

The Examiner

twitter.com/ExaminerMedia



**Panthers
Win Title
in Overtime**
See Sports

FREE

Serving Mount Kisco, Pleasantville, Chappaqua/Millwood/New Castle, Mount Pleasant, Armonk/North Castle & Briarcliff

November 7 - November 13, 2017

SMALL NEWS IS BIG NEWS

Volume 11, Issue 531

New Castle, Ossining Exploring New Bike and Pedestrian Trail

By Martin Wilbur

Officials from New Castle and the Town and Village of Ossining are collaborating on improving connections between the municipalities for pedestrians and cyclists by developing a plan to link Millwood with its western neighbor.

At a pair of workshops last Thursday, four potential east-west bike routes that had recently been unveiled were discussed. They are proposed in hopes of encouraging local residents to explore transportation alternatives while linking communities, commerce, open space and recreation in a safe and accessible manner.

The communities had received a \$30,000 Hudson Valley Greenway grant from the state to conduct an engineering study to look at connecting downtown Ossining with the North County Trailway, a popular bike path that

runs from north to south throughout Westchester and Putnam counties and passes through Millwood.

An intermunicipal task force consisting of representatives from New Castle and Ossining town and village recently mapped possible routes. Residents from Briarcliff Manor and the Town of Yorktown are also interested parties. At last week's two-session workshop at the Ossining Public Library, residents were encouraged to leave comments and complete a 28-question survey to better gauge area residents' preferences and habits.

"The whole notion is to have pedestrian and bike access to make it easier for people to bike and walk to and from these various places," said Town of Ossining Supervisor Dana Levenberg.

Levenberg said it is not yet known *continued on page 2*

Major Accomplishment



A group of 22 Byram Hills High School seniors were recently inducted into the school's chapter of the prestigious Cum Laude Society. Principal Christopher Walsh congratulated the inductees for being in the top 10 percent of their class academically while performing community service and demonstrating leadership in clubs, theater, athletics and music.

Astorino Assures Public County is Working to Prevent Terrorism

By Anna Young

County Executive Rob Astorino assured the public last week that county law enforcement is monitoring potential terror threats within Westchester to prevent episodes from occurring while supporting law enforcement officials in New York City.

During a Nov. 1 press conference the morning after last Tuesday's attack in lower Manhattan, Astorino and Commissioner of Public Safety George Longworth discussed the county's readiness and ability to thwart any potential threat in Westchester.

"Policing today has changed dramatically since pre-9/11 where dealing with acts of terror unfortunately is part of their regular training," Astorino said. *continued on page 4*



ANNA YOUNG PHOTO

County Executive Rob Astorino, with Westchester law enforcement officials, looks to ease concerns last Wednesday, a day after the terrorist attack in lower Manhattan.

No. Castle Begins Rec Center Parking Expansion to Ease Armonk Crunch

By Martin Wilbur

Work to expand and reconstruct the Hergenhan Recreation Center parking lots was scheduled to begin this week, a project that will increase parking for the facility as well as for visitors to downtown Armonk.

North Castle Town Administrator Joan Goldberg said preliminary work, including erosion control methods and actual groundbreaking, was due to start on Monday at the site located at 40 Maple Ave. It is tentatively slated to wrap up by Dec. 20, she said.

The bid for the project was awarded in September to Tony Casale, Inc. of Yonkers for \$563,753. The cost to the town will be reduced by \$250,000 as a result of a Dormitory Authority of the State of New

York (DASNY) grant that had previously been obtained.

Expansion of the parking lot behind the recreation center, referred to by town officials as the upper lot, will more than double the capacity from its current 21-space limit to 46 spaces, said Matt Trainor, North Castle's superintendent of Recreation & Parks. That will be accomplished by paving over the grassy area beyond where the existing parking is now, he said.

A second part of the project will pave over the gravel area that's used for additional parking at the facility on the side of the building closest to Wampus Brook Park, Trainor said. After the paving and striping, it is expected there will be 22 defined spaces, roughly what the gravel *continued on page 4*



The D'Errico Engagement Ring

Westchester's Diamond Store



The most comfortable diamond buying experience.

D'Errico
JEWELRY

Scarsdale | Mount Kisco
D'ErricoJEWELRY.com 914-864-2688

New Castle, Ossining Exploring New Bike and Pedestrian Trail

continued from page 1

what the costs might be for the different routes. Each choice has advantages and drawbacks, she said. The communities will have to discuss funding methods in the future.

One of the four potential trails that were detailed include Route 133, which is the most direct route from Ossining to the North County Trailway. It would be 3.67 miles long with a 466-foot climb and a maximum elevation of 573 feet.

Other possibilities are Pinesbridge Road, a 4.67-mile proposal with a climb of 506 feet and a maximum elevation of 621 feet; Croton Dam Road, an 8.73-mile trail with a 662-foot climb and maximum elevation of 574 feet; and Pleasantville Road in Briarcliff Manor, which would be 5.3 miles long with a 525-foot climb and a 438-foot maximum elevation.

The project's goal is to not only provide a direct link from one destination to another but also offer additional recreation by linking existing trails and making bike and pedestrian access easier to some of the commercial zones so residents don't have to use their car all

the time, participants agreed. Residents from multiple communities that have redone or are in the midst of revamping their Comprehensive Plans have stressed walkability and access to bike trails as a priority.

"It's looking at the whole area to try and create as much of a network in kind of a concentric loop and have multiple routes that can be taken," said Stephen Coleman, New Castle's environmental consultant.

Mark Wilson, a Briarcliff Manor village trustee and an avid biker, said the village is backing the effort. He said the Pleasantville Road route would be most advantageous to Briarcliff because it would be able to hook up with an existing trail near the village's community center and library.

It would also be best if the route traverses a somewhat more rural road rather than a more heavily traveled commercial byway, he said. However, Briarcliff will be supportive regardless of the route that is chosen.

"At the village we're entirely supportive because most of it is going to Ossining



Some of the visuals of the proposed bike and pedestrian path that area officials hope will connect Ossining and New Castle.



MARTIN WILBUR PHOTOS

A portion of the North County Trailway in Millwood. A proposal being worked on by the Town and Village of Ossining and the Town of New Castle would help connect the municipalities with a new route that could be linked to the existing trailway.

and New Castle, but we're being supportive to make sure it fits into what we already have so it makes it more enjoyable," Wilson said.

Laura Kelly, a cycling enthusiast from Yorktown and originally from Colorado where bike routes are plentiful, said the plans makes sense for those who love the outdoors and want to achieve a better quality of life.

"You're going to have more opportunities to stop and enjoy and experience where you're going and take in the sights along the way," Kelly said. "So, these types of opportunities are tremendous. We don't have enough of these up here for people to be able to get around without driving your car, so I

love being able to talk about this."

Vehicle reduction is one of the goals for Ossining, particularly downtown, so more parking doesn't have to be created, Levenberg said.

"That's going to be better for the environment, it's going to be better for people's health, it's going to ultimately be better for business, too, if you can get some walking-friendly sidewalks and things like that," Levenberg said.

To learn more about the effort and to take the survey, visit www.townofossining.com/cms/projects/millwood-ossining-go.

SMALL NEWS IS BIG NEWS
914-864-0878



The Pap Test

What every woman must know about this test and possible results...

Ask the Doctor

Elisa Burns, MD

Medical Director,
Director of Quality and Outcomes
Institute for Robotic and
Minimally Invasive Surgery
Northern Westchester Hospital

Learn more about
Dr. Burns, visit
[nwhroboticsurgery.org/
DrBurns](http://nwhroboticsurgery.org/DrBurns)



**Northern Westchester
Hospital**
Northwell Health®

400 East Main Street | Mount Kisco, NY 10549
(914) 666-1200 | www.nwhc.net

Q: What does the Pap test show?

A: The Pap test (or Pap smear) screens for pre-cancerous cellular abnormalities in a woman's cervix. If abnormalities are found, you can be monitored or treated so you don't develop cervical cancer. A Pap test involves scraping cells from your cervix to examine for pre-cancerous changes in tissue. Depending on your age, history and previous Pap test results, the cells might also be tested for high-risk types of the human papillomavirus (HPV), the most common cause of cervical cancer. Ninety-nine percent of cases of cervical cancer are caused by the human papillomavirus, which is generally sexually transmitted.

Q: If my Pap results are abnormal, what are the next steps?

A: If your cervical cells appear abnormal and/or you are positive for high-risk HPV, you may undergo a colposcopy, an examination of the cervix under magnification, to find areas most likely to have abnormal cells. If these are found, a biopsy is used to make a definitive diagnosis.

Among women aged 20 to 30 years, cervical cell abnormalities often go away by themselves, so we typically monitor rather than treat these women,

as cervical cancer develops slowly. However, when an older woman receives a positive biopsy report, we more often treat because abnormalities don't always go away on their own. We usually surgically remove the abnormal area.

Q: How effective is the Pap test?

A: Very. Routine Pap tests have decreased the rate of cervical cancer in the U.S. by 80 percent. Women who get screened for cervical cancer have an extremely low rate of this cancer.

Q: At what age should I start and stop having Pap tests?

A: Start at 21. Women under 21 have a very low incidence of the type of high-grade abnormalities that will progress to cervical cancer. Screening after age 65 isn't needed if you have a recent history of normal Pap results. If your Pap test and HPV test are negative, you should repeat both tests in three years.

Did you know?

Routine Pap tests have decreased the rate of cervical cancer in the U.S. by 80 percent.

DODD'S THANKSGIVING WINE & LIQUOR SALE

OPEN SUNDAYS
12pm - 5pm
OPEN
THANKSGIVING DAY
9-1pm

CAVIT \$11.99
PINOT GRIGIO 50.7 oz.

YELLOW TAIL \$10.99
SHIRAZ 50.7 oz.
CHARDONNAY

DEWAR'S SCOTCH or
Johnnie Walker Red
\$32.99 1.75 LTR.

JACK DANIELS'
\$47.99 1.75 LTR.

JIM BEAM \$29.99 1.75 LTR.

MAKERS \$49.99 1.75 LTR.
MARK

CANADIAN CLUB
\$23.99 1.75 LTR.

JOHNNIE WALKER BLACK
OR **CHIVAS REGAL** \$69.99 1.75 LTR.

NEW LOW PRICE!!

GREY GOOSE 1.75 LTR.
\$49.99

ABSOLUT VODKA 1.75 LTR.
\$27.99

KETEL ONE VODKA 1.75 LTR.
\$39.99



230 SAW MILL RIVER ROAD • MILLWOOD
MILLWOOD SHOPPING CENTER Off Taconic Pky
LIQUOR CITY • 762-5511
www.doddswineshop.com

DODD'S SPECIAL WINE BUYS
POUILLY FUISSE
DOM. ROCHERS \$14.99 2015 Rated 90 WS
CH. BEAUREGARD \$17.99 2014 Rated 92 WS
2016 Festivo Malbec \$7.99 Was \$13.99 Rated 90 Suckling

DODD'S POPULAR WINE BRAND SALE

SANTA MARINA PINOT GRIGIO \$9.99 50.7 oz.
• **EXCELSIOR Cabernet Sauvignon**6.99
• **LOS VASCOS Cabernet Sauvignon**7.99
• **14 HANDS Cabernet Sauvignon**.....7.99
• **RELAX RIESLING**8.99
• **OYSTER BAY Sauvignon Blanc**.....10.99
• **CANNONBALL Cabernet Sauvignon**10.99
• **PINE RIDGE Chenin/Viognier** Rated 90 WA..10.99
• **HAHN Cabernet Sauvignon**.....11.99
• **GUIGAL Cotes Du Rhone**.....11.99
• **FERRARI CARANO Fume Blanc** Rated 90 WA11.99
• **LAYER CAKE Your Choice! Shiraz or Malbec**..12.99
• **ZACCAGNINI Montepulciano D'Abruzzo**12.99
• **BUTTER Chardonnay**13.99
• **DECOY "Duckhorn" Cabernet Sauvignon**.....17.99
• **CLOUDY BAY Sauvignon Blanc** Rated 93 WS25.99
MATUA SAUVIGNON BLANC \$10.99
Arriving Nov 16
Georges du Boeuf
Beaujolais Nouveau 2017 \$8.99

DODD'S CONNOISSEUR'S WINE SELECTION

• **TRITON TINTA DE TORO 2015 Spanish Red** Rated 94 WA18.99
• **POWELL & SON "BAROSSA" GMS 2015** Rated 93 WS21.99
• **CH. MONTELENA CABERNET SAUVIGNON 2014**39.99
• **JOH. JOS. PRUM 2014 WEHLENER SONNE SPAT** Rated 94 WA39.99
• **ABBONA 2010 BAROLO** Rated 93 WS39.99
• **MATROT 2012 MEURSAULT-CHARMES** Rated 91 BH49.99
• **MARTINELLI 2014 CHARDONNAY "Zio Tony"** Rated 94 WA59.99
• **IL POGGIONE 2012 BRUNELLO DI MONTALCINO** Rated 95+ WA59.99
• **CH. BEAUCASTEL 2012 CHAT. DU PAPE** Rated 96 WA89.99
• **BERTANI AMARONE 2007** Rated 94+ WA99.99
• **CH. MOUTON ROTHSCHILD 2012** Rated 96 WA499.99

MEIOMI Pinot Noir17.99
• **BABICH Sauvignon Blanc** YOUR CHOICE \$10.99
• **KRIS Pinot Grigio**

SPANISHED WINES RATED 90+

• **ALVAREZ TOLEDO MENCIA ROBLE 2009** Rated 91 WA
• **SA RA DA Seleccion Garnacha 2009** Rated 90 WA
• **SABOR REAL Joven 2008** Rated 90 WA
• **LA TRIBU 2010 Grenache, Syrah, Monastrell** Rated 90 WA
• **TARIMA MONASTRELL 2015** Rated 91 WA
• **LAGAR DE ROBLA Mencia 2012** Rated 91 WS
• **CARMINE Monastrell 2009** Rated 90+ WA
• **ANGOSTO Tinto Malbec, Grenache 2009** Rated 91 WA
• **ENRIQUE MENDOZA MONASTRELL 2014** Rated 92 WA
• **RAFAEL REVERTE Cistum 2009** Rated 92 WA
• **ALTOS DeLa HOYA 2012** Rated 91 Tanzer
• **PASION DE BOBAL 2012** Rated 90 WA
Your Choice! \$7.99
Your Choice! \$9.99
SAMPLE CASE PRICE \$105.88

HIGHLY RATED ITALIAN WINES

• **ANTINORI SANTA CRISTINA** 7.99
• **MONTE ANTICO 2012** Rated 92 Suckling 9.99
• **ANTINORI TOSCANA ROSSO** 15.99
• **ALLEGRI PALAZZO DELLA TORRE** Rated 92 Suckling 16.99
• **MONSANTO CHIANTI CLASSICO RISERVA 2013** Rated 91 #58 Wine of the Year .. 19.99
• **RUFFINO RISERVA DUCALE CHAINTI** \$24 Mir.'s Mail-In Rebate Per Case 19.99
• **RUFFINO RISERVA DUCALE Gold Label** \$24 Mir.'s Mail-In Rebate Per Case 29.99
• **ANTINORI TIGNANELLO 2013** Rated 94 #8 Wine of the Year 89.99

DODD'S CALIFORNIA CHARDONNAY SALE

KENDALL JACKSON CHARDONNAY 10.99
• **CLOS DU BOIS** \$24 Mir.'s Mail-In Rebate Per Case
• **ESTANCIA**
• **TOASTED HEAD**
• **CH. ST. JEAN or HESS**
• **MERIDIAN**
• **COLUMBIA CREST "Grand Estate"**
• **CHATEAU ST. MICHELLE**
Your Choice! \$9.99

COPPOLA.....10.99 **ST. FRANCIS**.....10.99 **J. LOHR**.....11.99 **RODNEY STRONG**.....11.99
SIMI.....12.99 **LA CREMA "Monterey"** ..15.99 **SONOMA CUTRER**23.99 **FLOWERS**39.99
NEWTON Unfiltered Rated 93 RP.....39.99 **GRGICH HILLS**.....39.99 **KISTLER**.....69.99

DODD'S FREE DELIVERY SERVICE

Too busy at work? Too busy with the kids? We at Dodd's understand your busy life. Dodd's delivery service offers customized shopping brought directly to your door. Call us today to place your orders 914-762-5511

ZINFANDEL SALE FOR THE HOLIDAYS!

Cline • Ravenswood Dancing Bull YOUR CHOICE \$7.99
• **Seghesio 2015** Rated 90 WS19.99
• **Ridge 2015 Three Valleys**24.99
• **Ridge 2015 Lytton Springs** Rated 94+35.99

MALT SCOTCH SALE

• **LAPHROAIG Select**39.99
• **GLENMORANGIE**39.99
• **MACALLAN**57.99
• **GLENLIVET** LTR59.99
• **BALVENIE 12 Year Double Wood**59.99
• **LAGAVULIN**69.99
• **TALISKER DE**59.99

LARGE SIZE GIN SALE!

• **FLEISCHMANN'S**.....15.99
• **GORDON'S**.....19.99
• **BEEFEATER**.....ALL 1.75 LT 35.99
• **TANQUERAY**39.99
• **BOMBAY SAPPHIRE**39.99

Johnnie Walker Blue.....169.99

CORDIAL SALE

• **KAHLUA** ALL 750 ML20.99
• **BAILEYS IRISH CREAM**23.99
• **AMARETTO DI SARONNO**24.99
• **SAMBUCA ROMANA**.....25.99

DODD'S STANDARD BRAND SALE

• **MEZZACORONA PINOT GRIGIO** 50.7 oz.11.99
• **ROBERT MONDAVI WOODBRIDGE CHARD OR CAB** 50.7 oz.11.99 \$18 Mir.'s Mail-In Rebate Per Case
• **BAREFOOT (Chardonnay, Cabernet, Pinot Grigio)** 50.7 oz Large Size.11.99
• **BOLLA (Soave, Valpolicella, Bardolino)** 50.7 oz Large Size.11.99
• **RUFFINO CHIANTI** 50.7 oz Large Size.....12.99 750 ml.....7.99 \$18 Mir.'s Mail-In Rebate Per Case
• **CITRA RED OR WHITE** 50.7 oz Large Size.....8.99 **LINDEMANS' CHARD**.....5.59
• **HARVEY'S CREAM SHERRY**.....13.99 **DRY SACK**.....14.99 **LILLET**.....17.99
• **LINDEMAN'S CHARDONNAY, MERLOT, SHIRAZ** 1.5 LT9.99

BLACK BOX \$18.99
• MALBEC
• PINOT GRIGIO
• CABERNET SAUVIGNON \$3 Mir.'s Mail-In Rebate Per Box
• SAUVIGNON BLANC
• CHARDONNAY ALL 3 LTR

BERINGER CALIFORNIA COLLECTION
• CHARDONNAY \$5.99
• MERLOT
• CABERNET SAUVIGNON

LOUIS JADOT
• BEAUJOLAIS VILLAGES9.99
• MACON BLANC .. 10.99

SANTA MARGHERITA PINOT GRIGIO \$19.99

SAUVIGNON BLANC SALE
• **BOGLE**8.99
• **VILLA MARIA** Rated 90 WS9.99
• **BABICH Great Price**..... 10.99
• **KIM CRAWFORD**..... 12.99 \$36 Mir.'s Mail-In Rebate Per Case

CALIFORNIA MERLOT SALE
• **BLACKSTONE**.....7.99
• **BOGLE**7.99
• **COLUMBIA CREST "Grand Estate"**8.99
• **CLOS DU BOIS**.....12.99 \$24 Mir.'s Mail-In Rebate Per Case
• **KENDALL JACKSON**15.99
• **DUCKHORN**44.99

CALIFORNIA PINOT NOIR SALE
MARK WEST \$8.99 \$30 Mir.'s Mail-In Rebate Per Case
CASTLE ROCK \$7.99
PINOT PROJECT \$9.99
APOTHIC RED \$8.99

DODD'S CABERNET SAUVIGNON SALE

• **Columbia Crest**..... 8.99 • **Coppola** 15.99 • **Robert Mondavi**.....23.99
• **Ravenswood** 8.99 • **Benziger** 17.99 • **Jordan**49.99
• **Clos Du Bois** \$24 Mir.'s Mail-In Rebate Per Case 9.99 • **Kendall Jackson**..... 17.99 • **Stag's Leap**49.99
• **Estancia**..... 9.99 • **Simi** 18.99 • **Caymus** Rated 94 WA.....69.99
• **J. Lohr** 14.99 • **Franciscan**..... 23.99 • **Opus 1** INQUIRE

DODD'S CHAMPAGNE SALE

• **KORBEL BRUT** 11.99
• **COOK'S Brut**.....7.99 \$18 Mir.'s Mail-In Rebate Per Case **FREIXENET Cordon Negro**.....8.99 **CINZANO**.....8.99
• **HENKELL TROCKEN**.....8.99 **MARTINI & ROSSI Asti Spumante**.....12.99 **PIPER SONOMA Brut**.....15.99
• **CHANDON Brut**.....15.99 **PIPER HEIDSIECK Brut**.....34.99 **MOET Imperial**.....38.99
• **PERRIER JOUET Brut**.....39.99 **LOUIS ROEDERER Brut**.....39.99
• **VEUVE CLIQUOT Brut "Yellow Label"**39.99
• **TAITTINGER**.....39.99 **DOM PERIGNON Brut**.....149.99 **LOUIS ROEDERER "Cristal"**.....199.99

WE RESERVE THE RIGHT TO LIMIT ITEMS. AVAILABLE WHILE THEY LAST. SALE ENDS IN ONE MONTH. ALL 750ml UNLESS OTHERWISE INDICATED. IN EVENT OF TYPOGRAPHICAL ERROR, LISTED PRICES WILL PREVAIL. IN ORDER TO KEEP OUR SALE PRICES SUPER LOW, CASH AND CARRY ON ALL SALE ITEMS.

Astorino Assures Public County is Working to Prevent Terrorism

continued from page 1

“We can tell the people of Westchester that we have the resources, we have the equipment, we have the training, and we, of course, have dedicated law enforcement officers that are here to deter terrorism, but also respond swiftly and effectively God forbid this should ever occur.”

Astorino said county officers who are assigned to the FBI’s Joint Terrorism Task Force were immediately on the scene last

Tuesday, gathering information in real-time to assess if there were any further threats, not only in Manhattan and the rest of New York City, but in Westchester.

“The strategies that we employ and the training that we provide to our police and to our fire and EMS is dynamic and it’s always changing in regard to what we learn from previous incidents around the world,” Astorino said. “Our counter terrorism preparedness is as strong as it

can be and every day there are members from the county police engaged in a wide variety of counter terrorism efforts.”

He explained that patrol officers carry radiation detection pagers that enable officers to identify a dirt bomb if it passes through the county. Westchester’s Aviation Unit and Marine Unit boats regularly conduct patrols around critical infrastructure locations, including the Tappan Zee Bridge and Indian Point.

Members of the bomb squad are given sophisticated training needed to respond to any incident involving a vehicle-borne improvised explosive device, Astorino said. The county also gathers information from the Westchester Intelligence Center and the crime center at county headquarters.

He added that active shooter demonstrations have been conducted in schools and places of worship throughout the county.

“The incident (last Tuesday) was a scary and stark reminder that we live in a very dangerous world with people from everywhere that would do us harm,” Astorino said. “We are constantly conducting drills and exercises to improve our capability if an incident occurs.”

Longworth said that the county increases the number of counter terrorism patrols when acts of terror occur around the world. He said there

will be an increased presence of officers along county parkways, parks, critical infrastructure and populated areas.

“With a million people and a very diverse county, we naturally, with some critical infrastructure, are a target and we know that, so our police department, all of the local police departments, our federal partners and our state partners work together,” Astorino said. “That is the most important thing; the communication and cooperation is critical.”

With the holidays rapidly approaching and big events often attracting large crowds, preventative measures are being taken, including a heavier police presence and blocking entrances and exits with large trucks to prevent cars and vans from entering.

Despite the increased police presence throughout the county, Astorino urged the public to speak up if they see anything suspicious.

“Law enforcement can only do so much, but we count on regular people with their eyes and ears and gut instincts to call something in if they see something,” Astorino said. “Nobody should be embarrassed to do it, that’s what the police officers are for, that’s why we have specialized units with equipment to detect this and they are here to serve the public and keep us safe.”

No. Castle Begins Rec Center Parking Expansion to Ease Armonk Crunch

continued from page 1

lot currently holds, Trainor said.

The parking lot expansion will not only serve the recreation center but will be available as a municipal lot for the general public, he said. Since the development of Armonk Square and the addition of several business in downtown Armonk, town officials have sought to increase the number of spaces for vehicles around Main Street.

Along with the additional parking at Hergenhan, Goldberg said the town will soon be striping another 58 spaces along Old Route 22 as a result of that thoroughfare’s streetscape project.

Town officials have also discussed more parking if needed could be provided on Kent Place, but Goldberg said the

Town Board is likely to monitor how the addition of more than 80 new spaces at the recreation center and on-street parking on Old Route 22 operates before embarking on any additional projects.

“Let’s see what happens with the additional parking behind Hergenhan and the parking spaces on Old Route 22,” Goldberg said. “If we need more parking, we could add more spaces.”

Preliminary estimates to add parking on Kent Place had run about \$400,000, she said.

At this week’s Town Board meeting, officials are also scheduled to hold a public hearing and possibly adopt a local law regarding parking restrictions in areas of town, including on Old Route 22.



Get your choice of either a \$200 Club Fit gift card OR A 5-pack of half hour personal training sessions



Briarcliff
584 North State Road
(914) 250-2134

www.clubfit.com



CARVEL HOLIDAY CAKES ARE A FAVORITE AT EVERY HOLIDAY GATHERING!
Special Flavor Cakes Orders Must Be Placed by 5PM Thursday for Weekend Pickup

\$1 OFF Any Purchase of \$10 or More
\$2 OFF Any Cake
\$3 OFF Any Sheet Cake
\$4 OFF Any Large Sheet Cake

Carvel
BEDFORD HILLS
726 N. Bedford Rd.
914-666-9838
(Across from Shoprite)

OPEN 365 Days Including HOLIDAYS!

Buy One, Get One FREE Classic Sundae (Soft Serve Only)
\$2 OFF Any Purchase of \$20 or More

Valid only at Bedford Hills location. Not valid with any other offer. One coupon per purchase. Excludes tax and gratuity. Not for sale or resale. Void where prohibited. Cash value 1/100c. No cash back. Additional exclusions may apply. Valid through 11/15/17.

Dollar Shoppe and More Thanksgiving Sale!

10% OFF on \$15 Purchase
Expires 11/30/17 • Does not apply to items one dollar or less

20% OFF on \$30 Purchase
Expires 11/30/17 • Does not apply to items one dollar or less

Large Selection Of Holiday Items, Gifts, Housewares, Arts and Crafts, Stationary, Balloons And More!

720 North Bedford Road • Bedford Hills NY
(next to Bedford Bagels, across from Shoprite)
914 864-0638

HAPPY THANKSGIVING

*\$75 Enrollment fee and regular monthly dues apply. Membership must be active for the gift card to be redeemed. Gift card and personal training package expire 3/31/18. Gift card cannot be redeemed for cash or used toward membership dues. Must complete club orientation to receive gift card or training package. Offer expires 11/30/17. This is a promotional offer, not to be combined with any other offer.

New Castle's \$39.2M Budget Carries 1.3% Tax Hike; Within Cap

By Martin Wilbur

The New Castle Town Board is expected to discuss the tentative \$39.2 million budget for 2018 Wednesday night that is well within the tax cap and features a nearly 1.3 percent tax rate increase.

Comptroller Robert Deary said the 1.09 percent tax levy hike is far below the maximum allowable increase. When

computing this year's growth factor, which allows municipalities that have experienced strong new development more leeway, and the state's 1.84 percent cap, New Castle's allowable tax levy increase could have been as much as \$691,063, Deary said. The current number is about \$467,000 below that threshold.

Under the proposal, a homeowner

with a house valued at the average full market price in town of \$901,874, would pay an additional \$22.97 next year, a 1.29 percent increase, Deary said. That figure assumes the homeowner belongs to each of the town's special taxing districts – water, refuse, fire and ambulance.

The big drivers in the tentative spending plan are benefits, including health care, pension and workers compensation costs, Deary said. While workers compensation is estimated to dip slightly next year, health care expenses are projected to rise by about \$280,000.

Deary said there are no changes in manpower, although the salary line for police officers is expected to drop by \$313,000, a 7.6 percent reduction. The reduction in officers' salaries is a result of retirements of several veteran cops who were replaced by much younger officers who begin their careers at the lower end of the pay scale, he said.

Despite the expected bonding of what has been estimated as \$18.2 million, most of it for expenses related to the downtown Chappaqua infrastructure and streetscape project, that will not affect taxes or the tax cap in 2018, Deary said. While the precise debt service number has still not been determined, and the level of bonding could change following a public hearing, any payments

for next year will be paid from the fund balance, he said.

The interest rate for the borrowing is projected at 2.75 percent, but the exact rate will not be known until the town goes out to bond. That could occur before the end of the year or early next year.

The Town Board will hold its public hearing on the budget at its Nov. 28 meeting. A vote on the adoption of the spending plan is scheduled for Dec. 12.

For more information on the budget and to view the latest copy of the document, visit www.mynewcastle.org and go to the comptroller's page.

Defying the Odds

The San Miguel Academy of Newburgh, a tuition-free school for at-risk boys in grades 5-8, honored Helena and Gary Dulanski of Chappaqua at its annual Defying the Odds Dinner on Oct. 26 at the Westchester Country Club. Pictured, left to right, are William Porter, director of Upper School Admissions, at The Harvey School in Katonah; Fr. Mark Connell, executive director of the San Miguel Academy of Newburgh; Julie Pipolo, co-owner, Skin Westchester in Rye; and Joseph Sperduto, owner and partner of Sperduto Spector & Co. CPAs in White Plains.



HANDBAGS
Renewal • Repair • Cleaning

Shoe repair • Dry Cleaning • Wash & Fold

SARANG 7

Sarang 7 320 Chappaqua Road Briarcliff Manor, NY 914-502-0062	Green Pink Cleaners 49 Wheeler Ave. Pleasantville, NY 914-769-5143
--	---

**Happy Thanksgiving From
Our Family to Yours!**



Broadway North Pizzeria Restaurant

393 Main Street, Armonk, New York
(914) 273-2231 • (914) 273-2234

All Major Credit Cards Accepted • Open Daily from 11am

We Deliver!

Visit our new Website

www.broadwaynorthpizza.com

Pleasantville Community Television
914.747.4411
www.pctv76.org

PCTV is a 501(c)3 not for profit organization

We at PCTV appreciate the long-standing support of the many communities we serve.

Please consider a tax-deductible donation during our Annual Appeal drive currently underway. Visit our website at PCTV76.org or mail your check to PCTV, 2 Jackson Street, Pleasantville, NY 10570.

FULL SERVICE
JEWELERS!

- Special Orders • Appraisals
- Jewelry Repairs • Engraving
- Restringing • Watch Repair
- Diamond Settings • Polish
- Rhodium & Gold Plating

Most work done while you wait.

15% Off
Jewelry Purchase

With this coupon.
Not valid with any other offers.

\$5 OFF

Any Repair of \$35 or more
With this coupon.
Not valid with any other offers.

Thornwood Jewelers

A Perfect Piece for Every Occasion

968 Broadway Thornwood (ShopRite/CVS Shopping Center) • 914 741 1920

Westchester County Jail Wins Award for Inmate Mental Health Services

Selected from more than 500 jails, prisons and other correctional facilities nationwide, Westchester County Jail won Program of the Year honors from the National Commission on Correctional Health Care for its Community Oriented Re-Entry (CORE) program, which provides mental health services to inmates.

The award was presented on Nov. 6 in Chicago.

The CORE program follows the key principles of Westchester's Safer Communities initiative to reduce recidivism by addressing root causes and then having a coordinated response.

Launched in November of 2014, CORE is a partnership among the county's Department of Corrections, Department of Community Mental Health and New York Correct Care Solutions, the inmate health services provider at the jail. The program also relies upon several community partners that specialize in the needs of inmates with mental health issues, as well as from volunteers, such as clergy, musicians, artists and former prisoners committed to recovery.

The CORE facility is housed on the fourth floor of the jail and provides intensive daily programs for inmate-patients who have been diagnosed



County Executive Rob Astorino with staff and inmates at the CORE facility at the Westchester County Jail.

with serious mental illnesses. CORE participants, which include men, women and minors, are screened by qualified mental health professionals and the jail's administrative team.

Emphasizing the principle that "discharge planning begins at intake," a key goal of CORE is to link inmate-patients with critical services in their home communities. CORE offers individual and group-based therapy and focuses on improving participants' life skills, job readiness, family reintegration, spirituality and substance

abuse recovery. Through the use of art and music therapy, guest speakers and other workshops, participants are able to discuss their fears, anxieties and other struggles in an interactive and productive manner not customarily seen in jail settings.

"The reasons for CORE's success are easy to see," Astorino said. "Issues are addressed rather than ignored and relationships are created so that individuals leave the county jail with a network of experiences and services that will help them."

"For too long, far too many of our nation's jails and prisons have been filled with the people struggling with mental illness," the county executive added. "The feedback we have received on CORE from everyone – from correction officers to inmates to mental health clinicians – has been truly remarkable. Ensuring that this population receives critically needed services while in jail directly enhances public safety when they return to their home communities, both in Westchester and beyond."

get NOTICED!

Advertise in The Examiner.
Call 864-0878 today!

Same bank. Same town. Much better location.
 — 501 Marble Ave, Pleasantville —

Drive-up window; convenient free parking.
Same knowledgeable, friendly staff.

Community banking at its best.

MahopacBank.com | 914-741-2508

TOMPKINS
Mahopac Bank

Locally focused. A world of possibilities.

MEMBER FDIC LENDER

Nonprofit Organization TAPs Into the Potential of Small Businesses

By Martin Wilbur

Small business owners throughout Westchester don't have to spend a fortune to obtain strategic advice to maximize their outfits' potential.

The Acceleration Project (TAP), a Scarsdale-based nonprofit organization created in 2012, provides the type of services and professional expertise often thought to be reserved only for larger companies or well-heeled business owners.

"People who own their own businesses work incredibly hard and they really don't have the time or the resources to think about how they can position themselves in a changing economy, particularly with the pressure put on them by the Internet and big-box stores," said Jane Veron, TAP's co-founder and current CEO.

Many of the businesses who utilize TAP's services are small, independently-owned mom and pop operations representing a wide variety of businesses that you might see on Main Street in almost any downtown in Westchester, Veron said. Restaurants, hair salons, boutiques and clothing stores and dog grooming services have all signed up with TAP.

About three-quarters of the businesses that have used its services are owned by women while one of every three are minority owned, she said.

They might seek help with branding, marketing, strategic planning, developing a

business strategy or a financial structuring plan and a multitude of other services designed to help owners succeed.

TAP has helped businesses in 18 communities in Westchester and Rockland counties. It also works with municipalities whose officials are seeking to find the right mix of businesses and recognize that a thriving downtown is essential to the health of a community, Veron said.

She added that so much attention is paid to glitzy startups and high-tech companies that explode suddenly onto the scene, but often it is the day-to-day businesses that become the lifeblood of a downtown district.

"We like to work with the businesses that are normally underserved, who don't have access to the talent that we can bring to bear," Veron said. "And we are keenly aware of the importance of investing in small businesses to keep our small towns vibrant, which is essential to the fabric of a community and essential to the economy."

Among the programs offered to clients is a strategic advisory program where a team of the organization's consultants advises a client on business growth needs during several consulting sessions; speed consulting, which is a workshop offered to a group of small businesses to review challenges, opportunities and strategies; a one-time consultation for a client with a long-term goal; and a large-scale project



Members of The Acceleration Project's management team and about a dozen of its newest consultants along with the organization's CEO, Jane Veron, front row, fourth from left. The nonprofit group helps provide small businesses with consulting services that are often needed to compete in a highly competitive marketplace.

or study to address an important area of concern for a business.

For the business owner who may be expert in their industry but may not have the business acumen to make the right decisions, TAP consultants speak in an easy-to-understand manner, said Tracy Jaffe, TAP's chief operating officer.

"We're really good at taking basic content and speaking in plain English," Jaffe said. "We're so used to business speak."

Jaffe said TAP, which is funded through fundraising efforts, helps in other ways as well. Many of the roughly 60 professionals

and consultants who lend their services to TAP women who have left the workplace part-time or entirely to raise a family. Therefore, it helps professional women ease their way back into the workplace.

Clients of TAP pay a small fee, a fraction of what the services cost if a merchant were to seek them out privately, Veron said. Pricing is offered on a sliding scale based on ability to pay.

For more information about The Acceleration Project, visit www.theaccelerationproject.org.

Bavarian Club Edelweiss

Christkindlmarkt
"German Christmas Market"

Saturday, November 11th, 2017 10:00 am - 4:00 pm



Free Admission • Free Parking

Cash Raffle Prizes

1st Prize - \$500

2nd Prize - \$300

3rd Prize - \$200

• **Traditional German Food**

• **Live Entertainment**

• **St. Nikolaus**

• **35 Vendors**

• **Homemade Desserts**

Holy Name of Jesus Auditorium
2 Broadway
Valhalla, NY, 10595

Visit us on Facebook also on our website at bavarianclubedelweiss.org
Contact: Gloria Mayer McSweeney at 845-240-3227 for more info

The Riviera
Restaurant

Call Tom at
914-769-9884 or 914-318-6918
To get the menu go on the web at
therivieraofpleasantville.com
and look at the catering menu.

Holiday
Parties

Up to 80
guests comfortably
Reasonably priced
Choice Dates Available

113 Tompkins Ave. Pleasantville • 914-769-9884



The Vision Team

Realtors of Coldwell Banker



**Planning to sell your home
in the Spring of 2018?**

What better time than this Winter to get your home ready for the Spring Real Estate Market. We are here to advise you on how to make your home stand out above the competition and sell for top dollar.

Contact us today for a
FREE Home Evaluation
and learn about our
Home Staging and Organizing Programs.

Visit PCTV76.org to watch "The Real Estate Connection."

Donna McKenna-Edlund
Licensed Associate
Real Estate Broker
Cell: 914-403-4237
Donna.Edlund@cbmoves.com



1 Washington Avenue
Pleasantville
127 Woodside Avenue
Briarcliff Manor

Hans Weber
Licensed Associate
Real Estate Broker
Cell: 914-329-8601
HansWeb9@aol.com

Woman Indicted for Falsely Claiming She Was Attorney in P'ville Court

By Martin Wilbur

A woman was indicted last Wednesday for passing herself off as an attorney and attempting to represent a client earlier this year in Pleasantville Village Court.

Peekskill resident Delilah Torres, 42, was arraigned before Judge Barry Warhit on two counts of first-degree offering a false instrument for filing, a felony, and one count of participating or appearing as an attorney-at-law without

being admitted or and registered.

If convicted, she faces a maximum of 16 months to four years in prison.

According to the Westchester County district attorney's office, Torres first appeared in Pleasantville Village Court on June 26, identifying herself as the attorney for a client in a civil matter. After receiving instructions from the court clerk on how to proceed, Torres faxed a series of documents to the court, resulting in the matter being scheduled

for a hearing the following day.

When she appeared in court on June 27, again claiming to be the attorney for her client, Torres provided a notice of appearance and a notice of motion to the court, the district attorney's office said. In both documents, she claimed to be an attorney.

The matter was adjourned to June 29, when Torres appeared in Village Court again. When questioned by the court on her credentials, Torres claimed she graduated from Columbia Law School on May 18, but had not yet taken the bar exam. She was ordered to return to court on July 3 with proof that she

was admitted to practice and attended Columbia Law School, but never appeared.

Records from the Office of Court Administration, the New York State Board of Law Examiners and Columbia University confirmed that Torres never attended or graduated from Columbia Law School, never took the New York State Bar Exam and has never been admitted to practice in the state, the district attorney's office said.

Torres pleaded not guilty. Her bail was set at \$15,000 cash or \$15,000 bond. She is set to return to court on Nov. 16.

Five Guys Receives Approval to Move Into Mount Kisco Shopping Center

It's official: A Five Guys restaurant will be coming to Mount Kisco.

The Mount Kisco Planning Board unanimously approved an amended site plan and a change of use permit for the restaurant that will be located in the Mount Kisco Square shopping center at 360 N. Bedford Rd.

The applicant had told the planning board the chain restaurant was needed to boost business in the location. About 30 percent of the shopping center's space is empty. Five Guys, which features burgers, hot dogs, grilled cheese sandwiches and hand-cut French fries, will use about 2,600 square feet of the 34,000-square-foot shopping center.

Planning Board Chairman Doug Hertz said last week he did not know when renovation of the site would begin.

"There were no major hurdles as we kept the resolution specifically to the Five Guys application and did not relook at changes to the entirety of the site plan," Hertz said.

The only condition imposed is a requirement to return to the board if future proposed tenants at the site would alter parking demand, he said. The board allowed for some spots to be double counted because of significantly differing times of peak use, Hertz said.

--Neal Rentz

Forum to Address Food Insecurity on Nov. 18

"Harvest the Knowledge," a free community forum designed to educate and mobilize participants around the goal of reducing food insecurity in Westchester County, will be held on Saturday, Nov. 18 from 10 a.m. to 1 p.m. at the First Baptist Church of White Plains, located at 456 North St. in White Plains.

Local experts will talk about "the wellness gap," including lack of access to nutritional facts and foods, as well

as the role community gardens play in the process. The panel discussion will also feature a potluck lunch and community tables. Childcare will be provided with themed activities for Westchester's youngest advocates.

For more information and to sign up, visit www.facebook.com/events/122987821730402/ or www.eventbrite.com/e/harvest-the-knowledge-educate-to-empower-tickets-39498637488.

Making Dreams Come True for Over 30 Years!!



USA SWIMMING

Currently Ranked 4th (of 76) in Metropolitan Swimming and 112th (of over 2600) Nationally!!

2017 Metropolitan Senior Coach of the Year
- Jim Wargo

Multiple Qualifiers for US Open, National & Junior National Swim meets.

6 Time, USA Swimming Club Excellence, Bronze Medal Award Winner!




Condor's Emily Escobedo qualifies for USA NATIONAL TEAM at the US Open



Fun, Family Oriented...and...FAST!!

Schedule a Tryout:
Email Coach Christina
Christina@condors.org

ALL Age Groups & ALL Training levels practice at the same location!
Less traveling, more family time

Westchester Community College (Valhalla, NY)
www.Condors.org • 845-638-4381
Email: Join@Condors.org

HAWTHORNE POST 112, INC.
59 KENSICO ROAD, THORNWOOD 10594
COMMANDER PETER FIUMEFREDDO



VETERANS DAY CONCERT

SATURDAY NOVEMBER 11th 2017 7:00 PM

Pleasantville High School
60 Romer Avenue, Pleasantville, 10570



Larry Chance & the Earls
I Believe / Remember Then / Never



In Memory of Larry Pahnubo
You Are Not Forgotten



Rosie JoAnn Lorraine
Three Beautiful One Voice
It's a Grand Old Flag / Over There

ALL WELCOME TO CELEBRATE VETERANS DAY IN THE VILLAGE OF PLEASANTVILLE.
Mayor Peter Scherer

*** **FREE ADMISSION** ***

Sponsors:



WESTCHESTER MANOR



People's United Bank
THORNWOOD BRANCH



KENSICO CEMETERY



BEECHER FLOCKS FUNERAL HOME, INC.



MEDAL OF HONOR POST 112

Pleasantville Group Focused on Showing Films With a Purpose

By Martin Wilbur

There are lots of places where people can view a wide variety of films. But there aren't many venues where community members can come together with friends and neighbors and actively participate in a formal group discussion.

Last year Pleasantville residents Claire Schiffman and Andrea Garbarini co-founded Films on Purpose, a group comprised exclusively of local volunteers who collectively select a film for screening that addresses a topic of interest and importance, including social justice themes.

A local organization that is connected to the issue is invited to be involved and host the evening, which starts with a reception and ends with a post-screening panel discussion. The programs are free.

Schiffman said Films on Purpose's goal is to do more than show films.

"We just didn't want to take great documentaries on subjects of interest, we want to get people engaged," Schiffman said. "That's why we have a panel discussion, so local people can talk about the issues from their own point of view and the audience can delve in further and ask questions. We try to give the audience action items and takeaways."

Films on Purpose was created at Pleasantville Day in May 2016. Garbarini and Schiffman had a booth at the annual celebration to gauge whether there was interest in launching a grassroots community film organization. A core group of about a dozen members initially came on board.

The first screening came on July 7, 2016. Shown was "Bidder 70," which detailed the story of Utah college student Tim DeChristopher who entered and won an auction to buy 22,000 acres of pristine land in his home state that was slated for oil and gas leases, and the legal battles he faced for his act of defiance.

Garbarini compared Films on Purpose to a "moveable feast," showing films at different locations. About a half-hour before the screening, the potluck dinner reception is coordinated by the guest organization to make it a bona fide community event, she said.

"We felt it was important for people to have someplace to gather in different locations," Garbarini said.

On Wednesday night, the group will screen its ninth film, "13th," at Holy Innocents Church in Pleasantville starting with a reception at 6:30 p.m. The documentary addresses how despite the



Carola Bracco, left, executive director of Neighbors Link in Mount Kisco, in a panel discussion with Angy Rivera, a subject in the film "Don't Tell Anyone (Non le Digas a Nadie)," for the Films on Purpose program held on May 9, 2017.

The screening occurred the week following President Trump's first Muslim ban, which sparked the overflow turnout, Schiffman said. Speakers from Hudson Valley Refugee Call to Action and Hearts and Homes for Refugees were part of the panel discussion.

The timing was fortuitous but unplanned, since that screening had been scheduled a few months earlier.

"We try to pick timely topics. We do," Schiffman said. "But sometimes they're more timely than we like it."

The two co-founders said they would like to have a schedule to show about six films a year. They also encourage residents from the surrounding area to get involved and propose ideas. Garbarini said for a future screening they hope to show a more light-hearted film.

"If a community member has an idea, a film, a passion for a subject that they really want to show or a certain film, whatever their suggestions are, we will help that get started," Garbarini said.

For more information on Films on Purpose, visit www.filmsonpurpose.org or check out its Facebook page.

Advertise in The Examiner • 914-864-0878

Tina's 5k Run/Walk

TOP FINISHERS

TOP OVERALL MALE

Place	First Name	Last Name	Time
1	Marcus	French Ocarro	18:10

TOP OVERALL FEMALE

Place	First Name	Last Name	Time
1	Meredith	Kennedy	21:17

MALE AGE GROUP: 1 - 15

Place	First Name	Last Name	Time
1	Theodore	Lynch	21:23
2	Dylan	Kluge	21:32
3	Sebastian	Vidra	24:12

FEMALE AGE GROUP: 1 - 15

Place	First Name	Last Name	Time
1	Kate	Moroney	25:35
2	Tessa	D'Alessandro	26:01
3	Emma	Guggenheimer	26:48

MALE AGE GROUP: 16 - 19

Place	First Name	Last Name	Time
1	Tim	Peacock	22:50
2	James	Prizeman	30:26

FEMALE AGE GROUP: 16 - 19

Place	First Name	Last Name	Time
1	Alina	Dimella	24:20
2	Teresa	Hoffmeister	53:12

MALE AGE GROUP: 20 - 29

Place	First Name	Last Name	Time
1	Chris	Bathon	20:08
2	John	Cornelius	21:54
3	John	Leyden	22:16

FEMALE AGE GROUP: 20 - 29

Place	First Name	Last Name	Time
1	Kacie	Schulman	24:51
2	Jessica	Breeman	25:04
3	Laura	Dargon	26:18

MALE AGE GROUP: 30 - 39

Place	First Name	Last Name	Time
1	David	Ballinger	21:03
2	Justin	Gaita	21:42
3	Brett	Forrest	27:36

FEMALE AGE GROUP: 30 - 39

Place	First Name	Last Name	Time
1	Dominique	Valenti	22:44
2	Colleen	Stapleton	25:31
3	Suzie	Sanborn	25:43

MALE AGE GROUP: 40 - 49

Place	First Name	Last Name	Time
1	Luis H	Jara	20:42
2	Nathaniel	Browand	21:40
3	Edgardo	Resto	21:49

FEMALE AGE GROUP: 40 - 49

Place	First Name	Last Name	Time
1	Alethea	Lynch	21:55
2	Agnieszka	Baginska	23:17
3	Elyse	Diamond	23:59

MALE AGE GROUP: 50 - 59

Place	First Name	Last Name	Time
1	Michael	Rufino	20:28
2	Steven	Wolf	20:54
3	Jose	Quizhpi	22:47

FEMALE AGE GROUP: 50 - 59

Place	First Name	Last Name	Time
1	Christine	Sturges	28:04
2	Marion	Fioretti	29:01
3	Marine	Prache	29:55

MALE AGE GROUP: 60 - 69

Place	First Name	Last Name	Time
1	James	Kennedy	25:59
2	Bart	Linehan	27:57
3	Peter	Gautieri	28:13

FEMALE AGE GROUP: 60 - 69

Place	First Name	Last Name	Time
1	Karen	Mathews	28:48
2	Cindy	Kennedy	33:59
3	Jackie	Riso	42:11

3 PERSON RELAY TEAM

Place	Team	Time
1	Team Boo-Tiful	23:53
2	3 Stooges	29:20
3	You Go Girl	30:56

TEAM WITH THE MOST PARTICIPANTS

Team TKM

Tina's 5K

October 28, 2017

Thanks to those whose support has helped to make this event a success and congratulations to all participants!

For all Results and to view photos visit:
tinagambino.org

Tina Shaina Gambino Memorial Foundation, Inc. is a 501(c)(3) non-profit organization.

www.tinagambino.org

Obituary

Mildred Giuffrida

Mildred T. Giuffrida passed away on Oct. 30. She was 98.

Giuffrida was born in Brooklyn to John and Antoinette Lotierzo on Aug. 14, 1919. She was one of 12 children.

Mildred and her loving husband, Dr. Joseph G. Giuffrida, were married on Aug. 15, 1943. They continued to live in Brooklyn where they raised their five children until 1976, when they moved to Millwood.

Their home was always open to family and friends. She was known for her unending hospitality and generosity. Her warm smile and genuine kindness were given freely to all she met. She was truly loved by all who knew her.

Giuffrida was predeceased by her husband, Joseph, son Anthony and 11 siblings. She leaves to mourn her passing her daughters Nina Dorsett, Elaine Sevush, Dr. Regina Giuffrida McMenemon and JoAnn Dong; daughter-in-law Roseann Giuffrida; sons-in-law Brent Dorsett, John McMenemon and Arthur Thomas Dong; grandchildren Lisa Dorsett, Jeremy Sevush, Dr. Jennifer Sevush-Garcy, Kristian Giuffrida, Jeanette Giuffrida, Kaitlin McMenemon Taraby, John Joseph McMenemon, Patrick McMenemon, Jacqueline Dong, Colette Dong; and



Mildred Giuffrida

great-grandchild Elodie Garcy.

Visitation was at the Cassidy-Flynn Funeral Home, Inc. in Mount Kisco on Nov. 2. A funeral Mass was held on Nov. 3 at St. Patrick's Roman Catholic Church in Bedford Village. Burial took place at St. Charles Cemetery in Farmingdale, L.I.

In lieu of flowers, donations may be offered to Phelps Hospice at Phelps Memorial Hospital Center, 701. N. Broadway, Sleepy Hollow, N.Y. 10591 or the Northern Westchester Hospital Foundation, 400 E. Main St., Mount Kisco, N.Y. 10549.

Santino Colosi

Santino Colosi of the Bronx and most recently of Pleasantville died at his residence on Nov. 5.

He was 84.

Colosi was born on Oct. 24, 1933, to the late Nunzio and Nicolina (nee Mollura) Colosi in Gualtieri, Sicily, Italy. He was a retired tailor and worked for Eaves Brooks Costume Co. in New York City.

Colosi was predeceased by his devoted wife, Concetta (nee Bitto) Colosi, in 2014. He is survived by his loving daughters, Lina Lyons of Pleasantville and Santina (Michael) Genovese of Long Island, and his four cherished grandchildren, John, Catherine, Peter and William.

Visitation will be at Hawthorne Funeral Home on Nov. 8 from 9:30 to 10:30 a.m. followed by the funeral Mass at Holy Rosary Church in Hawthorne 11 a.m. and interment at Gate of Heaven Cemetery.

Rose Ann Rinaldini

Rose Ann D. Rinaldini of Hawthorne died on Nov. 3 at her residence.

She was 78.

Rinaldini was born on May 11, 1939, to the late Angelo and Louise (nee Manzi) Gotti in Mount Vernon. She was a retired administrative clerk with New York Telephone Co. in Valhalla.

Rinaldini is survived by her devoted husband, Anthony P. Rinaldini, of Hawthorne, and several brothers-in-law, sisters-in-laws, nieces, nephews and close friends. She is also survived by her loyal and beloved dog, Lola.

Visitation was at Hawthorne Funeral Home on Nov. 6 followed by the funeral service. Interment was private.

Police Blotter

County Police/Mount Kisco

Oct. 30: A village resident reported at 10:16 a.m. that her ex-boyfriend and his current girlfriend have been harassing her via Facebook. The two parties were contacted by an officer and advised that the complainant will pursue charges if they do not stop contacting her as she has requested.

Oct. 31: A village resident reported at 5:20 p.m. that someone has attempted to open a line of credit by using his identity. The investigation is continuing.

Nov. 2: Police responded to a medical office on Bedford Road at 9:11 a.m. on a report that a woman was having a cardiac emergency. The woman was transported by ambulance to Northern Westchester Hospital.

Nov. 2: A 13-year-old boy reported to police at 9:27 a.m. that another youth punched him in the face on Barker Street the previous day. The victim said the assault was connected to an ongoing dispute he is having at school. The school was notified by the boy's mother and the case was turned over to detectives.

Nov. 2: A village resident reported at 5:07 p.m. that she lost an iPhone valued at \$800 and that an app she used from work earlier in the day showed it had been in the vicinity of Lundy Lane. Officers searched the area and spoke with residents on the block but the phone could not be located.

Nov. 2: Report of a man and a woman engaged in a loud argument on South Moger Avenue and 10:32 p.m. The couple left the area before an officer arrived.

Nov. 3: Report of a gas odor on Carpenter Avenue at 7:04 a.m. The Mount Kisco Fire Department and Con Edison

were notified and responded.

Nov. 3: Police responded to Canterbury Way at 1:34 p.m. on a report that a man was yelling in the street and causing a disturbance. The man returned to his home upon an officer's arrival. Neighbors who contacted police did not wish to pursue the matter further.

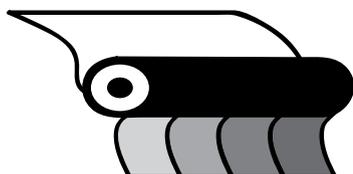
North Castle Police Department

Oct. 29: A subject arrived at headquarters at 7:43 a.m. to report that he is trying to retrieve a vehicle, which he states belongs to his girlfriend. He stated that the girlfriend apparently lives in Armonk but he was unsure of the address. After further discussion, this party was determined to be extremely intoxicated and he agreed to seek treatment. He was transported to Northern Westchester Hospital by the Armonk Fire Department.

Oct. 29: A party arrived at headquarters at 2:44 p.m. with a black Gucci wallet, which she found on Main Street. The wallet's owner was contacted and retrieved the wallet.

Oct. 30: An officer reported that a truck was stuck in the mud on Cremer Road at 9:15 a.m. Empire Towing was notified. A license check revealed that the operator had a suspended license for failure to answer a summons out of Mount Kisco as of Oct. 25.

Oct. 31: Report of a student having fallen and unconscious at the Jennie Clarkson campus on Old Orchard Street at 11:44 a.m. The call was transferred to 60 Control. The responding officer reported that the party was transported to Westchester Medical Center with ALS on board.



Trumbull

PRINTING

Newspapers • Publications • Shoppers • Catalogs • Magazines

Directories • Coupon Books • College Course Catalogs

Business and Financial Periodicals

Free Standing Inserts • Advertising Supplements

205 Spring Hill Road, Trumbull, CT 06611 • 203.261.2548

www.trumbullprinting.com





Locally Owned & Operated
Serving all Faiths

Hawthorne Funeral Home

21 West Stevens Ave.

Hawthorne, NY 10532

Ernest J. Carpentieri ~ Douglas A. Daniels

Tel: 914-769-4404

Fax: 914-769-5306

www.hawthornefuneralhome.com

Serving all faiths ~ Independently owned

Conveniently located on the Taconic State Parkway

WHEN OUR CLIENTS SPEAK, WE LISTEN.

It's a simple but effective way of helping people reach their financial goals – and it's a way of doing business that Raymond James has pioneered for more than 50 years. Make your voice count. Partner with us and get guidance that's in tune with your life. **LIFE WELL PLANNED.**



41 South Moger Avenue // Mount Kisco, NY 10549 // T 844.301.2633 // divesteawealthpartners.com



JOSEPH DIVESTEA, CRPC®

Managing Director

T 914.689.3608 // joseph.divestea@raymondjames.com



MARK MEZZONE, AAMS®

Financial Advisor

T 914.689.3609 // mark.mezzone@raymondjames.com

©2017 Raymond James & Associates, Inc., member New York Stock Exchange/SIPC. Raymond James is a registered trademark of Raymond James Financial, Inc. 17-BR3GO-0010 TA 10/17

AMAZING
THINGS
ARE
HAPPENING
HERE



THE FASTER YOU TREAT IT, THE LONGER IT BEATS.

Experts at NewYork-Presbyterian Hudson Valley Hospital
bring the care you need, closer to home.

Whether you have a family history of heart disease, are exploring treatments for an existing condition, or are simply seeking a second opinion, our expert cardiologists, including doctors from Columbia University Medical Center, bring peace of mind to you and your loved ones. Find a cardiologist at nyp.org/hudsonvalley-heart or call **914-736-0703**.

IN COLLABORATION WITH
 **ColumbiaDoctors**

 **NewYork-Presbyterian**
Hudson Valley Hospital

Veteran Loved Every Moment of Hudson Valley's Honor Flight

It was still dark last Saturday morning when World War II veteran Al Ferrara woke to get dressed. His friend Jeff Scott, was coming to pick him up and he needed to be ready. They had a flight to catch at Westchester County Airport.

Ferrara, 92, was participating in the Hudson Valley's 17th Honor Flight to Washington D.C. and Jeff was going with him.

A resident of Bethel Nursing & Rehabilitation Center, Ferrara was only 17 when he joined the Navy and left his parents' home in the Bronx to report for duty. Now, 75 years later, he was joining 18 other World War II veterans and 54 from the Korean War for a day of reflection and celebration.

Scott, a West Point graduate and Bethel's IT Director, became friends with Ferrara over the years as together they embarked on projects such as growing a substantial vegetable garden every spring and summer, talking sports, Wii bowling and other day-to-day endeavors.

They rolled out of the driveway just after 5 a.m. and headed for the airport. Following check-in and breakfast, the veterans and their guardians boarded buses. Escorted by police motorcycles and 60 other participating bikers, they drove through local communities and past crowds who had assembled to cheer them on, including groups of firemen who had gathered outside



Jeff Scott, left, and Al Ferrara at the World War II Memorial in Washington.

their firehouses.

They returned to the airport where a bagpipe band escorted the buses into the JP Morgan Hangar amid hundreds of well-wishers who had now gathered. A 45-minute send-off ceremony included a tribute to two veterans who were scheduled to be on the honor flight, but who passed away. A brass and reed band also played military marches.

Following the ceremony, the veterans boarded the plane and headed to Reagan National Airport where once again, upon disembarking, the terminal was packed with clapping and cheering supporters. Escorted by Park Police, the buses made their way to designated memorials and monuments. Passing the Pentagon, the veterans and their

guardians observed its 9/11 Memorial – 184 benches representing all the lives lost on the plane and on the ground that day.

The veterans visited the Air Force Memorial, Arlington National Cemetery, the World War II, Korean and Vietnam memorials and the Lincoln Memorial. They also witnessed the Changing of the Guard at the Tomb of the Unknown Soldier.

"All of the memorials were beautiful, but my favorite was the World War II memorial. That one is very special to me," Ferrara said.

Throughout the day, other visitors touring these sites approached the veterans to thank them for their service and/or to take photos with them. Ferrara said he enjoyed meeting so many people and having his picture taken.

"There weren't too many World War II vets, but I did have a chance to talk with some of them," he said.

At the conclusion of the tours, the buses headed back to the Holiday Inn in Alexandria for dinner. After that, the veterans returned to the airport and boarded the plane. During the trip back, "mail call" was announced and each veteran received cards and letters from family and friends, thanking them for their service, in addition to acknowledgements from Westchester County Executive Rob Astorino, Congresswoman Nita Lowey and other dignitaries.

The ambitious and successfully

executed itinerary concluded as the plane landed, right on schedule, at 8:50 p.m. at Westchester County Airport. And once again, the veterans were greeted by hundreds of cheering and waving supporters who had filled the terminal for their return.

"If you planned your own vacation, you would never go to all the places we went today," Ferrara said. "It was better than going on your own vacation."

Scott said he was amazed by the scope of the itinerary and all that they saw.

"The most impressive site to me was the Vietnam Memorial and its setting," he said. "To see those 58,000 names is so special. It was truly a remarkable day."

Scott said the organizers of the Hudson Valley Honor Flight, the volunteers and all those who support the program were equally impressive. The planning, compassion and detail that goes into each flight is highlighted by the veterans' reactions. Tears, reflection, memories, appreciation and laughter are all part of the day.

"It did bring up a lot of memories of when I was on my ship," Ferrara said. This included his ship taking a hit and the loss of some sailors. However, Ferrara balanced those memories with the positive experiences of the day's events.

"I enjoyed every bit of this trip and I would love to go again," he said.

The Most Affordable, Assisted Living in Westchester



We ❤️ Our Veterans! Tour in November & 3rd Month is FREE!

Bethel Springvale Inn

Quality & Affordability - It's an Easy Choice!

877-309-9796

Bethel At the Heart of Senior Living

62 Springvale Rd.
Croton-on-Hudson, NY 10520
bethelwell.org

BEST. DECISION. EVER.

FERGUSON[®]
Bath & Kitchen Gallery

Mount Kisco, NY (914) 666-5127

FERGUSONSHOWROOMS.COM

©2017 Ferguson Enterprises, Inc. 1017 623219

Annual Byram Hills Lacrosse Tourney Benefits Wounded Veterans

By Martin Wilbur

Hundreds of youth, junior varsity and high school varsity lacrosse teams from throughout the region came together Sunday at Byram Hills High School for an all-day tournament, but their effort will resonate far beyond the playing field.

The school hosted the fourth annual No Man Down Lacrosse Tournament, attracting 52 teams from schools throughout the lower Hudson Valley, Fairfield County, Conn. and Long Island. The entry fee each team paid to participate as well as the money from concessions will go toward Building for America's Bravest, a division of the Stephen Siller Tunnel to Towers Foundation, that builds Smart Homes for catastrophically wounded veterans.

Armonk resident Stuart Kovensky said when Beth and Tom Grotta conceived the idea for the tournament several years ago, their goal was to find some way to benefit the men and women who have served in the armed forces and hold it near Veterans Day. Since the tournament's inception it has raised roughly \$300,000 for causes to help veterans.

"In the past we've supported a few other organizations but we've always tried to help out organizations where we can find something tangible that they're doing that is easy to identify and understand and are sympathetic to in regard to injured veterans," said Kovensky, the event's

organizer.

Thus far, Building for America's Bravest has built or is in the midst of constructing Smart Homes for 56 veterans throughout the United States, since the Tunnel to Towers Foundation launched the effort several years ago. The foundation raises money to buy a parcel of land and go through the planning and permitting process, Kovensky said. Then vendors and contractors donate materials and manpower to build the homes, he said.

The residences contain a variety of special features, including wider spacing to allow for wheelchairs, voice-activated or remote-control appliances, countertops and sinks that adjust and other special conveniences for the disabled.

Veterans like Cpl. Scott Nokes, 26, of Monmouth County, N.J., who attended Sunday's tournament, are among those that have been or will be helped and attain a greater degree of independence. Nokes did two tours in Afghanistan between 2009 and 2013. During his service, he contracted botulism, and an ensuing infection and the medication caused his blood flow to constrict in his extremities, forcing both his legs to be amputated below the knee and causing him to go blind.

Nokes, who as a volunteer firefighter for the Shark River Hills Volunteer Fire Department in Neptune, N.J. ran the annual race from the Brooklyn Battery Tunnel to the Freedom Tower, was encouraged by



The No Man Down Lacrosse Tournament at Byram Hills High School on Sunday featured nearly nonstop games throughout the day. The event raised money for Building for America's Bravest, which helps build homes for veterans who have been catastrophically injured while serving.

Tunnel to Towers representatives to submit an application for a Smart Home.

"I'll be on my way to starting a new journey in my life," Nokes said.

The organization's stringent guidelines require that for a veteran to qualify he or she must have lost multiple limbs or be a quadriplegic.

Andrew McClure, director of marketing and development for the Tunnel to Towers Foundation, said he was impressed with the efforts of the Byram Hills community. He said it's critical for today's students, including those who played in Sunday's lacrosse tournament that featured half-



MARTIN WILBUR PHOTOS

Some of the more than 50 youth, junior varsity and varsity lacrosse teams from throughout the region that participated in Sunday's No Man Down Lacrosse Tournament at Byram Hills High School.

hour games, to understand the sacrifices made by war veterans who served in Afghanistan and Iraq and why they were there.

"It's a huge message; the past has to live on," McClure said. "We're done it too many times in this country's history where we forget and the fact that (9/11) happened right here in New York, we have family members who were definitely impacted one way or another, whether they lost a loved one or they were there in the city that day. To tell the story to keep this going eternally is really important."

Byram Hills Athletic Director Rob Castagna said the school is proud to host the event but it's the parents in the local and regional lacrosse community who make it a reality.

"This is really one of the top events that we have for the year as far as bringing our community together," Castagna said.

Let's Get Everyone Covered.



Questions About Health Insurance?

Fidelis Care offers quality, affordable health insurance for qualifying children and adults of all ages through Qualified Health Plans and the New York State-sponsored Child Health Plus, Essential Plan, and Medicaid programs.

We want everyone to know that learning about quality, affordable health insurance is just a call, click, or visit away.

Enrollment Timeframes:

For those who are eligible

Starting November 1 — December 15, 2017

for coverage that begins January 1, 2018
for Qualified Health Plans through NY State of Health

All Year Long

for Child Health Plus, Essential Plan, Medicaid
(New York State-sponsored health insurance)
Individuals must be eligible to apply for Medicaid



FIDELIS CARE®

To Learn More:

Call

1-888-FIDELIS (1-888-343-3547)

1-800-421-1220 TTY

Click

Apply Through:

www.nystateofhealth.ny.gov

For those who are eligible

Visit

fideliscare.org/offices

1-888-FIDELIS • **fideliscare.org**
(1-888-343-3547) TTY: 1-800-421-1220



@fideliscare



To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

To advertise in The Examiner,
call 914-864-0878

or e-mail

advertising@theexaminernews.com

The Examiner

Adam Stone

astone@theexaminernews.com

Publisher

Martin Wilbur

mwilbur@theexaminernews.com

Editor-in-Chief

Examiner
MEDIA

also publishes

The NORTHERN WESTCHESTER
Examiner

The WHITE PLAINS
Examiner

The PUTNAM
Examiner

To inquire about paid
subscriptions, email

subscriptions@theexaminernews.com

for pricing and other details.

PO Box 611

Mount Kisco

NY 10549

914-864-0878

www.TheExaminerNews.com

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to mwilbur@theexaminernews.com. The Examiner requires that all letter writers provide their name, address and contact information.

Member of
NEW YORK PRESS ASSOCIATION
NYPA

Editorial

Negative Campaign Literature Does More Harm Than Good

If the aim of the political mailings that have been flooding mailboxes over the last several weeks is to entice voters to head to the polls on Election Day, the strategy is failing miserably.

From the Westchester County Executive race to some local contests, the cesspool of content has been reprehensible. The traditional mudslinging has been replaced with below the belt, out of bounds venom.

For example, County Executive Rob Astorino has been unmercifully attacking opponent George Latimer over property taxes owed by his wife on a home Latimer has no legal stake in. In addition, Astorino has blasted Latimer over unpaid parking tickets. Interestingly, Latimer hasn't retaliated by pointing out Astorino can't get parking tickets because he is driven by a paid driver, something he promised he wouldn't indulge in when he ran against Andy Spano.

Of course, Latimer hasn't spared any expense to hit back at Astorino with his claims that the county executive accepted bribes and raised taxes when the county tax levy hasn't risen in eight years.

Meanwhile, one of Astorino's Republican cohorts on the Board of Legislators, Minority Leader John Testa, has also opted to slither into the

gutter with a mean-spirited barrage on challenger Nancy Vann, even though he is a clear favorite to be re-elected in District 1.

Testa charged in one mailing that Vann is "unfit to hold public office," in part, because she tied herself to a tree on her property to temporarily halt the construction of the controversial Millennium Pipeline. Vann was simply demonstrating her civil rights and was standing up for her principles. Testa showed no leadership whatsoever in standing up for constituents with the pipeline, including doing nothing to block hundreds of trees from being knocked down at Blue Mountain Reservation.

It doesn't get all that better when you choose to consume your fill of political literature through the inbox rather than the mailbox. In New Castle, an already charged political battle became several degrees hotter with about two weeks remaining when incumbent council members Lisa Katz and Adam Brodsky were quizzed at the League of Women Voters debate about how their campaign was able to obtain e-mail addresses that seemed to mirror the town's e-mail list.

After accusations from the opposing ticket, the next night a mass text went out from the Working Families Party on behalf of Democratic candidate for

supervisor Kristen Browde.

Although it's one of the great freedoms that the citizens of this country enjoy, the percentage of people who exercise their right to vote is disappointingly low. In a non-presidential election year, it's normally even lower, even though their are vows this year from some quarters of a more motivated electorate, appalled by the current craziness in Washington. We'll soon find out whether that translates into a stronger turnout.

However, the typical citizen who doesn't eat, sleep and breathe local politics doesn't really care about the negative campaigning, unless it amounts to a felony – literally.

While hard-nosed political battles have always been the hallmark of a spirited campaign and a healthy democracy, some of what we've seen this year has been shockingly excessive. Campaign literature that is vile and distorted and the middle school-level name calling doesn't motivate people to vote. It will just cause more people to stay home.

And that's a shame. Shame on those who have created this garbage and foisted it on the minority of the public that does shows up on Election Day. Those citizens just want somebody to vote for, not vote against.

Letters to the Editor

Covill's Opposition to Westchester County Airport Makes Sense

In late October, I attended a debate between county legislature candidate Kitley Covill and her opponent, Francis Corcoran, at the Lewisboro Public Library. I was delighted to hear Covill voice solid opposition to privatizing the Westchester County Airport for 40 years. Corcoran is happy to lease the airport;

however, she questioned his logic for the scheme. The airport is essentially a machine with constantly changing aircraft technology, navigational and infrastructure requirements. Covill understands that a tenant leasing the airport is focused on revenue streams, not comprehensive planning.

Since 1995, I have maintained an office by the airport, so I am glad Kitley Covill as a member of the legislature would stop this chatter about privatization. She is detailed oriented; let's get her on the legislature.

**Joe Graham
Katonah**

Attorney is Quitting State Bar Association Over Its Support for Con Con

I have informed the New York State Bar Association (NYSBA) that I am not renewing the membership I have maintained for 25 years because of their very partisan position on the Constitutional Convention referendum.

Prior to October 2017, they had presented both sides of the debate in a nonbiased manner. I never expected the NYSBA to come out in favor of a Constitutional Convention vote. I thought they were a professional association and not a political arm of those who would financially benefit from a convention.

The number of attorneys who have

lined up to become paid consultants or delegates to the convention is staggering. They speculate and promise that important protections contained in the state constitution will not be changed and that only a few of their own wish list items will be addressed. Yet, if a convention were to occur, any and all proposed changes could be brought forward. Citizen's United corporate money would govern the election of delegates and convention deliberations.

The table of contents of the state constitution, which can be viewed at www.dos.ny.gov/info/constitution/toc.html,

shows how many protections would be at risk if the entire document were opened. A convention is not the way to affect a few wish list changes to the constitution. It is projected that over \$400 million in taxpayer money would be spent on this boondoggle. The legislative amendment process is the better way to go.

We do not need a constitutional convention and we do not need our statewide bar association to take sides in this debate.

**Florence T. McCue, Esq.
Elmsford**

SMALL NEWS IS BIG NEWS

Guest Column

Honoring the Diversity of Our Troops Throughout History

By Christopher Kelly

History teaches us that all races have fought in wars and that all have won and lost wars at various times. The lie of White (or European) supremacy was thoroughly discredited at the battles of Little Big Horn (1876), Adwa (1896), Tsushima Strait (1905), Pearl Harbor (1941) and, finally, on 9/11 (2001).

At Little Big Horn in eastern Montana, Custer's 7th Cavalry was destroyed by a Sioux Army led by Crazy Horse that outnumbered his by about three to one. Custer, who had graduated at the bottom of his class from West Point, had declined to bring a Gatling gun as it would only slow him down.

In 1896, the forces of Ethiopian Emperor Menelik II decisively defeated Italian colonial forces at the Battle of Adwa. Ethiopian independence was preserved. Adwa inspired many subsequent African anti-colonial struggles but it also inspired a thirst for vengeance with Mussolini who brutally invaded Ethiopia in 1936 and erected a statue of himself on the Adwa battlefield.

At Tsushima Strait in 1905, a Japanese fleet annihilated a Russian fleet that had sailed halfway around the world from Europe to Asia in order to confront the Japanese. Two thirds of the Russian

ships were sunk. A peace, brokered by Teddy Roosevelt, ended the Russo-Japanese war shortly afterward, making Roosevelt the first American President to win a Nobel Peace prize.

At Pearl Harbor in December 1941, the Imperial Japanese navy achieved strategic surprise catching the U.S. fleet while it was anchored at Battleship Row in Hawaii. Over 2,400 Americans were killed that day.

On 9/11, 19 al-Qaeda terrorists from the Middle East managed to hijack four domestic U.S. airliners and crash them into the twin towers and the Pentagon. All four commercial planes were fueled for cross-country flights making them hugely dangerous missiles. The hijackers used knives and box cutters to terrorize the crew and capture the cockpits within a narrow time window that morning. Commercial airline cockpits were, at the time, lightly secured and airline crews were trained to accede to hijacker demands in hopes of getting the planes safely back to an airport. Nearly 3,000 were killed on that day of horror.

Today the United States has, without question, the strongest military in the world. Ethnic diversity has been a key ingredient for American military success from the founding of our nation. Crispus Attucks, of African and

Wampanoag heritage, has been hailed as the first casualty of the American Revolution when he was killed by British troops in the Boston Massacre on Mar. 5, 1770. Nearly 5 percent of the Continental Army were African American.

Hundreds of thousands of African Americans would serve in the Union Army during the Civil War. More would serve as Buffalo soldiers in the Indian Wars on the western frontier. Even in the segregated Army of World War II, African Americans distinguished themselves in units such as the Tuskegee Army and the 555th Parachute Infantry Battalion ("Triple Nickels").

Over and over again, minorities that have faced discrimination and persecution in the United States have proven themselves on the battlefield by fighting valiantly for a country that sometimes mistreats them. In the 19th century, Irish immigrants faced a strong nativist backlash epitomized by "No Irishmen need apply" and the Know Nothing movement. They responded by forming the Irish Brigade ("Fighting 69th"), led by General Thomas Meagher, that won battle honors at Antietam and Gettysburg.

Faced with imprisonment after Pearl Harbor, about 14,000 Japanese-

Americans would form the 442nd Infantry Regiment, which earned nearly 9,500 purple hearts fighting mainly in the Italian campaign. The most decorated unit in the U.S. Army in World War II had a simple motto: "Go for Broke."

Native Americans have been fighting alongside and in the U.S. Armed Forces since the Oneida and Tuscarora joined the patriot cause during the American Revolution. Today a disproportionate number of Native Americans serve in the U.S. Armed Forces.

President George W. Bush recently said that "bigotry and white supremacy, in any form, is blasphemy against the American creed." Bigotry and white supremacy, aside from being terrible policy, are also symptoms of historical ignorance.

Christopher Kelly is a Seattle-based American history writer and author who recently co-authored with English historian Stuart Laycock of "America Invaded: A State by State Guide to Fighting on American Soil," among other works. His articles and op-eds have appeared in USA Today, Investor's Business Daily, the New York Daily News and the San Francisco Chronicle.

Letters to the Editor

Officials Responded Well to Protect Armonk From Treatment Center

Martin Wilbur's Oct. 24th article "State Rejects Residential Treatment Center for Armonk" was yet another well-written account of the process regarding this issue, which is of great importance to the residents of North Castle. As a neighbor of the proposed location, I have followed this process very closely and want to recognize the proactive efforts of our elected officials to address the situation.

The North Castle Town Board, strongly led by the town supervisor, has been proactively addressing and responding to

these issues with great efficacy. The town's continuing commitment of resources and effort has been exemplary.

Early on in this process, our state senator and assemblyman immediately made time to meet with members of the community. They then drafted a well-written letter to the state government on our behalf.

The state government and its associated agencies, including the Office of Mental Health and its commissioner, which have overseen this application have been

extremely thorough and thoughtful and worked diligently to uphold the relevant laws and regulations while allowing the town and its residents to participate and voice their concerns. This is a major credit to the state commissioner and our governor.

Westchester County leadership, especially the county executive and his commissioner of Community Mental Health, were highly proactive and responsive to ensure that the community's interests were considered while, at the

same time, ensuring the safety and clinical needs of any potential clients for this program were addressed.

We should all be extremely grateful to these elected officials for their diligence and support. They have all done an extraordinary job of protecting our interests.

I will be sure to recognize them on Election Day.

**Keith Safian
Armonk**

Grunthal is Best Qualified Candidate for Mount Kisco Trustee

As a long-time Mount Kisco resident familiar with all of the candidates and current issues, I strongly believe that Peter Grunthal is the most qualified candidate for our village Board of Trustees. He has the breadth of experience, clear vision and a record of solid accomplishment that make him an ideal choice to continue to serve the town as member of our board.

Peter has worked tirelessly to promote truly sustainable development in Mount Kisco. In addition to streamlining our

Planning Board process, he has mentored the town's Business Development Council, Energy Committee and Conservation Council, inspiring their efforts to bring Mount Kisco into the 21st century, and make the village an attractive choice for new businesses.

He has selflessly applied his financial expertise and his experience - as professor of business, a manager of accountants and an actuary - to resolving many of our town's complex fiscal challenges. His longstanding service on the Budget

Committee has been of exceptional value to our town.

Peter also has a deep understanding of the principles of sustainable development, and has consistently demonstrated that economic growth and environmental protection are not in opposition, but are complementary forces pointing to a healthier and more prosperous future. For example, he was the first trustee to openly oppose HFZ's ill-conceived proposal for the commercial housing development on Kisco Mountain, but has

strongly supported other, more workable proposals for senior housing in our town.

Peter's low-key, non-politicized way of speaking the truth on difficult issues has earned him the respect and gratitude of well-informed citizens in our town, and we need to keep his business, environmental and ethical expertise on our Board of Trustees.

**John Rhodes
Mount Kisco**

THE
HIGHEST
JACKPOT
EVER!
NOW
OVER

\$2.4
MILLION**

YOU COULD BE OUR BIGGEST WINNER YET



*Highest jackpot ever at Empire City Casino **Current progressive jackpot as of 11/6/17.



Must be 18 years of age or older to play New York Lottery games or wager on horses. Please play responsibly.



Today thru Thursday FALL FALL FASHION

\$20

New direction !!!!
Lots of fab styles to choose from!



(914) 238-7899
73 Wheeler Ave Pleasantville, NY

Despite Changes, the Sink Remains at the Heart of the Kitchen

When you are at the kitchen sink cleaning lettuce or rinsing dishes in preparation for the dishwasher, do you ever wonder about the origins of this trusty staple in the heart of your home? Or did you ever wonder where the expression “everything but the kitchen sink” originated?

The answer to the latter question has a shorter history than you might think. The idiomatic expression developed at the onset of World War II when everything made of metal was collected, melted down and reused for the war arsenal.

The only objects left out were porcelain kitchen sinks.

While this is an article about the kitchen sink and how its use has changed in the past 50 years, it must start with the story of washing dishes and how that has been revolutionized in the same time period.

History tells us that the dishwasher was invented by a woman in Illinois in the 1880s, but nobody in my middle-class Philadelphia neighborhood had a dishwasher when I was a kid. Those were the days when children shared the chores of washing dishes from mealtime over a kitchen sink that somehow seemed

higher than necessary for a runt of a little guy like me.

My mother didn't have a dishwasher until she won one at an appliance store when I was nine years old. I remember the great joy in learning that the new appliance in the house, which significantly diminished the open space in our eat-in kitchen (we had no dining room), both washed and dried the dishes. It was convenient, yes, but the dishwasher's bottom line effect was that my siblings and I probably spent less time together after its arrival.

I find it fascinating to know the history of everything involved with today's homes, and kitchen sinks probably have the longest history of all, starting in the Neanderthal age. The first sink was simply a large rock that had eroded into a concave shape from centuries of rain. There was not much progress through the ages until the time that households included rooms designated as kitchens. For centuries, most kitchen functions were performed around the cooking hearth or, for wealthier families, in a separate building, to lessen the chance of household fires.

During the early 1800s, our first

kitchen sinks involved a process of pumping water from supply tanks or wells and collecting it in bowls, which were placed into dry sinks made of metal troughs and built into wooden cabinets. Copper and nickel silver, an alloy of zinc, copper and nickel, were among the first two materials used for butler sinks, which usually were found only in wealthy homes.

In the 1920s, indoor plumbing created the need for sturdy sinks made of non-corrosive materials like copper and nickel silver, made of manganese silicon, carbon and iron, and from World War II, porcelain.

With the convenience of the dishwasher, homeowners spend less time toiling at the kitchen sink today, yet it has greater potential than ever as a decorative element, equal in interest to homeowners and decorators as is the countertop and backsplash.

With less rigorous use (I used to clean my paint brushes in my stainless steel sink until I realized that it was probably bad for my septic system), today's bowls come in a wide range of materials from the expected porcelain to the newest kind of granite composite. There is also a return to copper, which I think is the most interesting material of all in that it develops its own patina with age and proper care.

Kitchen sinks are always best installed from below the countertop and at a lower level so that water and waste materials can be easily scooped from the counter into the bowl. More sinks are now available with the drains strategically placed at the back of the bowl so that there is more front storage space in the cabinet below.

Currently, the wisdom of attaching a waste disposal unit to the kitchen sink is being questioned. Sentiment now is that it is not the greenest way to dispose of kitchen waste, and why would anyone want to deny their compost pile its benefits?

While there are many options concerning the kitchen sink, there is always strong sentiment to locating it directly under a window, both to avoid a claustrophobic feeling and to enjoy the beauty of the great outdoors as we perform otherwise boring chores.

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.



By Bill Primavera



season
of style
SAVINGS EVENT

Wrap up your
holiday décor
now and save.

Pirouette® Window Shadings

**\$100
REBATE***

ON QUALIFYING PURCHASES OF
HUNTER DOUGLAS WINDOW FASHIONS

Make sure your home is holiday ready by ordering beautiful new Hunter Douglas window fashions today. Rebate savings are available on select styles, 9/16/17 through 12/11/17. Ask for details.

HunterDouglas

Accent On Interiors
“We’re just a shade better.”

HunterDouglas Gallery

Accent On Interiors
742 Bedford Rd Ste 2

M-F: 9:00 am - 5:00 pm
Sat: 9:00 am - 5:00 pm
Sun: Closed

914-666-8036

www.accentoninteriorsny.com

Thank You
To all our Veterans

**“Leaf” it to the Professionals to clean
your gutters before winter comes!**

We are your Home Improvement Specialists.

MIRACLE
HOME IMPROVEMENTS

NO \$ DOWN
ON JOBS UNDER \$20,000

WC. Lic. #10415H99
P.C. Lic. #1817
YNK 307
H-12519-07-23-00

FINANCING
OPTIONS FROM
GreenSky

MasterElite
NATIONAL FRANCHISE
WOMEN STAFF OF FLOORING SELECTION

2010 Albany Post Road, Croton-on-Hudson, NY 914.271.9119
Robert & Mary Sniffen, Owners

**ROOFING • WINDOWS • SIDING • DOORS • SKYLIGHTS
DECKS • SEAMLESS GUTTERS • LEADERS • REPAIRS**

Family Run. Owner Supervision on All Jobs.
Exceptional Quality and Service at Affordable Prices.
*Visit our larger office and showroom, Or we will
BRING the showroom to you!*

www.miraclehomeimprovements.com

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/16/17—12/11/17 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2017 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 17QAMGR12

Energy brings you...

know your Neighbor

Rebecca Simpson-Wallack Actor/Musical Theater Instructor Briarcliff Manor

By Martin Wilbur

When Rebecca Simpson-Wallack was nine years old, she was friends with two children, one a piano prodigy while the other showed enormous talent on the tennis court.

It left Simpson-Wallack to wonder whether she had a special talent.

One day, she spotted a poster outside her Briarcliff elementary school classroom advertising auditions for a production of the musical "Annie" at a church in Pleasantville. She went home to her parents and asked if she could give it a try. Not only did they say yes, but Simpson-Wallack snagged the lead role despite no previous acting experience or training.

"They were fully so supportive," she said of her parents, "and I went and I got Annie and I was hooked."

Thirteen years later, Simpson-Wallack, 22, has compiled a wide range of credits to her resume at venues from the Westchester Broadway Theatre to summer stock productions in Cape Cod, all while earning her bachelors of fine arts degree last May

from Ithaca College.

In addition to acting, one of Simpson-Wallack's enjoyments is teaching. She has recently returned to Standing Ovation Studios (formerly the Lighthouse Youth Theatre) in Armonk, where she had roles growing up, to give private musical theater lessons for children 5 to 15 years old who are preparing for an upcoming audition or performance or want to expand their repertoire. It's a job that she thoroughly enjoys.

"They're so sweet and so willing to learn," said Simpson-Wallack, a Briarcliff High School graduate. "Every single kid that comes in is so unique and different, and working with them on their different talents has been such a joy."

She can also impart to her students how to handle the extreme highs and lows that can often accompany the performing arts. At 15, she was the understudy for the lead role of Peter Pan in a program for the Family Theater Project, which partnered with Westchester Broadway Theatre.

The youth actors rarely got a chance

to take on a substantive role, but the show's run was extended about two weeks by popular demand. The professional actor who had the lead couldn't stay because of another engagement, so Simpson-Wallack played Peter Pan for the final eight performances.

"It was in that moment, the day that I opened as Peter, is the day I realized this was so much more than a hobby for me, but a life that I wanted to do," Simpson-Wallack said.

However, there are the lows. Spend any time in the acting business, there are "50 no's and a yes," she said. It took Simpson-Wallack five times auditioning for the American Girl series in Westchester before landing a role.

While she participated in only one musical while in high school during her senior year, it was where she discovered her love of political science, leading Simpson-Wallack to choose Ithaca for college. She was uncertain whether to major in theater or a more academic pursuit, but the upstate college was the only one that allowed her to study both.

While at school, she worked alongside physical therapy students at the Cayuga Medical Center helping stroke victims regain their confidence through acting. Understandably, most of the patients were self-conscious about how they looked or sounded following their health issue, but



the program helped break down barriers for them.

"They were more open to doing things that initially may have made them feel more uncomfortable and that was a really rewarding experience, that I could take my actor training and put it to something important that impacts real lives," Simpson-Wallack said.

At school, Simpson-Wallack also worked with Performing Arts for Social Change, an organization started by an Ithaca professor Cynthia Henderson that presented performances on important issues facing society.

During the academic years, Simpson-Wallack concentrated on her studies, but spent three summers at regional theaters. Between her sophomore and junior years, she played the role of Bella in "Lost in Yonkers" at the Barrington Stage Company. The following year she appeared in "Pippen" for the Antrim Playhouse in Suffern, and that was followed by performances in 10 shows in 10 weeks for the College Light Opera Company in Cape Cod.

Working toward gathering enough credits to join Actors Equity, Simpson-Wallack said she'll continue to look for acting roles but is also thrilled to have landed the teaching position at Standing Ovation.

"I say to my mother when I walk in, 'I just love this job,'" she said. "I don't see myself leaving this job. I just love it, so I couldn't be happier."

A fabulous family entertainment experience!

The Enlightenment of Mr. Mole

A sparkling new adaptation of the classic *The Wind in the Willows*

November 9 to November 26

Subscribe to all four 2017/2018 season plays and save **30%!**

THE SCHOOLHOUSE THEATER
THEATER. ART. MUSIC. FILM. COMEDY.

Tickets: www.schoolhousetheater.org | 914-277-8477
A short walk from the Croton Falls train station!
3 Owens Road, North Salem, NY 10560

HAIRCUTS \$19

NO APPOINTMENTS
Includes Punch on "Free Haircut Card"

Barber Pole BARBER SHOP

HAIRCUT SPECIALS

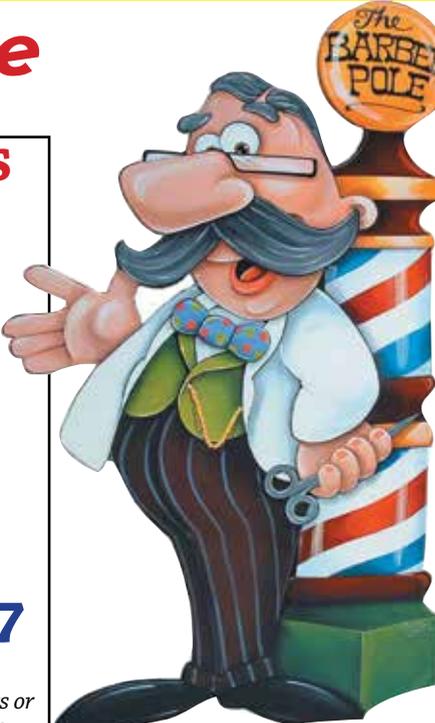
MONDAYS
Buzz Cuts \$15
With #1, #2, or #3 Blade

TUES. & WEDS.
Children \$15
(up to 10 years old)
Seniors \$15
(over 65 years old)

THURSDAYS
All Haircuts \$17

Cannot be combined with any other discounts or promotion. *No card punches with specials

9 Kirby Plaza • Mt. Kisco • 242-3650
9 N Broadway • Tarrytown • 332-8093
OPEN 7 DAYS
Mon-Fri 9-7 • Sat 9-4:30 • Sun 11-5



**Apple Bank Money
Market Account**

1.25%
APY*

for balances of
\$2,500 and up**

Great Rate & 100% Liquid!



Visit our Thornwood branch today!
Rose Hill Shopping Center
Marianne Volpi
Assistant Vice President, Branch Manager
914-769-8400

Apple Bank 
Established 1863 · Member FDIC
www.applebank.com

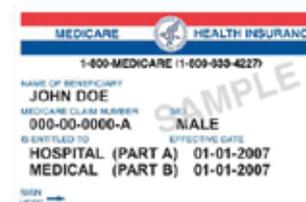
*Annual Percentage Yield (APY) disclosed is effective as of 9/5/2017 and may be changed by the Bank at any time. **For the Apple Bank Money Market Account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: 1.25% APY, \$25,000-\$49,999: 1.25% APY, \$50,000-\$74,999: 1.25% APY, \$75,000 or more: 1.25% APY. There is no interest paid on balances between \$1-\$2,499. \$100 minimum deposit required to open account. \$2,500 minimum daily balance required to avoid \$10 monthly maintenance fee. A combined \$3,000,000 maximum deposit per household applies to the Apple Bank Money Market Account. A household is defined as a family residing at the same address. Fees may reduce earnings. Funds used to open accounts cannot be from an existing Apple Bank account. Offer may be withdrawn at any time without prior notice.

MEDICARE ADVANTAGE HEALTH PLAN SEMINARS



**If you are Medicare and/or
Medicare and Medicaid Eligible**

Join us for formal presentations with our licensed Senior Benefits Advisors to learn more about choosing a Medicare Advantage Plan



Venue	Address	Dates	Time
Mount Kisco Public Library	100 East Main Street, Mt. Kisco 10549 (Conference Rm)	Nov 13, 27, Dec 4	10:30 am
Warner Library	121 N. Broadway, Tarrytown 10591 (Room B)	Nov 14, 28, Dec 5	10:30 am
Radisson Hotel	1 Radisson Plaza, New Rochelle 10801 (Restaurant)	Nov 15, 29, Dec 6	10:00 am
White Plains YMCA	250 Mamaroneck Ave, White Plains 10605 (Community Room)	Nov 16, 30	10:00 am
Grassy Sprain Diner	477 Tuckahoe Rd, Yonkers 10710	Nov 9, 22	2:30 pm
Bronxville Library	201 Pondfield Rd, Bronxville 10708 ((Board Room)	Nov 17	10:30 am
Yonkers Riverfront Library	1 Larkin Center, Yonkers 10701 (Community Room B)	Nov 20	10:30 am
Maple Center	35 Maple Avenue, New Rochelle 10801	Nov 8	2: 00 pm

For more information and to RSVP: 718-696-0205 TTY:1-800-662-1220 Light snacks will be provided.
events@agewellnewyork.com agewellnewyork.com/diners

AgeWell New York, LLC is a HMO plan with Medicare and Medicaid contracts. Enrollment in AgeWell New York, LLC depends on contract renewal. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 866-586-8044 and TTY/TDD 800-662-1220. AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. AgeWell New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1-866-586-8044 (TTY: 1-800-662-1220). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-586-8044 (TTY: 1-800-662-1220). Assistance services for other languages are also available free of charge at the number above. H4922_Diner4002 Accepted 08112017

Sites Throughout Westchester Accepting Donations for Needy Children

By Neal Rentz

A charitable organization is offering local residents several locations for donations for children in need around the world.

From Nov. 13 through Nov. 20, the New York Westchester Area Team of Samaritan's Purse will be accepting donations for its project, Operation Christmas Child. Samaritan's Purse is an international Christian relief and evangelical organization

Astorino Seeks Workshop Proposals for Annual Fathering Conference

The fourth annual New York Fathering Conference is now accepting workshop proposals for its summit at the County Center in White Plains on Apr. 3, 2018. The theme is "Learn Everywhere Every Day."

"It is firmly my belief that stronger communities begin with stronger families," County Executive Rob Astorino said. "The New York Fathering Conference continues to be one of the most popular and important summits of the year, bringing together over 400 fathers, young men and service providers to focus on improving outcomes for families."

To submit a workshop proposal, visit www.westchestergov.com/dadbethere and e-mail the completed form to jkenner@westchestergov.com by Wednesday, Nov. 22.

The program committee for the New York Fathering Conference will select professionals who work directly with fathers, who write about fathers or who influence policies. Workshop proposals this year should focus on areas related to education, literacy and other related community initiatives that are available to families. Examples of potential workshops could include, but are not limited to engaging dads in child development; fostering dads' participation with schools; developing strategies for dads and kids to learn together; creating reading programs that work; participating in everyday activities that promote literacy; teaching dads and kids to read; and promoting literacy at work and moving beyond the GED/

Each workshop will be about 90 minutes and should give service providers and/or fathers information, interaction and tools that they can bring back to their communities.

The New York Fathering Conference is part of Astorino's ongoing #DadBeThere fatherhood initiative, which targets the full spectrum of fathers, from those who are present in the home to those who are not. Programs range from career counseling and job placement assistance to creating more opportunities for fathers and families to spend time together. Learn more at www.westchestergov.com/dadbethere.

For more information, please contact Deputy Commissioner of the Department of Social Services Joseph D. Kenner at jkenner@westchestergov.com.

headed by Franklin Graham. Since 1993, its Operation Christmas Child project has collected and delivered more than 146 million gift-filled shoeboxes to children in more than 160 countries and territories.

Overall, nearly 5,000 locations across the United States this year will be collecting gift-filled shoeboxes for children in need around the world who are affected by war, disease, poverty and famine.

Lucas Zellers, media relations coordinator for Samantha's Purse who works out of Mount Kisco, said donations of toys, hygiene items and school supplies that will fit into shoeboxes are being sought.

This year the New York Westchester Area Team is hoping to contribute more than

20,000 shoebox gifts toward the 2017 global goal of reaching 12 million children.

"We are honored to join the nationwide effort to collect gift-filled shoeboxes for children who may have never experienced the true meaning of Christmas," Regional Manager Tracy Thornton said. "Through these simple gifts and a message of hope, children learn that God loves them and has not forgotten them."

The local collection sites are the Affirmation Presbyterian Church, 1 Primrose St. in Somers; the Hudson Valley Family Church at 126 Gainsborg Ave. East in West Harrison; the Ossining Gospel Assembly, 199 Croton Ave. in Ossining; the Youth Mission of Life, 375 Dobbs Ferry Rd.

in White Plains; and the Church of God of Prophecy, 8 Manhattan Ave. in New Rochelle.

For more information on how to participate in Operation Christmas Child or to view gift suggestions, call 518-437-0690 or visit www.samaritanspurse.org/occ. Participants can donate \$9 per shoebox gift online through "Follow Your Box" and receive a tracking label to discover its destination. Those who prefer to shop online can browse samaritanspurse.org/buildonline to select gifts matched to a child's specific age and gender, then finish packing the virtual shoebox by adding a photo and personal note of encouragement.





SUBARU

All Roads Lead To PLEASANTVILLE ACTION SALE

TAKE AN ADDITIONAL \$500 OFF WITH THIS AD!*

YEAR	FEATURING:	MILEAGE	STOCK	PRICE
2006	FORD FREESTYLE	105204	18-050A	4,995.00
2007	SUBARU IMPREZA 5DR	97579	P7706	5,995.00
2005	FORD FOCUS S/W	57118	F374-17A	6,995.00
2009	SUBARU IMPREZA	106502	17VW-145A	7,995.00
2007	HONDA ACCORD	78736	P7615	7,995.00
2006	SUBARU OUTBACK	92170	17-399A	7,995.00
2011	SUBARU LEGACY LTD	109746	17-004A	8,995.00
2009	VW TIGUAN FWD	90245	17-191A	8,995.00
2008	FORD RANGER XL 5SPD	76200	P7741	8,995.00
2010	HONDA CIVIC	39191	18-103A	9,995.00
2009	SUBARU IMPR SPT S/W	72223	17-513A	9,995.00
2008	HONDA ACCORD	87426	17-514A	9,995.00
2009	SUBARU OUTBACK LTD	104448	16-448A	10,995.00
2008	SUBARU LL BEAN O/BACK	91196	17-440A	10,995.00
2011	SUBARU FORESTER	92884	18-017A	11,995.00
2011	FORD EXPLORER XLT	102410	F510-17A	11,995.00
2010	SUABRU FORESTER	99083	P7733	11,995.00
2010	SUBARU OUTBACK	93998	17-131B	11,995.00
2009	SUBARU FORESTER LTD	93573	P7522A	11,995.00
2007	BMW 328XI	74589	P7685	11,995.00
2012	FORD ESCAPE	89732	F027B-17	12,995.00
2011	SUBARU FORESTER	90125	18-075A	12,995.00
2011	HONDA ACCORD	54550	F334-17A	12,995.00
2015	JEEP COMPASS	47398	18-034A	13,995.00
2013	SUBARU CROSSTREK	113853	P7713A	13,995.00
2011	SUBARU OUTBACK	63940	18-088A	13,995.00

**Must present ad at time of purchase. Cannot be combined with any other offers. Offer expires 11/14/17*

Pleasantville Ford, Inc. Prestige Imports
a division of Pleasantville Ford Inc.
914.769.1800
44 & 47 Pleasantville Road • Pleasantville, NY
www.pleasantville-ford.com

Not responsible for typographical errors

WMC Health Care Staff Ran in Marathon to Help Patients

By Anna Young

A group of healthcare professionals from Westchester Medical Center Health Network (WMCHealth) went the distance at the New York City Marathon on Sunday raising money for essential programs and services at the hospital.

The team's 12 members, comprised of employees from the Valhalla medical center and from some of WMCHealth's 10-hospital network, participated in the 26.2-mile race to support life-changing and lifesaving programs.

"We're doing this because it's a worthy cause," said Henry Spence, a registered nurse in the Trauma Intensive Care Unit. "It's more motivating because it's not just for yourself but for a bigger cause."

Funds will be donated to the Maria Fareri Children's Hospital, the Behavioral Health Center, HealthAlliance of the Hudson Valley, MidHudson Regional Hospital, Good Samaritan Hospital and Westchester Medical Center.

"What makes this team so unique and so representative of WMCHealth, New York City and the nation, is their diversity," said Michael D. Israel, president and CEO of Westchester Medical Center Health Network. "Whether they hail from Kenya or White Plains, live in Rockland or Dutchess County, care for children or adults, the members of Team WMCHealth



Pictured, left to right, are Michael Thomas, Fred Dombrowski, Henry Spence, Ruth Johnson and Jennifer Qualter, five of the 12 Westchester Medical Center Health Network staff members who competed in Sunday's New York City Marathon.

are all motivated by the same thing – their dedication to the patients they serve at WMCHealth facilities."

With runners having seriously trained in order to get in top shape to complete the grueling course through the five boroughs, participants said they jumped

at the opportunity to run in one of the world's great marathons and help those in need.

"I thought this was an awesome opportunity to help the hospital and help the needs of the patients," said Fred Dombrowski, an outpatient mental

health counselor for the Behavioral Health Center. "It's a dream to run the New York City Marathon, but to have an opportunity to help people is the best."

With runners having exceeded their \$30,000 fundraising goal as of last Thursday, Jennifer Qualter, a registered nurse in the Post-Anesthesia Care Unit, said she was happy the group was able to meet its goal and was thrilled to be representing the medical group.

Cardiothoracic Intensive Care Unit registered nurse Ruth Johnson came to New York from Kenya 16 years ago with only \$30, three pairs of pants and her lifelong love for running.

"For me, at this point, it's more about giving back to this country," Johnson said. "I am also promoting the awareness of organ donation and organ transplants and how much it saves lives."

Johnson, who joined the medical center in 2008, expressed her gratitude to those who donated to the hospital's cause.

"I'm honored to be a part of this, especially knowing that I came here by myself and to raise \$2,500 or more from people opening their pockets to give me money, I'm just very, very grateful for that," Johnson said. "I can't even thank them enough."

For anyone interested in donating, visit www.WMCHealth.org/marathon.

GRAND PRIX
GPNY.COM NEW YORK

SPINS
BOWL

BIRTHDAY PARTIES | CORPORATE EVENTS
BAR / BAT MITZVAHS | FUNDRAISERS

333 North Bedford Road | Mount Kisco, New York
www.gpny.com | info@gpny.com | 914-241-3131

LISTEN.
IT'S JUST
GOOD
BUSINESS.

Everybody likes to be heard, understood, and have a point of contact. Like good doctors, lawyers, builders, accountants, or chefs, our Orange Bankers care about your business and are there for you. We get to know you and your business needs. If you're running a business, pick up the phone or stop by to talk. We're all ears.

MED-BANKING
ESQUIRE BANKING
TREASURY CASH MANAGEMENT
TRUST & ESTATE ADMINISTRATION

SHARON SPINA
VP/RELATIONSHIP MANAGER
7 W. CROSS STREET
HAWTHORNE, NEW YORK, 10532
914.984.2780

ORANGE
Bank & Trust
COMPANY
orangebanktrust.com

125 Years
FDIC

Trusts, securities, and insurance products are not FDIC insured or insured by any Federal Government entity. Not bank guaranteed. Not a deposit. May lose value. *Investment management services provided by our affiliate, Hudson Valley Investment Advisors, Inc., a wholly-owned subsidiary of Orange County Bancorp, Inc.

Efforts Underway to Save Jobs in Preparation of Indian Point's Closure

By Anna Young

State and local officials gathered at the Desmond Fish Library in Garrison last Friday to discuss the impact the Indian Point closure will have on the workforce and economy when it closes in 2021.

In January, Gov. Andrew Cuomo, Entergy and Riverkeeper stunned officials and the public when it was announced Indian Point, located in the Village of Buchanan, would cease operations in four years.

With the closing of the 240-acre site a devastating hit to the surrounding communities, officials have been hard at work finding ways to supplement the \$32 million in revenue provided by Entergy, while also saving the more than 1,100 jobs provided at the energy plant.

Cortlandt Supervisor Linda Puglisi said the Town Board hired a financial consultant to assist in bringing in new industries and other revenue sources to offset the future loss of revenue. She added that the board would also be setting aside \$100,000 each year in a separate account.

"We've taken our own action," she said at the Nov. 3 forum. "We need all the help that we can receive. We need people to listen; we are on the front line. We have 40,000 wonderful people that live in our

town and we will continue to speak up to help this beautiful town."

Entergy provided 33 percent of annual revenue to the Hendrick Hudson School District, 46 percent to the Village of Buchanan, 64 percent to the Verplanck Fire Department, 28 percent to the Hendrick Hudson Free Library, 2 percent to the Town of Cortlandt and 1 percent to Westchester County.

As part of the settlement agreement with the state and Riverkeeper, Entergy agreed to commit \$15 million, starting in 2020, to local communities for environmental protection and a community benefit fund to offset the lost revenue.

Puglisi, who added that the announcement was a shock, especially after the town had signed a 10-year PILOT agreement with Entergy in 2014, is also taking measures to maintain business and stabilize jobs within the community.

"We don't want them to move to New Orleans, the headquarters of Entergy, we want our residents and workers to stay in our community," Puglisi said. "We have told the workers at this plant that we will do everything that we can to assist them and fight for them and lobby

on their behalf, including during the decommissioning."

On Oct. 30, the Westchester County Board of Legislators unanimously approved a resolution, co-sponsored by Legislator Catherine Borgia (D-Ossining), demanding that current energy employees be hired to assist in the decommissioning of the plant and the economic development of the area. The employees would also receive job counseling to advance their careers elsewhere.

In addition, the state Education Department (SED) will assist the Hendrick Hudson School District to help recoup some of the \$24 million in tax revenue loss.

Mario Musolino, executive deputy commissioner of the state Department of Labor, said the agency has had several meetings with NYSERTA, the New York Power Authority and Entergy regarding the unionized and nonunion workforce at the plant.

"Our goal is to keep people in the community, to have them in stable jobs that support their families, but certainly some of those higher end nuclear plant operator positions will probably have lots of opportunities all over places in

the state, region or country," Musolino said. "It's really going to be a question of what options are being put on the table for individual workers."

Musolino added that meetings will be arranged with labor unions to discuss job opportunities for individual workers impacted by the closing. He said over time he'll get a better sense of each worker's needs, whether it be retraining, relocation or retirement.

"We really think there are positive aspects to the manner in which this is going to occur," Musolino said. "I think we're going to be successful because we've got a pretty good record of being successful."

John Sipos, an attorney with the state Public Service Commission, and Kevin Kamps, nuclear waste specialist with Beyond Nuclear, both stressed the importance of monitoring the removal of the spent nuclear fuel from the site, while also finding new uses for the land.

"The details are important and the pathway for the release of the Indian Point site for re-use depends on a thorough comprehensive radiological decommissioning and monitoring and engagement by the community," Sipos said.

SMALL NEWS IS BIG NEWS



280 North Bedford Road, Suite 308
Mount Kisco, NY 10549

HOME HEATING OIL SAVINGS

Since 1981, Consumers Energy Cooperative, Inc. (CECI) has been successfully negotiating low cost home heating oil and professional burner service for its members in Westchester and southern Putnam Counties.

Co-Op Membership includes:

- 20-40 cents below the average retail price per gallon
- Established oil delivery and burner service organizations
- Payment plan options (500 gal. minimum/year)
- Will-call or automatic delivery service
- Optional full service contract with emergency service

How to join:

Call the office; access the website; current member referral; civic organization sponsorship

Call us at (914) 941-2288 or visit our website at www.cecioil.com for information and prices

Happenings

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

Tuesday, Nov. 7

Not a Miracle at Philadelphia: The Worldview of the Founders. Walter Johanson discusses the creation of the federal constitution as seen through the lens of lessons learned from three millennia of history. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 3 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

SAT Prep Course. A 10-week, one-hour weekly class that will teach the test-taking strategies to help you get the score you want. Participants are strongly urged to attend all sessions to get the most benefit from the class. North Castle Public Library, 10 Clove Rd., North White Plains. 5:15 to 6:15 p.m. Free. Tuesdays through Dec. 5. Registration required. Info and registration: 914-948-6359 or visit the library.

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 Whipoorwill Rd. East, Armonk. 6:30 p.m. Every Tuesday. Info: 914-273-3887.

Pediatric Health. Learn how to create a healthy plan for your family to balance life in the digital age. Parents and caregivers are welcome to join the conversation with special emphasis on nutrition, physical activity and sleep. Presented by Dr. Allison J. Nied and Dr. Amy Amin Patil. Presented by CareMount Medical, the largest independent multispecialty medical group in New York. Includes a Q&A and light refreshments. CareMount Medical, 110 S. Bedford Rd., Mount Kisco. 6 to 7:30 p.m. Free. Info: Visit www.caremountmedical.com/conversations.

Wednesday, Nov. 8

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Ambassadors for Successful Aging. Are you aware of the benefits available to you as a Westchester County senior? Information can be provided to you on housing, home care, transportation options, counseling

options, memory care, nutrition, vision and dental services along with SNAP, HEAP, EPIC and STAR and other programs that can save you money and help you plan for the future. Feel free to discuss a Westchester County "ambassador." No appointment necessary. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 10 a.m. to 4 p.m. Free. Every Wednesday. Also Mondays at the North White Plains branch, 10 Clove Rd., North White Plains. Info: 914-273-3887 or 914-948-6359.

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 Whipoorwill Rd. East, Armonk. 10:30 a.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.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 Nov. 24). 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. Henry V. Kensing Memorial Library, 100 Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Wednesday. Also Nov. 18 from 10 a.m. to 3 p.m. 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 Nov. 24). Info: 914-769-0548 or www.mountpleasantlibrary.org.

Storytime. For children 18 months to five years old. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Wednesday and Thursday (except Nov. 23). Info: Visit 914-666-8041 or www.mountkiscoliberalry.org.

Support Group for Alzheimer's Caregivers. Temple Shaaray Tefila and Westchester Jewish Community Services have scheduled this forum to provide a place for caregivers to discuss their feelings, share their experiences and support one another. A specialist from the Alzheimer's Association will lead the group and provide

educational materials and information. All welcome. Temple Shaaray Tefila's Youth Lounge, 89 Baldwin Rd., Bedford. 11 a.m. to 12:30 p.m. Free. Meets the second and fourth Wednesday of each month. Registration required. Info and registration: Contact the Alzheimer's Association at 800-272-3900 or visit www.alz.org/hudsonvalley.

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

Clinton Street Singers. The singers will present scenes and highlights from Frank Loesser's "Guys and Dolls." Clinton Street Center, 1A Clinton St., Pleasantville. 12:30 p.m. Free. Info: 914-769-2021.

Medicare Consulting. James Shelly, certified by the Centers for Medicare Services, will be on hand to answer Medicare questions so you can make informed choices. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 12:30 to 2:30 p.m. Free. Also Saturdays from 10 a.m. to noon. Every Wednesday and Saturday through November. Info: 914-273-3887 or www.northcastlelibrary.org.

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 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Every Wednesday. Info: 914-273-3887.

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.

Lego Club. We provide the Legos, you bring your imagination. A fun-building club for students in grades 2-6. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 4 to 6 p.m. Free. Meets the second Wednesday of each month. Registration required. Info and registration: 914-864-8041.

Oh, My Aching Back Seminar. This seminar will discuss the causes of back problems, prevention, nonsurgical treatments and new natural-feeling technology that helps you get back to the activities that you love. Light refreshments served. Northern Westchester Hospital's first-floor conference room, 400 E. Main St., Mount Kisco. 6 to 7:30 p.m. Free. (There will be a nominal parking charge.) Registration required. Info and registration: Visit www.nwhconnect.org/2017backpain.

"13th." Films on Purpose will present a screening of this Netflix original film, a 2016 documentary directed by filmmaker Ava DuVernay. The film explores race, justice and mass incarceration in the United States through the premise that although slavery was abolished with the ratification of the 13th Amendment, it has been perpetuated through a system of institutionalized racism and mass incarceration. A panel discussion to follow. Films on Purpose is a grassroots organization screening documentary films on important contemporary issues that are hosted at venues throughout the community. Holy Innocents Church, 431 Bedford Rd., Pleasantville. Reception at 6:30 p.m. Screening at 7 p.m. Free. Info: Visit www.filmsonpurpose.org.

Art Series: Diane Arbus and Annie Leibovitz. Since its invention in 1839, photography has served many functions, from archival to artistic, but not many women have been given their just recognition as conquerors of the medium. Take a look at the work of two different artists from two very different time periods. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Hope in the Face of Climate Change. Bedford Audubon member and climate reality leader Jack Kozuchowski will make the case that it's not too late to act in this lecture. If the future of the planet looks bleak, listen to this important message of hope and peek at seven different future scenarios of how the world might fare depending upon what we do or don't do today. Katonah Village Library, 26 Bedford Rd., Katonah. Refreshments at 7 p.m. Program at 7:30 p.m. (Please bring a reusable mug or cup.) Info: 914-232-1999 or visit www.bedfordaudubon.org.

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.

Author Talk. Lauren Leader-Chivée will be discussing her recent book, "Crossing the Thinnest Line: How Embracing Diversity-from the Office to the Oscars-Makes America Stronger." Published last September, the author argues that diversity is the most under-leveraged economic

continued on page 28

Steps to Take to Make Sure You Get a Restful Night's Sleep

Many of us felt elated about the extra hour of sleep that was offered to us as we set our clocks back last weekend. I hope you were able to take advantage of that and enjoyed a restful Sunday morning.

As daylight ends earlier, however, you may have felt (as I did) a sense of unease and worry about whether sleep would come easily that night. It's a natural reaction, since our bodies and minds are sensitive to even slight changes in routines and sleep patterns.

There are many other factors that can impede our sleep, such as feeling stress, being overwhelmed by schedules or experiencing anxiety about deadlines. Even healthy, enjoyable activities, like becoming immersed in a good



By Joanne Witmyer

book or watching a funny program, can sometimes keep us awake beyond our normally scheduled sleep time.

A full, restful night of sleep is critical for a healthy mood, productivity and creativity. So, it's particularly important to set up and maintain simple rituals for sleep that maximize its benefits. Here are

three ideas to try this week, as you are easing in to the shift of daylight.

1. Structure your pre-sleep routine. Be mindful of the impact that exercising, eating, drinking caffeine and water and using electronic devices has on you as bedtime approaches. Each of us has our own preferences, but it's usually best to allow a few hours between these types of activities and when we aim to go to sleep. Experiment

to see what helps you the most. For example, some of us find exercising in the evening helps us become ready for sleep; some prefer to move in the morning because evening exercise makes them too energized. Plan to go to sleep and wake up at about the same time each day, for a feeling of consistency.

2. Create a sleep-inducing environment. Be aware of the sensory experiences in your bedroom. Remove or cover harsh lighting, eliminate distracting noises (try a sound therapy machine with soothing options) and reduce the temperature. Introduce a calming scent such as lavender. Make your space as supportive of sleep as possible, with soft sheets and blankets that aren't too heavy.

3. Be kind to yourself if you can't sleep. Many of us have experienced the feeling of stress when we can't fall (or stay) asleep. This is a circular pattern because we become focused on not sleeping, on the time we need

to wake up and on the projects that await us the next day, and so sleep eludes us. In these times, try briefly leaving your bedroom: make a small cup of soothing hot water with lemon, write a few sentences in a journal to get the recurring thoughts out of your head or practice deep breathing while counting to 10 a few times. Then return to bed and feel that you've cleared your thoughts and you're ready for sleep.

What are your sleep challenges and successes? I would love to hear from you. Here's to a restful week!

Joanne Witmyer is the founder of Indigo Health and Wellness based

in Briarcliff Manor. She teaches group classes, offers wellness

consulting to

companies and helps individuals achieve their health goals, particularly during times of change and transition. You can reach Joanne at 914-208-1022 or Joanne@IndigoHW.com.

Nourish



DAN MAGUIRE NUISANCE WILDLIFE SERVICE

Humane Removal & Relocation
Specializing in Coyote Removal

N.Y.S.D.E.C. Certified & Licensed
N.W.C.O. Insured

(914) 271-4680
Cell: (914) 610-1025
www.TraprDan.com

Glass Onion ORIGINALS

Specializing in Fine
American Craft

- Fine Art • Sculpture
- Unique Gifts • Furniture
- Home Accessories • Antiques
- Exquisite Jewelry • & more...

4 Washington Avenue,
Pleasantville 914-741-6294
Open 7 Days —
Friday and Saturday until 8pm



BEECHER FLOOKS FUNERAL HOME, INC.

"The place to turn in your time of need!"

Personally Owned and Supervised By

William F Flooks, Jr. & William J Flooks
Proprietor Licensed Funeral Director

*Caring for our community since 1928
Personal and Complete Funeral Service*

418 Bedford Road...Pleasantville, NY 10570...769-0001

www.beecherflooksfh.com

Your Daily Examiner Fix



Exami Blast

Visit TheExaminerNews.com
to subscribe to Examiner Media's
FREE, daily e-mail newsletter

to get the latest headlines from

The Examiner The PUTNAM Examiner The NORTHERN WESTCHESTER Examiner The WHITE PLAINS Examiner
as well as columns, features and sports

SMALL NEWS IS BIG NEWS

Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication



EXAMINER MEDIA Classifieds

ADOPTION

Loving family from Europe, looking to adopt a baby into home filled with happiness, security, unconditional love. We whole-heartedly welcome a child of any race/ethnicity. Please contact Chantal, Geoffrey and big brother Noah, through our NY adoption agency! 1-914-939-1180 adopt@foreverfamiliesthroughadoption.org

ANTIQUES & ART/COLLECTIBLES

MOST CASH PAID FOR paintings, antiques, furniture, silver, sculpture, jewelry books, cameras, records, instruments, coins, watches, gold, comics, sports cards, etc. **PLEASE CALL AARON AT 914-654-1683**

AUCTIONS

TAX FORECLOSURE AUCTIONS, SULLIVAN COUNTY. Homes, Land & Seasonal Properties. Online Only Ending November 8 @ 10AM at NYSAuctions.com. 800-243-0061 AAR, Inc. & HAR, Inc. Free info: www.NYSAuctions.com

AUTO DONATIONS

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 914-468-4999 Today!

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 315-400-0797 Today!

COLLECTIBLES

TOP CASH PAID INSTANTLY FOR COLLECTIBLES! -WE BUY Baseball Cards, Autographs, Records, Silver Coins, Golf Items, Art, Jewelry, Comics Etc., Call Jim Today @ 914-310-5153

GOLD/SILVER WANTED

HIGHEST PRICES PAID - Visit Westchester's Top Buyer for Gold, Silver, Diamonds, Coins & Currency, Watches, Jewelry. Licensed, Professional, **No Appointment Necessary.** **Tuesdays-Saturdays 10am-6pm, Mt. Kisco Gold & Silver, 139E Main Street. 914-244-9500**



HELP WANTED

INDIVIDUAL INCOME TAX PREPARER/MANAGER YORKTOWN HEIGHTS solo accounting firm seeks an efficient and organized individual to manage small income tax practice and prepare returns for the 2018 tax season. Candidate must possess sufficient knowledge and experience to prepare all types of individual returns with little or no supervision. Excellent annual opportunity for someone looking to be involved with the tax season without an overwhelming commitment. Make your own hours beginning in February. **Reply to taxpracticy@gmail.com.**

AIRLINE CAREERS Start Here Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7094

LEGAL NOTICES

NOTICE OF FORMATION OF HAPPY HILL FARM LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 9/1/17. Office loc: Westchester. SSNY designated as agent upon whom process may be served. SSNY shall mail process to: **111 Eighth Avenue, New York, NY 10010. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF NAJO Consulting, LLC Arts. of Org. filed with the SSNY on 09/21/2017. Office Location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against NAJO Consulting, LLC served upon him/her is: 2 Glen Wood Road, Millwood, NY 10546. The principal business address of **NAJO Consulting, LLC is 2 Glen Wood Road, Millwood, NY 10546. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF SLP TALENT HUNTRESS, LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 6/12/17. Office loc: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **10 Steward Place, Suite 9FE, White Plains, NY 10603. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF HALITE PARTNERS, LLC. Arts of Org filed with Secy of State of NY (SSNY) on 12/30/16. Office loc: Westchester. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **156 Great Oak Lane, Pleasantville, NY 10570. Purpose: Any lawful acts.**

NOTICE OF FORMATION OF SANDRA WONG GEROUX LLC. Arts of Org filed with Secy of State of NY (SSNY) on 09/27/2017. Office loc: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served and shall mail process to the principal business address: **647 Forest Avenue, Larchmont, NY 10538. Purpose: any lawful acts.**

NOTICE OF FORMATION OF MARIE-NIA, LLC. Filed with SSNY on 8/26/17. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Opal Bailey at P.O. Box 665, Amawalk, NY 10501. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF NDC PORT CHESTER, LLC. Articles of Organization filed with New York Secretary of State ("NS") on October 5, 2017. Office is located at 30 Westchester Avenue, Port Chester, New York 10573, Westchester County. NS is designated as agent upon whom process may be served. NS shall mail service of process to **Diana Colorado at 320 Central Avenue, Englewood, New Jersey 07631.**

NOTICE OF FORMATION OF KILLIMETT DATA CONSULTING, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on Sept 6th 2017. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **United States Corporation Agents, Inc. 7014 13th Ave, Suite 202, Brooklyn, NY 11228. Purpose: To provide data management consulting.**

NOTICE OF FORMATION 100 WATTS CONSULTING, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/20/2017. Location: Westchester County. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **120 Brite Ave., Scarsdale, NY 10583. Purpose: Any lawful acts.**

NOTICE OF FORMATION MPC HOLDINGS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/12/2017. Location: Westchester County. SSNY designated as agent upon whom process against it may be served and shall mail process to:

80 Random Farms Dr., Chappaqua, NY 10514. Purpose: Any lawful acts.

MILCA ENTERPRISE, LLC. Art. of Org. filed with the SSNY on 10/11/17. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the **LLC, 7014 13th Avenue Suite 202, Brooklyn, N.Y. 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF LBJ SOLUTIONS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on October 30, 2017. 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: **Louis Bastone 88 Lyons Road Scarsdale, NY 10583. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF: HONORABLE REALTY, LLC. ART OF ORG. filed with SSNY on 10/25/17. Office in Westchester County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **148 North Terrace Avenue, Mount Vernon, NY 10550. Purpose: Real Estate purposes.**

MISCELLANEOUS

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N

REAL ESTATE

BY ORDER OF THE BANKRUPTCY COURT 3BR Home w/Apartment Auction: 11/15 @11AM 10+/- Acres, 2-Car Garage, Beautiful Views & Pond, Fayston, VT THCAuction.com ? 800-634-7653

Wooded upstate NY land with LAKES, PONDS & STREAMS being liquidated NOW! 20 tracts! 2 to 41 acres! 50-60% below market! No closing costs! Owner terms! 888-905-8847 NewYorkLandandLakes.com

Vermont Lake Home Foreclosure Auction November 30 @ 11AM. 3BR, 1± Acre, Dock, 420±' Lake Frontage. Eden, Vermont THCAuction.com ? 800-634-7653

WANTED TO BUY

Buying Diamonds, gold, silver, antique and modern jewelry, better furs, U.S. and foreign coins, paintings, bronzes, complete estates. Highest prices paid. Call 914-260-8783 for appointment.

**To Place a Classified Ad
Call 914-864-0878 or e-mail
classifieds@theexaminernews.com**



DONATE YOUR CAR

Wheels For Wishes Benefiting

**Make-A-Wish®
Hudson Valley**

**WheelsForWishes.org
Call: (914) 468-4999**

- *Free Vehicle/Boat Pickup ANYWHERE
- *We Accept All Vehicles Running or Not
- *Fully Tax Deductible

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, visit www.wheelsforwishes.org.

Business of the Week

**Pick Up Every Stitch,
Mt. Kisco**

By Colette Connolly

In a world dominated by clothing retailers, it's refreshing to come across a business that encourages people to make their own garments.

At Pick Up Every Stitch, owner Felicia Lonigro has created such an environment. The contemporary knitting store, which opened about a month ago, offers a wide variety of yarn for visitors to choose from as well as classes for the novice to the expert knitter.

The name of Lonigro's store reflects her vision, which is to "do things right," she explained. It means providing knitting and crochet lovers with everything they desire in products and creating a space where everyone can learn from each other, Lonigro said.

The Bronx native has been knitting since she was six years old, having learned from her mother and grandmother. She brings a wealth of knowledge and close to 20 years of experience in the garment industry.

Her career began in Bloomingdale's in White Plains, followed by stints with several Manhattan companies. Lonigro has also owned her own multi-line women's sportswear collection showroom for 10 years, carrying up-and-coming designers.

"This is something I've always wanted to do," said Lonigro, who knits for herself and other family members in her spare time. "I love retail, I love good yarn and I love knitting."

Realizing that yarn stores in Westchester were scarce, Lonigro, a Yorktown resident, decided it was time to put her retail industry experience and knitting knowledge to good use. At Pick Up Every Stitch, customers can feast their eyes on yarn in a multitude of colors. The 900-square-foot store carries a variety of fibers, including alpaca, cashmere, cotton, mohair and wool.

Lonigro said she believes there's been a recent surge in knitting's popularity among all age groups.



COLETTE CONNOLLY PHOTO

Pick Up Every Stitch is not just a store to buy yarn and knitting accessories. It offers classes for anyone who loves to pick up a knitting or crochet needle.

"Everyone is looking for something that makes them happy these days," she said.

The yarn at Pick Up Every Stitch comes in a variety of weights, from lace weight, which is perfect for lightweight, warm weather garments, to the super bulky, which is ideal for fast-knit projects. Knitters can choose from an array of knitting needles, including straight and round metal needles and those made of bamboo.

"People want to come, touch, feel and look at the colors," said Lonigro, referring to the popularity of yarns in fun colors. The benefit of choosing a yarn in-store far outweighs ordering

online as colors displayed on a computer can be misleading, she said.

Pick Up Every Stitch also offers yarn from smaller, independent companies, including Artyarns of White Plains, Big Bad Wool, Clinton Hill Cashmere, Frabjous Fibers, It's a Yummy, Lux Adorna Knits, The Uncommon Thread and others. All brands come with patterns.

Lonigro was also eager to create a space for both knitters and those wanting to acquire the skill. She currently offers a variety of classes, including some for children 8 to 18 years old. There are specialty classes in knitting techniques, such as double knitting, shuttle tatting (a technique for handcrafting durable lace) and crocheting.

Along with the classes, Lonigro said anyone can join her Knitting with Friends group, which meets Tuesdays from 2 to 4 p.m. and Thursdays from 5 to 7 p.m. The group gives local residents the chance to knit and socialize, she said.

Pick Up Every Stitch is located at 200 E. Main St. in Mount Kisco near the municipal lot behind Leteris restaurant. The store is open Tuesday, Wednesday, Friday and Saturday from 10:30 a.m. to 5 p.m., Thursday from 10:30 a.m. to 7 p.m. and Sunday from 11 a.m. to 2 p.m. It is closed Mondays. For more information, call 914-864-2828 or visit www.pickupeverystitch.com.

Select Books
 Distinctive Cards
 Unique Gifts
 Children's Books
 Special Orders
 Free Gift Wrapping
 Agate Book Ends
 Journals
 Book Group Discounts
 School Orders
 Gift Certificates
 Bookmarks
 Out-of-Print Searches
 Reference Books
 Cookbooks
 ...and more!

The Village Bookstore

 Ten Washington Ave.
 Pleasantville, NY
 Across from the Burns Film Center

914.769.8322
staff@pleasantvillebooks.com

Aardvark Pet Supplies, Inc.

 Not your Average pet store

For all your pet needs

Visit us at:
 58 Washington Avenue,
 Pleasantville
 (914) 747-4848
 E-mail: aarvarkpet@verizon.net

VINE & CO.
 wine • spirits
DAILY FLASH SALE
 10% OFF FIRST BOTTLE, 15% OFF 3 OR MORE
SOME EXCLUSIONS MAY APPLY

MONDAY	11/6 All Sauvignon Blanc
TUESDAY	11/7 All Pinot Noir
WEDNESDAY	11/8 All Sparkling
THURSDAY	11/9 All Italy
FRIDAY	11/10 Polaner Wines In-Store Wine Tasting 4-7pm
SATURDAY	11/11 Pacific NW Picks In-Store Wine Tasting 2-5pm
SUNDAY	11/12 All Jug Wine

vineandcompany.com
 741 Bedford Road, Bedford Hills, NY | 914.666.7272
 drink happy.

Follow us on **twitter**
twitter.com/ExaminerMedia

Find us on Facebook **Search for EXAMINER MEDIA**

914-864-0878
advertising@theexaminernews.com • www.theexaminernews.com

Happenings

continued from page 24

and social asset in the U.S. and challenges Americans to move past their deepest divides to find meaningful and lasting understanding and inclusion. Followed by a panel discussion and Q&A. Books will be for sale; refreshments served. Warner Library, 121 N. Broadway, Tarrytown. 7:30 p.m. Free. Info: Visit www.repairrivertowns.org.

Thursday, Nov. 9

The Breakfast Club. Designed for seniors, the program includes a free breakfast, a presentation on a healthy lifestyle topic and a light exercise program. Cafeteria (G Level) at Phelps Hospital cafeteria (G Level), 701 N. Broadway, Sleepy Hollow. 8:30 to 10:30 a.m. Free. Registration required. Info and registration: 914-366-3937.

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 Whipoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday (except Nov. 23). 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 (except Nov. 23). Info: 914-741-0276 or www.mountpleasantlibrary.org.

Osteoporosis Support and Education. Providing education on nutrition, exercise (weight-bearing, strengthening and balance) and activities of daily living. For people with osteoporosis. e Boardroom (C Level) at Phelps Hospital boardroom (C Level), 701 N. Broadway, Sleepy Hollow. 10:45 to 11:45 a.m. Free. Registration required. Info and registration: 914-366-2270.

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 (except Nov. 23). Info: 914-741-0276 or www.mountpleasantlibrary.org.

Mahjongg Club. Intermediate players welcome. Participants must bring their own set. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 1 p.m. Free. Every Thursday (except Nov. 23). Info: 914-666-8041 or www.mountkisco.library.org.

Advanced Beginner and Intermediate Bridge Class. Do you want to improve

your bridge game, but the beginner class is redundant for you? This class is for people with some knowledge of the game. With Joel Goren. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Thursdays through Nov. 16. Info: 914-273-3887 or www.northcastlelibrary.org.

Bolshoi Ballet's Le Corsaire. Amid a bustling Turkish market, the pirate Conrad falls in love at first sight with beautiful Medora, the ward of a slave merchant. Inspired by Lord Byron's epic poem and reworked by Alexei Ratmanský from Petipa's exotic 19th century classic, this grand miracle of the Bolshoi's repertoire is one of its most lavish productions. Part of the World Stage on Screen series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Storytime Playgroup. Come hear a story and music and join in on playtime with toys and books. Children, parents and caregivers will make new friends and share time together. For children one to four years old; with a caregiver. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 2:45 p.m. Free. Every Thursday (except Nov. 23). Info: 914-769-0548 or www.mountpleasantlibrary.org.

Comics Club. Join Alex Conte, a graduate of the Kubert School, for a comics discussion and graphic art club for young adults. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Also Nov. 20. Online registration requested. Info: 914-769-0548. Registration: Visit www.mountpleasantlibrary.org.

Gaming Old School. Join old school gaming enthusiasts to play board games like a kid again. Open to all ages. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Every Thursday (except Nov. 23). Info: 914-666-8041 or www.mountkisco.library.org.

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Thursday (except Nov. 23). Info: 914-666-8041 or www.mountkisco.library.org.

English as a Second Language Class. Strengthen your English skills through pronunciation exercises, grammar exercises and conversation practice. All are welcome to participate in these informal small English Language Learner group classes. The friendly, flexible yet structured setting is ideal for those who want to improve their English communication skills. Led by Stacey Fields. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Every Thursday (except Nov. 23). Info: 914-273-3887 or www.northcastlelibrary.org.

Latest Trends in Resumes. Learn how to transform your resume into a marketing

document, find out about different formats and improve your chances of getting an interview. Mount Pleasant Public Library, 350 Bedford Rd., Mount Pleasant. 7 to 8:30 p.m. Free. Online registration suggested: Info: 914-769-0548. Registration: Visit www.mountpleasantlibrary.org.

"Unrest." Jennifer Brea, 28, is an active doctorate student at Harvard and about to marry the love of her life when suddenly her body starts failing her. Hoping to shed light on her strange symptoms, she grabs a camera and films the darkest moments unfolding before her eyes as she is derailed by M.E., commonly known as chronic fatigue syndrome, a mysterious illness some believe is "all in your head." In this story of love and loss, newlyweds Jennifer and Omar show courage and great heart as they search for answers in the face of unexpected obstacles. Followed by a Q&A with Lindsey award-winning creative producer and director and founder of British production company Little by Little Films, and Stephen Apkon. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:15 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.



The 33rd annual Chappaqua Craft & Gift Fair will take place this Saturday at Robert E. Bell Middle School in Chappaqua.

Yngwie Malmsteen: World on Fire Tour. Grammy nominated and critically acclaimed guitar maestro Yngwie's Malmsteen's explosive guitar has firmly established him in the neo-classical and rock categories. He's inspired aspiring guitarists worldwide for decades with such powerhouse classic albums as "Marching Out," "Trilogy," "Odyssey," "Live in Leningrad/Trial By Fire," "Fire & Ice" and "Inspiration." Malmsteen proved that he was much more than a rock phenomenon in 1997 when he produced his first completely classical work, Concerto Suite for Electric Guitar and Orchestra in E flat minor, Op. 1. This groundbreaking album was recorded in Prague with the prestigious Czech Philharmonic Orchestra and famed symphony conductor Yoel Levi. Paramount Hudson Valley, 1008 Brown St., Peekskill. 8 p.m. \$30, \$40 and \$55. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

"The Enlightenment of Mr. Mole." The Schoolhouse Theater presents the premiere of this production, an adaptation

of Kenneth Graham's "The Wind and the Willows," written and directed by Tony-Award winner B.H. Barry. A stunning play for anyone from 5 to 105. A perfect evening or afternoon of comedy, adventure and fun for families, particularly at Thanksgiving. The Schoolhouse Theater, 3 Owens Rd., North Salem. 8 p.m. \$38. Seniors: \$35. A 30 percent discount with season subscriptions; student and group discounts available. Also Nov. 10, 11, 16, 17, 18, 24 and 25 at 8 p.m. and Nov. 12, 19, 25 and 26 at 3 p.m. Info and tickets: 914-277-8477 or visit www.schoolhousetheater.org.

Friday, Nov. 10

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr as well as the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also Nov. 11, 12, 18 and 25 at 11 a.m. and Nov. 19, 24 and 26 at 2 p.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

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.

Evening Howl for Adults. Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolves in North America while enjoying a lovely spread of wine and cheese. Take a short sunset hike to howl with ambassador wolves Atka, Alawa, Nikai and Zephyr and behold the critically endangered red wolves and Mexican wolves. For adults 21 years old and up. Wolf Conservation Center, South Salem. 6 p.m. \$20. Also Nov. 18 at 5 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

WCC Film Series: "The Nightengale." Zhu desires to return to his small home town in the country, and takes his granddaughter along. Spoiled, petulant and selfish, she resents leaving behind the creature comforts of her luxurious Beijing apartment. However, as the pair becomes lost overnight in a forest, they bond. This movie offers a subtle criticism of consumerism in contemporary China and the unintended consequences of its former one-child policy. The fourth of six Friday evening screenings. Westchester

continued on page 29

Sleep Apnea and Obesity: Breaking the Vicious Cycle

About 90 million Americans get nudged, elbowed or awakened each night because they're snoring. Though loud snoring is something of a joke in our culture, when coupled with obesity, it can signal obstructive sleep apnea, a serious sleep disorder in which a person's breathing is interrupted repeatedly throughout the night as they sleep, sometimes hundreds of times.

Here I'll explain the dangers associated with sleep apnea, the underlying problem of obesity and how weight loss surgery can be the solution to both.

There's a profound link between sleep and obesity

It's a vicious cycle. Abnormal sleep cycles promote obesity. Think about people who work overnight shifts. After their shift is over, they may feel fatigued. That makes routine exercise and activity a challenge. Aside from exhaustion, not getting enough sleep often results in poor food choices – snacks of cookies, chips and candy, especially – that promote weight gain and obesity. Because obesity is the leading cause of obstructive sleep apnea and the vast majority of people with severe obesity have some degree of this dangerous sleep disorder, there are the dangers of being obese and not being able to breathe properly.

The Vicious Cycle and its Dangers to You

When you're awake, the muscles in your throat help keep your airway open so you can breathe. During sleep, those muscles relax, narrowing the throat. If you're at a

healthy weight, this narrowing usually doesn't block your airway. However, when you're overweight or obese, excess fat tissue – particularly inside the neck or windpipe area – tends to narrow your airway even further, causing limited air flow and snoring.

People with obstructive sleep apnea snore, don't get enough air and keep waking up in order to oxygenate. Because they can't get a good night's sleep, their brain and body never fully re-energize. That can lead to chronic hypoxia or lack of oxygen, which can impair memory and cognition. This group may not be as productive at work, and has a higher degree of absenteeism on the job.

Obstructive sleep apnea combined with obesity can also cause more serious complications. Low oxygen and sluggish blood flow through the arteries may make breathing difficult. Blocked airways may lead to high blood pressure in the heart-to-lung system, a condition called pulmonary hypertension. Now, your heart must work harder to pump blood back to the lungs. That can strain the heart and can be life-threatening.

Your sleep apnea can endanger others

Obstructive sleep apnea can also endanger others around you. Daytime sleepiness is a common symptom of the condition, causing risky situations for those who drive. Sleep apnea is a common cause of fatal transportation accidents because of people falling asleep at the wheel. In fact, it's the third leading cause

of transportation fatalities, after drugs and alcohol. If you are obese and believe you have obstructive sleep apnea, it's important to identify your symptoms and take action to improve your sleep and the quality of your life, and equally important, to reduce your chances of having a car accident.

How to find relief, peace of mind and a peaceful sleep

If worn regularly, sleep apnea devices can help patients breathe more easily during sleep. These devices, which typically include an airway pressure hose and an attached mask, gently blow air through your mouth or nose at a constant pressure. The pressure keeps the throat and airway open while you sleep. However, while the devices may help you sleep better, they don't address the underlying problem of obesity. To truly cure a person's sleep apnea, you need to treat their obesity.

Weight loss is the ideal treatment for most obstructive sleep apnea patients. Surgical weight loss for those with moderate to severe sleep apnea who also have a body mass index (BMI) greater than 35 is the preferred method. Very soon after surgery, patients typically notice a difference in their sleep patterns. When you lose 20 to 30 pounds in one month, the change is profound. Within six months, a



By Dr. Mitchell S. Roslin

patient can expect to lose up to 60 pounds and decrease their BMI by 10 units. At this point, most symptoms disappear and patients no longer need their sleep apnea devices.

If you are considering surgical weight loss to treat obesity and obstructive sleep apnea, you'll meet with a surgeon to discuss the best surgical option. Northern Westchester Hospital offers various procedures, including the Vertical Sleeve

Gastroectomy, the Modified Duodenal Switch/SIPS Procedure and the Laparoscopic Gastric Bypass. Dietitians, fitness experts, psychologists and a patient educator will guide you through your weight-loss journey, providing support before, during and after surgery.

Post-surgery, patients must be committed to leading an entirely different lifestyle, one in which they eat healthily and exercise at least five days a week. You must be dedicated to maintaining a healthy lifestyle. Otherwise, you risk both the weight and your sleep apnea returning.

To learn more about surgical weight loss at Northern Westchester Hospital, visit www.nwchsurgicalweightloss.org.

Dr. Mitchell S. Roslin is director of Northern Westchester Hospital's Bariatric Surgery Program and professor of surgery at Hofstra Northwell School of Medicine.

Happenings

continued from page 28

Community College's Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. Doors open at 7:10 p.m. Refreshments at 7:20 p.m. Screening at 7:45 p.m. \$11. Seniors: \$10. Info and tickets: 914-723-3186.

Pleasantville Fund for Learning 2017 Auction. Come for the beer and stay for the bites, bids and band. Featuring The Michael Collins Band. Proceeds benefit the Pleasantville Fund for Learning. Captain Lawrence Brewing Co., 444 Saw Mill River Rd., Elmsford. 7:30 to 11 p.m. \$100. Info and tickets: Visit www.pffl.org.

Open Mic Night. This is not your average open mic. The big stage, amazing acoustics, high-end equipment and experienced sound engineer create a concert-like experience in Purpl's friendly, laid-back environment. Come to play or just to watch. Purpl, 52 Main St., Hastings-on-Hudson. Doors open and sign up at 7:30 p.m. Show starts at 8 p.m. \$8. Second Friday of every month. Info: 914-231-9077 or visit www.purpl.org.

"Company." Arc Stages presents this musical comedy by Stephen Sondheim and George Furth. On the night of his

35th birthday, confirmed bachelor Robert contemplates his unmarried state. Over the course of a series of dinners, drinks and even a wedding, his friends explain the pros and cons of taking on a spouse. The habitually single Robert is forced to question his adamant retention of bachelorhood during a hilarious array of interactions. Directed by Ann-Ngaire Martin. 147 Wheeler Ave., Pleasantville. 8 p.m. \$28. Seniors and students: \$22. Also Nov. 11 at 8 p.m. and Nov. 12 at 2 p.m. Info and tickets: 914-747-6206 or visit www.arcstages.org.

Saturday, Nov. 11

Pleasantville Farmers Market. Experience the largest year-round farmers market in Westchester and the one voted Best of Westchester from 2014 to 2017. With 56 vendors and seven nearby parking lots, the market is a delicious good time every week. This market is a dog-free environment. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Nov. 18. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Locally-raised and produced food to the

community in a weekly market, creating a connection between shoppers and small-scale food producers in the region. Chappaqua train station. Chappaqua. 8:30 a.m. to 1 p.m. Every Saturday. Info: Visit www.chappaquafarmersmarket.org.

Chappaqua Craft & Gift Fair. Now in its 33rd year, the fair will feature more than 80 artists, artisans and crafters eager to share their one-of-a-kind items for holiday shopping enjoyment. Admire the work of fine handmade pottery, unique handcrafted jewelry, handbags and luxury knits. Find gourmet food, bath and beauty products and a myriad of other notable items. Local eatery Villarina's will offer family-friendly food. Many vendors will provide their crafts to a raffle. Proceeds to benefit the programs offered by the Robert E. Bell Middle School PTA. Robert E. Bell Middle School, 50 Senter St., Chappaqua. 10 a.m. to 4 p.m. Free admission. Info: Visit www.chappaquacraftfair.com.

Christkindlmarkt (German Christmas Market). The Bavarian Edelweiss Club presents this annual event featuring traditional German food, homemade desserts, live entertainment, St. Nikolaus and many vendors. There will also be a

cash raffle. Holy Name of Jesus Church auditorium, 2 Broadway, Valhalla. 10 a.m. to 4 p.m. Free admission. Info: Contact Gloria Mayer McSweeney at 845-240-3227, visit www.bavarianclubedelweiss.org or visit on Facebook.

Purse and Accessories Party. Stop by the Horace Greeley House to enjoy light refreshments while shopping for an array of stylish purses and accessories that have been donated. Proceeds from this fundraiser will benefit the New Castle Historical Society. Horace Greeley House, 100 King St., Chappaqua. 10 a.m. to 4 p.m. Free admission. Info: 914-238-4666 or visit www.newcastlehs.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. Every Saturday. Info: 914-273-3887.

Meditation Workshop. Michael Cardillo

continued on page 30

Happenings

continued from page 29

will help you reach peace and a clear vision in meeting your life's goals. An AA member, he will share his knowledge and meditation techniques. Open to all. Henry V. Kensing Memorial Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to noon. Free. Every Saturday. Info: 914-666-8041 or www.mountkisco.library.org.

Magic Show. This show by magician Jonathan Blair will include magic, juggling, comedy and lots of audience participation. For children three to seven years old and their families. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:45 a.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

"Guys and Dolls Jr." Random Farms Kids Theater presents this classic musical featuring performers in grades 3-8. Tarrytown Music Hall, 13 Main St., Tarrytown. 11:15 a.m. Premium seating: \$14. Regular seating: \$10. Groups of 12 or more: \$7. Also Nov. 12, 18 and 19 at 11:15 a.m. and Nov. 13, 14, 15 and 21 at 6:15 p.m. Info and tickets: Visit www.randomfarms.com.

Yoga Teachers Association of the Hudson Valley: "Transformational Teaching." Ken Nelson and Lesli Lang will lead this dynamic, interactive workshop showing participants how to facilitate the wisdom of individuals and groups by cultivating trust; getting clear about one's own goals, strengths and challenges and using the tools of intention, attention, agreements and conscious communication. Bring a yoga mat. Yoga Studio at Club Fit, 584 N. State Rd., Briarcliff Manor. 1:30 to 4:30 p.m. In advance: YTA members--\$45. Non-members: \$65. At the door: YTA members--\$55. Non-members--\$75. Pre-registration requested. Info: Contact Audrey Brooks at 914-582-7816 or e-mail ytapresident@gmail.com. Info: Visit www.ytayoga.com.

"The Greatest Pirate Story (N)ever Told!" An improvised, interactive pirate adventure filled with boatloads of laugh-out-load moments for kids and adults. This off Broadway hit is a mash up of "Whose Line Is It Anyway?" Monty Python and "Mad Libs," on a single stage. Flung into the future by a wacky sea witch, a crew of misfit pirates-turned-actors are forced to perform the greatest pirate epic ever seen on stage. However, when their script is partially obscured by a tragic squid ink accident, the crew must turn to the audience to fill in the missing pieces of the plot. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 2 p.m.

\$17.50. Tickets: 1-800-745-3000 or visit Ticketmaster.com. Info: 914-458-5143 or visit www.ChappaquaPAC.org.

Pack Chat for Kids. This is the best introduction to wolves for families with young children. Kids will learn about the mythology surrounding wolves and the important role they play in the natural world. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr as well as the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Nov. 19, 24 and 26 at 11 a.m. and Nov. 18, 25 at 2 p.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

Irving Berlin: An American Institution. During Berlin's career, he published an estimated 1,500 songs. Noted New York historian Marty Schneit will discuss how the immigrant from Russia became the classic ragtime to riches story. Presented by the Westchester Community for Humanistic Judaism. Followed by a Havdalah service. Light refreshments served. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2:30 p.m. \$10. Info: Contact Dmitry at 914-713-8828 after 6 p.m. or e-mail info@wchj.org.

William Shakespeare: Did He or Didn't He? Is there any truth to the idea that Shakespeare was not really the author of his works? Gloria Piraino, a retired high school teacher and expert on all things Shakespeare, will discuss this ongoing controversy. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 3 p.m. Free. Info: 914-273-3887.

Artists Reception for "In Residence: Nancy Cohen and Steven Millar." The Bullseye Resource Center New York Gallery's 2017 edition of its residency features Cohen and Millar. A former resident artist at the Pilchuck Glass School and the Corning Museum of Glass, Cohen has explored new forms of kiln forming for inclusion in her mixed media installations and sculptures. Millar explored kiln glass for the first time, creating works that are visually distinct from his sculptural work in other media, but retain his exploration of time, history, transience and remembrance. Bullseye Resource Center New York Gallery, 115 Hoyt Ave., Mamaroneck. 3 to 5 p.m. Free admission. Exhibit continues through Jan. 6, 2018. Info: 914-835-3794 or visit www.bullseyeglass.com.

Evening Howl for Pups of All Ages. Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolf families and discover why September is a magical time for packs in North America. Guests will take a short sunset hike to howl with ambassador wolves Atka, Alawa, Nikai and Zephyr and the critically

endangered red wolves and Mexican wolves. All guests will be served weather appropriate treats. Please bring flashlights. Wolf Conservation Center, South Salem. 5 p.m. Adults: \$16. Children (under 12): \$13. Also Nov. 17 at 6 p.m. and Nov. 24 at 5 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Moscow State Symphony Orchestra. Renowned around the globe, the orchestra was founded in 1943 and is one of the oldest symphony orchestras in Russia. It is known for its enviable reputation for high standards of artistic excellence, imaginative programming and community engagement and having a broad and loyal constituency at home and abroad. Featuring Armenian cello phenom Narek Hakhnazaryan. Conducted by Alexander Sidnev. Purchase College Concert Hall, 735 Anderson Hill Rd., Purchase. 8 p.m. \$32.50, \$52.50, \$80 and \$100. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Sunday, Nov. 12

Frankenstein, or the Modern Prometheus: A One-Man Play. A must-see for Frankenstein enthusiasts and fans of mystery and horror. Captain Robert Walton is asked to describe his strange encounter with Victor Frankenstein, a young science student he had rescued, nearly frozen and traveling by dog-drawn sled across the ice. Written and performed by Greg Oliver Bodine and directed by DeLisa M. White. For adults and for children 12 years old and up. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Maryknoll Speakers Series: Jana Laiz. Laiz, a teacher and the author of the award-winning novel "Weeping Under This Same Moon," will speak about getting outside the comfort zone. All people have comfort zones and often it is difficult to step beyond the self-erected boundaries and walls. While exploring new venues can be challenging, and sometimes uncomfortable, taking a step in a different direction also can be rewarding and educational. She will also discuss the joys and inspiration of working with refugees and how the experience changed her life and the many ways that such an experience can apply to everyone. Maryknoll Society Center, 55 Ryder Rd., Ossining. 2:30 p.m. Free. Reservations requested. Reservations: 914-941-7636 ext. 2445 or e-mail MaryknollSpeakersSeries@maryknoll.org. Info: Visit www.maryknollsociety.org/what-we-do/speaker-series.

Chamber Music at Rye Presbyterian. Violinists Abraham Appleman and Ming-Feng Hsin, violists Michael Roth and Mark Holloway and cellists Joel Noyes

and David Heiss will perform this diverse program. Includes "Sextet" from Richard Strauss's Capriccio. The group then will offer three pieces by famed folk arranger/composer Mark O'Connor: "Appalachia Waltz," "St. Louis Blues" and "Chief Sitting in the Rain" before concluding with Tchaikovsky's "Souvenir de Florence." Rye Presbyterian Church, 882 Boston Post Rd., Rye. 2:30 p.m. \$40. Info and tickets: Contact Ronald Arron at 914-523-4646 or at ronarron@optonline.net. Tickets will also be available at the door.

Pleasantville Chamber Music Society Concert: Manhattan String Quartet. The society kicks off its 2017-18 series features the locally – and internationally – beloved Manhattan String Quartet. The program will feature Mozart's String Quartet in G Major, K. 387 ("Spring"), Ravel's String Quartet in F Major and Haydn's String Quartet in D Major, Op. 76 #5. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. 3 p.m. Free. Info: Visit www.pvillechambermusic.org.

Julian Langford in Concert. First-prize winner of the Chappaqua Orchestra's 2017 Concerto Competition, this cellist will perform solo Bach and the Schubert Cello Quintet with members of the Chappaqua Orchestra Chamber Players. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 3 p.m. Free. (Donations gratefully accepted.) Info: 914-238-4779 or www.chappaqualibrary.org.

Monday, Nov. 13

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. 719 Bedford Rd., Bedford Hills (next to ShopRite). 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail tinacampbell@masternetworks.net or just drop in.

Morning Bird Walk. Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 8:30 a.m. Free. Meets the second Monday of each month. Info: Visit www.sawmillriveraudubon.org.

Laryngopharyngeal (Silent) Reflux Screening. Symptoms of silent reflux include changes in the voice, throat clearing, mucus in the throat with discomfort, swallowing problems and a chronic cough that does not respond to medications. It can be caused or exacerbated by chronic asthma, recurrent sinusitis, dental disease and even cancer. Screening conducted by laryngologist Dr. Craig H. Zalvan. Phelps Hospital, 701 N. Broadway, Sleepy Hollow. 8:30 to 9:30 a.m. Free. Registration required. Info and registration: 914-366-3010.

Chances Dwindling to Enjoy a Hudson Valley Winery Weekend



By Nick Antonaccio

Yes, it's November, and this is the season our thoughts gravitate to ski slopes and holiday travel to the homes of family and friends.

But not this year. As I write this column, the leaves are still on the trees; many are still green. We haven't had a hard frost; thoughts of an Indian Summer faded weeks ago. Perhaps this is why I haven't undertaken, or even planned, my perennial fall trip to several Hudson Valley wineries. We are fortunate to have in our backyard a number of world-class wineries, replete with tasting programs and fall activities to invigorate the most adventurous of us.

I encourage you to take advantage of these remaining days of mild temperatures and still-changing foliage to embark on a weekend drive up the Taconic Parkway or the New York State Thruway to enjoy a day at one of our local wineries, taking in the beauty and bounty of the Hudson Valley.

About an hour from northern Westchester is where the rolling hills of New York meet the lush vineyards

of California's Napa Valley. There are several prominent wineries in Dutchess, Orange and Ulster counties that will sate your appetite for an escape from life's everyday obstacles with a relaxing and rewarding experience on a personalized level. At these wineries you can inhale the scents of wet and colorful leaves as well as the musty odor of fermenting grapes. The staffs are professional and are ready to assist you in discovering the exceptional wines produced in our backyard.

I recommend these wineries for a leisurely Saturday or Sunday afternoon drive, beginning with a quick stop at your favorite gourmet deli for picnic provisions. A few of my favorites along the Taconic: Millbrook Vineyards and Winery in Millbrook, Clinton Vineyards in Clinton Corners and Cascade Mountain Winery in Amenia. Call or check online for directions and hours.

Cross the span of the new Governor Mario M. Cuomo Bridge to the Harriman exit of the Thruway to any of the 15 wineries along the Shawangunk Wine Trail. Notable wineries to visit include Benmarl Winery, Glorie Farm Winery and Warwick Valley Winery. Stoutridge Vineyard in Marlboro

has recently expanded its production to exceptional artisanal spirits.

While there are excellent representations of familiar grape varieties, such as Chardonnay and Cabernet Franc, the local hybrids are the stars. Varieties such as Seyval Blanc, Baco Noir, Traminette, Marquette and Chambourcin produce unique aroma and taste profiles that are popular in the region.

Here's a taste of two of these fine wineries.

Millbrook Winery, off the Millbrook exit of the Taconic, offers an area with several picnic tables in the midst of maturing grapevines and a small pond. Purchase a bottle of the signature Cabernet Franc or Tocai Friulano wines at the retail shop and you'll be transported to an idyllic day deep in Napa Valley. The Cabernet Franc is reflective of the climate and geography of the area: ripe, redolent with red fruits and a lush finish. The Tokai has a fresh, almost tropical fragrance that is a perfect white wine for quaffing on a sun-filled autumn day on the hillsides of the winery.

At Benmarl Winery, grapes have been grown since the 1700s on this 37-acre estate overlooking the Hudson River.

Relax in the European-style courtyard and view the sweeping vistas from the mountain-top location. Popular wines include the Baco Noir and the Seyval Blanc. The Baco Noir is a medium bodied red wine and has a spicy feel with a pleasing finish. The Seyval Blanc, according to the winery description, is "bursting with aromas of ripe apricot, white flower and hints of wet stones and grass leading into crisp, lingering flavors of green apple and lemon before finishing with a bright, balanced acidity."

We are blessed in Westchester to be logistically located to enjoy the bounty of the Hudson Valley. A late season trip to local wineries is an intoxicating adventure to appreciate the wonders of nature at her best.

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.

You Heard It Through the Grapevine



"BREW AFTER DARK" EVENT PRICING

Draft beer packages we offer:

\$12/person/hour

Open bar from five of our draft lines (as chosen by our curator).

By The Glass

We keep a tally of whats consumed. All twelve draft lines are available. Additional \$200 site rental fee for this package.

\$18/person/hour

Open bar from all twelve of our draft lines.

Cash Bar

Your guests pay as they go. All twelve draft lines are available. Additional \$200 site rental fee for this package.

A MINIMUM OF 20 GUESTS. WITH ANY OF OUR BAR PACKAGES, YOU CAN ALSO CHOOSE TO SERVE WINE. OUR SISTER STORE VINE & CO. WILL ASSIST YOU IN CHOOSING THE WINE AND QUANTITY.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT US AT 914-666-3600 OR MIKEY@BREWANDCOMPANY.COM

532 BEDFORD ROAD, BEDFORD HILLS NY 10507




GOT STUFF? WE GOT SOLUTIONS

www.safehavenselfstorage.com

- WE SELL BOXES, CARTONS, LOCKS
- SAFE AND SECURE
- FULL INSIDE LOADING DOCK
- ACCESS TO YOUR UNIT 7 DAYS A WEEK
- CLIMATE CONTROLLED ENVIRONMENT

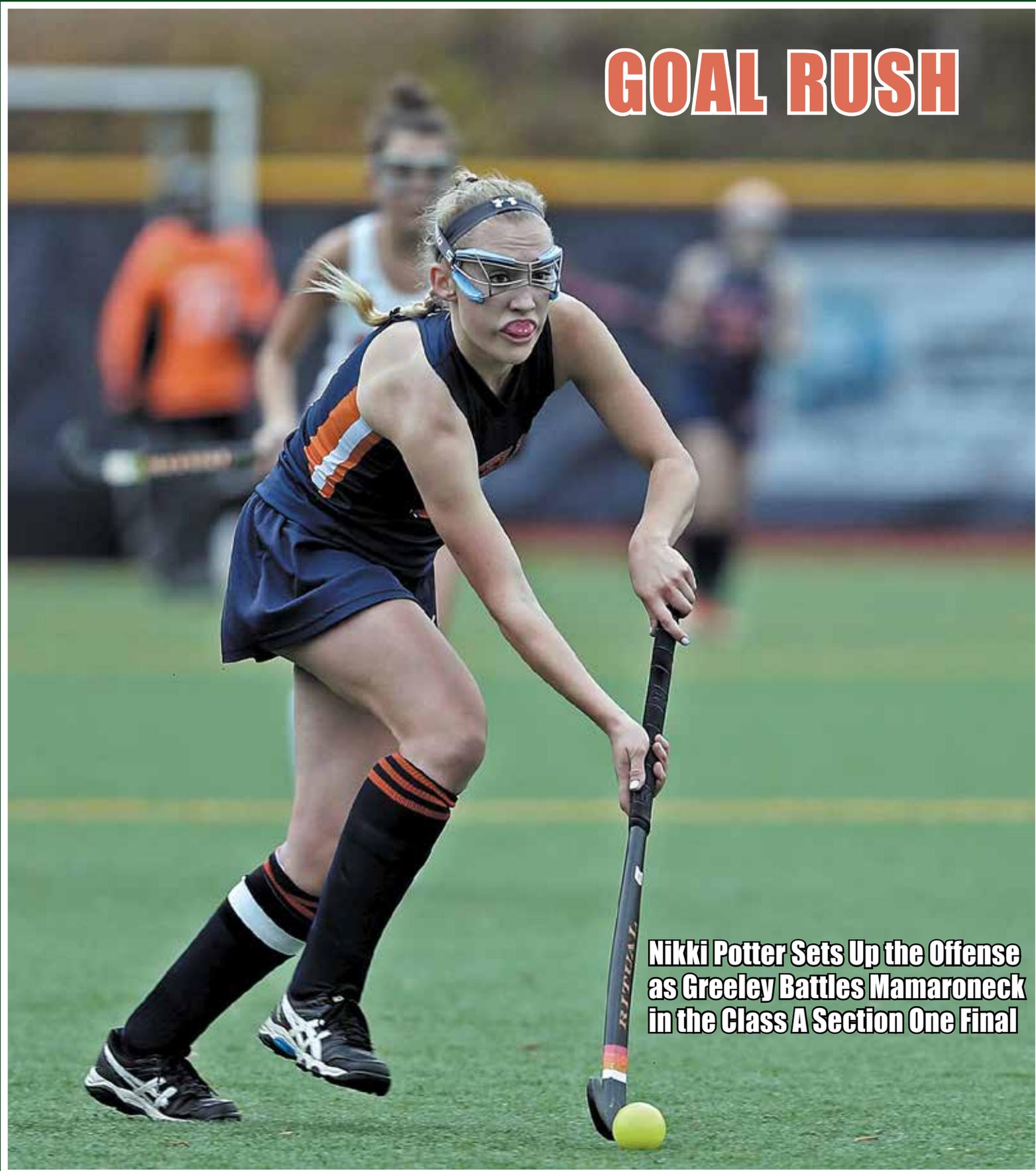
NEW CUSTOMERS

50% OFF

FIRST 3 MONTHS*

ELMSFORD 444 SAW MILL RIVER ROAD (9A) | 914-592-1000
MOUNT KISCO 333 NORTH BEDFORD ROAD | 914-666-7233

*RESTRICTIONS APPLY



GOAL RUSH

Nikki Potter Sets Up the Offense as Greeley Battles Mamaroneck in the Class A Section One Final

ANDY JACOBS PHOTO



Euphoria Kitchen & Bath

FAMILY OWNED & OPERATED SINCE 1965

Complete Design and Installation Services

164 Harris Road
Bedford Hills
914.241.3046

www.euphoriakitchens.com

HOURS:
Tuesday - Friday 10:30am-5pm
Saturday 11am-4pm

GC Lic.#WC-16224-HO5



Dream Kitchens & Baths

- CRAFT-MAID
- BIRCHCRAFT
- HOLIDAY
- CABICO
- STONE
- QUARTZ
- CORIAN
- DECORATIVE HARDWARE