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January 3 - January 9, 2017

SMALL NEWS IS BIG NEWS

Volume 11, Issue 487

Ex-P'ville Mayor, Insurance Agency Owner John Guion Dies

By Martin Wilbur

Former Pleasantville mayor John A. Guion, who dedicated himself to the village he called home for most of his life, died on Christmas at his home in Green Valley, Ariz. at the age of 94.

Guion served as mayor from 1959 to 1963, overseeing implementation of the village's first Master Plan and the move to place the old New York Railroad tracks below ground, which helped to reshape downtown Pleasantville.

But far beyond his tenure in office, Guion was remembered as a pillar of the community, a longtime Rotarian and a caring and honest businessman who for close to 30 years led the Guion Insurance Agency on Tompkins Avenue that was started by his father, Archer Guion, in 1919.

Remembered for his deep and booming but kind voice, the 1940 Pleasantville High School graduate and

World War II Air Force veteran would also enjoy visiting students at Bedford Road School dressed up as Abraham Lincoln. Some believed he had a resemblance to Lincoln particularly after he had grown a beard.

His death was announced by his oldest daughter, Carla, on Dec. 28 on Facebook. He and his wife, Jean, had moved to Arizona about 13 years ago, her post mentioned.

"He was larger than life. He just commanded attention," said Roger Gagne, president of Guion Insurance, who bought the business with Michael Brooks when Guion retired in 1993. "He was incredibly kind, always looking to help people. He was a mentor to me and others."

Brooks, who was hired by Guion in 1983, became partner within about a year. He recalled that Guion was well-versed in the insurance business who



John Guion, pictured with his daughter Carla, in November.

sought to have both sides come away from a negotiation feeling like winners.

"He was excellent with figures and

very generous, stern but warm with his employees and staff, an excellent negotiator, a good arbiter," recalled Brooks who was brought into the Pleasantville Rotary by Guion in 1985. "He knew the insurance contracts inside and out very well, so he was very good at negotiating with insurance companies on behalf of our clients, making sure they were fairly treated."

Friend Thomas Langan said he met Guion around 1980 while he was serving as chairman of the board of fire commissioners. The fire district used the Guion agency for its insurance coverage.

At about that time, the state legislature had just approved the service award program, which Guion helped set up for the district, Langan said. The plan remains in effect today.

"A very friendly guy," Langan said. "After he was kind of semiretired I

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Astorino: County Has Complied With Affordable Housing Settlement

By Martin Wilbur

County Executive Rob Astorino announced last Tuesday that Westchester has complied with the terms of the affordable housing settlement with the federal government, apparently ending a contentious seven-year battle with the Department of Housing and Urban Development (HUD).

During his presentation at the county building in White Plains, Astorino said building permits have been issued for 790 new affordable units in the 31 mostly white municipalities named in the 2009 settlement, exceeding the minimum 750-unit threshold for compliance by the end of 2016.

Close to 400 units are already built and occupied, he said. Another 100 units are expected to receive approvals throughout



County Executive Rob Astorino announced on Dec. 27 that Westchester had met its obligations and complied with the affordable housing settlement that required 750 new units be built by the end of 2016.

the county in 2017, while about 400 others will also be built in communities that were not part of the settlement.

Westchester has used about \$82 million in county money to help subsidize the

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New Castle Fire District to Hold Land Acquisition Vote Feb. 7

By Martin Wilbur

Commissioners for New Castle Fire District No. 1 unanimously agreed last week to hold a \$2.6 million referendum on Tuesday, Feb. 7 to acquire the adjacent Chappaqua Animal Hospital property and demolish the existing building.

Voting will be open to district residents at the King Street firehouse, at the corner of Route 117, from 6 a.m. to 9 p.m. Absentee ballots will not be available.

The single proposition was included in the failed Oct. 25 vote, but lost by a little more than 100 votes. A second proposition, the much larger \$12.7 million firehouse expansion proposition that was badly defeated in October, is not included in the revote.

Fire district commissioners are hopeful that district voters will approve

acquisition of the neighboring parcel so if and when a future board decides to address the space issue it would be able to expand the current facility without having to find another property and build a new firehouse from scratch.

On Dec. 27, a couple of the residents who attended the brief early evening meeting questioned why the commissioners were including demolition in the Feb. 7 proposition. Resident Ed Frank contended that would increase the cost and the possibility that angry voters, a little more than three months after the stinging defeat of both propositions, would turn out to vote down this proposition if it wasn't as austere as possible.

"I have a feeling that if you put it out for a vote - acquisition of the property,

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DeCicco Opens in Millwood Plaza to Fanfare, Large Crowds

By Martin Wilbur

Shoppers turned out in droves on the first day of the new DeCicco & Sons at Millwood Plaza last Friday, exceeding initial expectations for the region's latest supermarket.

Whether it was curiosity, the novelty of a brand new store on opening day or pent-up demand after the immediate area had been without a supermarket for more than a year, the doors opened at 7:30 a.m. to a heavy volume of shoppers that lasted

nearly the entire day, said John DeCicco, Jr., the company's president.

"It's great. There's really a great amount of enthusiasm from the community and we feel very, very welcome and very, very happy to be here," said DeCicco following a mid-afternoon ceremonial ribbon cutting led by County Executive Rob Astorino.

Inside the bright, sparkling 20,000-square-foot store, shoppers remarked how impressed they were by the enormous variety of produce, the selection of fish, meats and pastries at various counters, the craft beer and wine tasting bar off to the side of the checkout lines with large mounted flat screen televisions and even the 500-gallon freshwater aquarium.

There was a constant stream of superlatives from patrons who got their first look at the new supermarket up close.

"First impressions: One is wow. It's beautiful, it's clean, this produce looks absolutely amazing," said Pauline Dennis of Briarcliff Manor. "And my second impression is it's not big enough. We haven't had anything like this up here. It's been a supermarket famine around here. There just hasn't been anything this nice and I think it's a fabulous addition to all of our towns here."

Kate Chess of Ossining was sitting at the tasting bar with her husband, Dan,



MARTIN WILBUR PHOTO

The robust cheese selection at the new DeCicco & Sons in Millwood.

taking in the buzz inside the store.

"It's easy to be impressed because it's brand new, but the way they designed it, it's open, it's really clean and bright and they arranged everything in a way that's amazing," Kate Chess said.

It was also a mob scene outside where it was difficult to find a parking space, the first time in years since the lot was filled to capacity. It didn't seem to bother shoppers once they found their way inside.

Ari Rubenstein of Ossining said it was great to see DeCicco & Sons move close to his home. He works in Armonk and has been patronizing that location since it opened several years ago.

Rubenstein said his family values fresh and organic merchandise, which DeCicco

continued on next page

Wegmans Announces Plan for Westchester County Store

Wegmans Food Markets, Inc. confirmed that the family-owned supermarket chain has signed a purchase agreement with Normandy Real Estate Partners for a 20-acre parcel of land, located at 106-110 Corporate Park Drive in Harrison to build a new store.

"We look forward to the day when we can welcome customers into our Harrison store and help them make delicious, easy meals," said Ralph Uttaro, Wegmans senior vice president of real estate. "Harrison is an ideal place for us to deliver on our promise of incredible customer service, the best ingredients, restaurant-quality prepared foods and consistent low prices."

The 100-year-old company plans to build a standalone 125,000-square-foot store and 8,000-square-foot complementary retail outparcel. The site is currently a vacant office complex that

will be demolished before construction begins.

Wegmans and Normandy Real Estate Partners are jointly seeking municipal approvals for the project. According to company officials, design plans are not finalized and a construction timeline and projected opening date for the store won't be determined until all necessary approvals are in place.

The Harrison site is two and a half miles west of the Connecticut state border and 45 miles northeast of Wegmans' Woodbridge, N.J. store.

In New York State, Wegmans operates 46 stores in Rochester, Buffalo, Syracuse, the Finger Lakes and the Southern Tier region and has also announced plans for a store in Brooklyn. The remainder of Wegmans' 92 stores are located in Pennsylvania, New Jersey, Virginia, Maryland and Massachusetts.



Understanding Non-Invasive Breast Cancer

What you need to know about screening and treatment options...

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Q: What is non-invasive breast cancer?

A: You may have heard of a condition called Stage 0 breast cancer. The most common type is DCIS (*ductal carcinoma in situ*), and involves the proliferation of abnormal cells within a woman's milk ducts. Left untreated, these cells can develop into invasive breast cancer that spreads outside the duct into surrounding tissue. DCIS is considered malignant but is *non-invasive*; it has not spread from where it originated. Be aware, however, that about 80 to 85 percent of invasive breast cancers initially arise within the milk ducts.

Q: How is DCIS detected?

A: It rarely presents as a lump you can feel. Typically, DCIS is detected by a screening mammogram as a cluster of calcifications (calcium deposits). If considered suspicious, a biopsy will be performed. For every 100 clusters biopsied, 22 percent will be cancerous; of that group, about 80 percent will be DCIS, and a percentage of these will develop into invasive breast cancer.

Q: What are my treatment options?

A: If a biopsy shows you have DCIS, your breast surgeon might recommend additional testing – such as an

ultrasound or MRI – before advising on surgery. Most women have a lumpectomy procedure to remove the cancerous tissue. You might also receive follow-up treatment, such as radiation or Tamoxifen hormone therapy. Outcomes for women treated for DCIS are outstanding: Ten-year data shows that their survival rate approaches 100 percent.

Q: What can I expect if I have this procedure?

A: Gather all the facts about the extent of your DCIS. Your breast surgeon will help evaluate the risk of it developing into invasive breast cancer by reviewing family history and ethnic origin, and may recommend genetic testing. Getting a second opinion is essential. At The Breast Institute at Northern Westchester Hospital, we only proceed if, after our pathology department reviews an outside biopsy report, our own pathologists agree with its findings. Above all, remember that "What if I do nothing?" is a perfectly legitimate question to ask.

Did you know?

Ten-year data shows that the **survival rate** for women treated for DCIS **approaches 100 percent.**

DeCicco Opens in Millwood Plaza to Fanfare, Large Crowds

continued from previous page

provides.

“A big thing for me and my wife is knowing where everything is sourced from,” he said. “She’s pretty knowledgeable about local farms and knowing where everything is from.”

Councilman Adam Brodsky said the town and its residents have waited for a new supermarket for years. Prior to A&P leaving the same Millwood Plaza space, New Castle’s other market, D’Agostino, left town in 2011.

Since then, many town residents have been forced to shop in neighboring communities taking much of their spending money and the valuable sales tax revenue with them, Brodsky said.

“It was very inconvenient and so the fact that they’re here and we have not only a supermarket but an amazing supermarket, and they spent \$6 million



County Executive Rob Astorino cuts the ribbon last Friday, surrounded by local elected officials and members of the DeCicco family on opening day of DeCicco & Sons at Millwood Plaza.

in our community, is a testament to New Castle and the location and that people want to do business in our community,” Brodsky said. “So we’re just thrilled. It’s fantastic.”

In addition to providing shoppers with a beautiful store that has all the comforts of a 21st century supermarket, town officials have pointed out how DeCicco & Sons is committed to its host communities. The company plans to introduce its Cashier Receipt Give-Back Program in Millwood, by donating a percentage of the store’s

receipts collected during the school year to a variety of programs in the Chappaqua School District.

DeCicco’s is also sponsoring the Millwood Community Garden that’s currently under construction and is donating 2,000 shopping bags to help New Castle and its residents adhere to the town’s new Reusable Bag Initiative that outlaws most single-use plastic bags in town.

The store uses a variety of green technologies, including rooftop solar



The supermarket also has an appetizing fish selection.

panels, LED lighting and a special advance heat reclaiming refrigeration system, that takes wasted heat generated by refrigerators and recycles it into reusable energy. Only three stores in New York State, including the last DeCicco & Sons to open in Larchmont in December 2015, have the state-of-the-art refrigeration system installed.

During the ribbon cutting, Astorino gave DeCicco’s perhaps its biggest endorsement, saying that if the store was good enough for his mother to get her meatballs, then it was good enough for him.

“This is a great place and the DeCicco family is amazing and we’re just so happy that they invested here in New Castle where it was desperately needed,” he said.



Shoppers were impressed with the variety of produce at the new supermarket.

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Ex-P'ville Mayor, Insurance Agency Owner John Guion Dies

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would see him occasionally, and always a hand out, a smile on his face and the big booming voice. Just an all-around nice guy and very knowledgeable in his field.”

While few people remember Guion

in office, he served as a fountain of knowledge for future officeholders to draw upon. He also would encourage others to serve the village.

Current Mayor Peter Scherer said Guion continued to be interested in village matters for the remainder of his time in Pleasantville.

New Castle Fire District to Hold Land Acquisition Vote Feb. 7

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demolition of the building – it's going down,” Frank said.

“That's the way it's supposed to work,” responded outgoing Board of Commissioners Chairman Christopher Weddle whose term ended Dec. 31. “If the voters vote against it, then the voters in 20, 25 years will deal with the problem.”

Commissioner Bruce Jabloner said because the animal hospital building was constructed before 1975, there is asbestos. The roof is also leaking in spots and would need to be replaced.

He said remediation of the building would likely cost more than demolition.

“It's not going to help the district by leaving that building,” Jabloner said. “We're certainly not going to use it as a rental property.”

Frank said he has been inspecting

buildings for decades and would like to be able to write a report for the district if he could gain access to the property.

Another resident, Ben Herman, initially questioned the wisdom of adding demolition to the cost. After the meeting he said he spoke with former Chappaqua fire chief Russell Maitland and mentioned if acquisition and demolition is the only option he would be supportive of the proposition.

Fire district officials will schedule public information meetings before the vote.

Last week's meeting was the last before new commissioners John Buckley and Danna Goldman Schoenberg are sworn in. Last month Buckley won the five-year term unopposed while Schoenberg as a write-in candidate defeated Nancy Zezze for the seat carrying the three-year term.

“He remained a steady, enthusiastic presence for many years thereafter,” Scherer said. “His beard and bearing reminded many of us of Abe Lincoln. That's an apt association for a man whose deep roots in Pleasantville and legacy of leadership will be long remembered.”

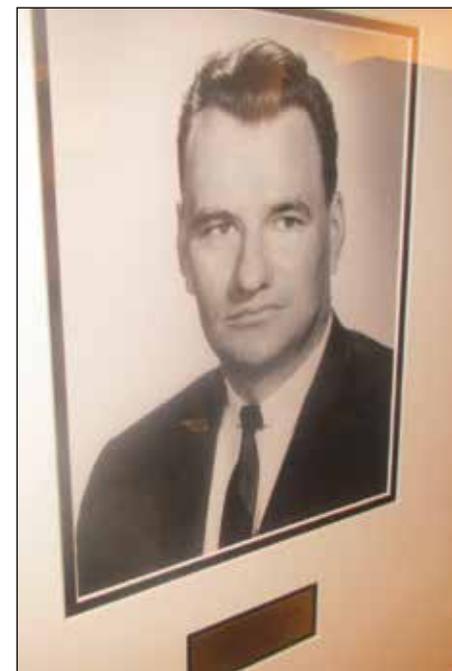
Former mayor Bernard Gordon said his experience and perspective was highly valued.

“He had retired from politics and always felt free to offer his opinion and his opinion was sought,” Gordon said. “I know he was mayor at a very critical time when the New York Railroad built the below-ground tracks going through Pleasantville, so that had a major economic impact on the village. He was very knowledgeable and very friendly.”

His daughter's Facebook post stated that he flew 33 missions during World War II. Gagne said none was as harrowing as the day that he lost an engine while flying over the English Channel. His co-pilot had to ditch the plane and as he flew over the coastline he was forced to parachute out.

Guion's co-pilot didn't make it, but Guion survived icy waters by swimming ashore then walked the countryside until he reached an old farmhouse.

“He was one of the Greatest Generation and he fit the mold



John Guion's photo at Pleasantville Village Hall when he served as mayor from 1959 to 1963.

perfectly,” Gagne said.

Guion and his wife each had two children from their first marriage and multiple grandchildren. There was no information available regarding arrangements.



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Westchester-based Foundation Fights Gastric, Esophageal Cancer

By Martin Wilbur

Imagine reaching your 25th birthday and facing the distinct possibility that at least half your life is over.

That's the prospect that Lynn DeGregorio had to prepare for after she saw 10 relatives, going back about three generations, die from stomach cancer, all by the age of 50.

It was after her sister's death in 2004, that spurred the North Salem resident to quit sitting back, feeling helpless and waiting to die.

In her memory - DeGregorio's father also died from gastric cancer in 1976 - she established the DeGregorio Family Foundation. She learned that funding for research for stomach and esophageal cancer lagged far behind other diseases and other types of cancers.

"It's amazing that 30 years went by and there was nothing more for my sister than for my father," DeGregorio said. "So, once we were negative, we're kind of survivors in a way. We spent our entire lives thinking are we positive? I had a midlife crisis at 25."

DeGregorio's family comprises roughly 3 percent of people with stomach and esophageal cancer who inherit a rare gene that significantly increases their chances of being stricken. She and her brother were tested and found to be negative following their sister's passing.

She officially launched the foundation

in 2006, and while it has remained small, it has helped slowly and steadily increase the awareness within the medical research community and the general public, regardless of whether the cancer is inherited or not.

The foundation grants funding for one or two \$250,000 research projects annually. The grant serves as seed money that enables recipients, which have included some of the most prestigious cancer research centers and universities, to apply for larger pools of money from organizations such as the National Institutes of Health. Grant recipients must go through a rigorous process overseen by the foundation's scientific advisory board. The money is split into two annual installments.

"I wanted it to be a foundation that really spent only on research," said DeGregorio, a trader in the financial industry. "So far, everything we've funded, we've completed our funding, and, so far, everything we've funded has gone on to get more money."

Funding has lagged in large part because stomach and esophageal cancer are less common and there are fewer success stories that have become increasingly common with other forms of cancer, said Jill Gold, who is helping DeGregorio build a publicity campaign about the diseases. There are about 26,000 cases of stomach cancer each year, and 17,000 cases of esophageal cancers.

The foundation's first grant went to Memorial Sloan Kettering to create a stomach and esophageal cancer database. That has helped researchers to learn that there are four different types of stomach cancer.

Today, research is focusing on early detection, DeGregorio said. Similar to pancreatic cancer, there are often no symptoms until it's too late. Symptoms, such as reflux or heartburn, are fairly common and are often associated with other less serious health matters. Therefore, they are frequently ignored.

According to the foundation, only about 15 percent of those diagnosed will survive for five years. However, survival rates skyrocket with early detection, DeGregorio said. In fact, if stomach cancer is caught and treated early, there's a 90 percent survival rate, she said.

Frank Licciardi, one of eight members of the foundation's board of directors, is a gastric cancer survivor. Without any history of cancer in his family, he was diagnosed in his early thirties.

He underwent chemotherapy and stomach removal surgery. So far, Licciardi is doing well having survived more than six years since being diagnosed. The main change in his life is that he can no longer eat regular-sized meals. Instead, he's forced to graze throughout the day, a small price to pay for being healthy, he said.

DeGregorio said the foundation's scientific advisory board is led by Dr. Manish Shah, one of the leading research and treatment doctors. Shah also treated DeGregorio's sister.

She said the foundation and its board encourages collaboration. After 10 years, there has been an increase in grant applications to the foundation, which isn't surprising because of the lack of attention and money given to stomach and esophageal cancer research.

"We're the only ones funding research for these diseases," she said. "I take it very seriously."



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Astorino: County Has Complied With Affordable Housing Settlement

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construction, about \$30 million more than it was required to spend.

"Today is a very proud day for Westchester," said a satisfied Astorino, who repeatedly tried to debunk characterizations that the county had discriminated against minorities with exclusionary zoning. "We have shown that Westchester is a very welcoming community, a place that meets its obligations and a county that can successfully and firmly stand up to an overzealous and overaggressive federal government on behalf of our cities, towns and villages."

The only tasks remaining will be to file another Analysis of Impediments (AI), which addresses zoning, and to enhance the county's marketing and outreach efforts, Astorino said. Eight previous AIs have been rejected by HUD. The county and HUD have agreed to have an independent engineering and planning firm, VHB of White Plains, write and submit the new analysis.

Calling those issues "peripheral," Astorino anticipated those matters to be resolved in the next couple of months.

The settlement was reached by former county executive Andrew Spano, the result of a lawsuit brought in 2006 by the Manhattan-based Anti-Discrimination Center (ADC), a nonprofit organization that fights housing, employment and education discrimination. The suit alleged

that the county violated the False Claims Act by taking federal funds earmarked for housing without certifying that they were used to build housing.

If the county failed to comply with the settlement, it risked millions of dollars in fines and penalties. Federal Judge Denise Cote, who has presided over the case, will ultimately determine if the county is in compliance. It is expected, however, that Astorino will encounter far less opposition from HUD once President-elect Donald Trump takes office Jan. 20.

Astorino, who was elected a few months after the settlement was reached, had consistently been at odds with HUD and federal monitor James Johnson for charging that the county engaged in discriminatory practices by perpetuating exclusionary zoning that limits multifamily housing. During the past seven years there were numerous court appearances on various disputes. The issue often split along party lines among county officials.

During Astorino's Dec. 27 press conference, the county executive took repeated swipes at critics, including HUD and Johnson. He said Westchester is the fourth most diverse county in the state based on the percentage of African-Americans and Latinos that reside in the county. Furthermore, Westchester has been building affordable housing for more than 30 years.

The expense of acquiring property and the cost of construction in Westchester has been the biggest obstacle. Each new affordable unit cost \$290,000 to build on average, Astorino said.

"Whether this settlement was in place or not, we were always going to build affordable housing, just not with the threat of the federal government over our heads," Astorino said.

"Contrary to what the federal government was accusing, we actually had in place zoning in this county that could build affordable housing, that could permit affordable housing to be built, and we said that from the very beginning," he later added.

Astorino lauded various county departments, local municipal governments and developers for helping the county comply with the settlement.

North Castle Supervisor Michael Schiliro said while the town had its own middle income housing program for years before the settlement, the town was happy to contribute toward helping the county reach its goal. North Castle was one of six communities that was threatened with litigation at one point by Johnson for potential exclusionary zoning.

"We worked closely with the monitor and we showed him we do not have exclusionary zoning and we have offered affordable-type housing and we've

committed to have zoning changes that help expand multifamily housing," he said.

County Legislator John Testa (R-Peekskill), the Board of Legislators' minority leader, released a statement on behalf of the Republican caucus, saying he was hopeful that HUD will accept the new AI, which has been "arbitrarily rejected."

He pointed out that the Court of Appeals for the Second Circuit concluded in September 2015 that there was no finding that Westchester engaged in housing discrimination.

"The Republican Legislators are proud to stand with County Executive Astorino and our local communities in recognizing the completion of Westchester County's obligations under the terms of the 2009 fair and affordable housing settlement," Testa said.

Meanwhile, Democratic Majority Leader Catherine Borgia (D-Ossining) in her statement barely acknowledged Astorino making any contribution to comply with the settlement. She said it's time for the county to focus on affordable housing for seniors and young adults.

"I'm encouraged that the County Executive will no longer be able to use this housing settlement as a politically divisive way to further his personal ambitions and that taxpayer money will no longer be spent on lawyers fighting with the federal government," Borgia said.



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Health Insurance Reforms Go Into Effect for Heroin Treatment

State Sen. Terrence Murphy (D-Yorktown) knows no one is immune to the rampant heroin epidemic enveloping our nation.

As co-chairman of the New York State Task Force on Heroin and Opioid Abuse, Murphy has traveled throughout the state, talking with individuals and families, including many people who were unable to get treatment because of insurance constraints.

In response, Murphy has authored legislation to make it easier for people in need to receive treatment, and insurance reforms went into effect Jan. 1.

"This legislative package removes many of the burdensome insurance coverage barriers keeping people from treatment," Murphy said. "This legislation can turn hopelessness into hope by limiting prescriptions to opiates, cutting through the red tape of insurance authorization, and giving emergency medical technicians the tools they need to help save lives. It has been a deadly December in places like Erie County and on Long Island. This is why we need these initiatives, so we can help save lives in the future"

The legislative package includes several best practices and recommendations identified by Gov. Andrew Cuomo's Heroin and Opioid Task Force, which



State Sen. Terrence Murphy sponsored legislation that makes it easier for people suffering from heroin and opioid abuse to receive treatment because of insurance reforms that went into effect Jan. 1.

Murphy served on. These new insurance-related protections are the final components of the package and include four new measures to remove barriers for inpatient treatment and medication.

- Ending prior insurance authorization to allow for immediate access to treatment for substance use disorders for as long as an individual needs them. In addition, the legislation establishes that utilization review by insurers can begin only after the first 14 days of treatment, ensuring that every patient receives at least two weeks of uninterrupted care before the insurance company becomes involved.

- Ending prior insurance authorization to allow for greater access to drug treatment medications. Similar provisions took effect in June 2016 that also apply to managed care providers treating Medicaid recipients who seek access to buprenorphine and injectable naltrexone.

- All insurers operating in New York State must use objective, state-approved criteria when making coverage determinations for all substance use disorder treatment in order to make sure individuals get the treatment they need.

- Naloxone is one of the most effective medications used in the treatment of a suspected heroin overdose. Commonly referred to as Narcan, naloxone revives an individual from a heroin or opioid overdose and has saved thousands of lives. To make naloxone more accessible, the new legislation requires insurance companies to cover the costs of naloxone to a person who is addicted to opioids or their family member covered under the same insurance plan.

The new insurance coverage requirements apply to small and large group plans regulated by the Department of Financial Services that

are issued or renewed beginning Jan. 1 as well as plans sold to individual consumers.

"There is no such thing as a functioning heroin addict," said Mel Berger, chairman of the Mount Kisco Drug and Alcohol Abuse Prevention Council. "They are either treated as a life or death medical necessity or considered as a victim of a society that chooses to ignore its obligation to provide the finest, most effective health care to its members. The passage of this legislation will help those who need it the most get back on the right path."

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Obituary

Anne McGrath

Anne Kilcoyne McGrath died peacefully of renal disease on Christmas Day in the company of family at her home in Chappaqua.

She was 70.

McGrath was born on Apr. 29, 1946, in Stamford, Conn. to William and Mary Alice Kilcoyne. In 1969, she married W. Patrick McGrath in Washington, D.C., where she had recently completed a bachelor's degree in English at Trinity College. She worked in editing and publishing and lived in Germany, California and Massachusetts before ultimately making her home in New York.

She is survived by her husband, Pat; daughter Moriah of Portland, Ore.; sister Jean McSharry of Greenwich, Conn.; brother James Kilcoyne (Jane Power Kilcoyne) of Exeter, N.H.; and many nieces and nephews. She is predeceased by her parents; brother Billy of Waterbury, Conn.; sister Mary O'Mara of Alexandria, Va.; and brother-in-law John McSharry of Greenwich, Conn.

A memorial service will be held in the spring. In Anne's memory, please inform yourself about organ donation at www.organdonor.gov.

Police Blotter

North Castle Police Department

Dec. 23: Report of a chair in the roadway on Route 22 between Maple Avenue and Route 128 at 1:07 p.m. The responding officer reported moving the item to the right shoulder of the northbound lane.

Dec. 24: A complainant called headquarters at 10:10 p.m. to report that two people in his residence just passed out simultaneously without an apparent reason. The caller was told to evacuate the residence before the

call was disconnected. Two officers responded and the EMS/fire department was dispatched.

Dec. 25: Report of harassment on Bedford Road at 6:19 p.m. The complainant reported receiving unwanted text messages from her ex-boyfriend.

Dec. 26: Report of a suspicious male subject on Wrights Mill Road at 3:30 p.m. The caller said the male, who is operating a red Ford sedan, is approaching her house. The responding officer stated the subject is attempting to

serve the complainant with legal papers.

Dec. 27: A Custis Avenue resident reported at 8:23 a.m. that the residence next door has been unoccupied for three months and believes that the heat has been off. The complainant also stated that she believes there are numerous cats that were left in the residence by the previous owners as she occasionally sees someone leave cat food by the rear door. Also, there is sometimes a strong odor emanating from the premises.

Pleasantville Police Department

Dec. 26: Reports of criminal mischief at 4 p.m. A group of youths were hanging out by the train overpass on Sunnyside Avenue. When police arrived, the subjects were gone.

Dec. 28: Report of a domestic dispute on King Street at 10:17 a.m. Police were unable to provide additional information.

Dec. 28: A 21-year-old man found his car with a broken driver's side window at 5:30 p.m. on Manville Road. The matter is under investigation.

Dec. 29: Police received reports of a disturbance at 5 Samson Drive at 11:07 a.m. Upon arrival, police found a student and teacher from the Cottage School arguing in the driveway. The student was returned to the school.

Mount Pleasant Hires Four New Police Officers

By Neal Rentz

The Mount Pleasant Town Board voted unanimously last Tuesday to hire four local residents as new police officers.

Two of the officers hired, Johnathan Kramel of Hawthorne and William Brunke of Valhalla, will have their appointments effective Jan. 4. Both officers will transfer from other police departments.

The town board also hired Ryan Connick of Thornwood and Conor Elliot of Hawthorne. Following last week's meeting, Supervisor Carl Fulgenzi said Connick and Elliot will attend the Westchester County Police Academy for six months before they join the town's

police force.

The new officers will receive starting offices' salaries of \$60,000, Fulgenzi said.

The town will hire a fifth police officer in the coming months, he said. In the \$46.1 million 2017 town budget approved by the board Dec. 10, money was included for five new additional police officers, contributing to the town exceeding the tax cap.

Chief Paul Oliva had requested increased manpower to help police a town that is growing because of increased development.

With the appointment of the four hires, Mount Pleasant currently has 40 officers with two others on injury leave.

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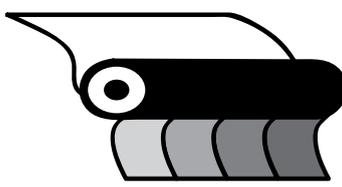
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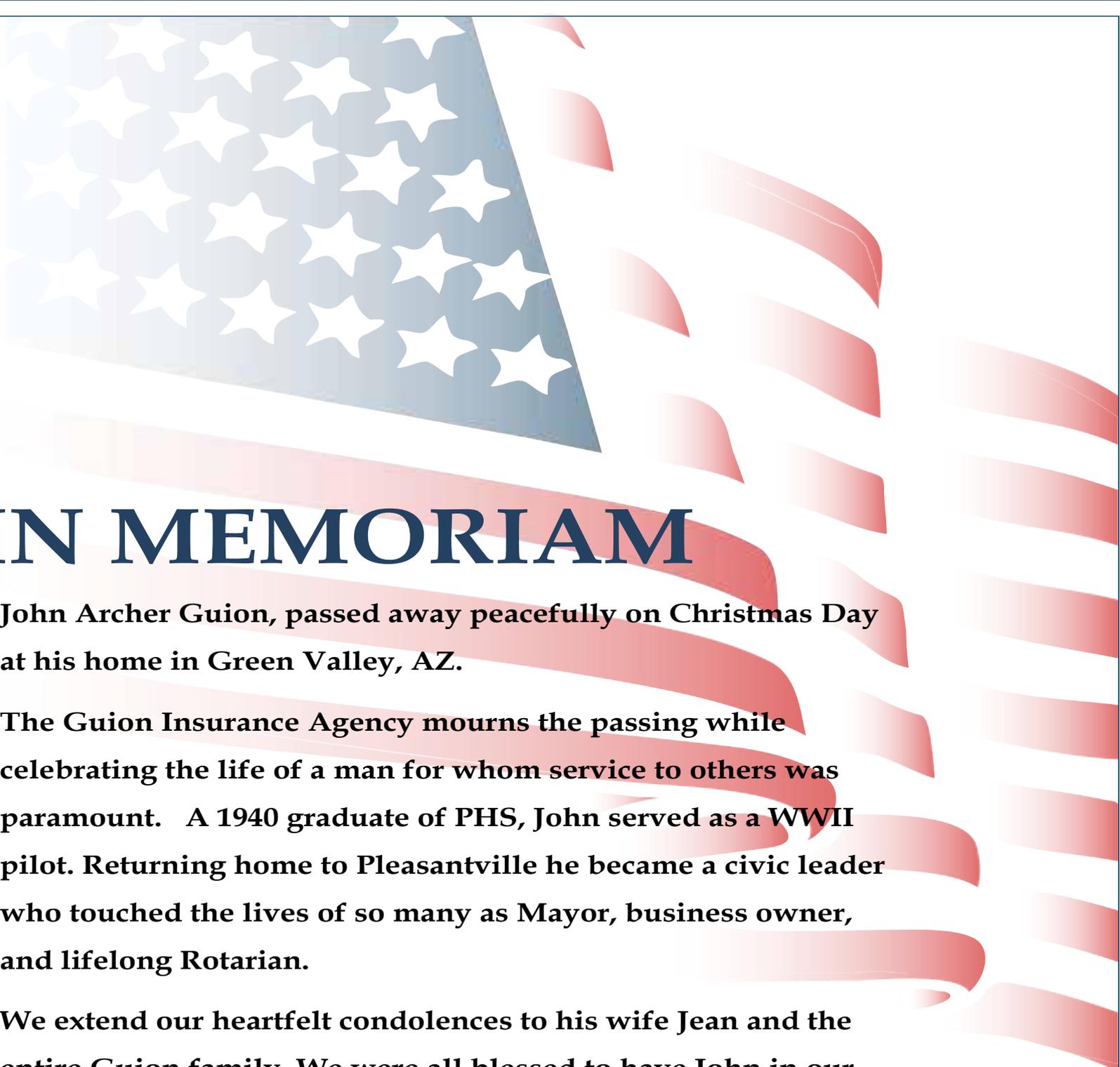


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A large, stylized graphic of the American flag, featuring a blue field with white stars in the upper left and red and white stripes flowing across the rest of the page. The flag is semi-transparent, allowing the text to be visible through it.

IN MEMORIAM

John Archer Guion, passed away peacefully on Christmas Day at his home in Green Valley, AZ.

The Guion Insurance Agency mourns the passing while celebrating the life of a man for whom service to others was paramount. A 1940 graduate of PHS, John served as a WWII pilot. Returning home to Pleasantville he became a civic leader who touched the lives of so many as Mayor, business owner, and lifelong Rotarian.

We extend our heartfelt condolences to his wife Jean and the entire Guion family. We were all blessed to have John in our lives. He will be remembered fondly as we carry on his legacy into our 98th year in the business John's father began in 1919.

"I have always found that mercy bears richer fruits than strict justice." ABRAHAM LINCOLN, 1865



Immigrant Families, Police Connect at New Neighbors Link Program

By Neal Rentz

Mount Kisco-based Neighbors Link recently partnered with the North American Family Institute (NAFI) and the Westchester County Department of Public Safety to make a better connection with the immigrant community and local police.

The two organizations collaborated to design a Youth & Police Initiative (YPI) program that included parents to ensure safe communities for police and families. The six-week program, which concluded Dec. 13 with a graduation-type ceremony featured trust-building dialogue designed for immigrant families and local police departments. One session involved role playing where children portrayed police officers pulling over a car with an immigrant family in it. Police officers play an immigrant family.

Over the past decade, YPI has delivered similar training to 25 communities across the United States, including Neighbors Link. Previously, the YPI program was for children and police.

“Our law enforcement is a vital part of the community so including parents



Nine families, including the Melendez family of Mount Kisco, are recognized for completing the recent Youth & Police Initiative program at Neighbors Link. The program is designed to improve relationships between police and immigrant families in the county.

in the YPI program fits well with our mission,” said Neighbors Link Executive Director Carola Bracco said.

Nine families with children between 11 and 15 years old participated in the recently completed program. The Department of Public Safety and NAFI sought to gauge the effectiveness of the parents’ pilot program and to explore

ways to pay for it in the future. The eventual goal is to offer the program to other Westchester municipalities with large immigrant populations.

Program goals include promoting mutual respect between police and parents by encouraging them to share their personal stories and preconceived notions about each other; identity

similarities between parents and police; and to create a safe learning and trustworthy environment where participants can take risks in expressing their feelings and ideas.

Deputy County Executive Kevin Plunkett, who attended the closing ceremony, said he and County Executive Rob Astorino are pleased with the collaboration.

“It is important to establish the trust necessary so that law enforcement and community members can work together.” Plunkett said.

Also attending the graduation was Department of Public Safety Deputy Commissioner Joseph Yasainksi; Fox Lane Middle School Principal Susan Ostrofsky; Kevin McGuire, commissioner of the county Department of Social Services; and Paul Stasaitis, a captain with the Department of Public Safety.

For more information about Neighbors Link and the YPI Parent initiative, contact Laura Newman at 914-666-3410 or at Lnewman@neighborslink.org or visit www.neighborslink.org.

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Editorial

Affordable Housing Settlement Was Worth the Trouble for County

Over the past seven-plus years, there certainly has been plenty of hand-wringing and bickering on the myriad issues surrounding the affordable housing settlement.

In 2009, there were those who wanted the county to go to court and fight the federal government.

From then until recently, heated arguments ensued, oftentimes partisan, about whether local zoning was exclusionary and whether the federal government was trying to strong-arm the county and force it to go beyond what was required in the agreement.

The back-and-forth arguments were often repetitive, loud, messy, fraught with unknowns and ignited debates about appropriate sites within some communities.

There were plenty of mixed signals and imprecise language from the Department of Housing and Urban Development (HUD) and monitor James Johnson that would make Westchester look as though it employed discriminatory practices.

But now that the county has complied with the settlement – federal Judge Denise Cote will soon have the final say on that – Westchester is better off for having gone through the experience.

Early on, the correct decision was made to go ahead and build the housing and

not fight the settlement in court. Risking possibly hundreds of millions of dollars in fines and penalties would have presented Westchester with too little to gain and too much to lose.

Next, during the incessant debate, what was too often glossed over was that Westchester for many years – decades, in fact – has had a shortage of housing that is affordable for working class families, particularly in many of the 31 municipalities named in the settlement. New housing to keep up with demand just wasn't happening fast enough.

A household of four with a gross annual income of about \$80,000, which may only be low-income in Westchester, had long been priced out of the county. Now there are hundreds more units.

County Executive Rob Astorino pointed out last week that affordable housing has been built for more than 30 years and would have continued to do so. That's true. However, without subsidies, could there have been building permits in place for 790 units, 400 of which are already occupied, within seven years and another 100 on the way this year? There's no way to definitively quantify that, but it's highly doubtful.

Why? There were towns that passed the model ordinance that had few if any affordable units within its borders and saw their inventory jump.

Since the landmark Berenson case in New Castle in 1975, there was virtually nothing built or on track to be built that was affordable. There will be 20 affordable units at Chappaqua Crossing, several others scattered around town, and the controversial Conifer project.

North Castle had its own middle-income housing program, but there were only about 34 of those units constructed. Under the county program, there are 10 that are almost ready on Old Route 22, seven more that will be built at Brynwood Golf & Country Club, perhaps as many as 16 through the lumberyard project and several more scattered around Armonk. All in less than three years since the town passed the ordinance.

North Salem, a community that has been looked at as too rural and too off the beaten path for affordable housing, is home to 68 units at Bridleside.

What will continue to help the county are those municipalities that did pass the model ordinance. By doing that, it ensures that new developments with generally at least five to 10 units, will see 10 percent of those new units be set aside as affordable.

The affordable housing settlement wasn't easy and it wasn't pretty but it was desperately needed. By its compliance, Westchester has much to be proud of.

Letters to the Editor

Government Buildings Should Not Be Used to Promote Gun Sales

There were two tragic gun shootings during the holiday season in Mount Vernon. The City of Mount Vernon mourned the loss of a 13-year-old girl who was unintentionally shot and killed in broad daylight on Saturday, Dec. 31. A few days before that incident there was another shooting at a Mount Vernon nightclub. An innocent man lost his life. These incidents highlight the fact that guns kill people – intentionally and unintentionally.

Shortly before these murders took place, County Executive Rob Astorino announced

that a gun show at the County Center would be held during the weekend of Jan. 21-22. Gun shows haven't been held at the County Center since the Sandy Hook massacre four years ago. Some legislators, residents and I are disgusted that a gun and knife show should be held at a government building. The Board of Legislators will be voting on legislation to ban gun shows at government-owned buildings on Jan. 9 at the County Office Building, 148 Martine Ave. in White Plains at 7 p.m. I expect to attend the meeting and will urge the legislators to approve the

legislation. If people want to purchase guns, buy the guns from private dealers, not at a government taxpayer-funded building.

The county should not promote the purchase of guns. When an accident occurs, it could be fatal. Outraged residents who agree that gun shows should be banned at the County Center should attend the county Board of Legislators meeting on Jan. 9.

Paul Feiner

Greenburgh Town Supervisor

Letter to Gov. Cuomo Urging Passage of Hotel Occupancy Tax Bill

Dear Governor Cuomo:

We write to you regarding Assembly Bills 209A, 9690, 9691, 9692, 9693, 9694, 9776 and 10033, all of which relate to the authorization of a municipal occupancy fee. Specifically, the legislation permits user fees to be imposed in the Westchester towns and villages of Greenburgh, Tarrytown, Irvington, Ardsley, Elmsford, Dobbs Ferry, Hastings-on-Hudson, Sleepy Hollow, Tuckahoe, North Castle, Harrison, Mamaroneck and Port Chester as well as the Orange County town of Woodbury.

We strongly urge you to sign these bills.

These bills align with your efforts to reduce the significant property tax burden facing homeowners. The revenue raised through these municipal occupancy fees – much of it from out-of-state visitors – will support local government operations that otherwise would need to be paid for through the property tax levy. Meaningful property tax relief will result from your signing these bills.

Subsequent to last year's vetoes, the Assembly included our occupancy fee legislation as Article XII language in

its 2016 one-house budget. During negotiations that ensued, your office sought to detach the occupancy fee issue from the budget but agreed to approve the bills if passed again post-budget. They were sent to you on Dec. 20.

Thank you for your attention to this important matter to our mutual constituents.

Assemblywoman Amy Paulin
Assemblyman Tom Abinanti
Assemblyman David Buchwald
Assemblyman James Skoufis

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Clare Murray, Executive Director, Community Center of Northern Westchester, Bedford Hills

By Martin Wilbur

Clare Murray worked for many years as a physiotherapist helping patients attain a better quality of life.

As executive director of the Community Center of Northern Westchester in Katonah, Murray doesn't see her current role being vastly different despite the seemingly disparate jobs.

The nonprofit organization serves as food pantry, clothes bank and job and skills training center for needy residents and families throughout the northern half of the county.

"I feel there's not such a difference here," said Murray, 54, who was named the full-time executive director last spring after serving for seven years as the assistant director of operations. "It's all about problem-solving for each individual or for each family. What is impacting their quality of life and what can we do to improve it? Obviously, the ultimate improvement is that they are financially secure."

Murray oversees an operation that delivers its services with about 500 community volunteers and just two other

full-time staff members and three part-timers. It has an annual \$632,000 budget, a lean operation considering that in 2015, nearly 2,000 families were served by the center. It buys food from the Food Bank for Westchester and relies on food, clothing and monetary donations to make up the rest of the items it provides.

In the early 1990s, after having a brief home at the Katonah Presbyterian Church, volunteers and donors helped remodel an old house on Bedford Road in Katonah and provide seed money to help solidify what is now called the Community Center of Northern Westchester.

Although the communities of Ossining, Mount Kisco and Bedford Hills generate the most clients, visitors come from virtually every town and village north of I-287, Murray said. Whether it's monthly bags of food, donated winter coats or a variety of other clothes, the holiday pajama giveaway for children or language and skills classes for adults, there is plenty of need.

There is also a scholarship program for adult students continuing their education and a camp scholarship effort to send

underprivileged children to sleepaway camp for one to two weeks.

"When families come through our door, they feel welcome, they feel they have somebody on their team, they feel that somebody cares, and everybody is treated with a high degree of respect and dignity," Murray said. "I think that provides a lot of people with the sense that they're not alone with their struggles."

Murray's circuitous journey to northern Westchester started in her native Poole, England on the country's southern coast. The daughter of a doctor, she studied to become a physical therapist. But she became disillusioned with aspects of English life as a young adult, most notably the National Health Services and how family reputation played an outsized role in your prospects for upward mobility.

"I got really, really tired of England because of the class system, and it seemed to matter more the old boys club and who your father was, and working in the National Health Services, the NHS doesn't pay well, or it never used to," Murray said. "As a single woman, it felt like you could never get ahead."

After considering moving to Australia and Canada, she relocated to Toronto in 1985 because Canada was experiencing a shortage of physical therapists at the time. It was a return trip for Murray; when she was



between three and six years old, her parents moved to Winnipeg for one year and Toronto for two years where her father practiced medicine before returning to England.

In Toronto, she met her husband, Robert, an Ottawa native. They stayed in Canada until 2000, when Robert, an industrial designer, was

transferred to his company's Manhattan office. The couple has two daughters, 21 and 23 years old, who are both graduating college this year.

Once in the area, Murray raised her children and worked for a small clothing company. When that job ended, she looked for volunteering opportunities while contemplating her next career move. She started pitching in for the Community Center of Northern Westchester and shortly afterward was offered the assistant director of operations job.

As the center enters its 25th anniversary year, Murray hopes there isn't the need to expand, but wants the organization to evolve as needs emerge.

"Our goal isn't to serve more people, our goal is to change as the needs of the community change," she said. "Whatever the needs of the community, we need to be responsive to them."

For more on the Community Center of Northern Westchester, visit www.countycenternw.org.

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The Restaurant Examiner

Stone Barns Center Can't Function Without Generous Public Support

By Dan and David Barber

This year, despite our best internal fundraising efforts, the animals raised at the Stone Barns Center for Food and Agriculture cannot be relied upon for financial support.

They worked especially hard in 2016. The pigs, for example, agreed to cut costs, to eat only food waste from the Blue Hill kitchens, expired daily products from local markets and spent grain from a nearby brewery. ("Scraps actually," complained one elder Berkshire.)

The sheep agreed, having subsisted on a grass-only diet; they, too, have decided to skip the financial contribution. Jack Algieri, the farm director, overheard their protests in the pasture last month.

"We're always asked to give more," they said. "Give whatever you can for the future of good food, to repair our broken food system, yada, yada. But rotational grazing isn't just an abstract concept. We're the ones rotating; we're the reason the pastures look so great. We're not giving."

Even the chickens have held strong.



Blue Hill at Stone Barns

Jack predicted they would contribute enthusiastically as this is the first year for dual-purpose breeds.

"I'm stunned," he said. "Can you imagine the hard-headedness? Here we are, actually encouraging poultry versatility, allowing chickens to broaden their horizons beyond just meat production or egg laying. We're one of a handful of farms in the country doing it. And that's how they thank us."

In the light of this development, we are asking anyone who has visited Stone Barns over the last few years to support our animal efforts and give generously. Or, just give, even a little.

New Winter Bistro Menu at Irvington's Red Hat on the River

By Jerry Eimbinder

Red Hat on the River in Irvington will introduce a winter two-course lunch (\$21) and three-course dinner (\$29) starting next Monday, Jan. 9. Both offers will be available through February.

The new Winter Bistro Special lunch menu couples an entrée with either a starter or a dessert and is offered Monday through Wednesday. The Winter Bistro Special dinner includes a starter, main course and a dessert and is served Sunday through Wednesday.

Here are the menu choices for both specials.

Starters: Choice of soup or Red Hat Bistro Salad

Entrées: (Select one)

Moules frites Aux Les Halles

Grilled Scottish salmon

Brussel sprouts, fried egg and Quinoa salad

Hanger steak frites

Red Quinoa burger

Red Hat burger

Sweets: (Select one)

Pot de creme

Profiterole

Key lime pie

The restaurant has two dining levels, patio seating close to the water's edge and a rooftop cocktail lounge.

Before moving to the waterfront, it



Red Hat on the River in Irvington rolls out its winter specials next week.

was a bistro opened in June 2003 by Mary Beth Dooley and Jim Parker at 63 Main St. in Irvington. Red Hat on the River opened in October 2007 after 10 months of extensive renovation. The brick structure, built more than 100 years ago, once housed the boiler room for Lord & Burnham, a prominent builder of greenhouses and public conservatories.

The picturesque riverfront restaurant is open seven days a week with lunch service Monday through Friday, dinner every night and Sunday brunch from 11:30 a.m. to 3 p.m.

Red Hat on the River is located at 1 Bridge St. in Irvington. For more information, call 914-591-5888 or www.redhatontheriver.com.

On behalf of everyone at the Stone Barns Center for Food and Agriculture – livestock included – thank you for your support.

For more information or to make a donation, which can be charged to a credit card, visit www.stonebarnscenter.org/give/donate.html.

Typical donations are \$20 to help grow and study more than 500 varieties of fruit and vegetables for hardness, nutrition and taste; \$100 to help develop programs that educate food citizens about building a healthy and sustainable food system; \$250 to support the development of innovative tools and resources for small and mid-size farms throughout the U.S.; \$500 to provide

three days of training, mentoring and networking for a beginning farmer at our annual Young Farmers Conference; \$750 to provide a scholarship student with an unforgettable summer experience at a farmer camp; and \$1,000 to help deliver a hands-on lesson about farm-driven food to high school students through its education program.

Dan Barber, chef and co-owner of Blue Hill at Stone Barns, and co-owner David Barber are members of the board of directors of the Stone Barns Center for Food and Agriculture, located at 630 Bedford Rd. in Pocantico Hills. For more information, call 914-366-6200 or visit www.stonebarnscenter.org.

Ben's of Scarsdale to Offer February Children's Menu

By Jerry Eimbinder

Ben's of Scarsdale is offering a \$3.99 Ben's Kids Meal Deal with a purchase of a regular priced adult sandwich or entrée. The offer runs throughout February and applies to children 10 and under.

The menu includes hand-breaded chicken tenders, unprocessed turkey, lean-sliced brisket, fresh-ground steak burgers and more.

"The children's meals are made from scratch and even the fries, mashed potatoes and pasta sauce are made in-house," said Ronnie Dragoon, founder and owner of Ben's. "All kids' meals come with all the pickles and fresh-cut coleslaw one can eat, plus a bottomless

fountain drink and a dessert."

Ben's also has ongoing promotional offerings from 4 p.m. to closing. Those include \$16.95 Wednesday dinner platters consisting of corned beef, meat loaf, chicken in the pot or a "chef's choice." There is also a \$19.99 turkey dinner on Thursdays.

A \$5 take-home discount is offered for Wednesday customers who spend \$15 or more on an eat-in dinner or \$25 or more at the deli counter.

Ben's of Scarsdale is located at 718 Central Park Ave. in Scarsdale. There is free parking in its lot. For more information, call 1-800-344-BENS or 914-468-2367 or visit www.bensdeli.net.

White Plains' Ritz-Carlton to Host Weekend Afternoon Tea

The Ritz-Carlton New York, Westchester has introduced Hudson Valley Afternoon Tea service every Saturday and Sunday in January and February from 2 to 4 p.m.

An expansive tea selection and relish will be offered in the hotel's Lobby Lounge that includes fresh scones, homemade seasonal jam, tea sandwiches and petit fours.

The tea is priced at \$45 per person. A Hudson Valley Mimosa can be added for \$10 per person.

The Ritz-Carlton has 146 guest rooms, including 38 executive suites, a spa, a rooftop pool and a

fitness center. There is also meeting and special event space that features a ballroom accommodating up to 500 guests. BLT Steak, another dining option, is located on the ground floor.

Reservations, which are required for the tea, can be made by calling 914-467-5717.

The Ritz-Carlton New York, Westchester is located at 3 Renaissance Square in White Plains. For more information, call 914-467-5826 or visit www.ritzcarlton.com/westchester.

—Jerry Eimbinder

P'ville Table Tennis Prodigy Sets Sights on College, Olympics

By Anna Young

More than four years after arriving in Pleasantville, Kai Zhang has high hopes for his future. His plans are just a little bit different than when he first entered the country.

In 2012, Zhang's life revolved mainly around table tennis. Today, the Pleasantville High School student's ambitions are very similar to many of his classmates despite his immense talent with a table tennis racket.

"I'm a senior and I feel the pressure applying to colleges and taking my SATs," Zhang said. "I want to focus on school more and pick a college that fits me, so I spend less time at the (table tennis) club and more time in school."

Zhang was tapped at an early age to join the competitive world of table tennis in his native country. His limitless potential was recognized by coaches, and he was forced to drop out of school to pursue the sport full-time on a Beijing professional team.

While participating in a tournament at Pleasantville's Westchester Table Tennis Center on Tompkins Avenue, Zhang saw a whole new world of opportunities. Upon his return to China, he began considering the best path for his future.

Zhang's sole focus at that time was to practice table tennis and compete in

tournaments, all in preparation for a run at making the 2020 Olympics. But Zhang quickly grew bored of the lifestyle he was forced to live back home.

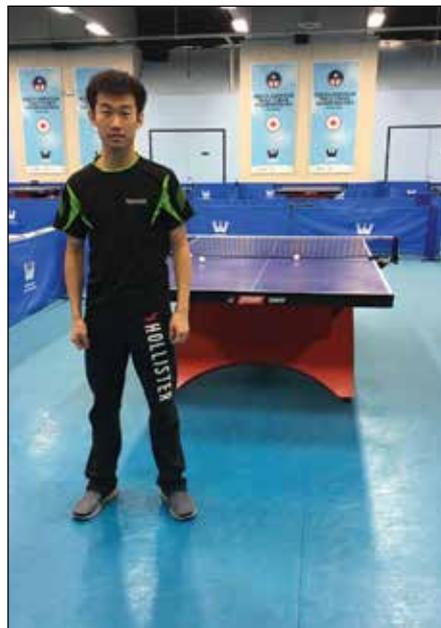
"The competition in China is very hard and there's very little chance to compete internationally," Zhang said. "It wasn't an easy decision, but I realized the U.S. had more opportunities for table tennis."

A year later he moved to Pleasantville, moving into the house of Will Shortz, the table tennis center's co-owner, after Shortz was unsuccessful in finding a host family.

Speaking no English and having been out of school for almost five years at the time, Zhang found different outlets to help him learn the language. Meanwhile, Shortz enrolled him at Pleasantville High School where he resumed his education.

"When I came here, the environment influenced me to learn English," Zhang said. "People wanted to talk to me and I couldn't talk to them."

Despite a challenging freshman year, Zhang began excelling in his classes, formed a table tennis club, began giving private lessons at the table tennis center and became fluent in English - all while participating in competitive tournaments across the United States and around the world.



ANNA YOUNG PHOTO

Kai Zhang, pictured at the Westchester Table Tennis Center in Pleasantville, will compete for a spot on the American Olympic table tennis team, but is also pursuing college next year.

Now the 19-year-old Zhang spends more time hitting the books than the little white ping pong ball, acknowledging how he has significantly reduced his heavy practice schedule over the years to

as infrequently as once a week.

But his decision has paid dividends. On Nov. 19, Zhang won the Jeanette Wang Scholarship Award, an annual scholarship given by the Westchester and Hudson Valley chapter of the OCA-Asian Pacific Americans Advocates to a high school senior of exceptional promise with a courageous life story.

This school year he has been applying to Harvard, NYU and Northeastern University, among other schools. Zhang intends on studying business or international affairs.

Despite having a more well-rounded schedule, he hasn't abandoned table tennis or his dream of competing in the 2020 Games in Tokyo. Zhang has plans to apply for citizenship in 2018, then will take a year off from school in 2019 to prepare for the Olympic trials looking to land a spot on the U.S team.

Whatever the outcome, Zhang wants to finish college to pursue a life outside of table tennis.

"Going to (the) Olympics is my dream and I'll keep working hard until I get there," Zhang said. "But since I've come to the U.S. and received an education, I want to do other meaningful things besides table tennis and I want to find out what I want for my future in college."

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A Damned Nuisance: Roof Ice Dams Must Be Considered

Having just arranged to have my gutters cleaned of the leaves that accumulated there during the fall, I am reminded of another issue concerning a house's roof care that is of utmost importance in snow season: the prospect of ice dams.

When I moved from the city, I really enjoyed our first winter of heavy snow. I remembered that when I built a snowman for my four-year old daughter, it stayed clean, fresh and white, rather than being speckled with black soot like the one I had built the year before in Brooklyn.

I also remember looking up at the roof line on the northern side of my house and admiring the icicles hanging from the fascia and gutters, thinking that they added interest to the wintry scene, much like a perfect 19th century Currier and Ives print.

Little did I know, naïve as I was as a homeowner at that time, that icicles were a byproduct of an ice dam, that winter roof phenomenon that can cause leakage into the house, damaging insulation,



By Bill Primavera

ceilings and walls. And that's exactly what happened to me in a year full of surprises as the new owner of an antique house.

I've since learned that ice dams form in a complex interaction resulting from heat loss from a house, snow cover and outside temperature. What happens is that snow on the upper part of the roof, where the temperature might be above 32 degrees, melts and flows down to the lower part of the roof where the temperature might be below 32 degrees, and there it freezes to form the ice dam.

The dam continues to grow while the water trapped behind it finds cracks and openings in the exterior roof covering, dripping into the attic space and, from there, flowing into the exterior walls and ceiling. It can be a mess.

The solution is complicated because a number of factors can contribute to the possibility of ice dams, including exhaust systems that come from our bathrooms and kitchens, recessed lights, skylights, complicated roof designs and heating

ducts in the attic.

Once an ice dam forms there is little that can be done for an immediate remedy. Trying to break it physically can do more damage than the dam itself. That first year one well-meaning neighbor suggested that next time it snowed, I should physically remove the snow from the north side of my roof with a roof rake and push broom. Sure thing, I thought, all I have to do is climb on the roof when it's snowing. Suicidal I'm not.

Another possibility is to make channels through the dam where water can run through them to the ground. But that too can be a dangerous proposition.

On many houses you see electric cables along the ridge of the roof and, while some roofers say they may be dangerous if the wires wear thin, several homeowners who have them have told me that they work fine. At less than \$1 per linear foot, it makes a cheap and quick fix. But that doesn't fix the problem.

If you have the problem, the best long-term action is to call in a contractor who should check to see that your ceiling is air tight so that no warm, moist air can flow from the house into the attic space. After that, it can help to increase the ceiling and roof insulation to cut down on heat loss by conduction. That's what I

did and it worked.

If you live in a relatively new house, you're probably the beneficiary of state codes for proper ceiling and roof insulation levels that all but eliminate the possibility of an ice dam. Or, if you live in a house with a high-pitched roof, the problem is less likely to occur.

But if you are a homeowner with a lower pitched roof and you see that ominous build-up of ice and icicles, call in a contractor to assess the situation and address it.

In the meantime, if you experience leakage from an ice dam into your house this winter, wait until the ceiling and walls have totally dried out before you attempt any repair work. More importantly, interior repair should be done in concert with correcting the heat loss problem that created the ice dam in the first place or the damage will occur again.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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Enjoyable 'Sour Grapes,' the Movie of Wine Intrigue and Fraud



By Nick Antonaccio

Have you ever wanted to invest in one of those four (or five) figure bottles of elusive, scarce, French wines?

Have you ever been envious of those who could afford them?

A new Netflix documentary delves into this inner world of class and privilege – and its inevitable pitfalls.

Remember the heady days of the early 2000s, when excess was a lifestyle, not a luxury for many high-rollers on Wall Street? When Alan Greenspan warned us all of irrational exuberance? The movie "Sour Grapes" epitomizes one aspect of this lifestyle.

In the middle of the craze for acquiring, consuming and collecting exotic wines was Rudy Kurniawan, an unknown, self-proclaimed wine connoisseur, who endeared himself to wealthy collectors with lavish and expensive meals and rare wines and then proceeded to perpetrate an historic fraud.

The movie portrays the cast of characters with excellent footage from film files and interviews. It lends an air of credibility to Kurniawan's fraud, but also an air of incredulity as we watch gullible

aficionados drinking the grape Kool-Aid of propaganda and lies spewing from Kurniawan's lips.

A short list of the primary characters:

The self-appointed wealthy elite: The Masters of the Universe, who immersed themselves in Kurniawan's seeming hospitality at restaurants and private parties, reciprocated by purchasing his counterfeit wines at auction. Kurniawan is seen entertaining his new friends, thoroughly enjoying the praises with which they shower him. Of course, he must maintain the ruse, but his exuberant demeanor and smiles are palpable in the footage. If he senses the end, it is clear to the viewer he is going to enjoy every moment before his crash.

The wronged: Leading the pack of duped collectors was billionaire, and major wine collector, Bill Koch. He blindly relied on auction houses to certify the provenance of the wines being offered at auction. In the movie, we learn it was Koch who decided to single-handedly right the wrong of counterfeit wine sales. He hired private investigators and cooperated with law enforcement bureaus to recover his worthless investments resting comfortably in his vast cellar. We get

a glimpse of Koch's vast and elaborate cellar. This exclusive footage alone is worth the price of the movie ticket.

The audacious con artist: Kurniawan perpetuated his nefarious scheme for 10 years, from 2002 to 2012. At times, the film casts a light-hearted depiction of his misadventures. There is one remarkable scene, filmed during a live auction in which he is participating, where an expensive bottle has been sold for an astronomical sum. He turns to the person next to him, exclaiming, "Dude, I just opened that bottle on Thursday, can I refill it and put the cork back?"

And the rest is history. FBI agents arrested Kurniawan in March 2012.

The behind-the-scenes accomplices? The movie is unable to uncover definitively the source of Kurniawan's initial wealth. It seems clear to me that others supported his lavish lifestyle. The movie focuses on two of his uncles, living in Indonesia, who defrauded local banks of \$780 million, a significant portion of which was never recovered. The implication is that they may have helped finance his counterfeiting career.

Another anomaly is the vast quantity of counterfeit wine funneled into the

auction markets. According to Laurant Ponsot, an esteemed wine producer from the French Burgundy region who was instrumental in uncovering Kurniawan's fraud, it would have taken two years of 24-hour days to create the wines he counterfeited. Improbable? Neither the movie's directors, nor the courts, pursued this aspect of the fraud.

How did Kurniawan's wine misadventures end? He was tried, convicted and is currently serving a 10-year prison sentence, having perpetrated what is believed to be the largest wine fraud in United States history.

I thoroughly enjoyed "Sour Grapes." I'm now planning a "Rudy" party to invite friends to watch it. And of course, I'll be going into my wine cellar for a vintage bottle of wine to share. I certainly won't rely on one of my wine-obsessed friends for advice on its authenticity.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. 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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Happenings

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Tuesday, Jan. 3

Drop-in Tech Help. Drop in for help with any of your technology devices. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 6 p.m. Free. Every Tuesday. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Italian Language and Culture. Mara De Matteo, born and raised in Italy and passionate about her native language, combines lively conversation with grammatical instruction in her classes. She creates interactive lessons on the richness of Italian culture, past and present, through real-life anecdotes, literature, personal memoirs, films and even photography. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:30 p.m. Free. Also Jan. 10, 17, 24 and 31. Info: 914-273-3887.

"Cameraperson." Exposing her role behind the camera, cinematographer Kirsten Johnson reaches into the vast trove of footage she has shot over decades around the world. What emerges is a visually bold memoir and a revelatory interrogation of the power of the camera. A work that combines documentary, autobiography and ethical inquiry, "Cameraperson" is both a moving glimpse into one filmmaker's personal journey and a thoughtful examination of what it means to train a camera on the world. Followed by a Q&A with Johnson. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Wednesday, Jan. 4

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 jam session that combines cardio, Pilates, plyometrics and isometric movements and poses with the excitement

and euphoria of drumming. Using lightly weighted drumsticks called Ripstix, you'll rock your entire body into beautiful shape while torching calories, isolating core muscles and strengthening coordination and balance. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. \$20. Every Wednesday. Also Saturdays at 11:15 a.m. RSVP required. Info and registration: Contact Peggy at 914-960-4097.

New Mommy Meet-up. Whether you just gave birth to your first or fourth child, join us and enjoy time to meet and chat with other new moms in the Romper Indoor Playground. This is not a structured class, but rather an opportunity to hang out with your new baby. We also invite guest speakers to come and share their expertise about various topics that interest parents of new babies. World Cup Schools, 160 Hunts Lane, Chappaqua. 10:15 to 11 a.m. Free. Every Wednesday through June 21, 2017. Info: 914-238-9267.

Adult Coloring Club. It's a relaxing, analog stress-reducer that can give you a sense of accomplishment. Coloring also provides a creative outlet to people who may not be trained artists. The library provides colored pencils and intricate mandala patterns, just bring your creativity. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10:30 a.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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 (except Jan. 16). 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 (except Jan. 16). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Preschool Storytime. This interactive story time uses picture books, songs, finger

plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Jan 16). Info: 914-769-0548 or www.mountpleasantlibrary.org.

Storytime. For children 18 months to five years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Wednesday and Thursday. Info: Visit 914-666-8041 or www.mountkiscoliberalry.org.

Meditation Series: Midday Mind Break. Benefits of meditation include increase focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whippoorwill Rd., East, Armonk. 12:15 p.m. Free. Also Jan. 11, 18 and 25. Info: 914-273-3887 or www.northcastlelibrary.com.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Also Jan. 11, 18 and 25. Info: 914-273-3887.

Mind Games. Fun exercises and tips for seniors to help stimulate the mind. Phelps Hospital boardroom, 701 N. Broadway, Sleepy Hollow. 2 to 3:30 p.m. Free. Registration required. Info and registration. 914-366-3937.

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

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.

Art Series: Semester Intro - Great Museum Collections and Master Artists. Join us this semester for a look at the fantastic museums and the artists that they house. Why do these artists make visiting these collections worth a special trip? We will be examining several museums and numerous artists in depth in the coming months. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Separation/Divorce Support Group.

A new group for men and women separated, in the process of separating or post-divorce. Establishes a safe place where attendees can deal with the pain and loneliness brought about by the ending of a significant relationship. This nondenominational group will use the 12 Steps to focus on its members and the choices made to cope and adjust. Lutheran Church of the Resurrection, 15 S. Bedford Rd., Mount Kisco. \$10. Every Wednesday. 7 to 8:30 p.m. Info: Contact Ilene Amiel at 914-980-0898 or e-mail 12stepdivorcegroup@gmail.com or visit www.meetup.com/Mount-Kisco-12-step-Separation-Divorce-Support-Meetup.

Thursday, Jan. 5

Knitting Circle. This group is open to everyone who has an interest in knitting. Live, love, laugh, learn and have fun together during these creative journeys. Come share patterns and ideas and celebrate creative spirits together while enjoying the ancient art of knitting. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday (except Jan. 16). Info: 914-273-3887.

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.

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: 914-666-8041 or www.mountkiscoliberalry.org.

Disaster Preparedness Class. The New York National Guard, in conjunction with the New York State Division of Homeland Security and Emergency Services (DHSES), will be presenting this class. Designed by the DHSES, it will cover a broad range of emergency preparedness topics, such as developing a family emergency plan, stocking up on emergency supplies and registering for NY-Alert, the free statewide emergency alert system. Somers Public

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Business of the Week

Good To Go Gourmet Pleasantville

By Anna Young

With Pleasantville welcoming and bidding farewell to many different businesses and eateries at 469 Bedford Rd. over the years, the owners of the latest venture to move into the space, Good To Go Gourmet, believe they will break the chain of bad luck.

After 12 years of success in White Plains, owner Pat Gallagher partnered with Sean Browne a year ago, making the decision to open a second location. They spent time exploring several spaces in Westchester and chose the Bedford Road space. The close proximity to Pace University and established atmosphere of downtown Pleasantville made their decision easier.

“We were lucky enough to find an existing place near the college in a good town,” Browne said.

With a large menu offering a wide range of items, from breakfast burritos, egg sandwiches, bagels, muffins and smoothies in the morning, to specialty

hot and cold sandwiches and wraps, grilled pizza, pasta, burgers and salads, Good To Go Gourmet promotes healthy eating by giving their food an organic twist at a reasonable price.

They also provide catering services for all size events.

“We’ve geared (the Pleasantville) location towards a lot of healthy, organic type foods,” Browne said. “We wanted to offer lettuce wraps because we feel having that option is important.”

To combat the tricky location that offers limited parking, Good To Go Gourmet uses social media sites such as Grub Hub to promote free delivery within a five-miles radius with a minimum \$10 order.

Browne said he understands the block is difficult without parking directly in front of the store on their side of the street, but since opening in late October, the eatery has found more success with deliveries than walk-ins. He said he prefers it that way because



ANNA YOUNG PHOTO

Sean Browne, co-owner of Good To Go Gourmet in Pleasantville. The eatery offers a wide variety of appetizing but healthy breakfast and lunch selections.

customers will order more often when the experience is convenient for them.

But while businesses before them used similar tactics to entice students and local residents, Browne said that as an established and successful White Plains business, Good to Go Gourmet has attracted a steady clientele.

“If you’re going to rely on college kids’ money to keep your business running, you’re not going to do very well,” Browne said. “We still have a steady stream of business and the same revenue we get from White Plains, but college kids will be an addition to the clientele we build over time.”

In February, several tables will be added inside the roughly 900-square-foot store that already has about 10 stools with a counter. Hours will be extended to 8 p.m. to accommodate a dinner crowd.

While foot traffic is good for now, Browne said he knows it takes time for a business to grow and establish a following in a community. With breakfast served from 7 to 10 a.m. and a lunch crowd that thins out in mid-afternoon, Browne is optimistic he will adjust.

“We need to build steam over time and keep that going for an extended period of time,” Browne said. “We want to be here for a long time.”

Good To Go Gourmet is located at 469 Bedford Rd. in Pleasantville. It is currently open Monday through Friday 7 a.m. to 4 p.m. and 7 a.m. to 2 p.m. on Saturdays. It is closed Sunday, except for catering services.

For more information about takeout, delivery and catering, call 914-495-3970 or visit www.goodtogogourmet.biz.

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Happenings

continued from page 18

Library, 82 Primrose St. (Route 139 at Reis Park), Somers. 1 p.m. Free. Info: Visit www.nyprep.gov.

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

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

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkisco.org.

DOY Winterscape Craft. Make a winterscape using discarded books, glue guns, paint and glitter. For children in grade 4 and up; younger children welcome with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 6 p.m. Free. Registration required. Info and registration: 914-864-0130.

NT Live: "No Man's Land." Following their hit run on Broadway, legendary actors Sir Ian McKellen and Sir Patrick Stewart return to the West End stage in this Harold Pinter comic classic. Also starring Owen Teale and Damien Molony. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 6:30 p.m. Members: \$25. Non-members: \$35. Info and tickets: Visit www.burnsfilmcenter.org.

Friday, Jan. 6

Zumba. Low-impact Zumba with Amy. A great dance fitness workout for those who like to sweat, sizzle and tone while moving to the beat of exhilarating rhythms with a low impact/high intensity approach. A perfect class for those who need to protect vulnerable body parts such as knees, shoulders and back. Try a free trial class. Addie-tude Dance Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Drop-in rate: \$12. Every Friday. Also Tuesdays from 10 to 11 a.m. Info: Call or text the instructor at 914-643-6162.

Friday Night Cinema: "Quartet." This 2012 adaptation of the stage play follows four retired opera singers as they mount a charity production to raise funds for their retirement home. Directed by Dustin Hoffman with an incredible

ensemble cast including Maggie Smith, Tom Courtney and Billy Connolly, this poignant comedy is funny and thought provoking. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Country Line Dance. Dancing followed by a complete dinner. All proceeds to go to the scholarship fund at Fox Lane High School and New York Boys' State. Moses Taylor American Legion Post 136, 1 Legion Way, Mount Kisco. 7 to 11 p.m. \$15 per person. First Friday of every month. Info: 914-241-0136.

Prime-Time Tikkun Olam Shabbat. Guest speaker Mary Refling of the Westchester Refugee Task Force will discuss refugee resettlement in the area. She will be joined by members of the Upper Westchester Muslim Society. Musical accompaniment by Brian Gelfand. Hosted by the PCS Tikkun Olam/Social Action Committee. Pleasantville Community Synagogue, 219 Bedford Rd., Pleasantville. 8 p.m. Free. Info: 914-769-2672.

Saturday, Jan 7

Pleasantville Farmers Market. The Pleasantville Farmers Market is the largest, year-round farmers market in Westchester and the one voted "Best of Westchester" in 2014 to 2016 by the readers of Westchester Magazine. With over 40 vendors participating in the indoor market, the delicious good time continues. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 9 a.m. to 1 p.m. Every Saturday through Mar. 25. Info: Visit www.pleasantvillefarmersmarket.org.

Practice Tai Chi With Larry Atille. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. This is a hands-on class that will be geared to the level of experience of the class and challenge all participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East. Armonk. 10:30 a.m. Free. Also Jan. 14, 21 and 28. Info: 914-273-3887.

Meditation Workshop. Come early; space is limited. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to noon. Free. Also Jan. 14, 21 and 28. Info: Contact Michael Cardillo at 914-438-4602.

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

Saddle Up Saturdays With Jonathan Demme: "Colorado Territory." This series returns to try and recapture the heady thrill of settling into the theater for

the delicious ritual of getting immersed in a full-tilt Saturday Western matinee. Demme will appear at select screenings. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Noon. Members: \$8. Non-members: \$13. Most Saturdays through March 25. Info and tickets: Visit www.burnsfilmcenter.org.

"Annie." In New York City during the Great Depression, a plucky, red-haired girl (Aileen Quinn) is the voice of hope for her fellow orphans who live under the supervision of the strict and mean Miss Hannigan (Carol Burnett). A family favorite since its release over three decades ago, this Hollywood musical classic is a must-see on the big screen for kids and parents. Followed by kids' activities. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 12:05 p.m. Members: \$8. Non-members: \$13. Children (13 and under): \$7.50. Also Jan. 8 at noon. (Kids' activities Saturday only.) Info and tickets: Visit www.burnsfilmcenter.org.

Winter Hike Around the Lake. A hike along the new interpretive trail to observe the local flora and fauna. Cranberry Lake Preserve, Old Orchard Street, North White Plains. 1 to 2 p.m. Free. Info: 914-428-1005.

Social Security and The New Retirement Reality Educational Workshop. Covering Social Security claiming and solving the retirement income puzzle for single, married, divorced and individuals who have been widowed. Presented by Paul Petrone, CFP, CPA Social Security and retirement income specialist. Scarsdale Public Library, 54 Olmstead Ave., Scarsdale. 2 to 3 p.m. Free. Registration required. Info and registration: 914-722-1300 or [e-mail scaref@wlsmail.org](mailto:scaref@wlsmail.org).

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

Sunday, Jan. 8

Historic Mansion Tour. Visit Westchester's own Downtown Abbey, an elegant Georgian-style mansion built in 1907, and find out who lived there and why they are important. Merestead Estate, 455 Byram Lake Rd., Mount Kisco. 1 to 3 p.m. Free. Reservations required. Info and reservations: 914-447-7497.

"Tempete." As part of the jury for the Horizons section of the 2015 Venice International Film Festival, Jonathan Demme helped select four films for special awards. The one for best actor went to the extraordinary Dominique Leborne in this film, who plays a sailor torn between his two great passions, the sea and his teenage children, in this profoundly human story of unconditional love and acceptance. Followed by a Q&A led by Demme with

the film's producer Gregoire Debailly and screenwriter Catherine Paillé. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 5 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Monday, Jan. 9

Bird Walk. Beginners welcome. Bringing binoculars is encouraged. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 8:30 a.m. Free. Second Monday of each month. Info: 914-666-6503 or visit www.sawmillriveraudubon.org.

Tuesday, Jan. 10

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.

"Healthy Living for Your Brain and Body." The Alzheimer's Association Hudson Valley chapter offers this educational program that looks at the latest research in diet, nutrition, exercise, cognitive activity and social engagement to help participants form a plan for healthy aging. Larchmont Public Library, 121 Larchmont Ave., Larchmont. 11 a.m. Free. Registration required. Info: 800-272-3900. Registration: 914-834-2281.

Music & Movement. Shake, shimmy and dance. For children two to five years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Tuesday. Info: 914-666-8041 or www.mountkisco.org.

Better Breathers Club. An interactive support group for people with breathing disorders sponsored by Phelps and the American Lung Association. Light refreshments will be served. Led by Susan DiFabio. Participants who use oxygen may switch to the hospital's supply during the meeting. Phelps Hospital's Pulmonary Lab, 701 N. Broadway, Sleepy Hollow. 12 to 1 p.m. Free. Registration required. Info and registration: 914-366-3712.

Diabetes Educational Program for Adults. This two-session program discusses what diabetes is, what medications are available, how to prevent and manage complications, blood sugar targets, what foods to eat, how to count carbs and much more. A physician referral and attendance at both classes is required. Second session is Jan. 19. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. 2 to 4 p.m. Free. Registration required. Info and registration: 914-366-2270.

Maintaining New Year's Resolutions Requires Successful Management

"The journey of a thousand miles begins with one step." - Lao Tzu

If you are reflecting on changes you would like to make this year, try defining and taking actionable, measurable steps within a defined period of time as a way to support the larger resolution.

As you set your goals, consider why you are choosing this particular change. Why is it important to you? This approach will help you stay motivated, keep up the momentum as you get traction and feel success from the smaller achievements.

Many of us choose broad goals, perhaps because we see New Year's as a special time of transition that calls for grand plans to make changes. The expectations we set for ourselves are often higher than those we have for our family or friends; pressure is created to be perfectly unwavering with our resolutions.

Adding to these hurdles is the psychology of denying ourselves something: this tends to increase



By Joanne Witmyer

our cravings for that very thing. For example, have you ever vowed to entirely stop consuming sugar, which made you think about and crave sugar more often, which caused you to eat an entire box of chocolates, which led you to berating yourself and entirely giving up on your resolution within days of setting it?

Reframe this goal so that it is more manageable and less rigid, yet quantifiable. Link a reward to the short-term goal as a powerful inspirational tool. For resolutions that involve the reduction of something, particularly food, be sure to add into the goal something that you can have to counterbalance the feeling of what you cannot have.

For instance, shift this resolution to focus on eating less sugar and more green vegetables this week, then reward yourself by savoring a small piece of dark chocolate once during that timeframe. Think about why you want to reduce sugar intake – for instance, to enhance energy and

vitality.

The science behind this approach is based on the rationalization of more balance and fairness in our minds: we realize something is being taken away by consuming less sugar, but we feel we are also gaining something meaningful through adding more of something else (in this case, the green vegetables) along with the health benefits of consuming less sugar. The incentive of a defined reward helps maintain self-motivation.

Another example is the New Year's resolution of reducing clutter. Applying the method described earlier, this goal can be crafted as follows:

Overall goal:
Reducing clutter this year.

Week 1/Manageable step within the overall goal: This week I will buy an attractive organizing basket for incoming mail, place it in my office, label it with the various categories (e.g., invoices, correspondence, etc.) and begin a system to place the mail into that basket as soon as I bring the mail inside my home.

Why: Because I feel calmer and

better prepared when I see my mail organized rather than cluttering my hallway table and my kitchen counter.

Reward: At the end of the week, spend five minutes sitting in my office and appreciating how different the environment is. Write three ways that calmness and preparation are more evident.

Remember to have reasonable expectations for your own resolutions this year. Rather than becoming discouraged and criticizing yourself, try using encouraging words – like those you might say to a friend – to keep making progress on the changes you envision. Let me know how it goes for you!

Joanne Witmyer is the founder of Indigo Health and Wellness, based in Briarcliff Manor. She teaches group workshops, offers consulting to companies and helps individuals achieve their wellness goals – particularly during times of change and transition. You can reach Joanne at 914-208-1022 or Joanne@IndigoHW.com.

Nourish

The Benefit Shop in Mt. Kisco to Host Auction Feb. 8

The Benefit Shop Foundation, a nonprofit auction business in Bedford, will hold its first red carpet auction of the new year on Wednesday, Feb. 8. Donations and consignments are now being sought for this event at its gallery showroom at 185 Kisco Ave. in Mount Kisco.

"The timing of our upcoming auction is ideal for individuals who want to get a head start on spring cleaning or to liquidate items when selling their home in the spring market," said Pam Stone, The Benefit Shop's president and founder.

Others who are simply looking to redecorate or monetize items they no longer use or need can take advantage of this auction opportunity by working with the shop.

"The Benefit Shop is unlike any

other auction gallery around," Stone said. "We make the process hassle-free. We accept almost all household items, from china to china cabinets, carpets to crystal, clothing to curios for either donation or consignment. With one phone call, we come with a truck, crew and all materials to pack up the items."

The proceeds help support over 40 charities in the Tri-State area, she said.

In addition to the value and convenience the shop provides to consignors, buyers also benefit by getting great deals on a wide variety of priceless merchandise.

"People may not necessarily think of an auction gallery when they want to part with items in their home," said Kristin Alexander, the gallery manager.

For more information, visit www.thebenefitshop.org.

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LEGAL NOTICES

75 HILLSIDE AVENUE, LLC FILED AN ARTICLES OF ORGANIZATION with the NYS Dept. of State on 12-9-16. The office of the LLC is located in Westchester County. The NY Secretary of State has been designated as the agent upon whom process may be served. NYSS may mail a copy of any process to the LLC at:

John Credaroli, 2 Columbus Avenue, Valhalla, NY 10595. Purpose: Any lawful business activity.

NOTICE OF FORMATION OF T.C. INVESTIGATIONS, LLC, Articles of Organization filed with the SSNY on October 17, 2016. Office location: Westchester County, New York. The SSNY is designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process accepted on behalf of the LLC served upon him or her to: **103 Skyview Lane, New Rochelle, N.Y. 10804. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF UNDERSTORY BREWING LLC filed Arts. of Org. with Secretary of State of NY (SSNY) on November 22, 2016, pursuant to Sec. 203 of the NY LLC Law. Office Location: Westchester County. Principal Business Location: Understory Brewing LLC, 13 Rick Lane, Cortlandt Manor, NY 10567. Secretary of State is designated as agent of the LLC upon whom process may be served and the SSNY shall forward process to **Understory Brewing LLC, c/o Corporate Filings of New York, 90 State Street, Suite 700, Office 40, Albany, NY 12207. Purpose: any lawful business purpose for which LLCs may be organized under the law.**

NOTICE OF FORMATION OF PEEKSKILL HOLDINGS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on July 26, 2016. 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: **Brendon Fitzgerald, 741 Shenandoah Ave., Peekskill, NY 10566. Purpose: Any lawful acts.**

NOTICE OF FORMATION OF LEONE LLC. Art.of Org. filed with NY Secy of State (SSNY) on 11/30/16. Office location : Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to : **9 Cedar St. Tuckahoe. NY 10707. Purpose: any lawful activity.**

NOTICE OF FORMATION OF HARD-BALL CONSULTING LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 11/01/2016. Office loc: Westchester. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **15 Bank St. #102A, White Plains, NY 10606. Purpose: any lawful acts.**

NOTICE OF FORMATION OF KIDS IN SPORTS II LLC. Articles of Organization filed with SSNY on 07/11/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to the principal business address: **1420 Second Avenue, New York, New York, 10021. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF SILVER RUSH PRODUCTIONS, LLC. ARTS Of ORG filed with Secy of State of NY (SSNY) on 12/05/2016. Office Location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to: **c/o United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF ANDY ROBLES LLC/A ROBLES LLC RECENTLY WITH IRS. Articles of Organization filed with Secretary of State of New York (SSNY) on September 8th, 2016. 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: **17 Limerick St., Stamford, CT 06902. Purpose: Landscaping and hardscaping.**

HOUSING CHOICE VOUCHER PROGRAM WAITING LIST OPENING AND LOTTERY IN PUTNAM COUNTY NOTICE IS HEREBY GIVEN that the Putnam County Housing Corporation (PCHC) Carmel, New York in accordance with regulations outlined by the New York State Homes & Community Renewal, Statewide Section 8 Voucher Program, Section 8 Administration Plan, April 1, 2015, will reopen the Section 8 waiting list for all income eligible individuals and families. Annual income limits vary by household size: **1 person - \$31,750; 2 persons - \$36,250; 3 persons - \$40,800; 4 persons - \$45,300; 5 persons - \$48,950; 6 persons - \$52,550; 7 persons - \$56,200; and 8 persons - \$59,800.** Following the HCR Administrative Plan, priority will be given to those below 30% of area median income: **1 person- \$19,050; 2 persons - \$21,800; 3 persons - \$24,500; 4 persons - \$27,200; 5 persons \$29,400; 6 persons - \$32,580; 7 persons \$36,730; and 8 persons - \$40,890.** Applications will be available to the public on January 2, 2017 at PCHC's office, 11 Seminary Hill

Road, Carmel, NY 10512; online at www.putnamhousing.com or by calling 845-225-8493. Applications must be mailed to: **HOUSING CHOICE VOUCHER LOTTERY P.O. Box 60 Carmel, New York 10512 All applications submitted between February 1, 2017 and February 28, 2017 will be placed in a lottery to be held Monday, March 20, 2017.** No applications will be accepted at PCHC offices. The lottery process will be observed by Putnam County Department of Social Services staff to ensure lottery procedures are followed. Seven hundred and fifty (750) applicants will be drawn in random order and assigned a waiting list number in the order drawn to the existing, computerized waitlist. Additionally, each application will be dated and time stamped, numbered and entered into a bound log book. Letters will be sent to selected applicants confirming their placement on the waiting list. All applications not drawn as one of the 750 will be notified by May 1, 2017. The Housing Choice Voucher Program is a federal housing program administered by the U.S. Department of Housing and Urban Development. The program provides housing assistance to renters with low to moderate income in the form of rental subsidies. Individuals with disabilities are eligible for the program and reasonable accommodations will be made where necessary to ensure equal participation in housing assistance. Equal Housing Opportunity Statement: We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status, or national origin.

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ExaminerSports

Bobcats Lose to Iona Prep at the Slam Dunk Tourney

By Andy Jacobs

When Byram Hills sophomore forward Willy Samsen rose in the air at the top of the key and drained a 3-point shot 10 seconds into the fourth quarter to slice a Bobcat deficit to just two points, it seemed fans at the Westchester County Center were about to be treated to a frantic finish.

But the Bobcats wound up missing their next nine shots from the field, while the Iona Prep Gaels went on a 10-0 burst that paved the way to a 52-44 victory last Wednesday night in the opening round of the 18th annual Slam Dunk Tournament. Shooting just 29 percent from the floor after halftime, Byram Hills couldn't quite keep up in the eagerly anticipated showdown and wound up suffering its first loss of the season.

"I think we can use it as a learning experience," said Bobcats coach Ted Repa afterwards. "There's a lot we have to get better at, especially on the defensive end. Hopefully, we can use it as a tool to grow."

The two talented teams battled each other basket for basket in the game's opening half, with the lead changing hands six times in the first quarter and four more times in the second. But Iona Prep never trailed again after sophomore guard Bryce Wills, the former Valhalla Viking, hit a left-elbow 3-pointer midway through the second period that gave the Gaels a 20-18 edge.

The Bobcats' biggest lead of the evening, 10-6, came three and a half minutes after the opening jump as Skylar Sinon, who finished with a game-high 14 points,

swished an NBA-range 3-pointer. But the junior guard was hampered by first-half foul trouble and wound up misfiring on his other six shots from beyond the arc.

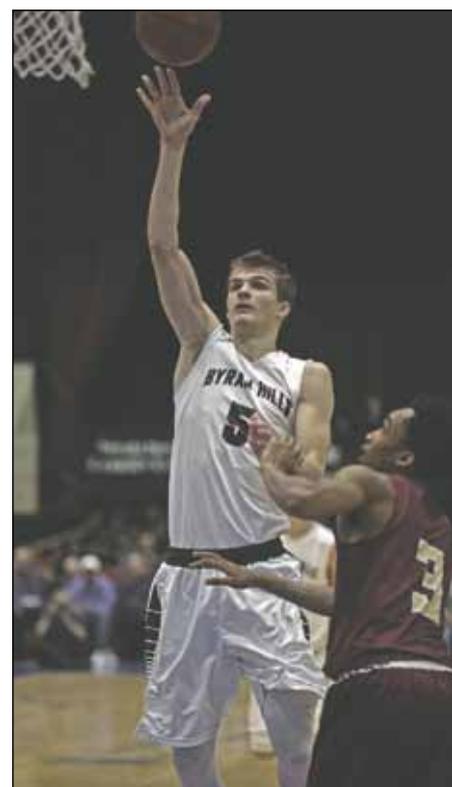
Despite that, Byram Hills only trailed by one point after the first quarter and walked off the court at halftime still within 25-21. When the Gaels opened up a 10-point cushion midway through the third period following back-to-back baseline drives for buckets by senior guard Nick Brennen, the Bobcats responded with an inside basket from Matt Groll and then a trey by Samsen nearly a minute later to get within 34-29.

Groll, who finished with 11 points and six rebounds, scored a put-back basket at the third-quarter buzzer and Byram began the final eight minutes trailing 38-33. Samsen opened the final period with his second 3-pointer and the Bobcats suddenly found themselves behind by just two points. But heralded 6-foot-8 junior forward Josh Alexander, who until then had made only one basket all night, soon provided three more during the Gaels' decisive 10-0 burst.

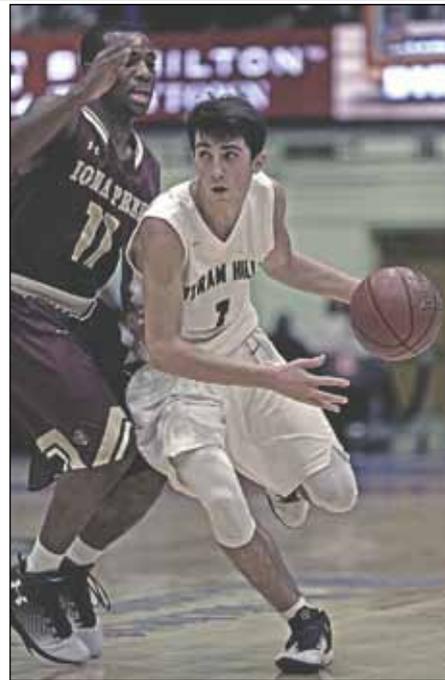
By the time Sinon ended the Bobcats' streak of nine straight misses from the field with a drive through the lane, the Gaels' lead had grown to 12 points and it was becoming apparent Iona Prep would be the team facing Mamaroneck in Thursday's championship game. Still, a dazzling scoop shot in traffic by Sinon,



The Bobcats' Ben Leff gets to the rim for an easy bucket in last Wednesday night's game at the annual Slam Dunk Tournament.



Byram Hills center Matt Groll sends up a shot in the lane over Iona Prep's Bryce Wills.



Byram Hills senior guard Matt Milone, pressured by Jacob Hargraves of Iona Prep, gets set to pass the ball during the Bobcats' 52-44 loss.

followed by a fast-break basket from Ben Leff with 2:55 to go, kept the outcome in doubt just a bit longer.

The Bobcats could have moved within five points a half minute after Leff's high-rise finger roll, but Sinon's 3-point shot from the right corner that was rushed with the Gaels' Romar Reid flying toward him, caromed off the rim. A left-handed layup by Souleymane Koureissi at the other end of the court then all but sealed Byram's fate.

"There were a few breakdowns, defensively, where they kind of just went right down the middle and scored," said Repa. "So we've got to look at the film and see what happened. Offense is gonna come and go, we didn't shoot particularly well. But that will happen, and we have to be a little tougher and smarter defensively."

The primary Byram Hills offensive threats, Groll and Sinon, wound up a combined 10-for-30 from the field. Repa had to improvise late in the first half after Sinon was whistled for his third foul on a drive to the basket and Groll soon followed him to the bench with a cut lip.

"Yeah, not having them on the court at the same time, we're not quite the same team," he said. "But that's something we kind of need to work on in practice for situations where that may occur."

Repa's biggest concern after falling to Iona Prep was getting his weary team prepared for its Thursday afternoon consolation game that was set to tip off in another 16 hours.

"Oh, that's something I'm a little nervous about," he conceded. "We have Matt Groll with the lip, plus he's not feeling that well. He's a little under the weather. So I'm concerned with him. It's gonna be tough."

As it turned out, the Bobcats rose to the challenge and defeated Uniondale 61-47 in the third-place game. Sinon scored 24 points and grabbed six rebounds, while Groll managed to provide nine points,



Bobcat guard Skylar Sinon rises for a shot in the fourth quarter of last Wednesday's game at the Westchester County Center.

eight boards and three blocked shots. Leff chipped in with 11 points and nine rebounds.

"These are the situations you've got to put yourself in," said Repa of the dilemma of playing two games in such quick succession. "You've got to put yourself in tough situations so you're prepared for the playoffs."



Conor Ahern of Byram Hills has his path to the basket blocked by Iona Prep's Josh Alexander during last week's marquee matchup at the County Center.

ANDY JACOBS PHOTOS

2016 A Look Back



ANDY JACOBS PHOTOS

Briarcliff senior Ryan Gallagher captured the sectional cross country championship at Bowdoin Park this past fall.



Pleasantville's Charlie McPhee celebrates a touchdown as the Section 1 champion Panthers crush New Paltz in a state regional playoff game.



Pleasantville's Declan McDermott gets set to throw on a halfback option during the Panthers' dramatic regular-season win over Westlake.



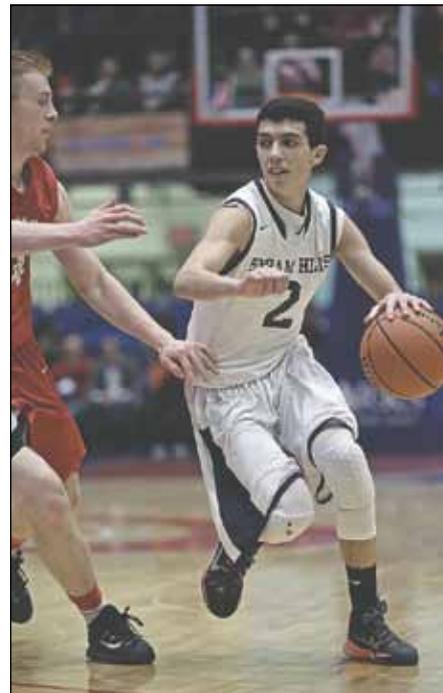
Kelly Martin of Westlake sends the ball over the net for the Wildcats, who captured the sectional volleyball title a couple of months ago.



Briarcliff freshman Rebecca Lim won the sectional singles title and led the Bears to the team championship.



Briarcliff forward Josiah Cobbs takes the ball to the basket for the sectional champ Bears in their state regional vs. Marlboro.



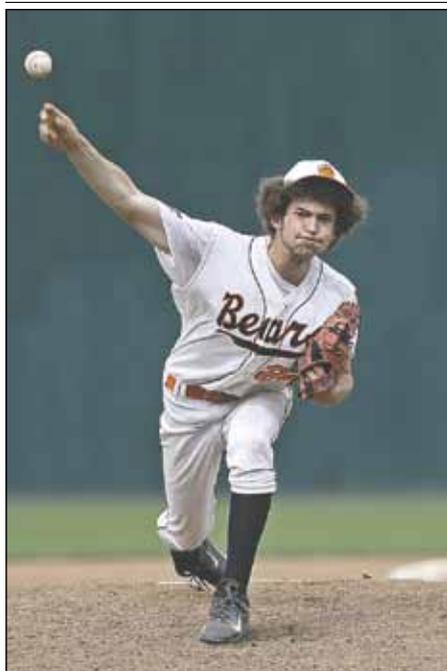
Byram Hills guard Skylar Sinon dribbles at the Westchester County Center, where the Bobcats won another Class A title.



Brian Reda and the Pleasantville Panthers earned their second straight lacrosse championship by defeating Bronxville in overtime.



High-rising Alex Olsen helped lead Fox Lane to an improbable Section 1, Class AA basketball championship.



ANDY JACOBS PHOTOS



Briarcliff's Cameron Johnson delivers a pitch in the sectional final vs. Keio at Palisades Credit Union Park in Rockland County.

Fox Lane running back Tanner More scored six touchdowns in a win over Ossining this past season.

Soccer standouts Amelia Leahy of Briarcliff and Raphaela Dasilva of Valhalla both set their sights on the ball during a Bears' home game.

Fox Lane freshman Noelle Kauffman won the sectional title in the 100 yard breaststroke and anchored the Foxes' winning 200 yard medley relay team.

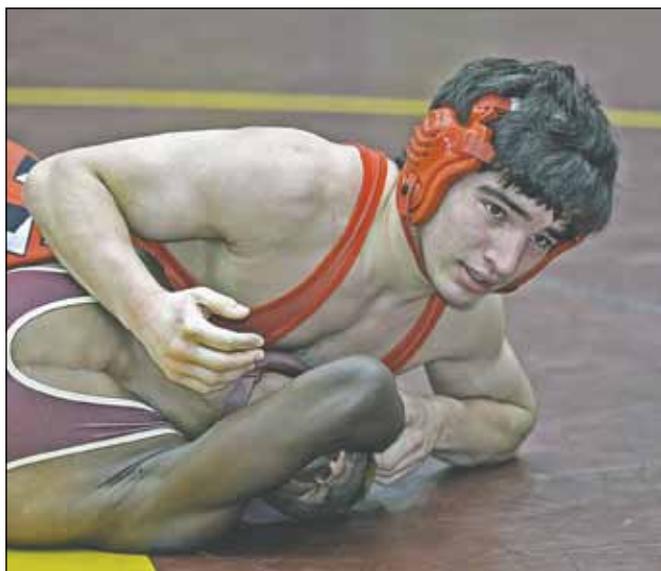


Sophia Gelard of Briarcliff sprints for the finish line at the state qualifier track and field meet.

Fox Lane tennis standout Sam Turchetta prepares to crush a backhand return during one of his singles matches for the Foxes.

Horace Greeley's Tyler Hill won two individual sectional championships and helped the Quakers take first place in two relay races en route to the team title.

Valhalla's Shelby Sekinski, an eighth-grader at the time, sends up a shot in the lane in the 2016 sectional semifinals at the County Center.



Fox Lane's Matt Grippi is on his way to capturing the sectional Division 1 championship at 138 pounds.

Fox Lane freshman phenom Trevor Zegras dazzled in his one season with the Foxes before heading to prep school.

Valhalla's Sam Morillo rises high in the air to smack the ball as Westlake's Allie Iannucci tries to block her.

2016 A Look Back



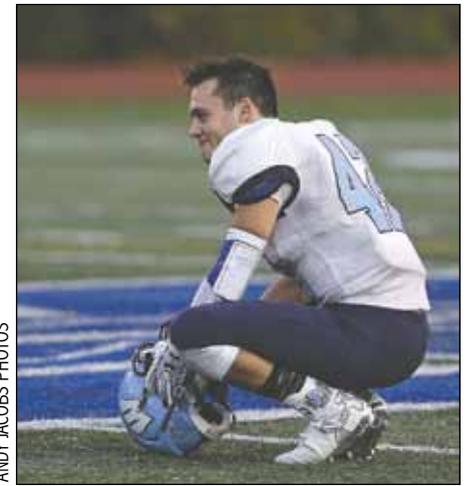
Kallie Hoffman of Byram Hills sends a shot on goal in the Bobcats' playoff win over Beacon under the lights.



Ally Steffen of Byram Hills lines up a putt while competing in the girls' sectional golf championship at the Whippoorwill Club.



Horace Greeley's Ryan Renzulli sends the puck past Mt. Pleasant goalie Ben Bottiglieri and into the net in a game last month at Brewster Ice Arena.



Westlake's Joseph Ferri is alone with his thoughts near midfield after the Wildcats' bid for a second straight sectional title was ended by Pleasantville.



Fox Lane's Lindsay West fires a shot on goal during the Foxes' title game against North Rockland.



Greeley's Jessica Rosendorf moves the ball up the field as Fox Lane's Kayla Gallagher defends in the playoff game won by the visiting Quakers.



Pleasantville senior Jonathon Kyriakidis scores a goal during a Panther home playoff win this past fall.



Westlake's Jamie Perfito lashes a pitch to deep left field during the Wildcats' annual softball tournament.

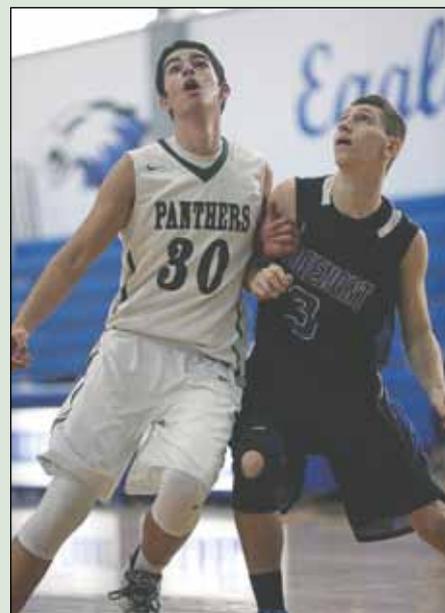
Panthers Win the Title at Dobbs Ferry Tourney



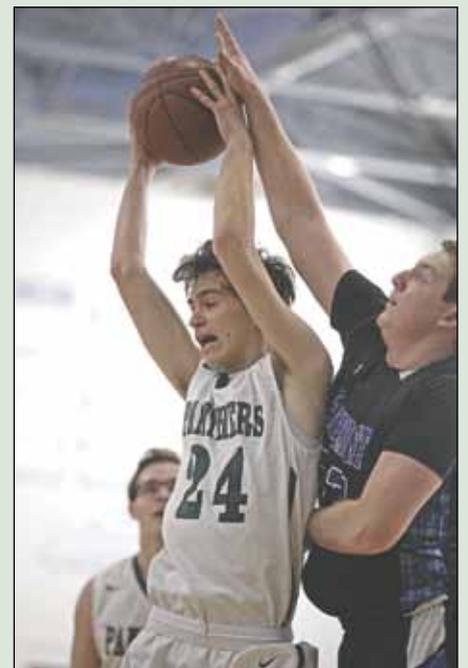
Charlie McPhee tries to dribble past Edgemont's Liam Klein in the opening round of the Dobbs Ferry Winter Classic last Wednesday.



The Panthers' Mike Manley goes airborne as he takes the ball to the basket vs. Edgemont.



The Panthers' Quentin Lupo, the tourney MVP, battles for rebound position with Edgemont's Dylan Harrigan.



Jeremy Stone hauls in a rebound in Pleasantville's opening-round win over Edgemont.

ANDY JACOBS PHOTOS

ANDY JACOBS PHOTOS

Reish Leads the Bears at the Slam Dunk Tourney

By Andy Jacobs

The last time the Briarcliff boys' basketball team walked out of the Westchester County Center, back in late February of 2016, Jack Reish was carrying the most valuable player award after leading the Bears to the Class B sectional championship.

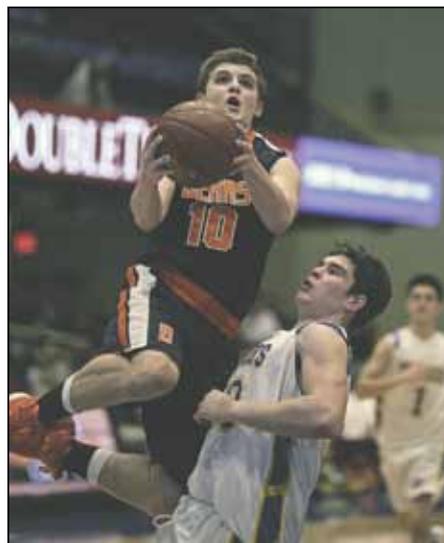
So maybe it shouldn't have been much of a surprise to anyone that when the Bears left there again last week, it was Reish who was in possession of another most valuable player trophy.

The senior guard poured in 28 points, most of them in the second half, as Briarcliff, now 4-1 this season, defeated the Ardsley Panthers 56-46 on Wednesday afternoon in a Challenge Game at the 18th annual Slam Dunk Tournament.

"Yeah, the kid's special, the kid's special," said Bears head coach Cody Moffett after watching Reish take over the game following halftime intermission. Reish scored six of his points during a pivotal 13-0 Bears' blitz to start the third quarter that rapidly turned a 24-21 halftime deficit into a double-digit Briarcliff lead.

"He's consistent," added Moffett. "So it's not necessarily me being surprised by anything that he does. It's just getting him to buy in to everything we're doing and then continuing to be a leader. You know, he's done that all four years he's been here. So I'm just excited and fortunate to coach a great kid."

The Bears, playing without starting guard Jack Ryan, sidelined by a sprained MCL and also a fever, managed to make just two of their 14 shots from the field in the first quarter against an inspired Ardsley defensive effort. The Panthers scored the game's first six points and stretched their lead to 17-6 when Julian McGarvey drained a 3-point shot as the buzzer sounded to end the opening period.



"I felt like we did two things - we settled for threes and our defensive intensity was not where it's supposed to be," said Moffett about his team's dreadful first eight minutes. "I felt like we even lost the bench that first quarter. We always talk about winning the bench. But after that, we focused in on defense and things started to turn around for us."

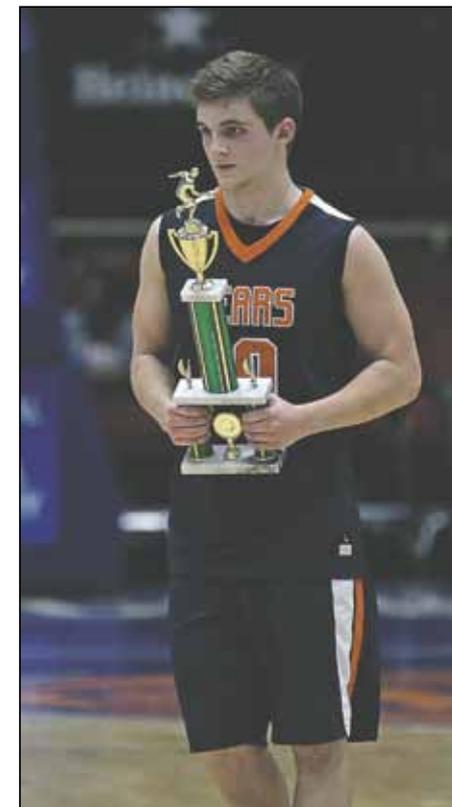
Senior guard Matt Perlmutter came off the Briarcliff bench to provide a second-quarter spark, connecting on a 3-pointer that started a 6-0 spurt that quickly sliced the Ardsley advantage to five points. Reish, limited to just a pair of free throws in the opening stanza, soon provided the Bears with his first three buckets of the game and the Panthers' lead shrank to three points at halftime.

"I just really couldn't get open," said Reish of the Bears' unproductive first quarter. "You know, we can't panic, we've just got to pick it up on the defensive end, that's it. But I trusted my teammates and, at the end, we were just able to get it done. It was a team effort."

Briarcliff scored the last three points of the first half, then overwhelmed the Panthers with the first 13 of the second.



Briarcliff senior guard Jack Reish takes the ball to the basket, rises for a jump shot, and walks away with the MVP trophy at last Wednesday's Slam Dunk Tournament challenge game.



The third-quarter run began with four straight points from sophomore Miles Jones, who scored on a runner in the lane and then added two free throws a half minute later. Reish supplied the next four points, and when he later capped the huge spurt with a driving layup with 3:36 left in the third quarter the Bears' lead had ballooned to 34-24.

But Ardsley, starting the fourth quarter trailing by six points, outscored the Bears 11-5 over the first few minutes. A foul shot by McGarvey, who led the Panthers with 14 points despite shooting just 4-of-16 from the field, tied the game at 41-apiece with 4:50 left on the clock.

Unfortunately for the Panthers, Reish saved his best for last. He scored 14 of his points in the fourth quarter, including six of them during one extended Briarcliff possession that all but decided the outcome. With the teams still tied, Reish, not even six-feet tall, posted up on the right baseline two straight times and scored first on a spin move to the hoop and then on a 15-foot turnaround jumper.

A jump hook in the lane by the Bears' Jackson Gonseth was soon followed by a basket by McGarvey that left Briarcliff clinging to a 47-43 edge. With 2:12 to go, Reish was awarded four free throws after being fouled and a technical on the Panthers. He made three of the shots, then followed them with a left-elbow 3-pointer when the Bears maintained possession.

Suddenly the Briarcliff lead was back up to 10 points and the Panthers were finished. Danny Hewitt hit on a baseline jumper with 43 seconds remaining that

cut the Bears' margin to seven points, but Reish made two free throws with 23.5 seconds left to seal the victory.

"It was definitely started on the defensive end," said Reish about the key to the Briarcliff turnaround. "You know, we just picked it up and, like Coach says, our offense starts from the defense."

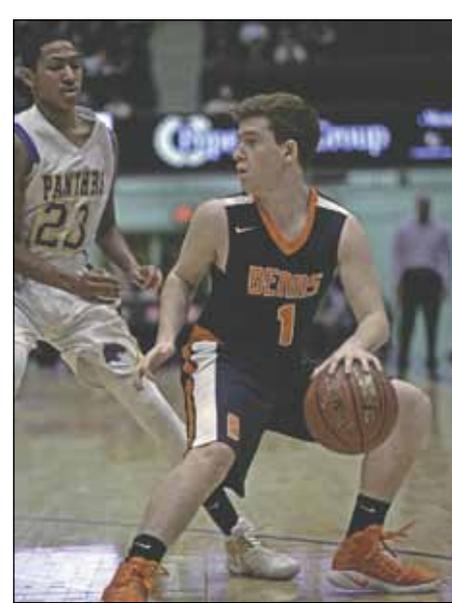
"Yeah, we just preached defense and letting the ball fly up the court and playing our brand of basketball," said Moffett, whose team also wound up outrebounding Ardsley by a whopping 38-22 margin, led by 11 from the six-foot Jones. "It was nothing Xs-and-Os-wise. Our defense started to pick up, so that was great to see."



The Bears' Miles Jones dribbles the ball near the 3-point arc in last week's 56-46 win over Ardsley at the County Center.

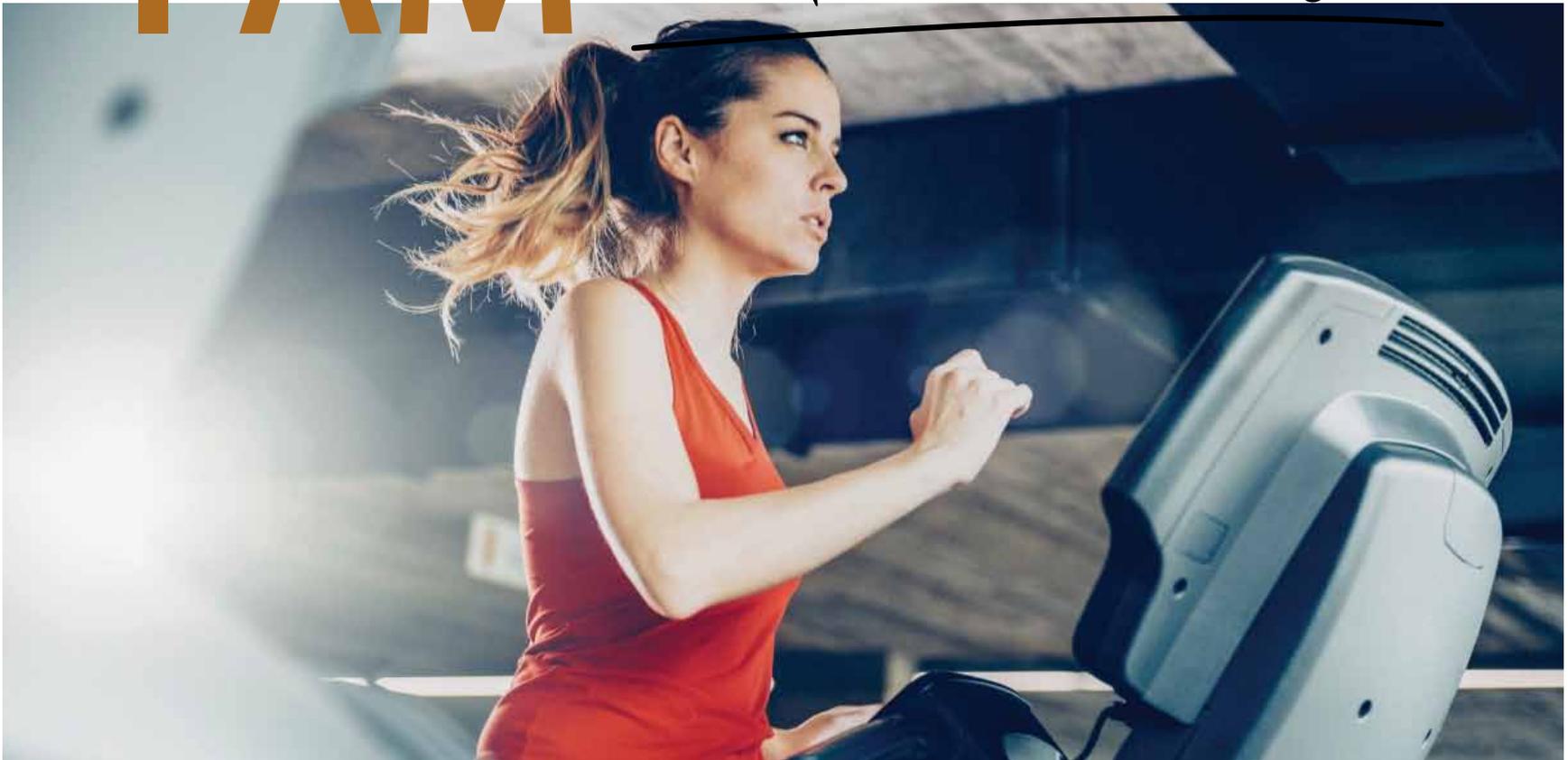


Tajjon Tribble of Briarcliff shoots a jumper in the third quarter of the Bears' victory over Ardsley.



Senior guard Matt Perlmutter handles the ball in the first half of Briarcliff's 56-46 win over Ardsley at the 18th annual Slam Dunk Tournament.

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