home ownership. The location of a property is a major factor in determining whether it meets the settlement's requirements, Drummond said.

"The administration does not believe the monitor has the right to approve units," Drummond said. "We advise the monitor when we are using funding on certain units, but we do not believe that the monitor actually has approval. The settlement agreement itself stipulates what is eligible, where and what types of units they need to be."

Drummond said some of the projects with affordable housing units that have been approved may not count toward the 750-unit requirement because they don't meet all the benchmarks, such as having financing and building permits in place by the 2016 deadline. Financing for 600



ART CUSANO PHOTO

Westchester County Deputy Commissioner of Planning Norma Drummond explains the requirements for federally eligible affordable housing at the Aug. 26 New Castle Planning Board meeting.

units must be in place by the end of this year.

"There is a time clock ticking for the ability for any units in Chappaqua to count because of that, especially when you're talking about new construction," Drummond said. "If you start digging in the ground and there's another winter like last year your ability to get started this year will be somewhat limited."

Board members voiced concerns that the project's affordable units were concentrated in one building. Drummond said that arrangement is not unusual and that the affordable units had always been intended to be in a single building. Services and amenities for those units are different than other

units, and had lower fees to increase affordability.

Mixing affordable rental and market sale units also has other consequences, she explained.

"You limit the ability of the people purchasing the market-rate homes to get mortgages because Fannie Mae may not buy their mortgage in a secondary market if more than 10 percent of units in any building are rental," Drummond said.

Low-income tax credits, the main source of funding available to developers to build affordable housing, are less valuable to developers if they are used for building less than 35 affordable units, Drummond said. The same level of review is required for those investors, who must weigh whether they are buying credits for 35, 50, 75 or 125 units.

"It's the same transaction cost, so your ability to spread them out over the number of units diminishes the ability of an affordable development to be affordable once you get below 35 units. Your ability to put an on-site manager there really diminishes once you get below 50 units."

The New Castle Planning Board will continue its review of the Chappaqua Crossing retail project at its September meeting.

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Mount Kisco Bank Robbed; Police Seek Public's Help

By Martin Wilbur

Westchester County Police are seeking the public's help in identifying a man dressed as a construction worker who robbed a Wells Fargo bank branch at 195 N. Bedford Rd. in Mount Kisco last Saturday morning.

The man, who was wearing a hard hat and a reflective vest, passed a note to a teller at 9:20 a.m. demanding cash. The teller complied and the man left the bank on foot, heading south on North Bedford Road (Route 117.)

No weapon was displayed and no cus-



An image of the man that police say robbed a Wells Fargo Bank in Mount Kisco on Aug. 29. The suspect was still at large on Monday.

tomers were in the bank at the time.

The suspect is described as a black male in his thirties with a medium to dark complexion and a thin beard.

Information regarding how much money was stolen was not immediately released.

Anyone who observed the man in the vicinity of the bank is asked to contact the county police General Investigations Unit hotline at 800-898-TIPS (8477). All calls are confidential. Tips are also accepted electronically at tips@wccops.com.

Organic Turf Makes East Coast Debut in Pleasantville

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to last as long as a regular synthetic field, he said.

"If you've ever cracked a coconut you've seen how tough it is, and this stuff is about the same," he said.

The turf must be occasionally watered to keep it moist in order to prevent it from disintegrating and having the materials blow away, Steelman said. Between the turf and the gravel below it is a recycled foam-like pad to aid in shock protection.

The practice and playing fields being upgraded are used by the school's lacrosse, field hockey and soccer teams.

Assistant Superintendent for Business David Quattrocchi said the decision to use the new environmentally-friendly surface was made after getting community input.

"It was really a community effort," he said.

The field renovation was funded through a \$3.5 million bond that was approved last year, Quattrocchi said. That funding is also going toward resurfacing the district's rubberized track and installing new bleachers.

"We removed the rubber down to the blacktop level and resurfaced the track," Quattrocchi said. "It's all state-of-the-art now."

Repairs are also being made to the

middle school roof and ceiling, which includes asbestos removal, and blacktop repair at Bedford Road School.

Superintendent Mary Fox-Alter and board of education members thanked Quattrocchi and Director of Facilities Steve Chamberlain and his staff with getting the project done on time at the Aug. 25 board meeting. They agreed the new turf and track will require care and plenty of oversight to make sure it is not abused by the community. Security cameras are installed at the fields, they pointed out.

"A person said, 'I'm a taxpayer, I can ride my bike on this,'" said board Vice President Angela Vella. "Wrong. You're a taxpayer. Protect your asset, get your bikes off the field. Get your dogs off the fields. We all have to protect our property - your property."

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New Assisted Living Complex Proposed in Mount Kisco

By Neal Rentz

An assisted living operator has proposed a three-story, 94-unit project in Mount Kisco on a site where a previous application had been considered.

Maplewood Assisted Living's application for the 5.7-acre parcel at Morgan Road and Radio Circle, the former site of a New York City sewage treatment plant, would require a zoning text change from the village board. The land is currently zoned Research and Development (RD).

In addition to site plan approval, Maplewood is asking the planning board for a positive recommendation to the village board.

An earlier assisted living proposal, which included memory care, for the same property was discussed last year but later withdrawn.

Attorney Charles Martabano, an attorney representing the developer, said the facility would be "an upgrade for Radio Circle."

Christopher Cocotas, senior project manager for Maplewood Assisted Living, said the Westport, Conn.-

based company operates 11 facilities in Connecticut, Massachusetts and Ohio. He said the style of his company's buildings are designed to blend in with other homes in the area.

Martabano suggested that the planning board schedule a site visit to Maplewood's facility in Bethel, Conn., to gain a better idea of what his client is hoping to construct.

Planning board member Ralph Vigliotti said he did not oppose the proposal's concept. However, he was concerned about the proposed location of the building because the structure would be too close to a stormwater retention basin on the property.

The planning board did not vote on a recommendation to the village board to make the zoning text change last week. All questions regarding traffic, impact on Lexington Avenue, municipal and utility services and other issues must be resolved before planners would decide whether to recommend the zoning change, said board Vice Chairman Anthony Sturniolo.

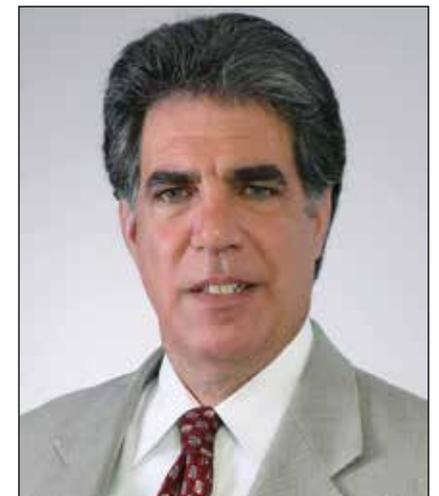
Engineering Firm to Launch Scholarship in Memory of Pleasantville Resident

International engineering firm Thornton Tomasetti will fund an annual memorial scholarship for engineering students at the City College of New York (CCNY) in honor of the firm's former president and CEO Daniel Cuoco, a Pleasantville resident who died last September. The initial award will be for \$5,000, with its first recipient to be announced in spring 2016.

Cuoco joined Thornton Tomasetti in 1971 and was named its president in 2002 and CEO in 2008. He held those positions until his retirement in May 2011 after 40 years with the firm. He was an active participant in the company's growth from a 15-person, single-office firm to one that employs more than 1,000 people today with offices around the globe.

Throughout his career, Cuoco served as a mentor to young engineers. He also helped establish Thornton Tomasetti as a world leader in structural design and was an early adopter of emerging technologies such as Building Information Modeling.

CCNY will select the scholarship recipient. Successful applicants will be high-achieving students pursuing a bachelor of engineering degree and a career in structural engineering. Cuoco



Daniel Cuoco

graduated from CCNY in 1967 with a bachelor's degree in civil engineering. He also received a Master of Business Administration degree in management from Adelphi University.

Those wishing to donate to the scholarship fund can make checks payable to City College Fund and indicate "Daniel Cuoco endowed scholarship" on the memo line. Send the check to 160 Convent Ave, Shepard Hall, Room 166, New York, N.Y. 10031. Attn: Elena Sturman, executive director.

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P'ville Approves Participation in Pilot Energy Program

By Sarah Bonanno

The Pleasantville Village Board approved last Monday night the village's participation in a Community Choice Aggregation energy program (CCA), a pilot program through Sustainable Westchester designed to save residents money on their energy bills.

Sustainable Westchester, a nonprofit organization comprised of more than 40 municipalities across the county, will attempt to procure an energy supply service company (ESCO) for interested residents. The organization is hopeful that multiple ESCOs will bid in hopes of being selected as Westchester's supplier to reduce the cost for electricity and natural gas. The utility service would remain with Con Edison, Pleasantville's distribution company.

Mayor Peter Scherer said customers who wish to remain with their current supplier will be able to, as village residents may choose to opt out of the program. A letter will be sent to bundled customers, who will have 20 days to opt out. However, a resident can opt out at any point after implementation of the program.

The board approved the CCA by a 3-1 margin, with Trustee Mindy Berard the dissenting vote. Trustee Colleen Griffin-Wagner was absent for the vote but had voiced support for the resolution.

"To me, Sustainable Westchester can

help if they get an appropriate response, an appropriate proposal (to) contract with one of those ESCOs," Trustee Joseph Stargiotti said. "We're really just positioning people to get their gas supply from an ESCO at a better price, and we participate only if it really is a better price and we have the assurance of Sustainable Westchester."

Berard said she objected to the program because customers should have to opt in, rather than be automatically enrolled, and those who are not interested being forced to opt out. She also disliked the procedure with which the resolution was brought to a vote, contending there wasn't enough time to properly review or discuss changes to the resolution after a public hearing.

The resolution was originally scheduled for a vote earlier this summer, but was adjourned so a hearing could be held.

"I'm all for saving people money, but I don't agree with it being an opt out. If it's such a great program, it should be opt in," Berard said.

After the public hearing, the resolution clarified that an ESCO will agree to collect the utility gross receipt tax regardless of utility territory. That ensures the village will continue to collect revenue it currently receives.

"It not only makes a lot of sense, but it unleashes the forces of capitalism in the free market in the purchase of energy," Scherer said of the program. "It takes advantage

of the buying power we have collectively that none of us have individually, and it provides the missing piece that hasn't been available to the individual residents, and that is the overlay of professionals who know what they're doing, cutting a good deal, and managing the relationship with the ESCO and making sure that it's a fair and good deal."

Scherer also noted that the CCA is a pilot program for Westchester and could be implemented by the state at a later time.

"I am very happy to have Pleasantville in the leading group," he said.

Hudson Chorale Auditions Sept. 14 in P'ville

Hudson Chorale, Westchester's largest chorus, is welcoming new members in all voice parts beginning on Monday, Sept. 14 when rehearsals will begin for a Jan. 24, 2016, concert. The program, "Cathedral Classics," will feature the Duruflé "Requiem" along with works by Poulenc, Ravel and Messiaen that will be performed with organ. The season's second concert on May 14, 2016, will be dedicated exclusively to Mendelssohn's "Elijah." Interested singers can participate in

one or both concerts.

Singer-friendly auditions will begin on Sept. 14, by appointment starting at 6 p.m. prior to the first rehearsal. Subsequent rehearsals will take place on Monday evenings at the Pleasantville Presbyterian Church, 400 Bedford Rd. in Pleasantville. To schedule an audition appointment, contact Jeanne Wygant at 914-478-0074 or e-mail JeanneWygant@optonline.net. For more information, visit www.HudsonChorale.org.

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Obituaries

Dominick Bologna

Dominick Bologna, formally of New City and Queensbury, N.Y. and most recently of Armonk, died on Aug. 27.

He was 79.

Bologna was born in the Bronx and grew up in the Arthur Avenue area. He graduated from Manhattan Needle Trade High School. In 1955, he joined the Army and served in the United States and Korea until 1958. After being discharged, he joined the New York City Police Department where he worked for 20 years. Bologna worked as a detective in the 4th Homicide Squad and Major Crime Task Force for 12 of those 20 years.

While Dominick was a member of the NYPD, he attended Rockland Community College where he received an associate's degree before going to St. Thomas Aquinas College where he received a bachelor's degree in 1975. In 1982, Bologna retired from the NYPD and worked as an investigator for the New York State Racing Board. During the time that he worked for the board, he was asked to develop and initiate a drug testing and substance abuse program,

which is still in effect in New York State. He retired in October 2006.

Bologna was predeceased by his parents, Olympia and Harry Bologna. He is survived by his wife of 56 years, Catherine; his daughters, Carol Ierace (Bob) of Valhalla and Donna Cooke (Derry) of Queensbury; three grandchildren, Taylor Cooke, Robert Ierace and Alexandra Cooke, who were his pride and joy; and his siblings, Nancy Capozzi (Ralph - deceased) of Yonkers, Harry Bologna of Largo, Fla., Linda Ferri (Albert) of New Hyde Park, N.Y. and Michael Bologna (Josephine) of Berthiob, Colo. He also leaves behind his in-laws, many nieces and nephews and close friends that he considered family.

Visitation was at Hawthorne Funeral Home on Aug. 29 and 30. A funeral Mass was held at Holy Name of Jesus Church in Valhalla on Aug. 31 followed by interment at Gate of Heaven Cemetery in Hawthorne.

In lieu of flowers, donations can be made to The Alzheimer's Association or a charity of choice.

Vivian Farrell

Vivian Moore Farrell, formerly of Thornwood, passed away on Aug. 20 from natural causes.

She was 90.

Farrell was born in White Plains on Dec. 9, 1924, and grew up in the Glen Street area. She attended White Plains High School where she was an outstanding athlete and lettered in numerous sports. Before starting her family, Farrell had a brief career at Sonotone Corp. but later went on to work at the White Plains Parking Authority. She was an avid bowler at Elmsford Lanes, winning many championships.

She is predeceased by her husband, Arthur Farrell. She is survived by her daughters, Lynn Farrell of Ossining and Vivian Farrell Templeton and her husband, James, of Southbury, Conn.; her grandchildren, Victoria Bleier, and her husband, Andrew, Morgan Templeton and Arthur Templeton.

Calling hours were at Beecher Flocks Funeral Home in Pleasantville on Aug. 28. A memorial service and burial followed.

Memorial donations can be made to St. Vincent DePaul Society at P.O. Box 1612, Waterbury, Conn. 06721.

Alfred Andersen

Our father and friend, Alfred N. Andersen, left us peacefully at 5:29 p.m. on Aug. 25 after a four-month battle with melanoma. He is now reunited with his loving wife, Ruth, who predeceased him on Mar. 21 of this year.

He was 82.

Andersen was born in New York City on July 19, 1933. He graduated from Pleasantville High School (1952), Paul Smith's College (1955), served in the U.S. Army (1955-57), then graduated from the Swedish School of Massage (1958) and NYU School of Physical Medicine (1963). He had a private physical therapy practice in Pleasantville from 1963 until he retired in 1997. After retirement, he and Ruth divided their time between their homes in Vero Beach, Fla. and Candlewood Lake, Conn.

Andersen was a life member of the Pleasantville Volunteer Fire Department (44 years) and a member of the U.S. Coast Guard Auxiliary.

He married Ruth Louise Stark on Dec. 27, 1958. Together they raised three children. Andersen also has one son

from his previous marriage to Elizabeth L. Swets in 1954.

He is survived by his children and grandchildren: son Gary Andersen and wife Bonnie of Carmel, N.Y.; son AJ Andersen of Miami; daughter Kim Andersen-Gerosa and husband Bill of Pleasantville; son Karl Andersen and wife Anja Taekker of Poughquag, N.Y.; granddaughters Maya Andersen, Nicole Gerosa, Grace Gerosa and Sophia Andersen.

The family received friends on Aug. 30 at Beecher-Flocks Funeral Home in Pleasantville followed by a celebration of Andersen's life. Interment took place on Aug. 31 at Raymond Hill Cemetery in Carmel.

In lieu of flowers, friends are asked to make memorial contributions to The Sparrows Nest (www.sparrowsnestcharity.org), a dedicated group in the Hudson Valley that prepares and delivers homemade trays of food to the families of moms with cancer, or to a cancer society of their choice.

David Almeida

David Valente Almeida, Sr. died on Aug. 26 from natural causes.

He was 88.

Almeida was born in Pardilho, Portugal on Nov. 26, 1926, and was raised and lived in Yonkers. He served in the Merchant Marines during

World War II. He married Emilia Ferreira on Nov. 28, 1948. They had a rewarding life together, revolving around five children, David, Donald, Douglas, Danielle and Deborah; 17 grandchildren, Danielle, David, Gillian, Gabriella, Matthew, Chris, Shaun, Doug, Nick, Dana, Alyssa, Victoria, Alexandra, Daniel, Christina, Maria and Anthony; and six great-grandchildren, who all called him Poppy.

Throughout his life he enjoyed time with his family, particularly boating, family gatherings, travel and the 30 years the family spent at the beach in Rhode

Island. Throughout his life he was also very involved with the Boy Scouts and with the Portuguese community in Yonkers where he was a member of the Portuguese American Community Center for over 60 years, including serving as its president. He worked most of his life in the construction industry and was president of Avante Construction. He was deeply loved and will be sorely missed.

The family received friends on Aug. 30 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated Aug. 31 at St. Theresa's Roman Catholic Church in Briarcliff Manor. Entombment followed at Ferncliff Mausoleum.

In lieu of flowers, kindly make donations to Making Headway at www.makingheadway.org or to the Boy Scouts of America, Westchester & Putnam Council.

Margaret Ross

Margaret M. Ross, formerly of the Bronx and Valhalla, died on Aug. 27.

She was 85.

Ross was born on Apr. 29, 1930, to the late Joseph and Antoinette (nee Malaspina) Gargano in the Bronx. She was a retired payroll manager with Savin, Inc. in Valhalla. She was an avid baker and cook and enjoyed gardening and painting.

Ross was predeceased by her two husbands, Lawrence Capalbo in 1972, and Charles Ross in 1982. She was

also predeceased by her sister, Elvira Colantuono. Ross is survived by her loving son, Michael (Barbara) Capalbo, of Yorktown Heights; by her sister, Helen Scardino, of New City, N.Y.; one brother, Mario Gargano, of Hawthorne; and by her cherished granddaughter, Alexandra Capalbo.

Visitation was at Hawthorne Funeral Home on Aug. 31. Funeral services were held today (Tuesday) at 10 a.m. at the funeral home followed by interment at Kensico Cemetery in Valhalla.

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P'ville Resident on Mission to Rescue Turkey's Golden Retrievers

By Martin Wilbur

Eileen McFadden has always opened her heart and her home to animals. As a child, she often enticed many of the neighborhood pets to come home with her, then tell her mother it was urgent that they take them in.

"My mother would say to me, 'No, they belong to somebody. You have to give them back,'" McFadden recalled. "And I said, 'No, they followed me home and they need me.'"

Today, there really are countless dogs that need McFadden help. For the past 19 years the Pleasantville resident has volunteered for Golden Re-triever Rescue, Inc., a nonprofit that was formed in New Jersey and also serves Westchester and Rockland counties to rescue and find homes for dogs of that breed. The last 12 years McFadden has served on its board of directors.

At McFadden's prodding, the organization is part of an effort to rescue Golden Retrievers from Istanbul, Turkey, where an estimated 50,000 canines roam the streets or spend their lives in one of the city's 32 municipal shelters. It is believed that 500 to 800 of those dogs are Golden Retrievers, she said.

On Sept. 13, 18 purebred Golden Retrievers are scheduled to land at Kennedy Airport,

on their way to joining New York families that have adopted them.

McFadden said thousands of dogs are on the loose in Turkey because the customs for Muslims, which overwhelmingly comprise the country, do not allow dogs to live inside the house with a family. Dogs in Turkey have a specific purpose, such as serving as a guard dog. Most spend their lives outside, if they aren't brought to a shelter.

"They live alongside people. They don't live with people," she said. "They live in doorways, they live in the woods, they live in courtyards. The restaurants feed them. They take scraps from the restaurants."

McFadden, who is coordinating the effort for Golden Re-triever Rescue, heard about the problem after an Atlanta-based rescue learned of the situation through an American citizen who had traveled to Istanbul. Earlier this year, the Atlanta rescue, working with Turkish volunteers, brought over 51 dogs in two separate transports while appealing to dog rescue organizations throughout the United States for help.

When McFadden heard of the dire situation facing the dogs of Turkey, and Golden Retrievers in particular, she couldn't sit idly by.



Golden Retrievers who will be rescued from the streets of Istanbul by American organizations, including one locally, need homes in the United States.

"I want them all out of there," McFadden said. "It's catching on. Atlanta was first. They've done two. I'm third. In October, the fourth one is going to be flying into Chicago."

The dogs that are coming over have all been examined by veterinarians in Turkey and vaccinated. They will spend their first night at the American Legion in Thornwood, where McFadden's husband was the former post commander. Then they'll be headed to Grace Lane Kennel in Ossining the next morning until they can be examined by Ardsley Veterinary Associates, McFadden said.

Nearly all of the dogs arriving on Sept. 13 have homes, but there will be other opportunities for adoption. McFadden has arranged for another transport of Golden Retrievers to the area in early November.

While Golden Retrievers make excellent pets, there are restrictions for families looking to adopt, especially those from Turkey, McFadden said. They can't go to a home with a child younger than eight years old; someone should be home at least part-time, if not full-time, to pay attention to them until acclimated; they should not go to a home with more than one other dog; and the family's property needs to have a fenced in area.

Despite their poor living conditions in Turkey, the dogs are quite sociable. After an adjustment period, the ones that went to the Atlanta area have all acclimated to their new surroundings.

"All of them have been adopted and all of them are doing really well," McFadden said. "They're 'Velcro dogs.' They're typical Golden Retrievers - they love people, they're very social from living out in the streets and amongst the people. They bond immediately with their families."

For more information on adoption or to volunteer or make donations, visit www.grrinj.org.

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Police Blotter

County Police/Mount Kisco

Aug. 23: Report of an activated alarm at a house on Gerber Court at 1:18 p.m. The alarm was accidentally activated by a real estate agent showing the property to a prospective buyer.

Aug. 24: Police responded to a residence on Barker Avenue at 10:46 a.m. after a man reported that he was concerned that his 21-year-old son was in a highly emotional state. Officers were able to calm the son, who was subsequently transported by ambulance to Northern Westchester Hospital for evaluation.

Aug. 24: At 11:42 a.m., an officer on patrol observed three men outside a hair salon on Lexington Avenue, one of whom was trying to force open its front door with a screwdriver. Further

investigation determined that two of the men were employees of the salon who had misplaced the keys. The third man was a customer waiting to get a haircut.

Aug. 26: Report of a woman in her thirties having difficulty breathing at the offices of Richmond Community Services on North Bedford Road at 12:39 p.m. Paramedics and the Mount Kisco Volunteer Ambulance Corps responded to render medical aid at the scene.

Aug. 26: Police responded to a Maple Avenue residence at 9:38 a.m. after a light fixture fell from the ceiling onto a bed where a five-year-old boy was sleeping. The child was not injured. The boy's father blamed contractors working in the upstairs apartment and confronted them. The angered father agreed to return to his apartment and the building's owner was contacted to discuss the incident

with the contractors.

Aug. 27: Report of a mattress lying in the road on North Bedford Road near Burger King at 7:38 a.m. The Department of Public Works was notified and removed the object.

Pleasantville Police Department

Aug. 22: Report of a loud argument and the odor of marijuana coming from a downstairs apartment on Washington Avenue at 4 p.m. The responding officers did not find an argument occurring but did smell marijuana in a common area of the building. No action was taken.

Aug. 23: Report of youths from the Pleasantville Cottage School walking through the village pool parking lot at 5:30 p.m. They appeared to be canvassing the area. Response was delayed due to a high call volume, but the area was clear when police arrived.

Aug. 25: Police were called to investigate a loud argument between a male and female occurring at the corner of Marble Avenue and Hopper Street at 11 p.m. The argument was determined to have been between friends, who had since left the area in separate directions.

Aug. 23: Two males, an 18-year-old from Briarcliff Manor and a 17-year-old Pleasantville resident, were arrested for

trespassing, a violation. The suspects were charged after a resident reported that the two subjects had entered the complainant's home on Thomas Street at about 3 p.m. and fled on foot when confronted. An order of protection was issued.

North Castle Police Department

Aug. 20: A complainant reported at 11:13 a.m. that his wallet was stolen from his work vehicle, which was parked on Virginia Road.

Aug. 20: Report of a partially lifted manhole cover on School Street at 3:44 p.m. The responding officer reported that the cover has been replaced but is not fitting properly. The highway and water departments were notified.

Aug. 21: Report of a woman having passed out at Imperial Wok on Broadway at 1:53 p.m. North White Plains Fire Department and Valhalla Ambulance and ALS responded and reported that the woman is breathing.

Aug. 21: A Birch Grove Drive resident reported that magazine solicitors are going house to house in the neighborhood at 4:57 p.m. The solicitor was advised of the town ordinance that prohibits the activity.

Free ESOL Classes at Mt. Pleasant Public Library

Free English for Speakers of Other Languages (ESOL) classes are offered at the Mount Pleasant beginning Sept. 8 and running through Dec. 17. These classes, given in partnership with Southern Westchester BOCES meet on Tuesday and Thursday evenings from 5:45 to 8:45 p.m.

Space is limited and registration is required. Registration takes place at the library, located at 350 Bedford Rd. in Pleasantville, on Thursday evening, Sept. 3, from 5:45 to 8:45 p.m. For more information, please call Southern Westchester BOCES at 914-332-1686 or visit www.mountpleasantlibrary.org.



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Mt. Kisco Bible Camp Ends Summer With a Higher Message

By Arthur Cusano

While many children were taking one last summer vacation trip or navigating shopping centers in search of back to school supplies, several dozen children at the Lutheran Church of the Resurrection in Mount Kisco were visiting a replica of the ancient city of Nazareth.

For the second straight year, the church's vacation bible school recreated the ancient city that was Jesus' childhood home. About 40 children, from 3 to 12 years old, participated in this year's camp, said program director Megan Goett, one of several volunteers running the week-long session that ended last Friday.

"We have done a vacation bible school for about 15 years," she said. "However, for several years there was a break in having a program just because it is very involved and there is a lot to do. I took over last year so we had it last year and again this year."

Many of the children are carryovers from the church's longstanding preschool program, Goett said.

"We actually have 10 more kids than last year," she said. "When I took over we really recruited a lot from the preschool, so I think the word spreads. We had a couple of kids that came in the day of or a couple of days before who had heard about it from some of their friends in the preschool and wanted to join us."



ARTHUR CUSANO PHOTO

Church of the Resurrection's minister Rev. Nicole Schwalbe leads children in a religious song during last week's vacation bible school.

Goett said that while the program is run through the Church of the Resurrection, it is open to families of all faiths.

"The religious aspect of the program is very important to us, obviously, but we don't require any sort of church membership or even for them to be Christian," she said. "We just want to share our message. I have two kids in the program

and I just want them to have the full experience."

Activities included arts and crafts

and outdoor games, as well as songs and snacks. There were also make-believe visits to Mary's house, where volunteers act out biblical stories.

Church of the Resurrection's minister, Rev. Nicole Schwalbe, said the focus is to teach the children God's love.

"They learn that the church – this church – is a warm and loving place for them," Schwalbe said. "And that there is a place for them and God loves them."

Schwalbe, who has led the church for the

past five years, said that theme is part of a larger message the church tries to convey to people of all ages.

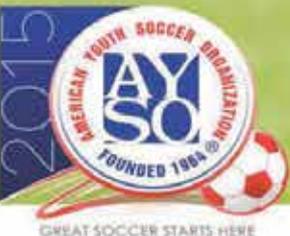
"I think that we're all in so many places that we are not treated like we're worth much or where we have to prove ourselves," she said. "This isn't a place you have to prove yourself. This is a place to know you are a part of God's world."

Schwalbe said the church, like most congregations, is seeing declining attendance, but said her congregation has remained stable, with new families joining.

"I think we have to think differently about how we are going to do church, because the message is still super important," she said. "But we're in a changing culture, so we have to figure out how to do it differently. It's not just a given that people are going to get up Sunday morning and go to church. We have to accept that's not the way it is, so we have to ask, 'What are going to do? How are we going to reach out into the community and be important and vital?'"

The church also sponsors a "Trunk or Treat", where candy is given out during the Halloween season, as well as a St. Nicholas Night in December where children learn about the real-life saint behind the Santa Claus legend.

"That sometimes confuses them," she said laughing. "They ask, who is this skinny guy dressed in these funny clothes?"



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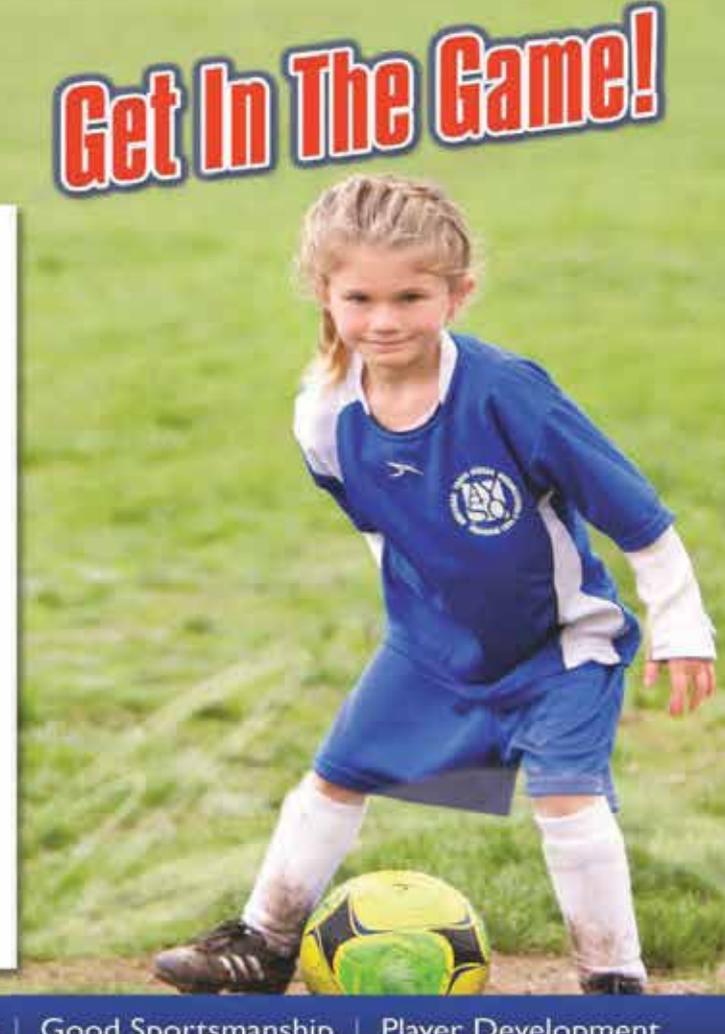
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Associate Publisher

Peter Stone
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Chief Financial Officer

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

Neal Rentz
nrentz@theexaminernews.com
Assistant Editor

Amy Borrelli
Copy Editor

Arthur Cusano
acusano@theexaminernews.com
Reporter

Annette van Ommeren
annette@theexaminernews.com
Page Designer

Dina Spalvieri
dspalvieri@theexaminernews.com
Advertising Designer

Andy Jacobs
ajacobs@theexaminernews.com
Sports Editor

Nick Antonaccio
nantonaccio@theexaminernews.com
Contributing Columnist

Paul Cardi
pcardi@theexaminernews.com
Senior Account Executive

Jeff Ohlbaum
johlbaum@theexaminernews.com
Senior Account Executive

Nina Harrison
nharrison@theexaminernews.com
Account Executive

Corinne Stanton
cstanton@theexaminernews.com
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Guest Column

Time for Campaign Finance Reform to Come to New York State

By Thomas P. DiNapoli

In 2014, I faced one of the hardest decisions of my career: Should I opt into a public financing program for the comptroller's race or not? For years, I had called for public financing of political campaigns. I'd even pushed my own legislation to start with the state comptroller's office.

But now I was faced with a deeply flawed pilot program that had been rushed into law for an election a mere seven months later. The legislation was sloppy, inadequate and unsound in so many ways that good government groups that had spent decades fighting for this change were outraged and encouraged me to reject it.

In the end, I agreed with the advocates and chose not to participate in the pilot. There were too many signs that the program was doomed from the start. Perhaps it was designed to fail.

A new report from the state Board of Elections validates these concerns, noting the "extremely short" timeframe to implement the plan and the hurdles that made it impractical or impossible for candidates to participate.

But the failure of one poorly designed plan should not dissuade New York from considering and adopting real public campaign finance reform.

I commend the state Board of Elections for making thoughtful suggestions on how to make a new public finance system viable: officials must have at least two years

to implement a program and those seeking public financing need the proper time to opt in and meet participation thresholds.

According to the National Conference of State Legislatures, 13 states offer some kind of public financing to political candidates, and those systems have been proven to work. New York City has operated under a voluntary publicly funded system for more than 20 years. While not perfect, it is successful in promoting competition and reducing the influence of private donations.

In this era of extreme voter cynicism brought on by a seemingly endless series of corruption scandals, it's time for the state to get on board. We need comprehensive campaign finance reform in New York now, including public funding of elections for all state offices.

Campaigns are big business in New York, and vast sums are required to mount an effective race, especially for statewide office. Anyone who is not wealthy but wants to run for office is often denied the opportunity because he or she simply can't self-fund a campaign. We need to consider the cost to our state of this system that keeps too many ordinary, qualified people out of public office; away from creating the laws we all must follow.

Current contribution limits for statewide offices are \$19,700 for a primary and \$41,100 for a general election. The U.S. Census Bureau found the median annual household income in New York State in 2013 was \$58,000. How can New Yorkers

believe in a system that lets statewide candidates accept contributions larger than the average family's household income?

Many believe the influence of big money in politics sometimes causes elected officials to forget the best interests of their constituents. This is eroding voter confidence in the process.

The best place to start cleaning up government is at the beginning: election to office. Public financing allows regular citizens who do not have access to established political fundraising circles the ability to raise money and compete in elections. Matching funds for smaller contributions also forces candidates to focus on grassroots donors.

A new financing system in New York is a relatively low-cost tool that allows candidates and elected officials to make decisions without undue influence from large campaign contributors, taking the perception of pay-to-play off the table. The nonpartisan Campaign Finance Institute suggested the cost for public financing would be \$26 million to \$41 million annually – a few dollars per New Yorker for a sound investment in a more open, transparent state government.

We must change the old ways of raising money in Albany. It's time for New York State to build a new foundation of public trust by enacting campaign finance reform in time for the next state election.

Thomas P. DiNapoli has been New York State comptroller since 2007.

Letter to the Editor

Opportunity is Knocking: Open the Door and Let Modell's into Mt. Kisco

Modell's Sporting Goods wants to open in the former Borders Books space on Main Street in Mount Kisco. The planning board is currently reviewing an application for a special use permit, which is required for a store this size.

We are urging the board to grant the permits and allow Modell's to begin operations as soon as possible. We think Modell's is a perfect fit and will help revitalize a struggling downtown.

When Borders closed in 2011, it left a large, gaping hole in the middle of Main Street. As years passed and the store remained vacant, foot traffic in town dwindled. Neighboring stores faltered and many closed. Landlords are having trouble filling vacancies. It seems that new businesses are skittish about taking a chance on Mount Kisco.

Modell's, however, believes the town has potential. So much so, in fact, that they bought the building. This is a huge vote of confidence and an opportunity for Mount Kisco to regain its standing as the hub of northern Westchester.

Mount Kisco is a wonderfully diverse community, with people from all walks of life and various cultural and economic backgrounds. The village boasts a highly-ranked hospital and world class doctors that attract people from far and wide. It offers an ever-growing array of eateries, from fine dining to grab-and-go. And

so it makes sense that the retail stores in town reflect this diversity and offer a broad range of options to serve all the different people visiting, working and living in Mount Kisco.

Modell's Sporting Goods fits beautifully in this mix.

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Natasha Sinel, Young Adult Author Bedford

By Martin Wilbur

For an aspiring author, publication of a first book is an unforgettable achievement. This week Natasha Sinel caps off a decade-long journey from enrollment in a writing class to hosting a launch party for her first published novel.

Today (Tuesday) is the official release date of "THE FIX," a moving story written for teenagers and young adults and published by Sky Pony Press. The reviews have been strong, but invariably most debut authors have to pay their dues before they have that first taste of success.

"One of my instructors said (to me) you can do this," Sinel said of the writing class she took in Manhattan in 2005. "Then I learned everything that I needed to learn about (the) business, getting an agent. It's a long road. It's really hard."

Combined with raising a family – Sinel and her husband, Andy Cohen, who has been immensely supportive of her efforts, have three young boys currently

in the first, third and fifth grades – it wasn't as though she could sit in solitude writing "THE FIX," which she said took several years to complete.

She would grab bits of time whenever she was able, even writing on her mobile device while standing in line at the store, for example. Other times she writes at one of the local libraries or coffeehouses.

"It was harder before," said Sinel, a Bedford resident since 2001. "Now they're all in school. I can write a lot of words in an hour."

The book is actually the second novel that Sinel, 44, has written. While she's still working to find a publisher to take on her initial effort, also in the young adult genre, the discipline and perseverance involved in completing a full-length novel and all the pitfalls that face an author were lessons that were well-learned.

"I think the process of writing a second novel made me realize that I knew I could do it," she said. "I knew I could finish. It's like a marathon but I know I'll get to the



finish line."

"THE FIX" is about a 17-year-old girl with a tough exterior who has problems at home with her mother but finds a young man, who she finds out is an addict. Despite their problems, the characters connect with one another. Sinel said the two are good for each other and find hope together.

While writing professionally may still be relatively new for Sinel, it's not as though literature was completely foreign to her. A Washington, D.C. native who attended the well-known Sidwell Friends School from fourth grade through high school, Sinel always enjoyed writing and graduated from Yale with a bachelor's in English. She then spent a year in Spain, before returning home to work in public relations for a few years.

Sinel decided to go to graduate school, in part because she wasn't certain what she wanted to do. She earned an MBA at

the University of Michigan and hoped to break into the business end of the entertainment industry.

Afterward, Sinel relocated to New York, where she would meet her future husband, and become director of marketing at Showtime Networks.

She left that job after about five years to raise her family and pursue her dream of becoming a novelist, still getting her fill of the city by traveling into Manhattan once a week to attend the writing class.

The imposing odds of becoming a published novelist didn't deter Sinel from her goal; agents typically look for promising new authors, she said.

"It's a challenge," Sinel said. "I think a lot of agents these days are very willing to take on a debut author."

As she helps market "THE FIX" and find a taker for her first novel, Sinel is in the midst of writing a third book.

Meanwhile, this Thursday, Sept. 3, she will hold a launch party at one of the places she enjoys writing the most, the Katonah Reading Room, located at 19 Edgemont Rd., from 6 to 8 p.m. The following Thursday evening, there will be a second book launch at a bookstore and coffeehouse in Washington, returning home to where her love of writing began.

Next month Sinel will also be one of the authors attending the Chappaqua Children's Book Festival on Oct. 3.

For more information, visit www.natashasinel.com.



"Peekskill is my home, and keeping us safe is my job."

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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POWERING NEW YORK

ABCDEF GHIJKL O PQRSTU VWXYZ **BACK TO SCHOOL** O PQRSTU VWXYZ

Some Big Mistakes College Students Repeatedly Make

College is when many young people first get a taste of independence. Unfortunately, this newfound freedom can lead to decisions that may impact life well beyond graduation.

How can you avoid the pitfalls plaguing fellow scholars? Here are strategies for dodging common mistakes made by college students:

Hurting Your Credit

You may be presented with credit card offers for the first time, and building good credit can help lay the groundwork for future financial options. But proceed wisely. College seniors owed \$4,100 in credit card debt by graduation, according to recent research from Debt.org.

Don't let credit cards be an excuse to spend beyond your means. Start with a line of credit you can handle. If you manage that well, later on you'll be able to borrow more.

To maintain good credit, pay your statement on time and more than the minimum due each month, keep balances low, keep longstanding accounts open and avoid applying for too many credit cards. Remember to check credit history often. Look for a credit card that offers



perks like cash-back rewards and a low APR.

Overdoing It

College is about earning a degree. However, it's also about making lifelong friends and exploring interests. Keep this in mind when choosing courses for

the semester.

For example, it may not be the best idea to stack five of the most challenging courses offered by the school into one semester. Not only will it be hard to devote the attention needed for each class, you may leave yourself little time to take on other projects and internships that could also benefit your future.

Bad Money Management

College is expensive, and beyond the expenses you already know about -- tuition, books and housing -- you will incur many other expenses along the way, from lab fees to gas to cell phone bills.

"Setting up a budget is crucial, particularly if your spending money is drawn from a loan or grant," said John Rasmussen, head of education financial services at Wells Fargo. "You'll need that money to last if you don't have another stream of revenue."

Don't form bad financial habits now, as do so many college students. Take advantage of free resources, such as

Wells Fargo's Get College Ready site, to learn more about banking, building good credit and paying for college. The site features tips, and tools such as My Money Map, which offers a way to track spending, set budgeting goals and monitor savings. It also offers advice on topics like renters insurance and student loans. Visit mrm.wellsfargobank.com/getcollegeready/ to learn more.

Not Sleeping

Between cramming and socializing, shuteye may be in short supply. However, quality sleep is fundamental to quality learning. If you're a night owl, avoid early morning classes. Also, avoid procrastination, which can lead to all-nighters.

College lasts just a few years but what you do there can affect your life for years to come. Use your independence to make smart decisions that are good for your future.

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BACK TO SCHOOL

Five Ways to Get Kids Excited to Learn This School Year

Many children love the prospect of learning, while others may need a bit of motivation. But parents can get kids on board with a little encouragement and creativity to make learning fun. Here are some ideas to get them excited to learn.

Library Visits

By making a run-of-the-mill trip to the library seem like a true adventure, children will associate books with intrigue at an impressionable age. The librarian can point out the best titles for inspiring learning and fun.

Time visits to occur during your local branch's storytelling hour or other early childhood programming. Also, be sure to sign your child up for a personal library card, which will be a source of pride at the circulation desk and put them on the path of reading enrichment.

Learning Tablets

To give kids an extra edge in learning, consider a fun yet educational tablet, such as the InnoTab MAX. Durable enough for kids, this device has a seven-inch multi-touch screen and features progressive learning content that adapts to a child's age.

Web access and communication apps, which kids can use to exchange messages with friends and family, are limited to protect children, and parents are free to manage these controls. The tablet comes with Movie Maker and Art Studio, amongst other apps, and additional content can be found at the Learning Lodge app store.

"The tablet has proven to be a welcome way for kids to interact with digital media," said Dr. Eric Klopfer, platform learning expert and member of the Expert Panel at VTech, a world leader in age-appropriate and developmental stage-based electronic learning products for children. "Touch interfaces and well-crafted content have meant an easy-on ramp for many children who learn through this technology."

Board Game Night

After dinner, gather around the table a second time. From classic word games that challenge one to stretch the limits of his or her vocabulary, to trivia games testing science and world history knowledge, board games have the potential to bring the family together and also to educate. Be sure to check the



box for age-appropriate guidance.

Wearable Tech

Wearable technology can inspire kids to learn and be creative while staying active. For example, the VTech

Kidizoom Smartwatch DX offers motion-activated games, a stopwatch, calendar, 3D clock face and calculator so children can work out simple math problems. It also includes a time-telling app featuring a friendly owl that helps kids learn to tell time. Additional apps are available for download on the Learning Lodge. The internal memory offers ample storage for budding photographers and videographers documenting the world around them.

Sweeten the Deal

Consider creating a rewards chart where children can track their progress as they meet learning goals. It can be an effective way to motivate kids to try new ways of learning and work hard to reach a goal. You can find many free downloadable charts online.

More ideas can be found at www.vtechkids.com/parenting.

To make learning a priority in your home, get kids on board. They'll be inspired when they see that learning can be fun.

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BACK TO SCHOOL



Guidelines to Consider When Writing the College Essay

Good-bye summer. Hello insanity.

The 2015 college application season is upon us and many of your sons and daughters are already working on their application essays. And if they're doing it right, they are focusing their attention on the centerpiece, often referred to as the Common Application Essay or, as I prefer to call it, the Personal Statement.

The Personal Statement is an exercise in self-reflection and persuasive writing that most high school students have never been asked

or taught to write. Think about the assignment:

to conceive and to write a compelling, original, articulate and authentic narrative that will convince the members of an admissions committee that your child belongs in their community. Honestly, it's a very heavy lift.

Here are some general rules of the road to help frame an approach to writing the Personal Statement. Subsequent columns will offer specific suggestions

about brainstorming, structuring and writing the Personal Statement as well as other key application essays.

1. The subject of any effective Personal Statement is the author.

Don't make the mistake of focusing upon an activity, an experience, a challenge or an influential individual in your life without spending most of your word count talking about the impact that any or all of the above have had on you. The five Common Application prompts are just five different ways of prompting you to answer the same question: Who are you?

2. Show don't tell.

Anyone can say she's smart. Anyone can say "say" he's empathetic. Anyone can say he or she is able to overcome challenges. Use your essay to illustrate those qualities. Provide a narrative that gives enough evidence to allow your readers to draw those conclusions from reading your essay without you having to explicitly tell them.

3. Revelation, transformation,



By Jack Brandon

it's a college application. Reveal your inner self if you wish, but keep in mind that your readers don't know you well enough to have a broader context in which to evaluate you.

5. There are no subjects that you can't discuss, but there are definitely ways NOT to discuss them. If you want to talk about your illness, that's fine but don't go for sympathy. If you want to talk about politics, then do it without insulting anyone. Talk about your science project if that's what you want, but don't assume your readers are scientists. If you cannot avoid personal, controversial or technical subjects without being overtly manipulative, confrontational or opaque then you're probably better off going in a different direction.

6. Your Tone and Your Attitude matter - a lot. Never sound angry. Never be condescending. Never be dismissive. Project tolerance, open-mindedness, and maybe even a bit of self-deprecating humor. Remember that your objective is to connect with your readers, not to alienate them.

Jack Brandon is The Chappaqua Essay and Interview Coach. He can be reached at EssayAndInterviewCoach.com or by e-mail at jack@ChappaquaEIC.com



growth and the unpredictable. Narratives that illustrate that you are self-aware enough to recognize and to appreciate your own personal development are the ones that work. And if you can surprise the reader with some unexpected personal insights, that's even better.

4. Be honest and sincere, but don't confess to all your sins. We've all made mistakes and we all have faults, but remember, this is not a therapy session,

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Home of the Westchester Knicks Dance Team

ABC DEFGHIJKLOP **BACK TO SCHOOL** QPQRSTU VWXYZ

City Center Dance Warms Up for New Season

By Arthur Cusano

As children across Westchester start classes this fall, some will be adding dance to their schedule.

At City Center Dance, located at 98 Lake St. in White Plains, students from 3 to 18 years old can learn a variety of dance styles, including ballet, tap, jazz and hip-hop, and participate in various dance workshops throughout the year.

Owner Dina Giordano of Harrison opened the studio in 2002 and attracts students from not only White Plains, but surrounding communities as well. Giordano said she started dancing as a child through the now-defunct Young People's Program at SUNY Purchase.

"They exposed us to the professors at the college, so I was lucky enough to have my training be supplemented by teachers at the college," she recalled.

Giordano then studied dance and business administration at Pace University before opening her studio. All of her students train in a safe, state-of-the-art dance area that is always open for parents to view. There is an end-of-year recital that shows parents the progress the students have made.

"Parents ask if we have an end-of-year recital, and of course we do, because they



ARTHUR CUSANO PHOTO

Dina Giordano, an assistant coach for the Westchester Knicks Dance Team, has owned and operated City Center Dance in White Plains since 2002.

do want to see what their student has accomplished after being here for close to nine months," Giordano said. "And we love doing it because we want to show the parents what the children have learned."

Giordano also works as an assistant coach of the Westchester Knicks Dance Team, who train at her facility during the season.

The Westchester Knicks are the Developmental League team of the NBA's New York Knicks, and finished their inaugural season last year. The team plays at the County Center.

"It's great to be back in that kind of



City Center Dance students have performed on several area stages, including in Madison Square Garden.

arena, working with adults," Giordano said. "I work with children all the time, so now I work with what are like the post-grads, and one of my former students is actually on the team. It's really rewarding because I get to see the fruits of my labor for all of those years come to fruition."

The studio moved from a downtown location to the current one four years ago, but Giordano said business has been good in both locations.

"Even through the recession, we were able to hold our own and we've been

holding steady for quite a long time now," Giordano said.

Jazz and hip-hop dance are the most popular styles.

"They are different, but the basis for most of the dance styles are the same. Everything has its roots in ballet," she said.

Dance classes coincide with the school year, and are held between 3 and 8 p.m. Giordano said she works with parents to schedule classes at times that are convenient for most students.

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No Wonder I'm Healthy and Happy, My Home is Clean

It was evident from our first week living together after we returned from our honeymoon that I had married a real "neatnik." That meant everything in its place, bed made in the morning, dishes washed after every meal and nary a speck of dust ever in evidence.

I always thought that I was pretty neat as a bachelor and I was always pleased to show my place whenever I invited a friend in, but wasn't sure that I passed muster when I invited my then-girlfriend and future wife over for the first time. She noticed that dust bunny under my sofa, then looked in my underwear drawer (imagine?) and saw that my whites were not properly whitened as they should be. Obviously I needed a woman's touch to take me to the next level of super clean.

When we had our first couple of apartments, we always did our own cleaning and bought an arsenal of cleaning supplies to help us. But once we bought our first home we employed a cleaning service, which we maintained through the years. Since moving recently to a condo, we've been doing the job ourselves again because it's so manageable and enjoyable.



By Bill Primavera

Yes, enjoyable. Therapeutic, actually.

Research maintains that a clean house makes people feel happy, satisfied, comfortable and healthy. According to Carol Nemeroff, associate professor of psychology at Arizona State University, spring cleaning may have been in existence for ages.

"This psychological boost may be derived from an urge to clean out our nests, a trait that is biologically programmed into us," Nemeroff said. "And, because we know that good hygiene leads to good health, cleaning may ultimately be related to a basic survival instinct."

A recent survey done by a cleaning product company revealed that a good way to keep your house cleaner was to become more sociable and invite friends over more frequently. I thought that was a cute idea. After all, it's for guests that we really want to shine.

That led me to research an entire spat of surveys that reveal all kinds of information about the benefits of cleaning our homes, which led to scores of advice columns about how exactly to keep our houses in tip-top shape.

By taking a close look at 1,000 different homes, Indiana University's Physical

Activity Department found a direct correlation between the cleanliness of a home and the owners' level of physical activity. Associate Professor Nicole Keith, who led the study, concluded "The interior condition of their house seemed to be the only thing affecting their physical activity."

Indoor air can be up to five times more polluted than outdoor air, according to the Environmental Protection Agency, and the average person will spend 90 percent of their day indoors. This makes the cleanliness of your home that much more important because it will have a huge impact on what you breathe in.

The American Cleaning Institute found that 38 percent of women and 24 percent of men say they suffer real stress when they feel they are living in a messy environment and that cleaning relaxes them. Psychologists have found that there's a marked difference in mood before and after cleaning chores, just as with a therapy session.

Actually, you can even quantify and qualify just how happy you can be by which cleaning chore you do around the house. Seriously. A Soap and Detergent Association study that examined household cleaning habits and behaviors asked 1,013 American adults (507 men and 506 women) which chores made them the happiest or gave them the most

satisfaction.

The survey's results revealed that respondents felt most satisfied and happiest about shiny floors (21 percent) and a tidy toilet (21 percent), followed by clean countertops (20 percent), a sparkling shower (15 percent) and a spotless sink (7 percent).

Another survey from the same association revealed that only 12 percent use a regular cleaning person or service, but 18 percent would consider doing so. Meanwhile, 8 percent get help only for spring cleaning. Fifty-three percent don't use a cleaning service and never would consider doing so.

But whether we do it ourselves or have someone else do it for us, it seems that the benefits of a clean home hold firm.

So if you're at home feeling a bit down, may I suggest that you give yourself a boost by shining up that floor or cleaning the toilet?

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 and his team to market your home for sale, call 914-522-2076.

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Plenty to Eat – and Take Home – at Fall Crafts at Lyndhurst

By Jerry Eimbinder

Some 300 artists and artisans will display handcrafted wares on the grounds of Lyndhurst in Tarrytown during the weekend of Sept. 18-20.

More than 30 foodstand concessionaires and take-home gourmet food and beverage exhibitors will also participate in the 31st annual Fall Crafts at Lyndhurst.

Long rows of booths, many in mammoth tents, will display a multitude of jewelry, clothing and unique handmade objects.

Three Westchester County-based exhibitors that did not appear at this year's Spring Crafts at Lyndhurst will introduce their merchandise: tapestry coat maker Lynn Pullman (Bedford), jeweler Suzanne Schwartz (Katonah) and felt scarf maker Janet Sikirica (Dobbs Ferry). Other new-to-the-show exhibitors include felt clothing maker Miriam Carter (Dublin, N.H.) and Andre Maiwald, a builder of whimsical wooden birdhouses (Perkasie, Pa.).

New food vendors include Milly's Organics, offering salad dressings (no gluten, no preservatives and no added salt); Pippy's Food Truck serving a variety of hot dogs including a chili cheese dog; Pretzel Princess selling chocolate covered pretzels; and Sweet Muse, a fudge brownie baker.



PHOTO COURTESY OF JILLY PUPPETS

Jill Liflander will present a puppet show and a dancing frog performance during the 31st annual Fall Crafts at Lyndhurst from Sept. 18-20.

Gourmet products will include chocolate wine, wildflower honey elixir, pear/ginger jam, butter fudge and premium venison cuts.

Gourmet "Take-Home" Food Exhibitors

Awesome Specialties of Little Tikes. Dips and spreads include salsa mixes, soup and chowder mixes, muffin and cookie mixes.

Bella's Home-Baked Goods. Includes

Italian biscotti, butter toffee, cookies and brownies.

Betty Jane's Sweet Delights. Peanut brittle packaged in bags.

Bittersweet Herb Farm. Dips, sauces, jams, oils and balsamic vinegars.

Casa De Jorge. Raspberry, peach, pineapple or mango flavored salsa.

Dutch Desserts. Chocolate pies and fruit tarts. Also Dutch apple, blueberry,

red cherry, peach, raspberry, strawberry rhubarb, pumpkin and pecan pies.

Heitmann's. Glazed nuts include Bavarian, coffee and liquor. Handmade candies such as licorice, "gummies," salt water taffy, lollipops, rock, candy corn and candied popcorn.

Highland Farm. Venison cuts including steaks, roasts, chops, medallions and cutlets.

Hillrock Estate Distillery. Small batch spirits, wine, bourbon and rye whiskey.

ImmuneSchein. Ginger elixirs. Ingredients include organic ginger root, wildflower honey and organic lemon juice, turmeric root and Ceylon cinnamon.

JD Gourmet. Barrel-aged balsamic vinegar and olive oil blends from Italy, marinades and handmade pasta.

Kissed By The Sun Spice Company. All-natural Caribbean spices.

Milly's Organics. Organic fruit and fresh herb salad dressings.

Mostly Myrtle's. Gluten-free baked goods including brownies and muffins.

Oliver Kita Chocolates. Made with satin cream, sweet butter, fruit, roasted nuts and more.

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Pika's Farm Table. Hot super-sized Belgian sugar waffles and take-home quiche, soup and potpies.

continued on page 21

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DANCE EMOTIONS

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.

Wednesday, Sept. 2

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

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

Pound Fitness Program. A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Ripstix™ and combining constant simulated drumming resulting in working the entire body. Dance Emotions, 75 S. Greeley Ave., Chappaqua.

10:15 a.m. \$20. Every Wednesday. Info: Contact Peggy at 914 960-4097.

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.

How Artists Respond to Trauma and Urban Violence. Join the conversation about how creative expression can provide an outlet to communicate ideas, make observations, forge connections and send powerful messages about violence and injustice. Panelists include Michelle Bishop, founder and president of Harlem Needle Arts Association, which promotes fiber and needle arts in the African Diaspora; Nathan Connolly, assistant professor of history at John's Hopkins University, whose scholarship focuses on the politics of race, capital and property; Warren Lehrer, Purchase College Art+Design professor and co-founder of the nonprofit community organization EarSay, Inc.; and Lachell Workman, an artist whose work investigates race, identity, society, memory and trauma.

Neuberger Museum of Art, 735 Anderson Hill Rd., Purchase. 12:30 p.m. \$10. Purchase College students, staff and faculty and museum Circle Level Members: Free. Info: 914-251-6100 or visit www.neuberger.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.mountkisco.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.

Resident Artist Slide Night. Featuring slide presentations from four 2015-16 resident artists. Artists Kelley Donahue, Jose Tlazani, Chris Pickett and Max Seinfeld will be presenting their images and talking about their work and journeys in clay. Clay Art Center, 40 Beech St., Port Chester. 7 to 8:30 p.m. Free. Info: 914-937-2047 ext. 226.

Thursday, Sept. 3

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

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.org.

Armonk Chamber of Commerce's First Thursday. Enjoy the last blast of summer with art, music, dining, wine tastings, in-store promotions and more in downtown Armonk. Musical entertainment headlined by Willful Misconduct. Armonk Square (and vicinity), Main Street, Armonk. 5 to 9 p.m. Info: Visit www.armonkchamberofcommerce.org.

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

Saturday, Sept. 5

Pleasantville Farmers Market. Come experience the largest farmers market in Westchester, the one voted Best of Westchester 2014 and 2015 by the readers of Westchester Magazine. With over

55 vendors, seven nearby parking lots and creative weekly programming, it's a delicious good time every Saturday. This week, Bottoms Up Dixieland Jazz will perform at the Music @ the Market and the beloved Master Storyteller Jonathan Kruk will be on hand for the Kids' Event. Also, a Let's Talk Event about school breakfast/lunch snacks and the Annual Corn Roast sponsored by Phelps Memorial Hospital. 8:30 a.m. to 1 p.m. Rain or shine. Info: Visit www.pleasantvillefarmersmarket.org.

CORNucopia. The lower Hudson Valley's only corn festival, returns this Labor Day weekend featuring a bounty of corn-centric delicacies and a bevy of interactive, corn-related activities. This celebration of all things corn will include hands-on activities, craft and cooking demonstrations, lots of corny cuisine, live music and a friendly scarecrow come to life. For all ages. Philipsburg Manor, 381 N. Broadway (Route 9), Sleepy Hollow. 10 a.m. to 5 p.m. Adults: \$16. Seniors: \$12. Children (3-17): \$8. Children under 3 and for Historic Hudson Valley members: Free. Also Sept. 6 and 7. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

Chappaqua Farmers Market. Brining locally-raised and produced food to the community in a weekly market, creating a connection between shoppers and small-scale food producers in the region. Featuring about 40 vendors weekly. Also includes music, children's activities and a food demonstration. Chappaqua train station, Chappaqua. 8:30 a.m. to 1 p.m. Every Saturday. Info: Visit www.chappaquafarmersmarket.org.

Mount Kisco Farmers Market. St. Mark's Church, 85 Main St., Mount Kisco. 9 a.m. to 1 p.m. Info: Visit <https://www.facebook.com/MtKiscoFarmersMarket>.

Adult Salsa Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Free. \$12. Every Saturday. Also Mondays 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 (except Sept. 13). Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Tech Help. Drop in for help with any of your technology devices. No appointment necessary. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:30 a.m. to 1 p.m. Free. Every Saturday. Info: 914-864-8041 or www.mountkisco.org.

Pound Fitness Program. A 45-minute *continued on page 22*

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Plenty to Eat – and Take Home – at Fall Crafts at Lyndhurst

continued from page 19

Pippy's Food Truck. Hot dogs (100 percent beef).

Platte Clove Naturals. Nut-based granola and salad topper products include maple cranberry, maple ginger, apple cranberry nut and curry nut crunch.

Popcorn Man. Kettle corn.

Pretzel Princess. Chocolate-covered pretzels.

Really Good Fruit Spreads. Jams and jellies including apricot, pineapple mango, strawberry, peach, blueberry, tart cherry, rhubarb/strawberry and pear/ginger.

Sweet Muse. Fudge brownies.

Sumptuous Syrups of Vermont. Yellow ginger, black currant, lemon basil, blackberry and chocolate.

The Olive Oil Factory. Oils and balsamic vinegar.

Udder Ideas Fudge. Cream and butter fudge.

Warwick Valley Winery & Distillery. Red and white wine, port and dessert wine.

Food Concessionaires

Aba's Falafel. Gluten free/vegan falafel. The Israeli falafel balls are made with chickpeas, garlic, onion, parsley and cilantro and seasoned. Served in a pita pocket or on a plate.

Everything About Crepes. Sweet and savory crepes and baguette sandwiches.

Greek Isle. Lamb and chicken pitas and Greek salad.

Island Cow Ice Cream. Organic homemade ice cream from Maine.

Skinny Buddha Organic Kitchen. Soup and salad.

S&S Concessions. Sausage and peppers, hamburgers, coffee and smoothies.

Thai Taste Restaurant. Pad thai and chicken skewers.

Admission (cash or check) for a weekend ticket is \$12 for adults, \$11 for seniors (62 or older) and \$4 for children (6 to 16.) Children under 6 are free. Parking is free on-site and at other nearby parking areas with frequent shuttle bus service.

The show runs from 10 a.m. to 5 p.m. on Friday and Sunday and until 6 p.m. on Saturday.

The Lindsey Webster Band will perform on Saturday and Sunday with emphasis on rhythm and blues (dancing permissible).

Jill Liflander (Jilly Puppets of Sleepy Hollow), a puppeteer, dancer and choreographer, will entertain with a puppet show and a dancing frog performance on Saturday and Sunday. Liflander teaches at SUNY Purchase and her puppet shows are seen at the Greenburgh Nature Center in Scarsdale.

There will also be face painting, storytelling and balloon animal making for children as well as stilt walkers. Other activities include the making of Shibumi



JERRY EIMBINDER PHOTO

Food concessions at 2015 Spring Crafts at Lyndhurst. The fall crafts show is scheduled for the weekend of Sept. 18-20 at the Tarrytown estate.

silk scarves under the guidance of Patricia Disantis and a wheel-thrown pottery demonstration by Scott Martin.

The show is managed by Artrider Productions, a crafts show operator formed in 1983 by Stacey Jarit and her husband and co-director Jeff Sobel, a former planner for the Village of Tarrytown. The assistant director is Laura Kendel. Artrider Productions can be reached at 845-331-7900 or visit www.arttrider.com.

A similar spring crafts show will be held Apr. 29 to May 1, 2016, and the fall show will return Sept. 16-18, 2016.

The show is sponsored by the National Trust for Historic Preservation.

Lyndhurst is a Tarrytown estate that was once the home of railroad baron and builder Jay Gould.

Lyndhurst is located at 635 S. Broadway in Tarrytown. For more information, call 914-631-4481 or visit www.lyndhurst.org

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Purchase tickets at ticket offices/machines prior to boarding and save money.

Find schedules, fares and tickets at mta.info or call 511, and in CT call 877-690-5114.



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Happenings

continued from page 20

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.

Village People Concert. Get ready for a throwback night of high-energy dance music and 1970s fun when the Village People take the stage for an end-of-summer bash. Rain or shine. Playland's Music Tower Theater, Playland Park, Rye. 8 p.m. Free with park admission. Spectator admission (no rides) is free for county residents. Parking: \$10. Info: 914-813-7010 or visit www.ryeplayland.org.

Meet You at the Movies: "Sweet Sins." A cinema-based gathering with programming from Israel and movies of Jewish interest. As part of the observance preceding the High Holydays, Selichot takes place in the evening on the Saturday preceding Rosh Hashanah. "Sweet Sins" is a revealing portrait of the head of an orthodox family still searching for religious identity and of his daughter, the director, who is rediscovering him. Followed by post-viewing discussion. Temple Shaaray Tefila, 89 Bedford Rd., Bedford Corners.

Refreshments at 8 p.m. Movie at 8:45 p.m. Service at 9:30 p.m. Free. Info: Visit www.shaaraytefila.org.

Sunday, Sept. 6

Nature Story Time. Let your imagination run wild. Hear a story, meet a live animal and have fun with a nature activity. Recommended for children three to six years old. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. Members: \$5 per person. Non-members: \$8 per person. 2 p.m. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

"The Tempest." Presented by the Hudson Valley Shakespeare Festival featuring the HVSF Conservatory Company. Audiences of all ages will revel in the circus-like atmosphere created by the company's young artists in a 90-minute version of Shakespeare's enchanting tale of a magical island full of monsters and fairies. Paramount Hudson Valley, 1008 Brown St., Peekskill. 3 p.m. \$25. 914-739-0039 or visit www.paramounthudsonvalley.com.

Argentine Tango Dances. Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Refreshments served. Broadway 26 Dance, 26 Broadway, Hawthorne. 3 to 6 p.m. \$12. Also the third Saturday of each month from 8 p.m. to midnight, \$16. Info:

914-725-3023 or 914-484-5101 or e-mail sampelayo@optonline.net.

Tuesday, Sept. 8

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.

German Language Potluck Dinner.

The Bavarian Edelweiss Club Westchester will be hosting this evening's event, with a chance to speak and converse in German. All skills welcome. Bring a potluck dish; does not need to be a native dish. American Legion Hall, 52 Garrigan Ave. Thornwood. 6 to 8 p.m. Free. Info: 914-739-8996.

Wednesday, Sept. 9

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.

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.

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Refocusing on the Role of Water in Our Daily Lives



By Nick Antonaccio

When was the last time you stepped back from this hectic world and observed the wonder and beauty of our planet? When was the last time you untethered yourself from your electronic device and absorbed nature in all its glory and power?

For myself, while on vacation this summer at the beach, after several days of de-stressing, I finally got in touch with Mother Earth. As my mind cleared, I was able to focus on the sheer awe of nature that I take for granted every day. Then I began to consider the more practical elements of nature rather than the ethereal aspects. Suddenly, for reasons I can't rationalize, my ninth-grade biology class lessons began streaming into my consciousness. What precipitated this as I sat there on the beach, scanning the vastness of the ocean and the mesmerizing ebb and flow of the tide?

With water as my focal point, I began

to consider my biology teacher's lessons on the omnipotence and omnipresence of water on our planet, and the delicate balance humans play in that vastness. As I pondered the macro and micro aspects of water's dominance in our lives, my mind naturally (for me) came full circle to the glass of wine in my hand, celebrating another jaw-dropping sunset. Through the mental gymnastics going on in my finance-trained mind, the connection between the ocean before me and the liquid gold in my glass began to gel.

With those memories in mind, allow me to refresh your biology lessons to see if you also can appreciate the connection of everything on our planet to water – and your next glass of wine.

We all know the basics of water's dominance. In the oceans, on land, in soil, in plants and in our bodies, water is at the very core of existence. We were taught that 71 percent of the Earth's surface is water. But do you remember that 96.5 percent of the Earth's total volume of water is undrinkable? Only 3.5 percent is fresh water, which must sustain the millions of fresh water-dependent species that inhabit our planet, including its 7.3 billion humans.

How is it possible that humans can sustain themselves on such a seemingly meager proportion of fresh water? This fresh water is not readily available to us. Nearly 70 percent is in the form of polar ice caps and glaciers. The remainder, sourced primarily from rivers, lakes, aquifers and runoff, represents less than 1 percent of all the water on Earth that is readily available for human consumption. Throw climate change and the three-year drought in California into the mix and it is easy to understand the concern over the long-term implications for future water supplies.

Let's move from the global view to the perspective of water and the human body. Those biology lessons taught us that a typical adult body is composed of 60 percent water. To sustain this level of water, and optimal health, we rely on several sources. Certainly, the 1 percent of Earth's freshwater readily available to us is the major source.

But just as our physiology is comprised of a significant proportion of water, so too are other living organisms. The organisms that provide life-sustaining and vital nutrition.

Most plants and vegetables contain significant levels of water. A balanced diet will provide much of the recommended

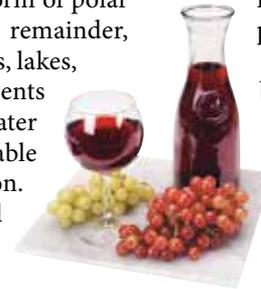
water intake we need to sustain a healthy body. A few examples: a cucumber is 96 percent water by weight; watermelon is 92 percent; steak is 74 percent; cheese is 40 percent; and bread is 35 percent.

And then there are water-based beverages that provide the water needed to sustain our bodies and our lives: coffee, tea, juices and wine.

There it is: wine. It is critical to sustaining the health of our bodies. Over 85 percent of a glass of wine is water.

Whew, that was a long way to connect the vastness of the ocean to a single glass of wine for a light-hearted discourse on the importance of water in our lives and bodies. But my memories of sunsets on the beach still linger, reinforcing the delicate balance for sustaining quality life on our fragile planet.

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.



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LEGALS

Notice of Formation of Journey Support Practices LLC, Arts of Org. filed with Sect'y of State of NY (SSNY) on 8/13/2015. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served, SSNY shall mail process to: 222 Bloomingdale Rd, Ste 116, White Plains, NY 10605. Purpose: any lawful activity.

LEGAL NOTICE Notice of Formation of The Ready Network LLC filed with Secretary of State of NY (SSNY) on 8/11/2015. Office Location: Westchester County. SSNY is the designated agent upon whom process against it may be served. SSNY shall mail process to: 15 Winslow Rd, White Plains, NY 10606. Purpose: any lawful act.

MISCELLANEOUS

WANTED: ANY WITNESSES TO A PHYSICAL ALTERCATION that occurred outside of the front entrance of the Westlake High School in Thornwood, NY on April 17, 2015 around 10:45-11:00 am. Reward for any witness willing to come forward and provide veritable supportive deposition. Please call: (914) 494-2220

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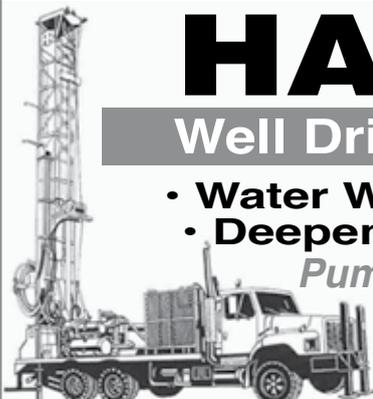
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ExaminerSports

Renegades Regain a Share of First Place by Beating Staten Island

It's hard to imagine that the New York-Penn League's McNamara Division could ever be any more competitive than it has for most of this season.

As of Sunday night, three of the four teams are currently bunched together within a half game of each other at the top of the standings. With little more than a week to go in the regular season, it's anyone's guess how the race for first place will finish.

The Hudson Valley Renegades moved into a tie with the Staten Island Yankees for first by beating the Baby Bombers 6-5 on Saturday evening in a seesaw game at Dutchess Stadium that was decided in the bottom of the ninth inning when shortstop Michael Russell lined a one-out single that scored Oscar Sanay with the winning run.

Russell's clutch hit delighted a full house of 5246 and made a winner of Tyler Brashears, the third Renegades pitcher of the evening, who had come in with one out in the eighth inning after the Yankees had regained the lead. A wild pitch and a passed ball in the bottom of the eighth brought home the two runs that enabled the 'Gades to tie the game at 5-5 and set the stage for Russell's walk-off heroics an inning later.

Staten Island jumped out to a 1-0 lead in the top of the first, sparked by Trey Amburgey, its big, strapping, 20-year-old outfielder from St. Petersburg, who recently joined the team and has been tearing up the league ever since. A 13th-round draft pick by the New York Yankees in June, Amburgey is batting .440 in the first two weeks since his call-up from the Gulf Coast League and already has seven



The Renegades' Oscar Sanay hustles to third base in Saturday night's win over Staten Island.



Roel Ramirez pitches for the Renegades in Thursday evening's game vs. Staten Island at Dutchess Stadium.



Staten Island Yankees second baseman Junior Valera throws to first for a double play as the Renegades' Michael Russell slides into the bag in the fifth inning of Saturday game.

multi-hit games.

With two outs, Amburgey drilled a single to right, then stole second base and took third on an overthrow by catcher Taylor Hawkins. Kevin Cornelius followed with a single to left to score Amburgey and give the Yankees a 1-0 lead.

Hudson Valley answered with three runs in the bottom of the second inning. Hawkins led off with a double and, two outs later, Nic Wilson walked. A single to left by Sanay scored Hawkins and moved Wilson to second. Joe McCarthy, who had four hits in the Renegades' 10-3 win at Staten Island 24 hours earlier, then delivered a two-run double.

The Yankees scored twice in the fourth to tie the game at 3-3. With one out, Jake Hernandez and Ryan Krill both provided doubles to move Staten Island within a run. After a single from Eduardo de Oleo advanced Krill to third, a sacrifice bunt by Kyle Holder brought in Krill with the tying run.

Yankees manager Pat Osborn was ejected in the eighth inning, but his team



Trey Amburgey of the Staten Island Yankees, hitting .440 since joining the team two weeks ago, runs to third base in Saturday's game.



Hudson Valley center fielder Angel Moreno (left) and shortstop Michael Russell collide in the outfield in the seventh inning of last Thursday's game. Moreno was injured and missed the next couple of games.

managed to score twice and regain the lead. The Staten Island advantage didn't last long as the 'Gades responded with two runs of their own in the bottom of the inning. Russell, who has 17 stolen bases this season without being caught even once, led off with a single and Alex Schmidt followed with a double.

Russell managed to come home with the Renegades' fourth run on a wild pitch with Hector Montes batting. Montes was still up when a passed ball enabled Schmidt to score the tying run.

In the ninth inning, the Renegades' Brashears yielded a two-out walk to Cornelius, but retired Jhalen Jackson on a fly to right to end the inning. The large crowd, anxiously awaiting post-game fireworks, didn't have a chance to get impatient. Sanay led off the bottom of the ninth with a single, moved to second on McCarthy's sacrifice bunt, then scored the winning run when Russell came through with his decisive hit.



Joe McCarthy of the Renegades sends a pitch down the left-field line in Saturday's 6-5 victory over the Staten Island Yankees.



Renegades catcher Taylor Hawkins is unable to grab a pop-up in front of the plate during Saturday's game at Dutchess Stadium.

Staten Island had taken a two-game lead over the Renegades with a 4-2 win on Thursday night at Dutchess Stadium. The Renegades fell even though McCarthy had three hits and reached base all five times he came to the plate. First baseman Matt Dacey provided a pair of doubles, but Hudson Valley stranded 10 baserunners and was just 1-for-14 with runners in scoring position.

The game was delayed for over half an hour in the seventh inning when Russell, the shortstop, and Angel Moreno, the center fielder, collided chasing a short fly ball. Moreno took the worst of it, injuring his neck, and eventually left the field in an ambulance. He did return to the lineup for Sunday night's extra-inning victory in Lowell by the 'Gades, who close the regular season with home games this coming Saturday (7:00), Sunday (5:00) and Monday (6:30), all against the Aberdeen IronBirds, the other team with a chance to win the division.

ANDY JACOBS PHOTOS

Saw Mill, P'ville Tennis Club Pro to be Honored at U.S. Open

City Parks Foundation's annual CityParks Tennis Benefit, co-chaired by Billie Jean King and John McEnroe and hosted by Budd Mishkin, today (Tuesday) will honor Steve Owens, head pro at the Saw Mill Club and Pleasantville Tennis Club, and Todd Martin, CEO, International Tennis Hall of Fame, and former #4 player in the world with the Vitas Gerulaitis Community Service Award.

The event at the USTA Billie Jean King National Tennis Center raises important funds for CityParks Tennis, a free youth instructional program that serves over 6,000 children in parks throughout New York City each season.

Also honored with the Billie Jean King Junior Award will be 16 year-old Christopher Rodriguez of Jackson Heights, Queens. Rodriguez began playing tennis with the program at age 10 in Flushing, before he earned a spot in the City Parks Foundation Junior Academy. Rodriguez hopes to turn pro, inspired by his favorite player, Roger Federer.

CityParks Tennis, one of the largest municipal tennis programs in the country, provides free tennis lessons and activities at 38 parks citywide to children ages six to 16. CityParks Tennis also features an advanced training academy, which offers talented youth with financial need



Steve Owens is the head pro at the Saw Mill and Pleasantville Tennis Clubs.

the opportunity to bring their game to a higher level of competition. Hundreds of academy graduates have earned college athletic scholarships and sectional and national rankings. Two graduates of the academy have played in the junior division at the U.S. Open.

For more details, please visit www.CityParksFoundation.org.

Gearing Up for the Open



ANDY JACOBS PHOTO

ATP touring pro Ivan Dodig is tuning up his game this week at the Saw Mill Club in Mount Kisco in advance of the 2015 U.S. Open tennis championships. Dodig and playing partner Marcelo Melo are seeded second in the men's doubles draw. The pair captured the championship at the French Open this past June, defeating the top-seeded Bryan brothers in a dramatic final.

Dodig, from Croatia, was once ranked as high as 29th in the world in singles. He won his first two matches at last week's U.S. Open qualifying tournament, but was defeated 7-6, 7-5 in the final round by future star Alexander Zverev and won't be competing in singles at the 2015 Open.

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Hickory & Tweed Named One of the Best Bike Shops

For the second year in a row, Hickory & Tweed Ski & Cyclery in Armonk has been named one of America's Best Bike Shops by the National Bicycle Dealers Association (NBDA).

There are approximately 4,000 bike shops in the United States, and fewer than 300 were chosen to be named "America's Best," according to the NBDA.

The shops were asked to fill out a detailed application describing what sets them apart from the competition. Mystery shoppers then evaluate the business in more detail by visiting the store, reviewing their website and contacting the shop by phone to assess the performance from a consumer's perspective.

During the process, NBDA receives heartwarming stories from all over the country about bike shops that donate bikes to kids, encourage bicycle safety, organize events and encourage a healthy lifestyle.

According to the NBDA, the recipients of "America's Best Bike Shops" title not only offer great shopping experiences, but are also rated on support of their communities, as well as support for bicycle advocacy both locally and nationally.

Hickory & Tweed Ski & Cyclery has been in business since 1961. Skip Beitzel, its owner, is celebrating his 30th year there as well as the store's 25th year in the bike business.

2015 Football Schedules

BRIARCLIFF

Saturday	Sept. 5	Westlake	1:30
Saturday	Sept. 12	Blind Brook	4:00
Friday	Sept. 18	at Valhalla	7:00
Saturday	Sept. 26	at Hastings	1:30
Saturday	Oct. 3	Putnam Valley	3:00
Saturday	Oct. 10	Palisade Prep	2:00



HORACE GREELEY

Friday	Sept. 4	at Ossining	7:00
Friday	Sept. 11	at Clarkstown North	6:00
Saturday	Sept. 19	Mamaroneck	1:30
Friday	Sept. 25	at Mahopac	7:00
Saturday	Oct. 3	Port Chester	3:00
Saturday	Oct. 10	Clarkstown South	1:30



BYRAM HILLS

Saturday	Sept. 5	John Jay (CR)	1:30
Saturday	Sept. 12	Nyack	3:00
Friday	Sept. 18	at Lakeland	7:00
Friday	Sept. 25	at Spring Valley	7:00
Saturday	Oct. 3	Beacon	3:00
Friday	Oct 9	at Tappan Zee	7:00



**Lou Filippelli
of Byram Hills**



FOX LANE

Friday	Sept. 4	Lakeland	6:30
Friday	Sept. 11	at Suffern	7:00
Friday	Sept. 18	Roy C. Ketcham	6:30
Friday	Sept. 25	at White Plains	7:00
Friday	Oct. 2	at Ramapo	7:00
Saturday	Oct. 10	Carmel	4:00



PLEASANTVILLE

Saturday	Sept. 5	at Irvington	1:30
Saturday	Sept. 12	at Westlake	1:30
Friday	Sept. 18	Nanuet	7:00
Saturday	Sept. 26	Ardsley	1:30
Saturday	Oct. 3	Bronxville	7:00
Saturday	Oct. 10	at Putnam Valley	7:00

VALHALLA

Friday	Sept. 4	Palisade Prep	7:00
Saturday	Sept. 12	at Croton-Harmon	1:30
Friday	Sept. 18	Briarcliff	7:00
Friday	Sept. 25	at Putnam Valley	7:00
Saturday	Oct. 3	Hastings	6:00
Saturday	Oct. 10	at Blind Brook	7:30

WESTLAKE

Saturday	Sept. 5	at Briarcliff	1:30
Saturday	Sept. 12	Pleasantville	1:30
Saturday	Sept. 19	Putnam Valley	1:30
Saturday	Sept. 26	at Nanuet	1:30
Saturday	Oct. 3	Blind Brook	7:00
Saturday	Oct. 10	at Irvington	7:00



ANDY JACOBS PHOTOS



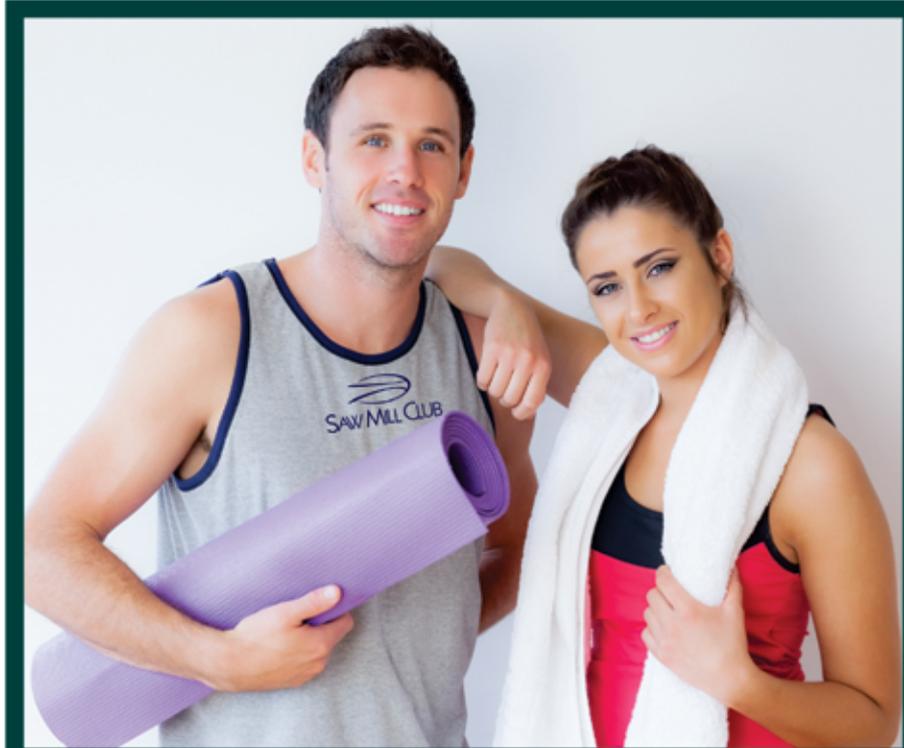
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