

# The Examiner

twitter.com/ExaminerMedia

**GHVBL  
Title Day  
Coverage**  
See Pages 28, 29



**FREE**

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

August 1 - August 7, 2017

SMALL NEWS IS BIG NEWS

Volume 11, Issue 517

## Independent Candidates Jump into Mt. Kisco Mayoral, Trustee Race

By Neal Rentz

Two candidates familiar with Mount Kisco's business community announced last week they have formed a ticket to challenge longtime incumbent Mayor Michael Cindrach and compete for a trustee's seat this fall on an independent line.

Gina Picinich, who has served as the Chamber of Commerce's co-executive director, and restaurateur Isi Albanese plan to run on the 4MK line (which stands for For Mount Kisco) in November's general election. Picinich said she and Albanese each need to submit a petition containing at least 123 signatures from Mount Kisco registered voters who have not signed another candidate's petition. Their petitions must be brought to the Westchester County Board of Elections by Aug. 22 to appear on the ballot.

In addition to Cindrach, trustees Anthony Markus and Peter Grunthal are running for re-election, three of the five

current members on the all-Democratic village board.

"We are not politicians. We are people who are knowledgeable, visibly committed to our community and motivated to make a positive impact for Mount Kisco and its residents," said Picinich, a registered Democrat who is making her first run for public office.

Picinich said in the past decade there have been too many uncontested board elections. Since 2007, only two trustee races have had opposition and the only challenger for Cindrach in that time has been one write-in candidate. Each board seat has a two-year term, ensuring that two trustee seats are up every year while the mayor's term expires at the end of each odd-numbered year.

"I think the voters of Mount Kisco deserve a choice on Election Day," Picinich said. "I believe it is important to give back to the community that I care so much about. I know Mount Kisco



Gina Picinich and Isi Albanese announced last week they are running for mayor and village trustee, respectively, in Mount Kisco this year against the Democratic incumbents.

is filled with talented, passionate and extraordinary people as well as dynamic businesses, schools, organizations and

services. We need to harness that energy and use it to set a positive course for the

*continued on page 2*

## Area Lawmakers Urge DOT to Complete Grade Crossing Study

By Martin Wilbur

Three area state legislators demanded Monday that the state Department of Transportation (DOT) promptly complete its study of all railroad grade crossings in New York as the agency is now four months late with its release.

State senators Terrence Murphy (R-Yorktown) and David Carlucci (D-Clarkstown) and Assemblyman Thomas Abinanti (D-Pleasantville) gathered at the Commerce Street grade crossing in Valhalla to urge the DOT to finish the study that is supposed to examine all 5,300 grade crossings in the state. The DOT was asked to recommend what, if

any, safety improvements are needed for each site.

The legislature approved the bill last year calling for the study to be completed by Apr. 1, 2017. Gov. Andrew Cuomo signed the legislation into law last November.

The Commerce Street crossing is where SUV driver Ellen Brody moved her vehicle into the path of a northbound Metro-North train on Feb. 3, 2015, after the gate came down on her car. She and five passengers in the first car of the train were killed.

Abinanti said he and his colleagues are unaware of the study's status. The only communication he has had with DOT is the agency telling him "we're working on it."

"We don't know what that means," said Abinanti, whose Assembly district includes

*continued on page 6*

## P'ville Officer to Serve as Liaison to Special Needs Residents

By Anna Young

Pleasantville Police Chief Erik Grutzner announced last week that one of his department's members has been appointed to the role of special needs liaison officer.

Officer David Casale, who transferred to the Pleasantville Police Department last year, will serve in the new position. He will work with the community by acting as a go-between for households with special needs family members and the department, Grutzner explained.

With police across the United States under scrutiny for how they treat residents from various groups, Pleasantville hopes to assure the community that officers handle situations involving individuals with special needs with care and patience.

"Pleasantville has a thriving special

*continued on page 6*



ANNA YOUNG PHOTO

Pleasantville Police Officer David Casale, right, with Police Chief Erik Grutzner, will serve in the newly created role of special needs liaison officer.

**NTSB report released on Valhalla crash...page 4**

**ENJOY THE OUTDOORS AGAIN!**

Our unique blend of products kills Mosquitoes on contact and destroys their eggs. Let us help you enjoy your yard... MINUS the Mosquitoes!

**MOSQUITO DANGERS**

Zika Virus, West Nile Virus, Malaria, Dengue Fever, Yellow Fever and more infectious diseases can be carried by a single bite. Don't be another victim.

**SPECIAL FIRST ORGANIC MOSQUITO SPRAY \$29.99 BOOK NOW!**



Protecting Your Outdoors Naturally  
**TRUorganics**  
**Natural Mosquito & Tick Control**  
**(800) 974-TURF (8873)**

Monday-Saturday 8:00 a.m. to 6:00 p.m.  
[www.truorganicpest.com](http://www.truorganicpest.com)  
Licensed, Bonded & Insured • WC 21781 C09

# Independent Candidates Jump into Mt. Kisco Mayoral, Trustee Race

continued from page 1

future of our community.”

Picinich said she and Albanese would discuss their platform once they are officially on the ballot.

Albanese, a 37-year village resident and the owner of Exit 4 Food Hall on East Main Street, announced his candidacy on his Facebook page last week. He was unavailable for further comment.

“I am not a politician, but I am a person that cares about our community and local families,” Albanese stated on Facebook.

“So, if you ask me why I am running I will tell you that my main reasons are for my family, for all my paisans and for the community that embraced me as a 10-year-old off the Michael Angelo in 1968,” Albanese also wrote. “By making

Mount Kisco a better place to live we are hoping that our kids and our neighbors want to continue to live here. We also want people that are looking for a great community to live or want to start a business, to choose Mount Kisco as their first choice.”

Albanese wrote that he admired the efforts of Cindrich and his wife, Linda, during his 14 years as mayor.

“We show no disrespect to him in running, but we believe this change can make things better. Let’s take all the good that Mount Kisco has to give and make it better. This is our town. Let’s be proud of it,” Albanese stated.

Picinich and Albanese have supported him in the past, Cindrich said.

Cindrich was first elected to the village board in 1995 and has served as mayor since 2003. He said during his time as an elected official he has received support not only from Democrats but from members of other political parties as well.

He said strong financial policies, which have helped keep property taxes in check, and high-quality services have been the hallmark of his service. That would continue in an eighth term as mayor.

“I intend to continue to prevent the intrusion of incompatible uses into our residential zoning districts, acquire additional green space and work toward

increasing our tax base with smart growth and sustainable development,” Cindrich said. “I also intend to rebuild our image as a community willing to expand, especially in our business district.”

The mayor said he plans to pursue state and federal grants to help pay for continued improvements to the village’s water and sewer infrastructure and the proposed renovation and expansion of Mount Kisco’s three firehouses. Additional shared services agreements will also be sought.

“My mantra remains the same – do more with less,” Cindrich said.

Messages left for Markus and Grunthal were not returned.

William Serratore, chairman of the Mount Kisco Democratic Committee, said his party’s slate has demonstrated strong municipal management, resulting in financial stability.

The committee released a statement last week pointing to one of the board’s key accomplishments, the 2015 decision to contract police services with the county, saving the village more than \$1 million annually while providing improved police coverage. The board has also refinanced debt, saving taxpayers \$1.2 million and maintaining the village’s AA2 bond rating.

## Police Arrest Homeless Shelter Stabbing Suspect in Valhalla

A resident of the homeless shelter at the Grasslands reservation in Valhalla was arrested last Thursday night, charged with stabbing another man with a pocket knife during an argument outside the facility, the Westchester County Department of Public Safety reported.

Department spokesman Kieran O’Leary said 46-year-old Elijah Green was arguing with another shelter resident shortly before 6 p.m. when the dispute escalated into a physical altercation.

Green is accused of using a small pocket knife to stab the victim multiple times during the assault,

O’Leary said.

The victim, a 59-year-old shelter resident, was taken to nearby Westchester Medical Center with non-life-threatening injuries. He was admitted and subsequently released, O’Leary noted.

Green who lives at the shelter on Operations Drive, was arrested at the scene by county police. He was charged with second-degree assault and third-degree criminal possession of a weapon, both felonies, O’Leary said. Green was arraigned in Mount Pleasant Town Court last Friday.

--Neal Rentz



## Breast Cancer Screening

What you need to know about mammograms & other imaging...

### Ask the Doctor

**Stefanie Zalasin, MD**

Breast-imaging Specialist  
Site Director, Yorktown Imaging  
Northern Westchester Hospital

**Schedule your mammo today,  
Yorktown: 914.245.5200  
Mt. Kisco: 914.666.1445**



**Northern Westchester  
Hospital**  
Northwell Health™

400 East Main Street | Mount Kisco, NY 10549  
914.666.1200 | www.nwhc.net

### Q: Why is it important to have routine screening mammograms?

**A:** Early detection with a screening mammogram can catch cancer years before it becomes discernible by touch. It is important to catch cancer earlier, because the size of the tumor and its stage influence treatment and prognosis.

### Q: During what ages should I have annual mammograms?

**A:** Starting at age 40, this screening tool saves the most lives. There is no defined upper age limit to stop mammography. The incidence of breast cancer increases with age: 30 percent of invasive breast cancers occur in women over the age of 70. We recommend that annual screenings continue as long as the patient is in otherwise good health and willing to undertake additional testing if an abnormality is detected.

### Q: How do I benefit from advanced breast cancer screening technologies?

**A:** The latest mammogram screening technology is the **3-D mammogram** (digital mammogram with tomosynthesis), which lets us see through tissue and find more cancers than does a standard digital

mammogram. Another newer technology is the **supplemental screening ultrasound** for dense breasts, which helps us evaluate dense breast tissue and masses seen on the mammogram by letting us distinguish between solid and cystic tissue. The **breast MRI** can be used to screen women at high risk for breast cancer due to genetic factors, family history or previous high-risk findings, or used as an additional tool to look for further abnormalities in women recently diagnosed with cancer. Advanced imaging technologies are offered at Northern Westchester Hospital’s women’s imaging sites in Mt. Kisco and Yorktown.

### Q: Should women with dense breast tissue receive special screenings?

**A:** About 40 to 50 percent of women have dense breast tissue. There are two components of breast tissue: fatty tissue and fibroglandular tissue. Fibroglandular tissue appears white on a standard mammogram, as do tumors, so tumors can be obscured. If you have dense breasts, ask about supplemental screening with a breast ultrasound. This technology increases detection by a rate of approximately four cancers per 1,000 screenings over that achieved by a standard mammogram.

# Board of Legislators' Candidate's Nominating Petitions Challenged

By Martin Wilbur

A former legislative aide for a one-time Republican lawmaker has challenged the recently submitted petitions of Democratic Board of Legislators candidate Daren Tolz after he believes he discovered "irregularities" on the paperwork.

Valhalla resident Anthony Amiano is questioning signatures on Tolz's petitions for the Democratic, Working Family and Women's Equality party lines. Tolz announced his candidacy in the spring to face incumbent Legislator Margaret Cunzio (C-Mount Pleasant) in the Board of Legislators' District 3 race this November.

Amiano, who said he submitted the challenge on his own behalf and did not involve Cunzio or her campaign, commented that he found signatures that were illegible and others that did not match the addresses on the voter registration list.

"I've been through the process enough times to know that there are certain processes in place at the Board of Elections just to ensure that candidates file a representative number of valid signatures to qualify for the ballot," said Amiano, who served as an aide to Cunzio's predecessor, former county legislator Michael Smith, for four years. "So, all candidates for public office should

know and follow the law."

Amiano said he filed the petition challenges for the two minor party lines on July 17, shortly after the July 14 petitioning deadline passed. He said those petitions barely had the requisite number of signatures. He then followed with a challenge of Tolz's Democratic petition within the past week.

Reached last Friday, Cunzio said she had no knowledge of the challenges and they were not initiated by her.

Tolz said the challenge of the Democratic petition questions more than 300 of the 740 signatures that were collected. If enough signatures would be eliminated it would leave Tolz with less than the approximately 500 valid signatures needed to be placed on the ballot.

He acknowledged that anyone from the public has the right to challenge a candidate's petitions, but said he is confident that his will withstand the inquiry. Tolz then called the effort "a waste of county resources."

"Are you really that afraid of me?" said Tolz, an Armonk resident. "I'm a complete newbie and you're going to start with this nonsense?"

He also refused to believe that Cunzio and her campaign had no involvement in the challenge, particularly after he learned of the challenger's identity. Tolz then



Democrat Daren Tolz, left, who announced his candidacy to oppose County Legislator Margaret Cunzio about two months ago, will have to withstand a challenge of his petitions initiated by Valhalla resident Anthony Amiano.



questioned why Cunzio isn't in control of her own campaign if she was not involved in the challenge.

"It's the type of politics where you're going to do whatever you can do," he said. "I mean, she did a good job of wasting my time. She was very effective."

Amiano, currently a Valhalla Board of Education trustee, said he strongly supports Cunzio, who he described as a hardworking and nonpartisan lawmaker. He called her "one of the best legislators

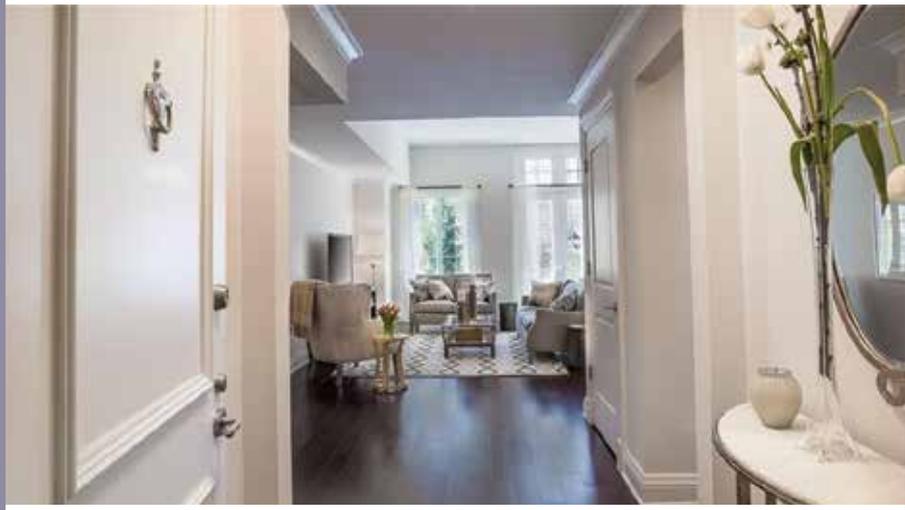
we've had representing our district."

"Ultimately, if Mr. Tolz is concerned about his lack of community support to this point, maybe he should really reconsider his misguided candidacy," he said.

Tolz and Amiano said they did not know when the Board of Elections might issue a ruling on the petitions. Since the race is for the general election and neither candidate faces a primary, there is plenty of time for that to occur, Tolz said.

*Experience*

**TRUMP PARK RESIDENCES SHRUB OAK**



*Offering the Opportunity of a Lifetime...  
The Best Deal in Westchester!  
Limited Availability!*

**646-609-3004 | yorktownTPR@gmail.com**

Trump Park Residences, 100 Trump Park Drive, Shrub Oak, New York 10588. Marketing & Exclusive Sales Agent: Nancy Kennedy. Sponsor: Yorktown TPR, LLC, 450 7th Ave., Ste. 506 NY, NY 10123. The complete offering terms are in an offering plan available from Sponsor CD05-0130. We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin. Models do not represent racial preference. Trump Park Residences is not owned, developed or sold by Donald J. Trump, the Trump Organization or any of their affiliates. Sponsor Yorktown TPR, LLC, uses the "Trump" name and mark under license from Trump Marks.

**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

Lightning Protection!  
**ASSOCIATED  
LIGHTNING**  
Rod Company, Inc.

[www.alrci.com](http://www.alrci.com)

Free Estimates • Free Inspections

518.789.4603 845.373-8309  
860.364.1498

*Happy Summer!*

**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**

# NTSB Unable to Explain Driver's Decision at Valhalla Train Crossing

By Martin Wilbur

Federal investigators were unable to definitively conclude why an SUV driver moved into the path of an oncoming train Metro-North train at the Commerce Street grade crossing in Valhalla two and a half years ago.

Last week, the National Transportation Safety Board (NTSB) convened in Washington to release its highly anticipated final report into the deadly accident that killed the driver of the Mercedes SUV, Ellen Brody, and five passengers aboard the first car of the northbound Harlem line train.

Safety recommendations from the NTSB were also issued following release of the report aimed at railroad operators, including Metro-North, in addition to the New York State Department of Transportation (DOT) and the Town of Mount Pleasant.

Probable cause of the Feb. 3, 2015, accident was Brody, a 49-year-old Edgemont resident, driving into the path of the train, likely the result of a variety of factors, including possible confusion when the grade crossing arm lowered and struck the roof of her vehicle. Investigators during the NTSB meeting stated that Brody reduced the amount of time she had to move her car out of danger when she exited her vehicle to inspect what happened.

However, there was insufficient evidence for NTSB staff to explain her actions despite various theories discussed by the board and staff.

"The (NTSB) determines that probable cause of the accident was the driver of the sport utility vehicle, for undetermined reasons, moving the vehicle onto the tracks while the Commerce Street railroad grade crossing system was activated, into the path of the Metro-North Railroad train 659," the finding stated in part.

The report also stated that contributing to the accident's severity and the passengers' deaths in the train's front car was how 343 feet of live third rail was dislodged after the train engineer activated the emergency brake. Investigators found that the rail punctured the underside of the lead train car, sparking spot fires and blocking some of the exits for passengers.

Lead investigator Michael Hiller said there was exhaustive examination into why Brody chose to move forward after re-entering her car. The crossing's warning system had been activated 39 seconds before the train reached the crossing, signaling its imminent arrival. Warnings of at least 35 seconds are



The National Transportation Safety Board determined last week that the driver of an SUV caused the Feb. 3, 2015, accident at the Commerce Street grade crossing in Valhalla. The driver, Ellen Brody, and five train passengers were killed.

recommended, according to federal safety guidelines.

"There was a lot of effort, a considerable amount of research done to try to understand the mindset of the driver," Hiller said. "In situations, situational awareness, stress, there was no evidence available for the investigators and staff to make a determination on the driver's condition."

What is known, according to the investigative team, was that Brody left her job at a Chappaqua jewelry store and was headed for an appointment with a client in Scarsdale. She was traveling southbound on the Taconic Parkway when an accident forced traffic in the right lane to be detoured onto Lakeview Avenue. Brody followed the detour to Commerce Street, where she presumably would attempt to make a right turn to head southbound again on the parkway, but remain in the left lane to continue to her destination.

According to witnesses, the traffic was inching along as vehicles were approaching the Commerce Street grade crossing at about 6:25 p.m. that evening.

NTSB Acting Chairman Robert Sumwalt said he has repeatedly thought about what may have motivated Brody to move forward since he arrived at the scene the day following the accident. He said many drivers when they are in traffic move forward when the car in front moves forward and Brody,

therefore, may have lost "situational awareness."

"I certainly don't believe that she thought she was on a railroad track or close to a railroad track, and I believe that because when the gate came down and hit her car, she got out, went to the back of the car and touched it like 'Where did this come from'?" Sumwalt said.

Hiller said his team found that neither Brody nor the train operator had been impaired by fatigue or drugs or alcohol or distracted by using a cell phone.

In addition to the grade crossing's warning system functioned properly and it was found that the operation of the train and protocols also adhered to safety guidelines. The intersection was found to have proper signage and markings.

According to the testimony at the July 25 NTSB meeting, the train was traveling at 59 miles per hour before the engineer noticed something on the tracks. The speed limit is 60 miles per hour on that stretch of track.

When the operator noticed the object, the train's horn was blasted 1,424 feet before the crossing, 16.5 seconds before reaching the car. Fifteen to 20 seconds is standard in that situation. The emergency brake was activated about 350 feet before the crossing. The train was traveling at 51 miles per hour upon impact.

Hiller said train operators pull the

emergency brake as a last resort because at full speed it can cause derailments and the possibility of serious damage and injuries.

Had Brody not moved forward, the car would have still likely been hit but caused much less damage, Hiller said. Her model of SUV was 15 feet, 8 inches long; 17 feet separates the grade crossing arm and the rail. The train extends about three feet over the rail in each direction, he said.

The investigation lasted nearly two and a half years, about twice as long as originally anticipated because of two other incidents that diverted investigators: a Washington Metro train that filled with smoke killing one commuter and injuring dozens three weeks earlier, and the crash of an Amtrak train in Philadelphia three months later.

## Safety Recommendations

The NTSB recommended risk assessments be performed by all rail operators throughout the United States, including Metro-North, evaluating the use of third rails at or near grade crossings.

It also asked the New York State DOT study all of its highway-train grade crossings and for the Town of Mount Pleasant, which completed a study last year, to follow through on its study's recommendations. The town's study of the Commerce Street intersection concluded that the crossing should be closed and that surrounding roads would be able to handle the diverted traffic.

Mount Pleasant Supervisor Carl Fulgenzi said, however, said the town has no immediate plans to pursue closure of the Commerce Street crossing. While it would be wrong for Mount Pleasant to ignore its study's findings, more research is needed to determine the impact on the other crossings, including the nearby Lakeview Avenue and Cleveland Street locations.

"I believe all crossings are inherently dangerous and whatever additional safety features now available should be addressed immediately," Fulgenzi said.

Sumwalt said regardless of the situation, drivers have the responsibility to remain safe.

"The ultimate risk is at the hands of the driver because the next train is always coming," he said. "We hope that these safety recommendations are acted on at grade crossings to prevent tragedies in the future."

*Neal Rentz contributed to this article.*

**Advertise in The Examiner • 914-864-0878**  
**advertising@theexaminernews.com**

# County Forms Task Force to Combat Heroin, Opioid Overdoses

By Anna Young

With heroin and opioid-related deaths spiraling throughout Westchester, County Executive Rob Astorino and District Attorney Anthony Scarpino Jr. announced last week the formation of a joint task force to combat the epidemic.

The task force, comprised of members of the Department of Public Safety, prosecutors and criminal investigators from the district attorney's office and local law enforcement, will collaborate to get illegal opioids off the streets and arrest and prosecute the people selling them.

Under the plan, the Westchester County Intelligence Center will also dedicate three analysts to assist the task force compile, analyze and report statistical and evidentiary trends and patterns.

"We're going to attack this with everything we've got to save every possible life here in Westchester County," Astorino said. "Our message to all the dirt bags out there who are pushing drugs at our kids and our community is that we are coming after you with a vengeance."

Astorino said with a nearly 300 percent increase in opioid overdose in the last five years, the task force will investigate and aggressively pursue drug dealers, not addicts. He added anyone who sells



ANNA YOUNG PHOTO

County Executive Rob Astorino was joined last Thursday by Commissioner of Public Safety George Longworth, left, District Attorney Anthony Scarpino Jr. and several police chiefs from throughout Westchester to announce a joint task force to take on the epidemic of heroin and opioid deaths.

drugs leading to a person's death would be charged with homicide.

Scarpino warned that while the county is no stranger to the war on drugs, heroin and opioids laced with the deadly drug fentanyl has made the current drug epidemic the top public health threat throughout the country. In 2015, there were more than 52,000 deaths attributed to opioid abuse across the United States.

Many of the victims were teenagers and young adults, officials said.

"This is a new trend," Scarpino said. "What is on the market now is more potent, more addictive and more deadly; it is considerably more dangerous. Make no mistake, it is an epidemic at this time. It is devastating our communities."

Officials said the joint effort would benefit the community by allocating

resources and manpower to individual police departments that determine heroin and opioid dealers are operating within their communities. Smaller departments with limited resources would benefit most from the task force, Scarpino said.

"We are there to assist them in what they need and doing what they need to do and giving them additional resources," he said.

George Longworth, the Department of Public Safety commissioner, said through enhanced coordination the number of drug-related arrests will continue to increase throughout the county. He cited more than 230 heroin-related arrests last year.

Astorino also highlighted the work of Project WORTHY – Westchester Opioid Response Teams Helping You – an initiative launched last month that brings together the county's health, mental health and law enforcement resources to save lives and help families put at risk by opioid addiction.

"We make resources more effective when teams come together," Astorino said. "It is saddening in a county like this, or anywhere, that we have to deal with something as disastrous and horrible as overdose."

AMAZING  
THINGS  
ARE  
HAPPENING  
HERE

## COMPREHENSIVE CANCER CARE WHERE YOU NEED IT. CLOSE TO HOME.

*NewYork-Presbyterian Hudson Valley Hospital*

NewYork-Presbyterian is committed to bringing the highest standard of care to the Hudson Valley's cancer patients and families. With top oncologists and surgeons, including ColumbiaDoctors and NewYork-Presbyterian Medical Group specialists, we're advancing cancer treatment right here in your backyard.

To learn more or to make an appointment, visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley) or call 914-788-4635.

IN COLLABORATION WITH  
 ColumbiaDoctors

 NewYork-Presbyterian  
Hudson Valley Hospital

## Area Lawmakers Urge DOT to Complete Grade Crossing Study

*continued from page 1*

Commerce Street. "We don't know if they've commissioned an outside study. We don't know if it's sitting on someone's desk. All we get is we're working on it. Well, working on it is not enough. We don't want to wait for the next accident to happen. We want to prevent the next accident."

Carlucci said the longer the DOT delays issuing its report the greater the risk to the public, not only at Commerce Street but throughout the state. He said when

the National Transportation Safety Board (NTSB) delivered its final report on the February 2015 Commerce Street accident last week, one of its six recommendations was for the state DOT to study its grade crossings and propose safety improvements where warranted.

With about \$1.5 billion available in federal railroad improvement money on the table, it is imperative the state move on the study, Carlucci said.

"Six people died at this spot and we're still

waiting," he said. "Right now, our system puts the public at risk because we wait, we wait for a tragedy. We're reactive. We wait for people to die, we wait for people to be injured before we can do a study."

Messages left by The Examiner at the DOT press office in Albany were not returned.

Joining the three legislators for their announcement was Alan Brody, the husband of Ellen Brody. He called for the state to have an independent group

conduct the study, if necessary, rather than relying on the DOT.

Brody and Abinanti mentioned how the grade crossings have remained almost identical to how they were generations ago, but the roads are more heavily traveled.

"What's changed is your communities are growing," Brody said. "These trains are staying the same. In fact, they're speeding harder and faster."

Murphy said even if the agency needs more time, it should have communicated with the legislature and the public.

"They should have come out with some sort of comment, saying we're working on it, we're this far along," he said. "There's nothing."

Commerce Street is one of 71 grade crossings in Westchester, Putnam and Rockland counties, and other crossings are also likely to require some improvements, Murphy said. The Roaring Brook Road crossing in Chappaqua, which is also in his district and about a quarter-mile from Horace Greeley High School, is another location with problems.

The lawmakers urged Cuomo to step up and exert pressure on his DOT commissioner before more accidents occur.

"It's not just a plea for a study, it's the law," Abinanti said. "We expect everyone else to follow the law. Follow the law, give us a study."

## P'ville Officer to Serve as Liaison to Special Needs Residents

*continued from page 1*

needs community and these families have been largely underserved by their police department," Grutzner said. "Families with children with special needs want to know that when police come to their home every effort has been made to ensure an appropriate response. This program is our attempt to be involved more directly in improving the lives of families with special needs."

Casale was chosen based on his work ethic, personality and compassion, Grutzner said.

The impetus for creating the role came about two years ago following a community forum where residents expressed the need for more support from officers and village officials in addressing issues with special needs residents.

"When you have a child that has a mental illness the challenges are frightening and you need all the help you can get," Trustee Colleen Griffin Wagner said. "I look forward to lots of great things to come for all these families who need support and assistance."

Along with Casale, Grutzner said every officer has received various levels of training in de-escalating situations involving special needs individuals and to make sure each matter is handled appropriately.

"An arrest is rarely appropriate in an occasion involving a child with special needs and stereotypical police tactics would only make a bad situation worse," Grutzner said. "We've been trained to be patient and utilize techniques to properly calm a situation so everyone involved is

working toward an appropriate solution."

Mayor Peter Scherer highlighted the effort as a reflection of the village serving the community's needs and interests.

Board of Education President Angela Vella shared her appreciation for the department's willingness and dedication to work with the special needs community.

"We think it's a really important thing to have in our small community," she said.

"Families with special needs face unique concerns involving calls to the police for assistance," Grutzner said. "The ability to exchange ideas and work together means that families with special needs can be confident that their police department is most interested in working with them to find appropriate solutions for all sorts of problems."

# 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)

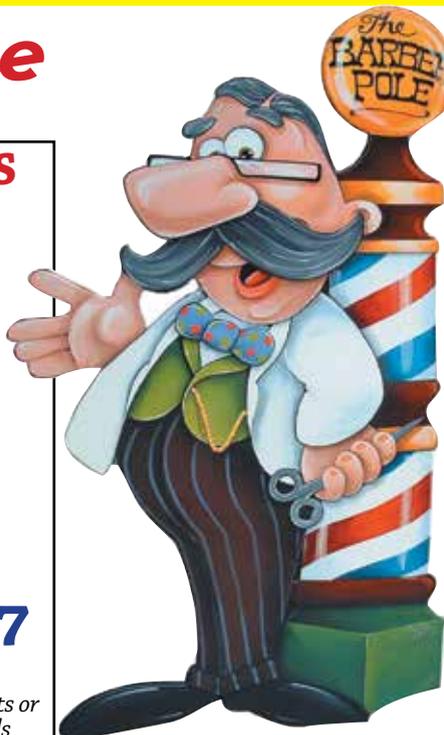
### Seniors \$15

(over 65 years old)

THURSDAYS

### All Haircuts \$17

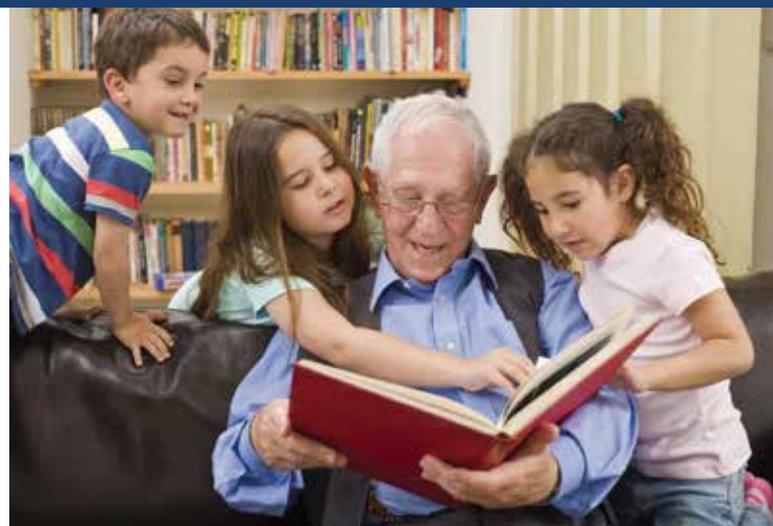
Cannot be combined with any other discounts or promotion. \*No card punches with specials



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

## The Most Affordable, Assisted Living in Westchester



### Bethel Springvale Inn

Quality & Affordability - It's an Easy Choice!

## 877-309-9796

Call About Our Move-in Specials

*Bethel* At the Heart of Senior Living

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

# New Castle, Utilities Seek Solution to Reduce Multiple Poles

By Martin Wilbur

Frequent complaints from residents regarding the proliferation of unsightly double utility poles throughout New Castle forced a meeting last week between town officials and service provider representatives who are looking to devise a strategy for removal.

The July 27 meeting at Town Hall, which included representatives of Con Edison, Verizon and Altice, the cable company formerly known as Cablevision, took place a little more than a week after the town board opened a public hearing on a proposed local law that would prohibit permanent multiple utility poles. The legislation has proposed fining the utility responsible for each double pole up to \$500 a day.

Town officials said aesthetic concerns is not the only motivation to correct the situation, but safety is a major issue as well. Drivers' sightlines can be impaired when the poles are placed close to intersections. The expanding number of poles can also pose dangers for motorists on the town's windy roads.

Town Administrator Jill Shapiro said there have been an increasing number of double poles – called by the utilities as “double wood” – that have been placed near intersections, especially on major state roads, causing significant safety issues.

“Our town board has taken action to bring some sort of resolution to the situation we find ourselves in,” Shapiro said.

A recent survey conducted by the town found that there were 304 double poles in New Castle, said DPW Commissioner Gerry Moerschell. After consulting with police Lt. Daniel Carroll, there were also 14 single poles that the police department found to be a hazard, he said.

During the opening of the July 18 hearing, Jane Solnick, Con Edison's director of public affairs for Westchester, requested that the town hold off on pursuing the legislation until utility representatives could meet with the town. She said the utilities want to work with municipalities to ensure safety but want to maintain service.

It is further complicated by Con Edison and Verizon's participating in the National Joint Utilities Notification (NJUN) system since 2013, which partly explains the increase in locations where there are multiple poles. NJUN is a program that includes many utilities across the United States to address the safe transmission of service. Representatives stated that there are a variety of reasons that multiple poles could be erected at a site, including a pole getting damages if its struck by a vehicle, severe weather or other transmission issues.



MARTIN WILBUR PHOTO

One of the many locations in town, in this case Route 117 and Pauldung Drive, where there are unsightly double utility poles, which also can hinder drivers' sightlines.

“We all know there is a double pole issue in the entire state, if not in other states as well,” Solnick said.

“But NJUN was started at that point (in 2013) and it was to try and tackle the situation of double poles,” she added.

However, the program requires a utility receive up to 30 days notification before a pole is removed, and with multiple utilities using a pole, it can prove to be a time-consuming process to remove, Solnick said. Sixty percent of the poles are owned by Verizon and 40 percent by Con Edison.

Councilman Adam Brodsky said the current situation needs to be corrected.

“We've been hearing from our residents and having more than 300 poles in the community that are double poles is really unacceptable,” Brodsky said. “I'm not saying this in a threatening way.”

Solnick recommended that the town list the 304 locations in order of priority so the utilities have a good idea of where their biggest concerns lie. However, a utility's priority may

often be different depending on a variety of factors.

In Westchester and Putnam, close to 1,000 poles have been pulled. Removal has begun this summer on Campfire Road in town, representatives said.

Town officials and the utilities agreed to meet on Oct. 5 for an update. Councilman Jeremy Saland said he was uncertain whether the board would pursue the proposed legislation, although the public hearing could remain adjourned.

**Downsizing or Settling an Estate in Westchester?**

**SELL EVERYTHING IN JUST 2 WEEKS**

**914-502-3083**

**MaxSold.com/Examiner**  
Local expert help in Westchester to sell everything!

**NOTICE IS HEREBY GIVEN** that, pursuant to Title 5, Chapter 3, Subchapter 3 of the Administrative Code of the City of New York, a public hearing will be held at 1 Centre Street, Mezzanine, Borough of Manhattan on Wednesday, August 16, 2017, at 10:00 a.m. on the following:

**REAL PROPERTY PUBLIC HEARING** in the matter of the acquisition by the City of New York of easement interests in the following real estate in the County of Westchester in connection with the operation, repair and/or maintenance of the Catskill Aqueduct as part of the New York City water supply system:

NYC ID	Municipality	Tax Lot ID	Acres (+/-)
9059	Village of Pleasantville	99.14-1-13	0.01
9060	Village of Pleasantville	99.14-1-12	0.01

A copy of the Mayor's Preliminary Certificate of Adoption and a map of the real estate to be acquired are available for public inspection upon request. Please call (845) 340-7810.

**NYC** Vincent Spienza  
Environmental Acting Commissioner

Bill de Blasio  
Mayor

**THE INDESTRUCTIBLE MAN**

THE TRUE STORY OF WORLD WAR II HERO "CAPTAIN DIXIE"

BY DON KEITH WITH DAVID ROCCO

**Yorktown Heights resident David Rocco co-wrote "The Indestructible Man."**

The Indestructible Man can be purchased online at [www.createspace.com/7284465](http://www.createspace.com/7284465)

**The Riviera Restaurant**

**\$14 Pasta Nights**

**Tuesday through Thursday**

*Includes House Salad And Any Pasta On Our Regular Menu, Plus There Will Be Daily Pasta Specials*

**113 Tompkins Ave. Pleasantville**

**914-769-9884**

# Critics Blast County Airport Master Plan at White Plains Hearing

By Anna Young

The proposed master plan for Westchester County Airport was harshly criticized during a public hearing last week in White Plains with some residents fearing operations could be expanded and degrade the environment and quality of life.

More than 100 residents attended the July 27 hearing at the County Center, with many demanding the plan be scrapped.

However, Dennis Yap, president of DY Consultants, whose firm formed the master plan, explained there would be no additional gates or runways or expanded facilities. The rules currently in effect limiting the number of passengers would be maintained and there would be no change to the airport's curfew, he said.

Yap said drafting of a new master plan was a technical process required by the Federal Aviation Administration (FAA). The airport's master plan was last updated in 1987.

Despite his attempt to ease concerns, angry opponents argued that the recommendations for the airport's future didn't coincide with the proposed master plan released in May.

"Why should we believe a word you say when you're trying to lie to us tonight?" said Jonathan Wong, chairman of Citizens for a Responsible County



ANNA YOUNG PHOTO

Residents upset about a potential expansion of operations at Westchester County Airport have their outrage fueled at a July 27 public hearing on the airport's master plan.

Airport. "Your plan ignores logic, it ignores the environment, it ignores the basic decency in providing honored service paid for by the taxpayers of this county.

"You have no credibility and it is clear you don't have the interest of the people of the county at heart. You should be ashamed of your document and we will not stop fighting until your plan goes in the garbage where it belongs."

Myra Saul, a 27-year county resident, said the draft master plan doesn't represent the public's views.

"I appreciate the convenience of our county airport but have no wish to see it expanded," Saul said. "It's fine as it is, a balance among nearby communities, commercial needs of the county and the environment. There is no need to change the current plan, we don't need a new master plan. We need to ratify the one we have."

The \$1.4 million plan calls for a \$462 million investment over the next 15 years that includes the construction of two new parking garages, new and renovated hangers for local corporations, the addition of two departure gates and maintenance facilities in the Kensico Reservoir watershed.

It also outlines an increased number of flights, which residents worry will increase air pollution and damage the county's ozone level. Several speakers also contended the Kensico Reservoir would be contaminated, leaving nine million people throughout Westchester and New York City who rely on the reservoir systems for their drinking water at risk of exposure to harmful health effects.

Speakers also took aim at County Executive Rob Astorino for attempting to privatize the airport. Last fall he announced a \$140 million, 40-year revenue-sharing lease with California-based investment firm Oaktree Capital Management. The lease agreement proposal was sent to the Board of Legislators just days before Astorino was set to release his proposed 2017 budget, one that included \$15 million in revenue for 2017.

DY Consultants also obtained a waiver from the county to bid for a potential privatization contract. By Friday afternoon's deadline, three proposals were submitted in response to the RFP to enter into a public-private partnership with the county to manage and operate the airport under a long-term lease, according to a statement released by Astorino spokesman TJ McCormack.

The identities of the qualified bidders will be announced next week after a review by Frasca & Associates, the consultant hired by the county to oversee the RFP process, he said.

"The way this process has transpired is disingenuous and the airport master plan is dangerous," said Estelle Williams, another speaker at the hearing. "Privatization will solidify the lack of accountability and oversight for not just a political term, but for 30 or 40 years."

Williams criticized Astorino for informing the public that he was against expansion of the airport while working on expansion plans with DY Consultants.

McCormack said the master plan doesn't call for expansion of the airport but instead provides hypotheticals and reference points to the FAA. He added that critics have also forgotten that the airport has been managed by a private company for decades.

"There is no new here, there is no privatization," McCormack said. "It is a continuing of a third party managing the airport, except now, we're unlocking the value of this fabulous asset and there will now be a premium placed on efficiency and good operating procedures. This is a public-private partnership that is good governing."

*B.F.*

**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](http://www.beecherflooksfh.com)

## Openings Still Available for Aug. 28 Make-A-Wish Golf Fundraiser

Golf enthusiasts seeking to participate in arguably one of the summer's most popular fundraisers must act fast to take advantage of the few remaining foursomes for Make-A-Wish® Hudson Valley's Annual Golf Fore Wishes.

Golfers will come together to help grant wishes for more than 170 local children with life-threatening medical conditions on Monday, Aug. 28 at Sleepy Hollow Country Club in Briarcliff

Manor and Hudson National Golf Club in Croton-on-Hudson.

The shotgun blast is 1 p.m. at Hudson National Golf Club and 1:30 p.m. at Sleepy Hollow Country Club. Dinner for all golfers will be at 6 p.m. at Sleepy Hollow Country Club.

To book one of the remaining foursomes, contact Megan Laurelli 914-478-7057 or at [mllaurelli@hudson.wish.org](mailto:mllaurelli@hudson.wish.org).

# No. Castle Weighs Adding Dog Care Facility to Industrial Zone

By Martin Wilbur

North Castle officials last week set a September public hearing date to help them determine whether a commercial dog care facility should be a principal use in the town's Research, Electronic and Light Industrial Park Zone (RELIP).

The town board is weighing whether Pleasant Grooming should be able to move into an industrial building at 1 Labriola Court in Armonk. The business is currently operating on Bedford Road and has been open for about 15 years,

Its owners are proposing to move into a larger space of more than 4,200 square feet, but first need the town board to approve adding the use to the RELIP zone. The public hearing was scheduled for Sept. 13.

On July 10, the North Castle Planning Board voted by a 4-0 margin to provide a positive recommendation to the town board. In its letter following that meeting, the planning board stated that "there weren't any evident global planning issues" regarding a proposed change in the zoning code to accommodate the business moving into the Labriola Court site.

However, planners suggested nine stipulations that should be met before the facility is permitted to operate in the zone. Those stipulations included a requirement that work spaces, runs, pens or other facilities be completely enclosed so other tenants are not bothered by noise,

odors or other nuisances, that animal fecal material be placed in plastic garbage bags and disposed of and that the business be connected to public water and sewer.

Other requirements would be that no more than 20 percent of the floor area be devoted to the display and sale of dog-related retail products; there be no veterinary services allowed on the grounds; that there be staff on hand whenever animals are on the premises; and there should be safe and easily accessible outdoor walking space for the dogs.

The planning board also said that a facility would need to obtain an

animal facilities permit from the county Department of Health, which is already required by Westchester County.

At last week's town board meeting, it was suggested the town reduce the minimum distance of a separate entrance from other businesses in a multitenant building from 50 to 30 feet.

Councilwoman Barbara DiGiacinto recommended that the town limit the maximum size of a commercial dog care facility to 5,000 square feet without a special use permit. She said businesses face a similar requirement in the Commercial Business districts and would like the

applicant to adhere to the same standard.

Supervisor Michael Schiliro said his initial instinct would be to try to entice as many businesses to town but agreed it's a good idea.

"I'm inclined to make it as easy as we can for businesses but I think that's a good compromise," said Supervisor Michael Schiliro.

The board will discuss the special permit terms at its next meeting on Aug. 9.

Services offered by Pleasant Grooming include grooming and bathing, training, day care and food and supplies.

## A Quality Addition

The Mount Kisco Chamber of Commerce welcomed Quality Express Kitchen Cabinets to town at a recent ribbon-cutting ceremony. The store, located at 115 E. Main St., was founded by contractors Marco Lozano and Claudio Alberca, specializing in the design and creation of high-end cabinets. Shown above, left to right, are Mayor Michael Cindrich, Lozano, Alberca and County Legislator Francis Corcoran.



MOUNT KISCO CHAMBER OF COMMERCE PHOTO

Follow  
us on

twitter

twitter.com/ExaminerMedia



Find us on  
Facebook

Search for

EXAMINER MEDIA

914-864-0878

advertising@theexaminernews.com

www.theexaminernews.com

FISHLIN & FISHLIN, PLLC - ATTORNEYS AT LAW  
WESTCHESTER, ROCKLAND AND NEW YORK CITY

Probate | Administration | Wills | Trusts  
Estate Litigation | Guardianship  
Commercial Litigation | Real Estate

*f&f* FISHLIN  
& FISHLIN

TODD FISHLIN | LEWIS FISHLIN

WESTCHESTER OFFICE NEW YORK CITY OFFICE  
100 SOUTH BEDFORD RD. 60 EAST 42ND STREET  
SUITE 340 SUITE 4600  
MT. KISCO, NY 10549 NEW YORK, NY 10165

FOR ALL APPOINTMENTS CALL OR EMAIL

(212) 736-8000 | WWW.FISHLINLAW.COM

ATTORNEY ADVERTISING

# Obituaries

## Frances Nicoletti

Frances M. Nicoletti, a lifelong Valhalla resident, died on July 29.

She was 96.

Nicoletti was born on July 17, 1921, to the late Michael and Anna (nee Bennicase) Mancuso in Valhalla. She was predeceased by her devoted husband, Joseph J. Nicoletti, Sr., in 2005, and three brothers, Samuel, Joseph and Louis Mancuso. She is survived by her loving children, Joseph (Bud) J. (Ann) Nicoletti, Jr. of Valhalla and Jeanne (Tony Tagliaferro) Kenneally of Somers; two sisters, Lena Donnelly and Virginia Miller, both of Valhalla; four cherished grandchildren, LaurieAnn

and Joseph J. III Nicoletti and Kim (Dan Barry) and Kara Kenneally; and two great-granddaughters, Kayla and Daniela Barry.

Visitation is scheduled for Hawthorne Funeral Home on Wednesday, Aug. 2 from 3 to 8 p.m. A funeral Mass will be held at Holy Name of Jesus Church in Valhalla on Thursday, Aug. 3 at 10 a.m. followed by interment at Kensico Cemetery in Valhalla.

In lieu of flowers, donations to Rosary Hill Home, 600 Linda Ave. Hawthorne, N.Y. 10532 would be appreciated.

## Carmela Walsh

Carmela Ester Walsh of Valhalla passed away peacefully on July 24 with her family by her side. Lovingly known as Candy, she was 83 years old.

Born on May 6, 1934, to the late Michael and Virginia (Nee Bruno) Pezzullo, Walsh was predeceased by her sister, Jennie Burgio. She is survived by sisters Marie Favorito and Virginia Schneider.

After graduating from Christopher Columbus High School, Walsh worked for New York Life Insurance Company. That is where she met her loving and devoted husband of 59 years, John (Jack) Walsh, of Long Island. After living briefly in the Bronx and Long Island, the couple settled in Valhalla for the past 50 years. She was an active community member. She volunteered at Blythedale Children's

Hospital, served as a Girl Scout leader, helped out at the Women's Club of Valhalla and worked at the public library in Valhalla. She was an avid reader, loved music and enjoyed crocheting.

Walsh is survived by her daughters Karen (Keith) Henderson of Chestnut Ridge, N.Y. and Michele (Craig) Purpura of Cortlandt Manor. Jenna, Brianna, Jaclyn and Shauna are her cherished granddaughters.

The family received friends on July 27 at Beecher Flocks Funeral Home, Inc. in Pleasantville. A Mass of Christian Burial took place on July 28 at Holy Name of Jesus Church in Valhalla.

Should friends desire, contributions may be made to the Alzheimer's Association ([www.azh.org](http://www.azh.org)).

# Police Blotter

## County Police/Mount Kisco

**July 25:** Police responded to North Bedford Road after a motorist called at 3:15 p.m. to report that he thought he saw a person slumped over the wheel of a parked car. Officers found a woman in the vehicle who reported that she had hunched over while making a cell phone call and was not in need of any assistance.

**July 26:** Report of a domestic dispute at a North Moger Avenue residence at 5:38 p.m. Officers determined that the dispute was verbal in nature. Several family members agreed to leave the apartment for a while to defuse the situation.

**July 26:** A village resident reported at 7:30 p.m. that he had lost his iPhone and that an app was indicating it was at a location on East Main Street. Officers responded and found a person who said she had found the phone in a parking lot. Officers retrieved the phone for its owner, who did not wish to pursue the matter further.

**July 27:** A 57-year-old Amuso Drive resident was arrested at 6:11 p.m. and charged with petty larceny, a misdemeanor, after employees at Rite Aid on South Moger Avenue reported that she left the store without paying for \$7 worth of merchandise. She is due to appear in Mount Kisco Justice Court on Aug. 3.

**July 27:** A village resident reported at 8:50 p.m. that she has been receiving abusive e-mails and text messages from her estranged husband. She asked for a report to be made to document his conduct.

**July 28:** Police responded to a Kisco Avenue business at 9:40 a.m. following a report that some cash was missing from the premises. The matter is under investigation.

**July 28:** Police responded to a Main Street salon at 12:54 p.m. on a report

that a woman was injured in a fall. The woman told officers she was not hurt and declined medical attention.

## North Castle Police Department

**July 21:** An East Middle Patent Road resident reported at 9:09 a.m. that his mailbox was damaged overnight. The responding officer reported speaking with the complainant who declined to complete depositions. The report was taken as a matter of record.

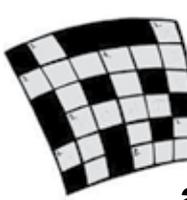
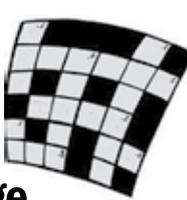
**July 21:** The general manager at La Quinta Inn on Business Park Drive requested police assistance at 2:37 p.m. to remove an unwanted person from the property. The responding officers transported the subject to the county airport.

**July 23:** Report of an assault on Intervale Avenue at 5:34 p.m. A complainant reported that his sister's son's boyfriend is assaulting his sister at her residence. Two officers were dispatched to the location.

**July 24:** A complainant reported at 12:10 p.m. that a stray cat that has been living on her Leisure Farm Drive property for quite some time ran after her and her puppy while they were walking today. She is requesting assistance to remove the cat. The animal control officer responded and reported that the matter has been adjusted.

**July 26:** A caller reported at 10:03 a.m. that his tire was slashed sometime overnight on Washington Avenue. The complainant filed a report.

**July 26:** At 10:26 p.m., there was a report that a dog has been barking excessively for the past two nights on Old Mount Kisco Road. The complainant believes the house is unoccupied. The responding officer reported that the canine was placed back inside the residence. Matter adjusted.


**Visit**  
**TheExaminerNews.com**  
**and click on Puzzles**  
**at the top of the homepage**  
**to play today's crossword!**


**Advertise in The Examiner • 914-864-0878**  
**email [advertising@theexaminernews.com](mailto:advertising@theexaminernews.com)**




Locally Owned & Operated  
Serving all Faiths

**Hawthorne Funeral Home**

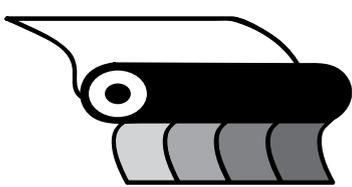
**21 West Stevens Ave.**  
**Hawthorne, NY 10532**

Ernest J. Carpentieri ~ Douglas A. Daniels

**Tel: 914-769-4404**  
**Fax: 914-769-5306**

---

[www.hawthornefuneralhome.com](http://www.hawthornefuneralhome.com)  
 Serving all faiths ~ Independently owned  
*Conveniently located on the Taconic State Parkway*


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](http://www.trumbullprinting.com)**

# Mt. Pleasant Reprises Summer Prescription Med Drop-Off Program

By Lucy Feidelson

When mom's anti-anxiety medication expires or if your brother no longer needs his ADD prescription, you might flush the unused pills down the toilet or sell them to a friend.

On Monday, state Sen. Terrence Murphy (R-Yorktown) denounced those practices, instead re-introducing a prescription medication drop-off program with town officials outside Mount Pleasant Town Hall in Valhalla.

Partnering with town government, the police department and the Thornwood Lions Club, Murphy launched the Shed the Meds program for a second consecutive year. It will allow residents to safely dispose of unwanted and unused prescription drugs at Town Hall. Anyone can dispose unwanted and expired drugs into a designated lockbox within at the town's police department any time of day.

Murphy, accompanied by Councilwoman Laurie Rogers-Smalley, Supervisor Carl Fulgenzi and local volunteers and police, promoted the program as a way to not only protect the environment but combat the nation's growing opioid problem. Because doctors overprescribe medication for acute pain and other ailments, some residents have an excessive amount of unused prescription drugs at home.

"Kids are raiding their parents medicine

cabinets," Murphy said.

Rogers-Smalley and Murphy agreed that with the United States facing a growing opioid epidemic, the drop-off program can help combat the problem.

"We've lost too many young people," Rogers-Smalley said.

Murphy referenced U.S. Sen. John McCain's proposed Opioid Addiction Prevention Act of 2017, which would limit the initial drug prescription for acute pain to seven days.

"There's no need to prescribe a 30-day script for acute pain," Murphy said.

Prescriptions of highly addictive opioids have increased by 300 percent over the past 15 years. People who are addicted to opioids are 40 times more likely to become addicted to heroin, he said.

Working in tandem with his fight against the excessive prescription of medications, Murphy secured funding for New York State to combat the heroin epidemic.

Illicit use of surplus prescription medication is not the only threat. Drugs that are flushed down the toilet can contaminate watercourses and soil, Murphy said. Moreover, wastewater treatment plants are not designed to detect or remove pharmaceuticals, and there are no federal or state regulations that require these plants to monitor for pharmaceutical compounds, he said.



LUCY FEIDELSON PHOTO

State Sen. Terrence Murphy, center, announces Monday Mount Pleasant's participation in the Shed the Meds prescription drop-off program for a second summer at Town Hall. Joining Murphy were town Councilwoman Laurie Rogers-Smalley and Supervisor Carl Fulgenzi.

Certain medicines have been found to subtly affect aquatic organisms. Some inhibit the growth of bacteria while others cause male fish to develop eggs. There are also some unknown consequences.

Although the risk of polluting drinking water supplies is low, there is little known about the effect of prescription drugs could have on health if they infiltrate drinking water sources.

Last year, more than 1,000 pounds of prescription drugs were collected during the Shed the Meds campaign. Murphy said he is enthusiastic about the program's second year as there is still a clear need for proper drug disposal.

"Participation is easy. Just drive up and drop off your medications," he said. "Our staff and the police will take care of getting rid of them."

## COLDWELL BANKER RESIDENTIAL BROKERAGE

# #1

REAL *Trends*

## Market Leader

#1 in New York City (including Westchester County, Long Island and northern New Jersey) in \$30.4 Billion in sales volume and 31,272 transaction sides.\*

\* Coldwell Banker Residential Brokerage The Corcoran Group and Sotheby's International Realty are ranked number one in closed residential sales volume (calculated by multiplying number of buyer and/or seller transaction sides by the sales price) in New York City, including Westchester County, Long Island and Northern New Jersey. Data obtained by REAL Trends Survey, 2017.

Serving the Briarcliff Manor & Pleasantville Communities!

127 Woodside Ave, Briarcliff Manor, NY 10510 | (914) 762-7010 • 1 Washington Ave, Pleasantville, NY 10570 | (914) 769-2950

[www.ColdwellBankerHomes.com](http://www.ColdwellBankerHomes.com)

**COLDWELL  
BANKER**

RESIDENTIAL BROKERAGE



© 2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.

# Forum Raises Awareness of Westchester's Hidden Hunger Problem

By Silas White

Various community leaders came together last week for a special forum to help raise awareness about hunger in Westchester and how to tackle the problem.

The forum, Hidden Hunger in Westchester, was held at the Stop & Shop supermarket in downtown White Plains and focused on how to close the meal gap and eradicate hunger within the county. According to Food Bank for Westchester, 200,000 Westchester residents, more than 20 percent of the county's population, are at risk of going hungry.

"Westchester County is not unlike many other communities where there is persistent poverty and, as a result, families, individuals and especially children are at risk because they don't have access to the nutritious food they need," said Bob Yager, senior vice president of Stop & Shop's New York Metro Division, who moderated the event along with Food Bank for Westchester President and CEO Leslie Gordon.

"As with other communities, at times there can be a false perception of affluence across the board, and as a consequence, economic insecurity is underreported and often dismissed. Community leaders and institutions cannot take their eye off the ball. This is a problem that requires constant attention and a commitment to



NEAL RENTZ PHOTO

The panelists at last week's forum, Hidden Hunger in Westchester, held at the downtown White Plains Stop & Shop. The forum was moderated by Bob Yager, senior vice president of Stop & Shop's New York Metro Division, and Leslie Gordon, CEO and president of Food Bank for Westchester.

support our neighbors most in need."

According to Gordon, there are hundreds of thousands of people in Westchester facing "hidden hunger," or a lack of important vitamins and minerals.

"People who are hungry or facing food insecurity are not just those who are homeless," she said. "Many are working class individuals who could be your next-door neighbor or your colleague."

Among the topics discussed was the impact of proposed budget cuts on the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, which provides food assistance for low-income individuals and families.

"On a state level, one million kids go to sleep hungry, 600,000 seniors go to sleep hungry as well," said state Sen. Andrea Stewart-Cousins (D-Yonkers). "We can't

cure a problem by cutting resources."

Assemblyman David Buchwald (D-White Plains) noted that New York State supplements SNAP through its Hunger Prevention Assistance program.

The panel also discussed how the perception of Westchester as an affluent county affects the way people inside and outside the community view hunger. While Yonkers and Mount Vernon hold the largest populations of people who are hungry and food insecure, there are other communities in Westchester that are also affected.

"People in every corner of the county silently struggle with this issue. Many more are embarrassed and don't know where to go for help," said County Executive Rob Astorino.

The panelists pledged to participate in Hunger Action Month in September, a nationwide awareness campaign to spread word about the hunger crisis. The social media hashtag being used for the campaign is #HungryToHelp.

Panelists included Astorino; Stewart-Cousins; Buchwald; White Plains Mayor Thomas Roach; Westchester County Commissioner of Social Services Kevin McGuire; Dr. Mona Kennedy, family medicine physician at New York-Presbyterian Medical Group Westchester; and John Ravitz, executive vice and COO of the Business Council of Westchester.



## "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 what's 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



## 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](http://www.broadwaynorthpizza.com)

# Full STEAM Ahead for Mt. Pleasant Students at Computer Symposium

By Neal Rentz

It may be a little unusual to see students willingly return to school in the middle of August.

But that's what a group of youngsters from the Mount Pleasant School District have decided to do for a couple of days later this month as Westlake High School will host the district's inaugural STEAM Symposium on Aug. 15 and 16.

Director of Curriculum Mary Ellis said the upcoming symposium is an outgrowth of the district's ongoing STEM programs, which includes science, technology, engineering and math courses that students take during

the school year. The symposium adds the arts.

Its purpose is to encourage students to study computer science and related courses and provide foundational education to prepare them for the workforce, Ellis said.

While there have been similar events across the county, this symposium is geared for Mount Pleasant students, she said.

"Ours is designed specifically for Westlake students to augment the experiences they already have within the school year, and to build an awareness and interest in opportunities for further

study and careers in 21st-century STEAM-related fields," Ellis said.

The symposium is open to all students entering grades 8-10 for the upcoming year. About 40 students have signed up, Ellis said. The symposium costs students \$199, which includes meals and gift bag of STEAM-related items. It will conclude with student presentations, closing remarks and a reception for students and their families.

Ellis said the two-day event will expose students to various subjects. Among the 19 workshops that will be offered by 15 different presenters are Cosmic Fusion: Art and Science; You Sunk My

Battleship: Math is More Than a Game; Hacker Hunt; Forensic Photography; The Arts Transform STEM to STEAM; and Search & Rescue Engineering.

The symposium's keynote speaker is Karen MacPherson, an instructor at Fullstack Academy, a coding school for students who are considering a career in computer science located in Manhattan and Chicago. MacPherson is a biologist who became a web engineer.

The district hopes to make the symposium an annual event, Ellis said.

"We have every intention of this being the first of many," she said.

## Urgent Summer Blood Drive Scheduled in Pleasantville Aug. 8

The Pleasantville Volunteer Fire Department and the Pleasantville Volunteer Ambulance Corps will be hosting a summer blood drive at the Pleasantville Fire House, located at 75 Washington Ave, on Tuesday, Aug. 8 from 2:30 to 8:30 p.m. Since it is difficult to organize community drives during the summer, blood donors from all towns are welcome to come lend their help.

While it is not unusual for the blood supply to decrease by late summer, this year a blood emergency was declared in June. In this situation, shortages have to be dealt with on a day-to-day basis. If the need for blood were to spike for any reason, lives could be lost if supplies are not on the shelf, forcing blood to be shipped from other areas. Those potentially affected include accident and burn victims, cancer patients, premature babies and women with complications of labor and delivery.

If you haven't already donated this summer, this is a good opportunity to help out.

For questions regarding eligibility, including travel, medications or last donation, call 800-688-0900. To sign up online, visit [www.nybloodcenter.org/donate-blood](http://www.nybloodcenter.org/donate-blood), call 800-933-2566 or e-mail [angela.usobiaga@verizon.net](mailto:angela.usobiaga@verizon.net). Although it is helpful to let the organizers know in advance that you plan to come, walk-ins are always accepted.

Direct access to online registration can be found at <https://drm.nybloodcenter.org/PublicScheduler/GroupLanding.aspx?GroupCode=09181>.





**SUBARU**

# All Roads Lead To PLEASANTVILLE ACTION SALE

## Back to School Special CARS UNDER \$10,000!

FEATURING:	STOCK	MILEAGE	PRICE
2013 Suburu Outback	P7640	145716	9,995
2011 Suburu Legacy LTD	17004-A	109746	9,995
2010 Suburu Legacy	17379-A	83088	9,595
2010 Suburu Outback	17-335-A	103709	9,695
2010 Suburu Forester	P7551-A	135765	8,995
2010 Ford Escape	448-16	107968	9,995
2009 VW Tiguan	17191-A	90240	8,995
2007 Mini Cooper Conv.	P7536-A	84710	6,995
2007 Suburu Outback	P7553	110451	8,995

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

\*Must present ad at time of purchase. Cannot be combined with any other offers. Offer expires 8/10/17

**Pleasantville Ford, Inc. Prestige Imports**  
a division of Pleasantville Ford Inc.

# 914.769.1800

**44 & 47 Pleasantville Road • Pleasantville, NY**  
[www.pleasantville-ford.com](http://www.pleasantville-ford.com)

Not responsible for typographical errors

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**

mwillbur@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 mwillbur@theexaminernews.com. The Examiner requires that all letter writers provide their name, address and contact information.

Member of  
NEW YORK PRESS ASSOCIATION  
**NYPA**

## Letters to the Editor

### Participation in Adopt-A-Highway Program a Simple Phone Call Away

I have received many phone calls and e-mails from constituents about the amount of litter on our local highways. Litter on our highways is a big issue, and there are many ways that anyone can help out to make sure we keep our highways litter free.

In order to combat this problem, working with the state, we would like to expand the Adopt-A-Highway program as an additional way for the community to take action against cluttered highways. This state program allows for individuals and organizations to adopt

a segment of a highway, which they will take on the responsibility of keeping it clean. This is an effective environmental program that allows for individuals or organizations to take the initiative to clean up our community.

For more information, individuals and organizations with specific questions can contact the Adopt-A-Highway coordinator at 718-712-7563. If individuals or organizations are interested in adopting, those in northern Westchester can contact Stuart Sprague at 914-232-5065.

There are also scheduled clean up days throughout the year which anyone can attend to help the effort of keeping our highways clean and safe. We hope that local participation in cleaning up our highways increases in the future. Of course, the best way to deal with this problem is to dispose of waste properly and not litter our highways.

**Assemblywoman Sandy Galef**  
95th Assembly District

### Dangers of Vaping Must Be Brought to the Public's Attention

On behalf of the Mount Kisco Partners in Prevention, we wanted to thank The Examiner for publishing the recent column, "Saving the New Generation: Smoking and Vape Laws" by Fox Lane Middle School student Emma Greene (July 18-24).

It is essential that the dangers of cigarettes and electronic nicotine delivery systems – the new alternative to the traditional tobacco cigarette – move to the forefront of public awareness and public health concern. While traditional

cigarette use among teens is declining, the alarming statistic is that for the first time in U.S. history, e-cigarette use has now surpassed tobacco cigarette use among teens.

The Mount Kisco Partners in Prevention is a community alliance that works to prevent local youth substance abuse. We strive to provide fact-based information to prevent the use of products such as cigarettes and electronic nicotine delivery systems.

Our ultimate objective is to create a

community in which individuals and families are healthy and thriving. To learn more, we urge you to visit our website at [www.mkpartners.org](http://www.mkpartners.org) or visit us on Facebook at Mount Kisco Partners in Prevention.

**Domingo Maceira, LCSW-R**  
Coordinator  
Mount Kisco Partners in  
Prevention

### Trying to Knock Opponent Off Ballot is Poor Washington-Style Politics

Margaret Cunzio, Westchester County legislator, District 3, is a coward! Rather than allowing the voters in her district to choose her, or Daren Tolz, a progressive candidate who plans to run against her in the upcoming election in November, she is trying to remove Mr. Tolz from appearing on the ballot. How is she doing this? By disallowing valid signatures on his petitions. In essence,

she is trying to remove him from three party lines – Democratic, Working Families and Women's Equality. No wonder she's scared. She knows that the majority of voters in her district are much more in sync with Mr. Tolz than she is. This type of Washington-style politics has no place in Westchester.

The voters have the right to make a choice and hear from the candidates.

Ms. Cunzio should debate the issues with Mr. Tolz instead of trying to rob voters of their right to make a valid choice. The voters of District 3 deserve better.

**Madeleine Payamps**  
Pleasantville

### Community Must Be Concerned Over Vape Shop's Appeal to Teens

As a resident of Mount Pleasant who grew up in Pleasantville and traveled the sidewalks as a teenager, I am extremely concerned about the proposal to open a vape shop in the village. Especially within close walking distance to the schools.

E-cigarette use has risen dramatically in the past few years especially in the teenage population. Manufacturers are creative enough to target the youth market by adding flavorings that young people find appealing. It is up to us to prevent these products from getting

into the hands of our children.

Youth smoking has become a public health epidemic with all of the negative effects of tobacco use often seen in adults. The lasting health effects of e-cigarettes have yet to be determined. Informed adults must take a stand to educate our young people against these dangers. We must be willing to let our voices be heard in opposition to the opening of this shop.

I applaud the Pleasantville School District, the parents and the community members that have taken a stand. As a

public health nurse, I have seen the debilitating effects of smoking on too many patients. An addiction to smoking negatively affects lifestyles and can contribute to lifelong illness. Any attempt to stop temptation and to prevent e-cigarettes from getting in the hands of our young people is a worthy effort.

To everyone that is willing to let their voices be heard, count me in.

**Laurie Rogers-Smalley**  
Valhalla

**SMALL NEWS IS BIG NEWS**

**THE  
HIGHEST  
JACKPOT  
EVER!  
NOW  
OVER**

**\$2**

**MILLION\*\***

**YOU COULD BE OUR BIG WINNER**

**EMPIRE CITY<sup>®</sup>  
CASINO**

\*Highest jackpot ever at Empire City Casino \*\*Current progressive jackpot as of 7/28/17.  
Must be 18 years of age or older to play New York Lottery games or wager on horses. Please play responsibly.



# Saw Mill Club Tennis Director Named Tops in Westchester

By Anna Young

After 10 successful years of dedication and commitment to the tennis program at the Saw Mill Club in Mount Kisco, Westchester Magazine honored Zuka Mukhuradze as the county's best tennis instructor.

As a first-time recipient of the "Best of Westchester" honor, Mukhuradze, who was recently promoted to his tennis director at the club, said it's truly an honor to be recognized for work he loves to do.

"I've always loved working with kids and adults and sharing whatever knowledge I had of tennis with others," he said. "(Becoming an instructor) was a great way to give back as much as I could via my sport. Just knowing how competitive our area is in every business and to be honored like this in my field is great. I'm grateful for it."

The magazine cited Mukhuradze, who started playing the sport at six years old, for the work he's done with the club's Edge program since its creation in 2008. The Edge program, which has a year-and-a-half waiting list, is a high-performance program for teens that are committed to advancing their game.

Mukhuradze said when he first joined the Saw Mill Club 10 years ago he noticed there weren't any programs dedicated to juniors who wanted to improve their



Saw Mill Club Tennis Director Zuka Mukhuradze was recently recognized as the county's best tennis instructor by Westchester Magazine.

game. However, he recognized there was a great opportunity.

"We have such a robust tennis community within our membership and I wanted to make sure, if there was a void, which I thought there was, it needed to be filled," Mukhuradze said. "It really started with just one player and every year we only take 100 kids."

The program is geared toward advanced stroke technique, shot selection, strengthening, explosive

movement training and match play that encourages players to seek the next level of achievement. Participants also develop a mental toughness needed for successful competitive matches.

Several students who have graduated from the program have gone on to play collegiate tennis, with a few others having turned pro, he said.

Mukhuradze will also be starting an extension to the Edge program in the fall for children 10 and under. The program will provide individual attention for stroke repetition and specific exercises that will enhance tennis footwork and fitness.

"I'm obsessed with seeing improvement and that satisfaction

they get is most rewarding to me," Mukhuradze said. "I live through them now just seeing them get out there and succeed."

The 32-year-old also offers a variety of tennis programs for adults, including clinics, league competition and private lessons.

Despite his busy schedule, Mukhuradze hopes the "Best of Westchester" recognition will bring more attention to the club with the hope of further expanding its tennis program.

"Although we have some long days, some good, some bad, I never feel like I'm working," Mukhuradze said. "I consider myself very lucky to do what I do."

## WCC Announces Return of Men's, Women's Basketball Programs

Westchester Community College (WCC) announced last week it has restarting its men's and women's basketball teams for the upcoming season. New coaches have been hired and were introduced at a July 26 press conference in the Hartford Hall Boardroom on the college's Valhalla campus.

A national search attracted more than 200 highly qualified applicants including former professional basketball players and highly touted coaches from a variety of competitive levels.

Sean Kelly has been named the men's coach and Nesta Felix has been tabbed as the women's coach.

"This promises to be an enriching experience for many of our students, not only those who will field the teams," said WCC President Dr. Belinda S. Miles, President. "The student athletes will have an opportunity to showcase their skills on the court, while their fellow students will be able to show their enthusiasm and exhibit school spirit during the upcoming season. This will truly enhance the overall college experience for all."

Kelly, whose Bronx Community College teams posted a 74-43 record over five seasons and advanced to an NJCAA regional title game and two regional Final Fours, also coached at Bergen Community College. At that New Jersey institution, he led the team to an undefeated 30-0 regular season campaign in 2009. Prior to Bergen, he was an assistant coach at Mercy College. Kelly earned his bachelor's degree at the University of Scranton and his Masters at Teachers College, Columbia University.

Felix was the women's basketball coach at Yeshiva University from 2012 to 2015 and was named the Hudson Valley Athletic Conference Co-Coach of the Year in 2014. She also has coached at Woodlands High School in Hartsdale (15-5), has coached a Scarsdale eighth-grade tri-county girl's basketball team since 2011 and was assistant women's basketball coach at Monroe College from 2002 to 2008. She received her bachelor's degree from Iona College and earned her masters at Monroe College.

"I am pleased to be able to announce that basketball is returning to Westchester Community College," said Athletic Director Mike Belfiore. "We have begun to recruit players for both teams and look forward to the fall when our student-athletes will again be able to compete against other institutions in the region."

This fall marks the return of the men's and women's basketball after a two-year absence. The men's and women's programs were scrapped following a grade-fixing scandal. The school's men's basketball coach Tyrone Mushatt was arrested and charged with orchestrating the scheme to help players try and transfer to Division I NCAA programs.

Both teams will compete at the Division II level. Practices for the new teams begin in October with the regular season commencing in November.

Prospective college students interested in trying out for the teams should contact Belfiore at michael.belfiore@sunywcc.edu.

## Swimming for a Cause



DOUBLEVISION PHOTOGRAPHERS PHOTOS

The Swim Across America fundraiser held at Chappaqua Swim & Tennis Club on July 23 attracted 130 swimmers and raised about \$60,000 for cancer research and support – and donations continue to come in. The number of participants represented an increase of about 40 swimmers over last year and the biggest group of swimmers yet in the six years Chappaqua Swim & Tennis has hosted one of the seven pool swims across Westchester for Swim Across America's Long Island Sound Chapter. Last Saturday, the Long Island Sound open swim in Larchmont was also held for the 25th consecutive year. Proceeds from the events are donated to the Swim Across America Laboratory at Memorial Sloan Kettering Cancer Center, Morgan Stanley Children's Hospital of New York-Presbyterian and the Westchester-based Cancer Support Team.

# Our Nation Has a Long History of Radicals and Revolutionaries

By Richard Cirulli

The Baby Boom generation spans the years of those born from 1946 to 1964. It was also during this era that Abraham Maslow presented his paper: "A Theory of Human Motivation" in Psychological Review.

This theory was further developed into his book published in 1954, "Motivation and Personality." For his research, Maslow studied the healthiest 1 percent of the college student population.

This study is beyond the scope of this article; however, in essence, Maslow's work identifies the stages of human growth, benchmarking our needs at each level as we advance to the apex of our life's achievements, referred to as our self-actualization stage.

Maslow's hierarchy of needs takes us through the stages of our human lifecycle, starting with our physiological needs, safety needs, love and belonging, esteem, and finally our self-actualization level. Maslow refers to the lower needs as deficiency needs that should be satisfied before one can be motivated to move up to the highest need of self-actualization.

A casual observation and application of Maslow's theory may help us to better understand the minds of some of America's radicals and progressives who over the years helped shape our nation's destiny. Before we move forward, we will need to

dilute the myth that the Baby Boomers were America's first revolutionaries. Their notoriety was greatly enhanced by the technology of modern media. The advent of television and communication satellites provided for instantaneous coverage to be broadcast across the globe.

America's first encounter with revolutionaries was in 1786, referred to as Shay's Rebellion. Shay, along with his supporters, were veterans who fought in the Continental Army under George Washington during the Revolutionary War. These veterans had their meager pensions swindled from them via politicians in collaboration with bankers.

The result is that these veterans were unable to service their debt, lost their property and the government levied heavy unfair and punitive taxes against them. This confirmed in the eyes of our nation's leaders that common Americans were only good for cannon fodder and paying taxes. In this case, Shay and his supporters were fighting for only their basic needs on Maslow's chart.

The scenario was repeated in 1893 with Coxley's Rebellion. After years of economic growth, the bottom fell out of the credit market resulting in record levels of unemployment, leaving many families destitute.

Jacob Coxley, a successful Ohio businessman, and his supporters marched

on Washington to assist humanity in distress. Coxley's goal was to present policymakers with his economic plan to have Washington hire the unemployed to work on much-needed public infrastructure.

When he arrived in Washington on May 1, 1893, his army was greeted by police who clubbed his supporters. Coxley was sent to jail. (Did I hear someone whisper Tiananmen Square?) Here again, Coxley was fighting for the base needs of his fellow humanity, while achieving the self-actualization phase of his life.

This sad episode was repeated in January 1932, when destitute World War I veterans and their families marched on Washington to demand bonus money for having served in the armed forces. After the bonus money bill was defeated, President Hoover ordered the secretary of war to disperse the veterans and their families who had camped out in the nation's capital. By afternoon, Douglas MacArthur led an army of cavalry, infantry, tanks and machine guns to clear the destitute ranks; even the police joined in to shoot and kill a number of peaceful protesters.

Once again, Washington resorted to guns and bullets to quell Americans trying to obtain their deficiency needs, and once again confirmed that the common American is merely a tax revenue stream

and cannon fodder for the elite.

By the time the '60s arrived, a new generation of radical and revolutionaries arrived on the scene. The likes of Shay, Coxley and the Bonus Army revolutions were long forgotten and deleted from our textbooks. This new wave of radicals with no deficiency in their lower needs, found the need to advocate for those seeking to secure the basics of Maslow's needs.

In closing, we should ask ourselves as a nation and as individuals if we have learned anything from our past failures. Can we in good faith criticize other nations for their violations of human rights? We condemn Syria for gassing its own citizens, though we have a recent past of turning dogs, machine guns and tanks on our fellow Americans? Is this the level of democracy we are trying to force on other nations? Do we believe they will buy?

As a nation, we will never reach our self-actualization phase until we improve our own example, and overcome our foolish belief that self-actualization can be achieved via political correctness.

*Dr. Richard Cirulli is a retired professor, business consultant, writer, columnist and innocent bystander at large. He welcomes your comments at Profirulli@optonline.net.*

## Great CD Rates!

6 Month CD

**1.01** %  
APY\*

1 Year CD

**1.25** %  
APY\*

2 Year CD

**1.60** %  
APY\*



**Marianne Volpi**  
Assistant Vice President, Branch Manager  
Rose Hill Shopping Center, Thornwood  
914-769-8400

Visit us today!

**Apple Bank**

Established 1863 · Member FDIC

[www.applebank.com](http://www.applebank.com)

\*CDs require a \$1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. Annual Percentage Yields (APYs) stated are effective as of August 1, 2017 and may be changed by the Bank at any time. CDs must be opened in person at an Apple Bank branch.

# They Say Happiness Comes With Outsourcing Chores

Sometimes I think The New York Times is reading my mind, or vice versa. I had been considering writing a piece about the joys of outsourcing jobs around the house when I opened the paper to find an article titled "It Turns Out Money Can Buy (Some) Happiness."

The piece is about a study suggesting that people who spend money to buy themselves some time by letting other people do disliked tasks tend to lead happier lives. The study found that spending money for material goods did not have the same effect.

I know by personal experience that this is true, certainly around the house. When I first got married, my wife announced that as a working woman, the one thing she really hated was cleaning the house and she really had to have a cleaning service. I was more than happy to oblige, and through the years, and three homes, we have continued to enjoy that service.

According to the study reported by The Times, that should have brought us more happiness along the way.

I remember a while back I came across an interesting study conducted by the Soap and Detergent Association (SDA). It suggested that besides cleanliness being



By Bill Primavera

next to godliness, it is closely akin to happiness as well.

The study delved specifically into which cleaning tasks made consumers the happiest, with the top five coming in as shiny floors, a tidy toilet, clean countertops, showers and gleaming windows. Close runners-up for satisfaction and happiness were a spotless sink and clean mirrors.

The study also revealed that 47 percent of Americans have used or would consider turning to a residential cleaning service to assist with cleaning chores.

If you're considering using a house cleaning service, here are some questions Angie's List suggests you ask.

### 1. How do you set your rates?

Most cleaning services charge an hourly rate for the first visit, but may also charge by the project. Ask the service to give you an estimate on how long it will take to clean your home. Cleaning services should give you a flat rate for each subsequent visit.

### 2. Do you conduct a background check on employees?

Most reputable services perform background checks on all of their employees. When you hire an independent cleaner, you act as their employer, making

you responsible for any background screenings. A background check can ensure the safety of you and your home by allowing you to know who is entering your home.

### 3. Are you insured and bonded?

Professional cleaning services will carry liability insurance and bond and have a policy in place in case something gets broken, damaged or goes missing in your home.

### 4. Do you carry workers' compensation?

Companies that hire employees versus contractors that are on the payroll and pay federal, state and social security taxes will provide their employees with workers' compensation in the event that an employee gets injured, so you as the homeowner won't be liable.

### 5. Should I have equipment and cleaning supplies available?

Some companies bring their own equipment and supplies, while others may only bring the equipment. Therefore, you may be responsible for providing cleaning supplies.

### 6. Do you have a satisfaction guarantee?

Companies should be open to your suggestions and feedback. They should also be able to provide you with a satisfaction guarantee in the event you are unhappy with a particular service.

### 7. How will you gain access to my home?

Options include leaving a key under the mat and asking the house cleaner to leave it inside when they're done, granting access via a keypad or choosing to be home during the cleaning.

### 8. What services are included?

If you'd prefer to take care of the basic day-to-day chores and you really want a housecleaner to take responsibility for dusting, window-washing, baseboard cleaning and floor scrubbing, make sure you let them know as it may affect the cost.

### 9. Can I get all this in writing?

Remember: you're letting someone into your home. Getting as many details in writing can help you avoid disagreements down the line.

If spending a little dough to let go of some household chores that are burdensome to you offers you some extra time and happiness, why not?

*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.*

**With each full ROOF or SIDING job  
(1,500 square feet min.)  
FREE White Seamless Gutters & Leaders  
Sale Dates August 1 to August 31, 2017**

**HARVEY BUILDING PRODUCTS** Ad must be presented at time of estimate, valid for new estimates only.

**MIRACLE HOME IMPROVEMENTS**  
NO \$ DOWN!!  
under \$20,000  
Roofing • Windows • Siding  
914-271-9119  
www.miraclehomeimprovements.com

**MasterBite**

ROOFING ★ WINDOWS ★ SIDING ★ DOORS  
DECKS ★ SEAMLESS GUTTERS ★ LEADERS ★ REPAIRS

**Family Run. Owner Supervision on All Jobs.**  
**914.271.9119**  
Robert & Mary Sniffen, Owners  
Visit our 5,000 sq. ft. showroom  
Or we will BRING the showroom to you!  
2010 Albany Post Road • Croton-On-Hudson, NY  
WC. Lic. #10415H99 • P.C. Lic. #1817 YNK 307 • H-12519-07-23-00  
www.miraclehomeimprovements.com

**NO \$ DOWN!!  
Under \$20,000**

**Safe Haven Self Storage**

**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

**Business of the Week**

## Club Pilates Mount Kisco

By Martin Wilbur

Sarah Gevinski is a believer in the philosophy that if you love what you do then you won't have to work a day in your life.

Starting this week, Gevinski gets to experience that when she will bring Club Pilates to the heart of downtown Mount Kisco, moving into the space formerly occupied by MTK Tavern.

The Greenwich resident, a former dancer and buyer for Macy's, took up Pilates just over a decade ago as a more enjoyable way to stay active and fit. Then last year, Gevinski discovered Club Pilates, a San Diego-based outfit that launched in 2005, while browsing online and learned about their franchise opportunities.

By November, she was heading to one of the company's training sessions in California for prospective franchise owners. When she returned it was something that she had to pursue.

"I knew it was right," said Gevinski, whose roughly 2,200-square-foot studio will be one of more than 300 Club Pilates locations throughout the United States

by the end of the year. "I knew it was what I wanted to do. To me it was worth it because it was something that I really loved and it was something that other people could enjoy."

Despite a plethora of Pilates studios in the area, Gevinski said relatively few are equipped to feature the large-group format that her facility will offer. There will be space to accommodate as many as 10 to 12 participants in the large-group classes. There will also be smaller group sessions of four to six people since that is what some clients prefer.

The studio will feature a variety of equipment-based programs that will use reformers, EXO chairs, TRX, springboard and Barre. All sessions will run 50 minutes and be led by one of four certified Pilates instructors at the outset. Classes will also feature a variety of music.

Gevinski said she hopes to attract anyone to have a fun and enjoyable experience. A key goal is to make it an inclusive studio where people who may have heard about Pilates and want to try a class have a place to go and feel



Sarah Gevinski is set to open Club Pilates in downtown Mount Kisco this week.

train station in the morning and returns later in the day.

"Mount Kisco drew me in as well because it's kind of like the hub of northern Westchester," Gevinski said. "It's kind of like a destination."

Gevinski is about halfway through her 500-hour Club Pilates teacher training program. While she doesn't expect to teach classes when she's completed the company's course, she said it will provide her with a greater understanding of the physical fitness system.

For those who have already signed up as Club Pilates members in Mount Kisco, there is a clients' party to celebrate the studio's opening Friday evening. Gevinski already has had about 60 clients sign up and hopes to eventually attract about 300 members.

"For me, I've been doing (Pilates) a long time and I believe in it," Gevinski said. "It's the greatest exercise of all time, so when I talk to people about it I don't feel like a cheesy salesman because I believe in it."

The public can sign up for demonstration classes this Saturday and Sunday, although space is limited. The studio will be open seven days a week with classes starting at about 5:30 a.m. on Wednesdays and at 6:30 a.m. the other weekdays.

Club Pilates is located at 30 E. Main St. near South Moger Avenue. For more information, call 914-362-8114 or visit [www.clubpilates.com/mountkisco](http://www.clubpilates.com/mountkisco).

comfortable.

"It's more welcoming, it's open to everybody," said Gevinski, the mother of three children ranging from one to seven years old. "Classes in our studio, we do offer a different range of classes."

She expects that sessions will be held during the morning, and then after a midday break, will resume after 3 or 4 p.m. Gevinski said she chose the downtown Mount Kisco location because of the number of savvy consumers in the surrounding towns and the ability to capture the commuter who heads to the

**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](mailto: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](mailto:aarvarkpet@verizon.net)

**silkstudiokids**  
 child and family lifestyle photography

portraits · events · westchester · nyc

[www.silkstudiokids.com](http://www.silkstudiokids.com)

gift certificates available

**PCTV**

Pleasantville Community Television  
 914.747.4411  
[www.pctv76.org](http://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](http://PCTV76.org) or mail your check to PCTV, 2 Jackson Street, Pleasantville, NY 10570.

# 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](mailto:mwilbur@theexaminernews.com).*

## Tuesday, Aug. 1

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

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

**Lighthouses: Cape Cod and Rhode Island.** Author and photographer Kevin Woyce will explain the history of lighthouses, from the ancient Pharos of Alexandria to the modern world. In this lecture, he will be featuring the lighthouses of Cape Cod and southern Rhode Island, including Newport and Block Island. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8 p.m. Free. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

## Wednesday, Aug. 2

**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](http://www.mountpleasantlibrary.org).

**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](http://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. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Senior Benefits Information Center.** Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and prescription plans, food stamps, HEAP,

EPIC, weatherization, minor home repair and tax relief programs. Mount Kisco Public Library, 100 Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Wednesday. Info: 914-231-3260.

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

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

**Ayurvedic Approach to Treat Common Disorders.** Dr. Somesh Kaushik, an ayurvedic and naturopathic physician, will offer five educational seminars covering body-system disorders and discuss therapeutic recommendations that include diet, supplements and treatments as well as take-home techniques of therapeutic yoga postures, meditations and mantras. The body systems covered will include nervous system, cardiovascular system, respiratory system, circulatory system and digestive system. The immune system will be woven throughout. Dr. Kaushik is the owner and chief medical practitioner of Kaushik Ayurvedic and Naturopathic Clinic in Cross River. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Also Aug. 9. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Puppet Playtime.** A fun and interactive 45-minute session of games, stories, songs and activities – led by puppets! Sing, dance and read stories about building a better world. Recommended for ages four and under, although older children can also participate. All children must be accompanied by an adult. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:30 to 2:15 p.m. Free. Space is limited; registration required. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Mind Games.** Fun exercises and tips for seniors to help stimulate the mind. If you are having trouble remembering things or feel easily confused, come join the fun. Phelps Hospital Boardroom (C Level), 701 N. Broadway, Sleepy Hollow. 2 to 3:30 p.m. Free. Registration required. Info and registration: 914-366-3937.

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

**Build-a-Puppet Workshop.** Learn how to build your very own puppet from scratch and then how to perform with that puppet to make stories come to life. Parents and guardians are welcome to join in the building fun. Led by professional New York City puppeteer Nicola McEldowney. For children five years old and up. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4 to 5 p.m. Free. Space is limited; registration required. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Art Series: Alfred Sisley.** Originally a classic landscape painter, Sisley's move into the Impressionist style corresponded to his transition to painting outdoors, as he captured the elusive qualities of light and time in his remarkable works. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

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

**Chappaqua Concert Series: The Chappaqua Orchestra.** Davis Knoblauch conducts the orchestra performing American Classics in the concert series finale. Produced by the Chappaqua-Millwood Chamber of Commerce and the New Castle Recreation & Parks Department. Recreation Field, South Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-3909 or visit [www.mynewcastle.org/departments/parks-recreation-2](http://www.mynewcastle.org/departments/parks-recreation-2).

**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](mailto:12stepdivorcegroup@gmail.com) or visit [www.meetup.com/Mount-Kisco-12-step-Separation-Divorce-Support-Meetup](http://www.meetup.com/Mount-Kisco-12-step-Separation-Divorce-Support-Meetup).

## Thursday, Aug. 3

**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. Info: 914-273-3887.

**Toddler Storytime.** Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

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

**Mahjongg Club.** Intermediate players welcome. Participants must bring their own set. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 p.m. Free. Every Thursday. Info: 914-666-8041 or [www.mountkiscoliberalry.org](http://www.mountkiscoliberalry.org).

**"Don't Look Back."** Acclaimed documentarian D.A. Pennebaker ("Monterey Pop") accompanied Bob Dylan to England for a three-week tour in the spring of 1965. Recording several brilliant solo performances and capturing a wealth of fly-on-the-wall footage of Dylan's interactions with friends, including Joan Baez and Donovan, and strangers, Pennebaker caught Dylan on the cusp of a radical career change as he shifted from acoustic to electric, leaving his folkie troubadour persona behind. The evening screening is followed by a conversation with WFUV Program Director Rita Houston and Jacob Burns Programmer Karen Sloe Goodman. Part of the Sounds of Summer: Music Films Old and New series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 and 7:30 p.m. Members: \$8. Non-members: \$13. Info and tickets: Visit [www.burnsfilmcenter.org](http://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. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

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

*continued on page 22*

# County Resident Collaborates on Book Exploring Life of WW II Hero

By David Propper

The life of Dixie Kiefer was one of valor and survival against the odds.

It was so intriguing and inspiring that a local resident knew Commodore Kiefer's story had to be told.

A World War II hero, Kiefer might not be included in school history textbooks, but his life and sudden death were compelling enough for Yorktown resident David Rocco to co-write a book about him with Don Keith.

The novel, "The Indestructible Man: The True Story of the World War II Hero 'Captain Dixie,'" is available in paperback on Amazon.

Kiefer's death has a local connection when a Navy transport carrying six men crashed in Mount Beacon adjacent to Putnam County during peacetime travel. Those fallen service members, as well as two other servicemen that died in the 1945 crash, are dubbed the "Mount Beacon Eight," including Kiefer, who was 49 when he died.

The book explores the incredible life and service of Kiefer, who was an executive officer and survived several near-death experiences while at war.

He held a major role in the Battle of the Coral Sea and Battle of Midway – two turning points in World War II – and was the last man off the USS Yorktown before it sank at Midway.

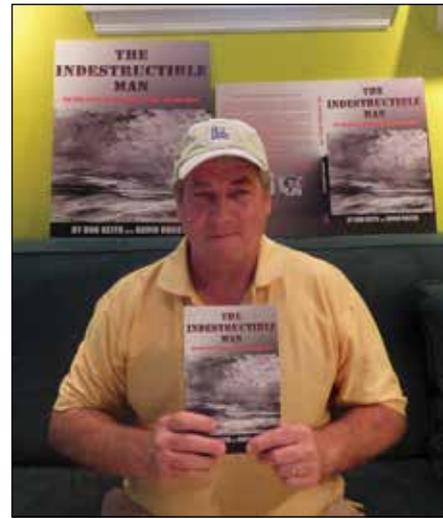
After the ship went down, he pushed a life raft with injured sailors to a rescue ship. Then, as the captain of the USS Ticonderoga, he survived two kamikaze attacks on the ship less than an hour apart, overseeing counter-attacks for 12 hours despite being severely injured.

Rocco said Kiefer was a "hands on" officer because he was willing to do the same chores as his men.

"He claims he wasn't an American hero, but he was," Rocco said. "He wasn't just an American hero, he was an incredible leader among men."

Rocco said during his research he discovered that one of the men that died in the plane crash was African-American, which was rare because full racial integration in the Navy didn't occur until 1948. Kiefer, ahead of his time, treated all men equally, regardless of race or ethnicity.

Rocco said he also found it remarkable that when Kiefer was



David Rocco with his recent book "The Indestructible Man: The True Story of the World War II Hero 'Captain Dixie.'"

hearing and eyesight and bad knees (he's had three knee replacements), did the bulk of the research for the book, immersing himself in his subject to unearth every detail about Kiefer's life. He would send that information to Keith, who did the writing.

The co-authors have never met in person or even spoken on the phone, but through countless e-mails they were able to pull together a book in six months. Keith is a best-selling author who accepts story ideas for new novels and found Kiefer's story fascinating, Rocco said.

Rocco said it is gratifying to see his years of research result in a finished product. He would love to see the work turn into a movie, a push he and his co-author are prepared to make.

He hopes the other seven men that were killed in the crash at Mount Beacon are also recognized.

"I'm just honored because I feel like I was put here for a purpose. I'm passionate, I persevere, I don't take no for an answer," Rocco said. "These are stories people need to know."

awarded the Silver Star Medal for valor, the Secretary of the Navy at the time called him "the indestructible man" because of his ability to live through dire circumstances.

Rocco, who wanted to be in the Navy but was turned down because of poor

## SMALL NEWS IS BIG NEWS

**We have the party. Do you have the kids?**



Eliminate The Dullness.

**HAVE A BIRTHDAY PARTY WHERE ALL THE KIDS MOVE!**

Dates Still Available.  
Reserve Your Party Now.

Contact Donna Arena at:  
darena@sawmillclub.com

Or Call 241-0797

**No One Does FUN FOR KIDS Like Saw Mill Club!**



**KIDS RULE @ SAW MILL CLUB**

77 KENSICO DRIVE • MOUNT KISCO • N.Y. 10549



**GRAND PRIX NEW YORK**  
GPNY.COM

**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**

# Happenings

continued from page 20

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

**Sunset Jazz at Lyndhurst Concert Series: Willie Martinez La Familia Sextet.** The fifth of eight Thursday night jazz concerts. Presented by New York-Presbyterian. 635 S. Broadway, Tarrytown. 6:30 p.m. Free. (Concert is canceled by 3 p.m. in the event of rain.) Info: Visit [www.jazzforumarts.org](http://www.jazzforumarts.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. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

## Friday, Aug. 4

**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.

**"The Sound of Music."** The Random Farms Kids' Theater will present the "Getting to Know" version of this popular musical, a special 90-minute adaption for youth performers. Over 100 children, seven to 17 years old, will participate. Tarrytown Music Hall, 13 Main St., Tarrytown. 11 a.m. and 7 p.m. \$18 and \$23. Children and seniors: \$16. Also Aug. 5 at 1 and 7 p.m. Info and tickets: Visit [www.tarrytownmusichall.org](http://www.tarrytownmusichall.org).

**Play Days at Jay.** Pack a picnic and spend the afternoon at John Jay Homestead. Explore the six discovery centers and help volunteers collect eggs from the chicken coop. Education staff will lead a short hands-on activity. John Jay Homestead, 400 Jay St. (Route 22), Katonah. 12 to 2 p.m. Free. Fridays through Oct. 27. Info: 914-232-8119 or visit [www.johnjayhomestead.org](http://www.johnjayhomestead.org).

**Temple Open House/Barbecue.** A membership barbecue that is open to

everyone. Helpful for prospective members who are considering participating in the Temple's High Holy Day services and religious school in the coming year. Features a Tot Shabbat appropriate for young children and their families, followed by hot dogs and hamburgers as the rabbis and staff will be available to answer questions. The evening ends with an outdoor Shabbat service and an Oneg. Dress casual. Rain or shine. Temple Shaaray Tefila, 89 Baldwin Rd., Bedford Corners. 6 p.m. Free. Info: 914-666-3133 or visit [www.shaaraytefila.org](http://www.shaaraytefila.org).

**Jazz at Pierson Park Concert Series: Bobby Molina and TimbaWah.** The fifth of eight Friday night jazz concerts. Presented by New York-Presbyterian. Pierson Park, West Main Street, Tarrytown. 6:30 p.m. Free. (Concert will be moved to the senior center in the park in the event of rain.) Info: Visit [www.jazzforumarts.org](http://www.jazzforumarts.org).

**Friday Night Cinema: "Win Win."** Paul Giamatti is stupendous in this quiet family drama about the murky decisions an otherwise decent and honest lawyer makes to battle his failing financial situation. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

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

**"West Side Story."** One of the most memorable musicals and greatest love stories of all time, the score by Leonard Bernstein and Stephen Sondheim is widely regarded as one of the best ever written. A production of Stage 2, which bridges the gap between the White Plains Performing Arts Center Conservatory and Mainstage, giving college, graduate school and community performers the opportunity to work in a regional theater under the guidance of professional artists. White Plains Performing Arts, Center, 11 City Place, White Plains. 8 p.m. \$25 and \$35. Also Aug. 5 at 8 p.m. and Aug. 6 at 2 p.m. Info and tickets: 914-328-1600 or visit [wppac.com](http://wppac.com).

## Saturday, Aug. 5

**Coffee With Wolves.** Visitors can bring their newspapers and spend a relaxing morning with our ambassador and red wolves. We'll provide the coffee... and the wolves, who can be very active in the early morning. Visitors should remain quiet and subdued as this is a peaceful, private moment for all involved. Wolf Conservation Center, South Salem. 8 a.m. \$12. Also Aug. 13 and 26. Pre-registration required. Info and pre-registration: 914-

763-2373 or visit [www.nywolf.org](http://www.nywolf.org).

**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 This week, there will be a Tinkergarden for kids from 9:30 to 11 a.m., the music series features world fusion artists Sundad 10 a.m. to noon and the health and sustainability component features Nutrition Bits and Bites: "Feeding Babies!" from 8:30 a.m. to 12:30 p.m. This market is a dog-free environment. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Every Saturday through Nov. 18. Info: Visit [www.pleasantvillefarmersmarket.org](http://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. 9 a.m. to 1 p.m. Every Saturday. Info: Visit [www.chappaquafarmersmarket.org](http://www.chappaquafarmersmarket.org).

**Pruyn Garden Tour.** Join us in the garden to enjoy more than 80 species of native flowers and shrubs and learn how to attract butterflies and hummingbirds to your yard. We'll also have a free raffle for Larry Weaner's stunning new natural gardening book, "Garden Revolution," graciously donated by a volunteer. Led by Saw Mill River Audubon Garden Coordinator and Master Gardener Donna Lassiter. Pruynt Sanctuary, 275 Millwood Rd., Chappaqua. (Meet at the office/garden entrance). 10 a.m. Free. Rain date: Aug. 6. Info: Visit [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.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 in August. Info: 914-273-3887.



The Superstars of Ballroom comes to the Westchester Broadway Theatre this Saturday Evening

**Meditation Workshop.** Michael Cardillo 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. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to noon. Free. Every Saturday. Info: 914-666-8041 or [www.mountkiscoliberalry.org](http://www.mountkiscoliberalry.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. This is an exciting time for wolves; they're out searching for prey as their pups grow bigger and bolder. 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 Aug. 12 and 26 at 2 p.m. and Aug. 13, 20 and 27 at 11 a.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit [www.nywolf.org](http://www.nywolf.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](http://www.addie-tude.com).

**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. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Aug. 6, 12, 19 and 26 at 11 a.m. and Aug. 13, 20 and 27 at 2 p.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit [www.nywolf.org](http://www.nywolf.org).

**Discover and Explore Humanistic Judaism.** The Westchester Community for Humanistic Judaism will have a special meet-and-greet to explore the meaning of Humanistic Judaism with Rabbi Frank Tamburello. Participants will have a chance to meet like-minded Jewish people who are interested in new and creative ways to celebrate their history. Rabbi Tamburello will conduct a non-traditional Havdalah service. Refreshments will be served. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2:30 p.m. Free; donations welcome. Info: Contact Dmitry at 914-713-8828 or visit [www.wchj.org](http://www.wchj.org).

**The Superstars of Ballroom.** Six world-renown couples, the best dancers in U.S./World competitions perform in a variety of styles including Argentine tango, the cha-cha, rhumba, samba, Paso doble, *continued on next page*

# Love of Photography Draws Varied Group Into the Same Circle

By Martin Wilbur

It would be frustrating for an artist to create beautiful and intriguing pieces but unable to secure a suitable venue to exhibit his or her work.

In its brief history, the 17-member Red Circle PhotoArts, a collective of fine art photographers from throughout Westchester and the Hudson Valley, looks forward to August, when they head to Hastings-on-Hudson to display its members' creations at the Upstream Gallery.

On Thursday evening, there is the opening reception to the group's nearly monthlong stay at the gallery for its photography exhibit "Points of View from the Circle 2017." It is the third consecutive year the members will fill the space for the exhibit.

"Creating art is one thing, but publicizing it and presenting it is another, so Upstream gave us a unique opportunity to have this real gallery space to kind of show their work," said Patrick Cicalo, one of Red Circle's three co-founders who helped established the group in 2013 with Phil Haber and Steve Dreyer.

Each one of the exhibiting members has about 10 linear feet of wall space to mount to two to seven photographs, Cicalo said. The photos run the gamut from landscape photography and portraits to scenes



Two images from Red Circle PhotoArts member Joseph Carline, who will be one of 17 photographers featured this month at the group's exhibit at Upstream Gallery in Hastings-on-Hudson.

from nature and abstract images. Some members use color while others show in black and white. Most use digital, but a few still work with film.

Cicalo, a North Salem resident, said August is a slow month for Upstream Gallery, an actual storefront gallery on Hastings-on-Hudson's Main Street, so they schedule Red Circle, which happily occupies the space. Even though August is the most popular vacation month, the organization schedules the gallery to be open on Friday afternoon and evening and the weekends throughout the month and attracts plenty of attention.

"We just pulled people in," Cicalo said of last year's exhibit. "The opening was fantastic."

Cicalo mentioned that initially Red

Circle scheduled shows more frequently, having appeared at the Ossining Public Library and the Riverfront Library in Yonkers along with the Rye Arts Center. But those spaces are multipurpose rooms that are on different levels of those buildings

"I think we sort of decided that the Upstream space was the best space for us and drew the most people because it was an actual art gallery," said Haber, a retired lawyer and former longtime Chappaqua resident who now lives in Cold Spring.

Red Circle members' life experience is as varied as their photographic styles. However, most do not derive their principal income from photography, even though many sell some of their work, said member Joseph Carline of Yorktown

Heights.

Carline, who is semiretired after working for 35 years for the New York Power Authority, said what the members share is a longtime love for the craft and wanting to learn from each other. Getting to exhibit at Upstream Gallery is an added benefit.

"We have doctors and lawyers and technical people," Carline said. "It's a really interesting group of people who love photography."

Members are typically admitted through reference, Haber mentioned. Most met or became known to each other through other photography groups organizations, such as Ground Glass.

"We want to keep the group small so we're not out at the hustings looking for members," Haber said. "We basically want people who are known to one or more of the members."

This Thursday's opening reception is scheduled for 6 to 8 p.m. The exhibit continues throughout the month on Fridays from 3 to 8 p.m., Saturdays 12:30 to 8 p.m. and Sundays from 12:30 to 5:30 p.m. The Upstream Gallery is located at 8 Main St. in Hastings-on-Hudson.

For more information about the group, visit [www.redcircle.com](http://www.redcircle.com) or its Facebook page.

## Happenings

*continued from previous page*

mambo, jive, waltz, quickstep, foxtrot and Viennese waltz. Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford. Dinner at 6:45 p.m. Show at 8:30 p.m. \$84 per person (plus tax). Show only: \$50 per person (plus tax). Info and tickets: 914-592-2222 or visit [www.broadwaytheatre.com](http://www.broadwaytheatre.com).

**Live Music at Chappaqua Station:** **Kayla Rae.** With a hat tipped to New York's musical renaissance, Chappaqua Station welcomes local and international musicians to the historic train station. Think intimate lounge setting, warm bourbon glow, farm fresh cuisine and an inclusive spirit of Westchester's vibrant culture. Chappaqua Station, 1 Station Plaza, Chappaqua. First seating 7 to 8:30 p.m. for \$10 per person for table reservation. Second seating 9 to 10 p.m. for \$5 per person. First come, first served at bar with no cover charge. Tickets available through Eventbrite. Info: 914-861-8001 or visit [www.chappaquastation.com](http://www.chappaquastation.com).

**Broadway Classics.** The Small Town Theatre Company presents the third of four outdoor summer concerts featuring some of Broadway's musical classics with Laura Donaldson, Daniele Hager, Liz Harrington and Nellie O'Brien along

with Katie Luekens Chan Chee as their accompanist. Hager returns from the 2016 summer concert series and Donaldson, Harrington and O'Brien performed in The Small Town Theatre Company's production of "Steel Magnolias." Bring a lawn chair and a picnic basket. Wampus Brook Park, Maple Avenue, Armonk. 8 p.m. Free. (In case of rain, the concert will be moved to Whippoorwill Hall, 19 Whippoorwill Rd. East, Armonk). Info: Visit [www.SmallTownTheatre.com](http://www.SmallTownTheatre.com).

### Sunday, Aug. 6

**Heritage of India Festival.** Music and dance, arts and crafts and food vendors. Bring blankets and folding chairs. Rain or shine. Kensico Dam Plaza, 1 Bronx Parkway, Valhalla. 12:30 to 6:30 p.m. Free admission and parking. Info: 914-231-4033.

**Bye-bye Butterflies!** Butterflies who have taught visitors so much through the summer are released. Map their journey and identify stopping points critical to the success of their trip. Butterfly lovers of all ages can make a colorful butterfly craft to take home. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 p.m. Members: Free. Non-members: Fee included in admission to butterfly exhibit. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Argentine Tango Dances.** Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Refreshments served. Broadway 26 Dance, 26 Broadway, Hawthorne. 3 to 6 p.m. \$12. Also the third Saturday of each month from 8 p.m. to midnight. \$16. Info: 914-725-3023 or 914-484-5101 or e-mail [sampelayo@optonline.net](mailto:sampelayo@optonline.net).

**Salsa Social.** Come and learn how to Salsa. A fun and exciting workout. Singles or couples; no partner necessary. Josie's School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 5 to 9 p.m. Intro lesson at 4:30 p.m. \$10 admission. Dinner: \$5. First Sunday of every month. Info: 914-332-8670.

**Full Moon Wolf Walk.** Celebrate the August full moon with wolves. While keeping cozy by the outdoor fire pit, guests will enjoy sugary treats and the symphony of howls from more than 20 wolves. Learn about the history of wolves in the United States, their importance in a healthy ecosystem and the efforts to save these magnificent creatures for future generations. Guests then take will take a short moonlit walk to visit ambassador wolves Atka, Alawa, Nikai and Zephyr. Please bring flashlights. Wolf Conservation Center, South Salem. 7 p.m. \$20. Pre-registration required. Info and pre-registration: 914-763-2373

or visit [www.nywolf.org](http://www.nywolf.org).

### Monday, Aug. 7

**Master Networker Meeting.** Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. Mount Kisco Coach Diner, 252 E. Main St., Mount. 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail [tinacambell@masternetworks.net](mailto:tinacambell@masternetworks.net) or just drop in.

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

**Ambassadors for Successful Aging.** Discuss your need with a Westchester County "ambassador" for successful aging. With knowledge of many programs and services that may be available to you,

*continued on page 25*

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

# EXAMINER MEDIA Classifieds

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

## 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**

## 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

## FARMING

**GOT LAND?** Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a Free info packet & Quote. 1-866-309-1507 www.BaseCampLeasing.com

## 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**

## HEALTH

**SILDENAFIL** Active Chemical in VI-AGRA 20mg, 30 Tablets for \$35. By Greenstone, a Pfizer Company. Rye Beach Pharmacy- Rye, NY. 914-967-0856, Ext 5ñ

Can FedEx. RyeRx.com; info@ryerx.com

## HELP WANTED

**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

**Public Notice MAHOPAC PUBLIC LIBRARY, MAHOPAC, NEW YORK NOTICE FOR BID- REISSUE:** Mahopac Public Library hereby invites submission of sealed bids for: **GENERAL CONTRACTOR:** Exterior building facade lettering and solar lighting of Library sign and flagpole Mahopac Public Library invites bidders to bid on the scope of work described in the reissue of Bid Documents within the Bid Package entitled: Contract 1 - General Contractor. The bid has been reissued to remove the requirement for a performance or payment bond.

The reissue bid packages may be picked up beginning Thursday, August 3; packages will be available during regular Library days and hours until August 25. (Note that the Library is closed on Sunday, August 13 and 20). Bidders must use the Bid Proposal Forms included with the Bid documents in order to submit their proposal, and each bid proposal must be made in accordance with those forms.

•All bids must be received by 2:00 pm on Friday, August 25, and at that time and place any and all such bids that have been received in accordance with the terms hereof will be publicly opened and read aloud. There will be a pre-bid site visit at 10:00 am on Tuesday, August 15, 2017, at Mahopac Public Library. Bidders are urged to attend the site visit. Knowledge of the exterior vehicle and foot traffic conditions is crucial to understanding the project. Following the site visit, questions

should be sent in writing via email to: mcapozzella@mahopaclibrary.org by Friday, August 18. Mahopac Public Library will require the successful bidder to provide proof of insurance as specified in bid documents. To the fullest extent allowed by law, the Library reserves the right to reject bids that contain omissions, exceptions or modifications, or in their sole discretion to waive such irregularities, or to reject any or all bids, or to accept any bid which is in the best interest of Mahopac Library. •All bids shall be sealed and in an envelope that is distinctly marked on the outside as follows: **MAHOPAC PUBLIC LIBRARY BID DOCUMENTS: GENERAL CONTRACTOR, NAME OF BIDDER, DATE, MAHOPAC PUBLIC LIBRARY WILL RECEIVE BIDS NO LATER THAN FRIDAY, AUGUST 25 AT 2:00 PM.**

• Bids should be hand-delivered or mailed to **Mahopac Public Library, 668 Route 6, Mahopac, NY, 10541, Attn: Michele Capozzella, Library Director and CEO.** The Library will not open or consider any bid unless it is received at that location by no later than the appointed time on the bid opening date (August 25). Bidders are solely responsible for the arrival of each bid proposal at the place of bid opening by the appointed time, regardless of the means of delivery.

**NOTICE OF FORMATION OF REGAL VOYAGE INTERNATIONAL, LLC.** Arts. of Org. filed with SSNY on 4/7/17. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Terry Mansfield and Victoria Mansfield, 14 Steven Drive, Unit #2, Ossining, NY 10562. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF JUST BREATHE HEALING CENTER, LLC.**

Arts of Org filed with the Secy of State of NY (SSNY) on 06/19/2017. Office loc: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: **731 Saw Mill River Road, Ste. 7, Ardsley NY 10502. Purpose: any lawful acts.**

**NOTICE OF FORMATION OF ACCENTS DRAPERY & INTERIORS LLC.** Articles of organization filed with Secretary of State of New York on April 14, 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 **Mary Jimenez, 527 Halstead Ave Mamaroneck, NY 10543. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF LABOY CONSTRUCTION LLC.** Arts. Of Org. filed with the Secretary of State of New York (SSNY) on 06/27/2017. Office Location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: **c/o LABOY CONSTRUCTION LLC, 65 Winchester Avenue, Peekskill, New York 10566. Purpose: Any Lawful Purpose.**

**NOTICE OF FORMATION OF WNW HOLDINGS, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 6/15/2017. Office loc: Westchester. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **CT Corporation System, 111 Eighth Avenue, New York, NY 10011. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION of JMD Security LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 05/18/2017. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **Joseph DeCandia, 35 Aspen Road New Rochelle, NY 10804. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF MUDDY PAWS DOG AND CAT COMPANIONS, LLC,** filed with SSNY on 4/20/2017. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Legalinc Corporate Services Inc, 1967 Wehrle Drive, Suite I-086, Buffalo, NY 14421. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF SOUNDSHOREPHOTO, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/22/17. Office loc: Westchester County. SSNY has been designated as agent of the LLC upon

continued on page 26



# 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](http://www.wheelsforwishes.org).

## Preparing College Students to Plan Practical Healthy Meals

I am all for staying in the present, and realizing the benefits of being mindful of current sensory experiences. However, planning ahead can promote health and wellness, too.

So, this month in honor of the many students preparing for their first year of college, or returning there after summer break, I am offering some practical meal planning ideas for them to try.

Many clients have come to me seeking recommendations for family members who are college students or even recent graduates beginning their careers. I work directly with them, or in conjunction with their parents, to come up with



By Joanne Witmyer

an action plan.

Often, what we have found to be the most helpful recommendations for thoughtful meal planning, is to avoid being cornered into a situation where last-minute, unhealthy take-out meals are the easiest solution. Or not finding time to eat at all. I meet with individuals to learn about their lifestyles, priorities

and goals. Then we formulate a strategy.

Some recent suggestions have included these top three areas for immediate success.

1. Seek out a grocery store and/or farmers market that is comfortable and convenient. You are more likely to fit in a

visit to the grocery store if it is geographically close to you and if you are familiar with the aisles. And a market where you get to know the local farmers and appreciate seasonal produce will tend to make you eager to return.

2. Consider what recipes you can try to make your upcoming week easier. Cook a large batch of brown rice or red quinoa on a Sunday, and use portions of it in various meals throughout the week.

Add it to salads for lunch, or put some in soup for dinner. Knowing you have a staple like this prepared for the week can be beneficial for ease of mind. You will be less inclined to reach for something unhealthy on the fly.

3. Create a ritual for making meals. Set aside 30 minutes with your roommates or family on a special day of the week. Put on

some music that you all enjoy or want to explore. Taking just a short amount of time to enjoy preparing a few meals can easily make it seem like less of a chore. This routine also allows you to enjoy quality time with people you care about, so you can look forward to it each week.

I hope these ideas are helpful for you. I invite you to share with me your meal planning challenges and successes. Enjoy the rest of your summer, and warm wishes for a smooth transition to the new semester.

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

### Nourish

## Happenings

continued from page 23

our ambassadors are here to help. North Castle Public Library, 19 Whipoorwill Rd. East., Armonk. 10 to 11 a.m. Free. Every Monday in August. Info: 914-273-3887 or northcastlelibrary.org.

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

**Jazz at Henry Gourdin Park Concert Series: Rhythm Rising Latin Jazz.** The third of four Monday night jazz concerts. Presented by New York-Presbyterian. Henry Gourdin Park at the Riverfront, Ossining. 6:30 p.m. Free. (Concert will be moved to the Joseph G. Caputo Community Center, 95 Broadway, Ossining in the event of rain.) Info: Visit www.jazzforumarts.org.

**Belly Dancing.** Learn this captivating Middle Eastern dance and enrich your

cultural knowledge. Whether you want to dance professionally or just have fun and get in shape, this is the place to start. Josie's International School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 7 p.m. \$20. Every Monday. Info: 914-332-8670 or visit www.josiedance.com.

**Telephone Support Group for Women With Metastatic Breast Cancer.** This Support Connection group offers the opportunity to share information and experiences with women across the country who are living with breast cancer. Share information and experiences. Confidentially discuss concerns and gain support from others who understand from the comfort of home. Open to women nationwide living with recurrent, advanced stage or metastatic breast cancer. 8 p.m. Free. First Monday of each month. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

### Tuesday, Aug. 8

**Baby Time.** A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public

Library, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

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

**Diabetes Education Program for Adults.** Learn what diabetes is, what medications are available, how to prevent and manage complications, blood sugar targets, what foods to eat, how to count carbs and much more in this two-session program. A physician referral and attendance at both classes is required. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. 2 to 4 p.m. There may be a charge for this class depending on insurance coverage. Second session: Aug. 17. Registration required. Info and registration: 914-366-2270.

**Summer Blood Drive.** The Pleasantville Volunteer Fire Department and the Pleasantville Volunteer Ambulance Corps will be hosting this drive. Eligible donors from all towns are welcome. Pleasantville Firehouse, 75 Washington Ave., Pleasantville. 2:30 to 8:30 p.m. Appointments recommended;

walk-ins accepted. For questions regarding eligibility, contact 800-688-0900. Info and appointments: 800-933-2566, visit www.nybloodcenter.org/donate-blood or e-mail angela.usobiaga@verizon.net.

### Wednesday, Aug. 9

**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.

**Lego Club.** We provide the Legos, you bring your imagination. A fun-building club for students in grades 2-6. Mount Kisco Public 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.

# EXAMINER MEDIA Classifieds

continued from page 24

whom process against it may be served. SSNY shall mail process to: **3 West End Place, Harrison, NY 10528. Purpose: Any lawful acts.**

**LEGAL NOTICE NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC) BRITTANY DIG-NAN CONSULTING LLC dba NEAT Method.** Articles of organization filed with the Secretary of State of New York on 5/31/2017. Office Location: Westchester County. SSNY has been designated, as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: **15 Winslow Rd, White Plains, NY 10606. Purpose: any lawful purpose. Latest date upon which LLC is to dissolve: No specific date.**

**NOTICE OF FORMATION OF JAMPAGANZA PROPERTIES, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 06/20/2017. Office loc: Westchester County. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: **c/o United States Corp Agents, Inc., 7014 13th Avenue, Ste. 202, Brooklyn, NY 11228. The business address is 58 Caryl Ave, Yonkers, NY 10705. The purpose of this LLC is to engage in a lawful act or activity.**

**NOTICE OF FORMATION OF BAY-VIEW COTTEGES, LLC** filed with the Secy of State of NY (SSNY) on June 09, 2017. Office location: Putnam County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Bryan and Janet Weed, 50 Laurel Road, Lake Peekskill, NY 10537. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF NOSHINKU, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 06/28/2017.

Office loc: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: **46 Usonia Rd., Pleasantville, NY 10570. Purpose: any lawful acts.**

**NOTICE OF FORMATION OF FUNDING FOR TEAMS LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on January 18, 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: **Jonathan Goldman, 5 Bradys Farm Road, Goldens Bridge, NY 10526. Purpose: Any lawful purpose.**

**LEGAL NOTICE NOTICE OF PUBLIC HEARING 2017/2018 PROPOSED WESTCHESTER COMMUNITY COLLEGE BUDGET NOTICE IS HEREBY GIVEN** that a Public Hearing will be held on August 7, 2017 at 10:30 A.M. by the Westchester County Board of Legislators on the matter of the 2017/2018 Proposed Westchester Community College Budget and the Memorandum of Proposals, if applicable, as submitted by the Committee on Budget and Appropriations in the Chambers of the County Board of Legislators, 8th Floor, Michaelian Office Building, 148 Martine Avenue, White Plains, New York 10601, The 2017/2018 Proposed Westchester Community College Budget, as well as the Memorandum of Proposals, if applicable, as submitted by the Committee on Budget and Appropriations, will be opened to inspection by anyone at the office of the Clerk of the County Board of Legislators during business hours. Information concerning the entire Westchester Community College Budget, as well as copies of the Budget itself, may be obtained from the Office of the Budget Director, 3rd Floor, Michaelian Office Building, 148 Martine Avenue, White Plains, New York 10601. Those at-

tending the Public Hearing have the right to provide written and/or oral comments concerning the entire Budget. **Dated: July 3, 2017, Sunday Vanderberg, Clerk & Chief Administrative Officer of the County Board of Legislators Westchester County, New York**

**NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC).** The name of the LLC is: 3465 White Plains Pizza, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) office on: 6/30/2017. The County in which the Office is to be located: Westchester. The SSNY is designated as agent of the LLC upon whom process against it may be served. The address to which the SSNY shall mail a copy of any process against the LLC is: **21600 Sacajawea Rd. Sedalia, MO 65301. Purpose: any lawful activity.**

**NOTICE OF FORMATION OF EMPIRE ASSET GROUP LLC, ARTS OF ORG** filed with the Secy of State of NY (SSNY) on 07/19/2017. Office loc: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: **6 Brookridge Road, New Rochelle, NY 10804. Purpose: any lawful acts.**

**NOTICE OF FORMATION OF PROPERTY SOLUTIONS PLUS, LLC.** Arts. of Org. filed with SSNY on 01/03/2017. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **Joseph Mulvihill, 72 Congress Street, Harrison, NY 10528. Purpose: any lawful act or activity.**

**NOTICE IS GIVEN HEREBY PURSUANT TO THE NEW YORK STATE ALCOHOLIC BEVERAGE CONTROL LAW,** that 325 S Riverside Restaurant Corp., Serial Numbers 1304048, 1304049,

has applied for licenses to sell wine, cider, and beer for on-premises consumption doing business as **UMAMI, located at 325 S. Riverside Ave., Croton-on-Hudson, NY 10520.**

## MISCELLANEOUS

**WANTED: LOOKING FOR SOMETHING THAT WILL ENRICH YOUR LIFE?** Join our Sept 2017 or Jan 2018 Volunteer Puppy Raiser Class. Application on website. **Putnam Service Dogs. 917-449-5359, info@putnam servicedogs.org.**

**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](http://www.NorwoodSawmills.com) 1-800-578-1363 Ext.300N

## MISC FOR SALE

**KILL BED BUGS!** Buy Harris Bed Bug Killers/ KIT Complete Treatment System. Available: Hardware Stores. The Home Depot, [homedepot.com](http://homedepot.com). Try Harris Guaranteed Roach Killers Too!

**DIATOMACEOUS EARTH-FOOD GRADE 100%** Use to Protect Garden Plants. Use in Animal Feed & More. OMRI Listed-Meets Organic Use Standards. **BUY ONLINE ONLY: [homedepot.com](http://homedepot.com)**

## REAL ESTATE

**GREENE COUNTY LAND SALE! AUG 12TH!** 7 ac- \$39,900. 10 ac- \$49,900. 34 ac- \$79,900. 8 wooded homesites, 20 mins So. of Albany. Stonewalls, private setting. Twn rd, utils! Terms avail. Call 888-905-8847 to register.

**OTSEGO COUNTY REAL PROPERTY TAX FORECLOSURE AUCTION.** 70+/- Properties August 16 @11AM. Held at: Holiday Inn- Oneonta. 800-243-0061 AAR, Inc. & HAR, Inc. **Free brochure: [www.NYSAuctions.com](http://www.NYSAuctions.com)**

**Vermont Log Home on 147 Acres** 4BR/5BA Log Home, Detached 2-Car Garage w/Apt., Wrap-Around Decks, Walk-Out Basement, Generator, Pond. Brookfield, VT. Exclusive: **\$695,000.** **THCAuction.com ?1-800-634-7653**

## 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.



# NOW HIRING!

## Tuition Assistance • Jobs • Training

NEW YORK  
**NATIONAL GUARD** 

**1-800-GO-GUARD • NATIONALGUARD.com**

# When Being a Casual Observer is a Humorous Experience



By Nick Antonaccio

This week's column is a reprise of an earlier column. I'm on vacation at a beach house with family. I'll be back next week with the first leg of my virtual tour of California's Sonoma County.

Over the course of my travels to wine country destinations, intermingled with professional conferences at highly rated hotels and resort properties, I have witnessed, and been a party to, a number of memorable meals and wines.

A recent dining experience reminded me of an incident my wife and I witnessed at a very expensive restaurant on a visit to a high-end, exclusive resort (for business, not personal). It was one of those restaurants with a wine list that resembled a book and was as thick as the Manhattan Yellow Pages. Remember that?

Sitting at our table enjoying one of our favorite half-bottles of Burgundy, we noticed a couple being seated at the next table and determined that this must be

## 'Nothing's too good for my baby'

a special evening. When the sommelier came to their table, the boyfriend (I'll refer to him as "The Gusher") deferred to his girlfriend ("Easily Impressed") to select the wine. She quickly asked for her favorite wine - Merlot. The Gusher, knowing that her Merlot of choice was Yellowtail, usually on sale for \$5.99, in a loud voice quickly interjected:

"Bring the most expensive Merlot you have."

After all, this seemed to be a special occasion. He was clearly trying to impress his date, and besides, how much could an expensive Merlot cost? \$50? \$100?

This proclamation made the sommelier very uncomfortable. He asked in a calm but deliberate voice, "Sir, as you can tell from our vast wine list, we have a broad and deep selection of Merlots in several price ranges. Allow me to review them with you for your consideration."

"No, no, nothing's too good for my baby," gushed The Gusher.

"But sir..."

"What's wrong, do I have to speak to

the maitre d'?"

We could see the look of glee in The Gusher's eyes as the sommelier was playing perfectly into his plan to impress Easily Impressed. At a cost of up to \$100 it might be expensive, but certainly a worthwhile investment.

"No sir, I'll bring the wine to you post haste."

As we watch, mesmerized by what is unfolding before us, the sommelier now presents the wine to The Gusher. He notices the label is in French, is written in fancy Old World calligraphy, has a name of a producer and locale he has never heard of and is an older vintage. He realizes he has no idea what he is ordering, hesitates for a second, but the label has all of the obscure elements necessary to impress Easily Impressed. Again the sommelier hesitates.

"Sir, would you care to consider an alternative wine that I think the lady might enjoy?"

"No, please open the bottle."

Easily Impressed notices the older vintage. "I like my wines as fresh as possible; I hope this 2004 wine is good." She sips the wine. "I like it," she

proclaims.

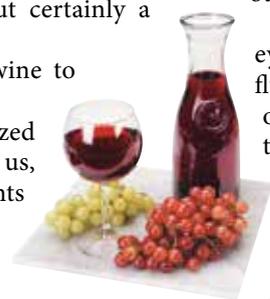
Immediately The Gusher begins to gush profusely: "Nothing's too good for my baby."

Fast forward: The Gusher and Easily Impressed are pawing each other and whispering sweet nothings in each other's ear as they enjoy their meal.

The check arrives. The Gusher's eyes bulge and his face becomes flushed. The wine he insisted on ordering was a Chateau Petrus - the second most expensive wine in the world. The 2004 vintage served to them was listed at \$3,500.

We concluded that their dining experience was likely more memorable for The Gusher than for Easily Impressed. Fair warning to the rest of us: rely on professional advice for your selections, not your emotions.

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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.



You Heard It Through the Grapevine

**Your Daily Examiner Fix**

# Exami Blast

Visit [TheExaminerNews.com](http://TheExaminerNews.com) to subscribe to Examiner Media's **FREE, daily e-mail newsletter**

To get the latest headlines from

The Examiner The White Plains Examiner  
The Putnam Examiner The Northern Westchester Examiner

as well as columns, features and sports

**SMALL NEWS IS BIG NEWS**

**VINE & CO.**  
wine • spirits

**DAILY FLASH SALE**

10% OFF FIRST BOTTLE, 15% OFF 3 OR MORE  
\*SOME EXCLUSIONS MAY APPLY\*

MONDAY	7/31 All Pinot Grigio
TUESDAY	8/1 All Riesling
WEDNESDAY	8/2 All Syrah/Shiraz
THURSDAY	8/3 All Portugal
FRIDAY	8/4 All Malbec Liquid Altitude Sangria Tasting 4-7pm
SATURDAY	8/5 All Red Varietals/Blends
SUNDAY	8/6 All Boxed Wine

vineandcompany.com  
741 Bedford Road, Bedford Hills, NY | 914.666.7222  
drink happy.

# ExaminerSports



## Bedford Hills/Katonah Routs Harrison in the 11A Title Game

By Andy Jacobs

The Harrison Hurricanes arrived at Danbury's sprawling Rogers Park on Sunday with plenty of momentum after defeating three higher-seeded teams in their march to the championship game of the Greater Hudson Valley Baseball League's 11A Division.

It took Bedford Hills/Katonah just one inning to put an emphatic end to all that Hurricane momentum.

BHK sent 12 batters to the plate in the bottom of the first and scored eight runs, all after two were out, and went on to a 14-2 rout of Harrison in a title game stopped by mercy rule after just three and a half innings.

"It makes it a lot easier," said BHK head coach Dan Danisi about his third-seeded team's first-inning eruption. "The boys did a lot of good work out there and put

it away, put it away early and played hard. We beat a good team."

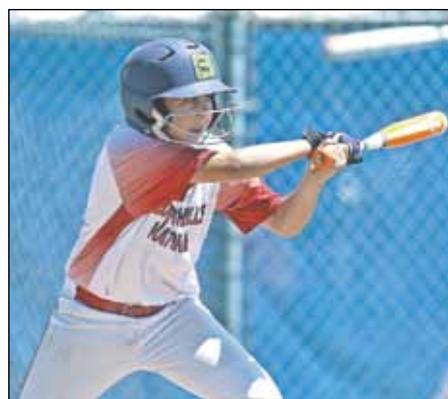
The ninth-seeded Hurricanes had eliminated top-seeded Larchmont/Mamaroneck in the quarterfinals and fourth-seeded New Milford in the semifinals. They wasted no time getting an early edge on Sunday as Anthony Engongoro belted a one-out double in the opening inning and scored on Keni Franck's single one out later.

But Bedford Hills/Katonah loaded the bases in the bottom of the inning with two outs, then took advantage of some Harrison defensive troubles. Matt Konopka's grounder to third was misplayed, bringing in two runs and giving BHK the lead for good. After a walk to Luke Spieler loaded the bases again, a grounder to short by Nick Fassert was booted, allowing two more runners to score.

Luke McCarthy followed with an RBI single and then leadoff hitter Alex Eimer collected his second hit of the inning, a booming double over the left fielder's head that scored another run. Lucas Danisi brought in the final two runs when he dumped a single into center field.



Nick Fassert awaits a pitch as he bats in Sunday's GHVBL title game.



Matt Konopka swings the bat during Sunday's championship game at Rogers Park in Danbury.



Hudson Sorgi of Bedford Hills/Katonah is forced out at the plate in the second inning of Sunday afternoon's championship game against Harrison.



BHK's Lucas Danisi delivers a pitch in the 14-2 victory over Harrison in the championship game of the GHVBL's 11A Division.

baseball."

Bedford Hills/Katonah emerged from a field of 19 teams to capture the championship, the second for coach Danisi, who guided many of the same players to a title when they were nine-year-olds competing in the Westchester Putnam Baseball Association.

"We got hot at the right time," he said. "No doubt. No doubt."



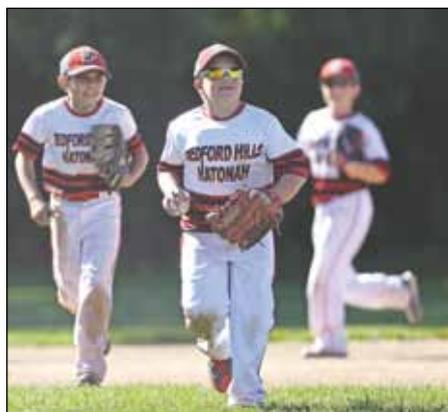
Bedford Hills/Katonah players start to celebrate after the final out of Sunday's championship game vs. the Harrison Hurricanes.

## Calm Nighthawks Defeat Lagrange in GHVBL Title Game

A two-run lead in the top of the fourth inning for the Bedford Hills/Katonah Nighthawks seemed like it was about to vanish late Sunday afternoon when Lagrange suddenly loaded the bases with no outs.

"Well, we're nervous as all heck," BHK head coach Gonzalo Carozo would admit later about the trepidation he and his staff were feeling before gazing at the faces of their young players. "As a coach, you're standing there so nervous. But you look at them and they're the ones that actually calm you down because they don't show any fear."

Sure enough, Nighthawks pitcher John Czernyk was soon pitching out of the big



Bedford Hills/Katonah third baseman James Dachik runs off the field after making a leaping catch to end the fifth inning in the 10B title game.

jam, aided by a dazzling running catch down the line by right fielder Declan Goldrick for the third out. The Houdini-like escape paved the way for top-seeded BHK's 8-2 victory over the Lumberjacks in the championship game of the Greater Hudson Valley Baseball League's 10 B Division at Rogers Park in Danbury.

"Oh, that was tremendous," said Carozo about the timely defensive gem that preserved the Nighthawks' lead. "He made a great catch and got us out of the inning. That was huge. That was huge."

The Nighthawks had grabbed a 1-0 lead against seventh-seeded Lagrange when Goldrick led off the bottom of the second inning with a triple down the line in right

field and then scored on an overthrow. They added another run in the third as James Dachik reached on a two-out error, stole second and soon came in on Matt Cambareri's line single to center field.

But BHK stranded two runners in scoring position in each of the first two innings and another in the third and seemed about to pay a stiff price for it when Czernyk, who had just replaced starter Steven Carozo to begin the fourth, quickly ran into trouble. He yielded a pair of walks sandwiched around an infield hit, and Lagrange appeared ready to jump ahead.

*continued on next page*

continued from previous page

Czernyk struck out Jacob Osborn looking, then induced a ground ball to second. Cambareri's throw home to catcher Evan Outwater was in time for the second out. But when Connor Peyton sent a soft liner down the right-field line, BHK fans held their breath. Goldrick's sparkling catch enabled the Nighthawks to escape unscathed.

"We were in a jam, no outs, bases loaded, and the boys just settled," said coach Carozo. "They never let it get to them, never get nervous. They just execute. It's amazing. I've coached for years — different teams, older teams

— and this team is just very cool and collected."

In the bottom of the inning, any doubt about the outcome all but ended as Lagrange made five errors and the Nighthawks sent 10 batters to the plate, piling up six more runs. Czernyk had an RBI single in the big inning and Dachik followed with a run-scoring double to the gap in right-center field.

A Lagrange threat in the top of the fifth ended when Dachik, the third baseman, snared a soft liner that seemed destined to sail over his head. The Lumberjacks finally got on the scoreboard in the final inning when Peyton's grounder to third took a bad hop, scoring Hudson Cavallo,

and Tyler Forrest hit a fielder's choice to second that brought in another run.

But Cambareri, the third BHK pitcher, soon retired Luke Lavello for the final out, giving the Nighthawks another championship to match the one they captured last fall.

"You know, we've played terrific defense all year," said Carozo, "and that's really what wins games for us. We're not that strong, super-hitting team, but today our bats woke up a little."



ANDY JACOBS PHOTOS



BHK starting pitcher Steven Carozo fires to the plate during Sunday afternoon's championship game vs. Lagrange. He threw three shutout innings for the Nighthawks.

The Nighthawks' Josh Schwalbe is caught in a rundown between second and third during the GHVBL championship game in Danbury.

BHK's Evan Outwater bats in Sunday's title game vs. the Lagrange Lumberjacks.

Declan Goldrick of Bedford Hills/Katonah sends a pitch skyward in the championship game of the GHVBL's 10B Division at Danbury's Rogers Park.

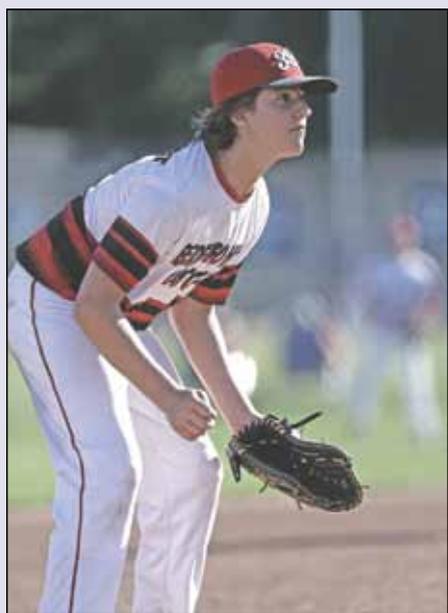


Matt Cambareri of Bedford Hills/Katonah pitches in the final inning of the Nighthawks' 8-2 win over Lagrange for the GHVBL 10B title.

# BHK 39ers Fall to Somers in Title Game



Bedford Hills/Katonah batter Logan Baumgartner watches the flight of the ball off his bat during Sunday afternoon's title game vs. Somers. BHK was one out from victory before the Nationals rallied.



Bedford Hills/Katonah third baseman Max Rapoport stays ready in Sunday's title game at Danbury's Rogers Park.



BHK's Scott Esposito runs to third base in Sunday's 10-9 loss to Somers in the GHVBL's 12B title game.



Hayden Norcia of the Bedford Hills/Katonah 39ers pitches in Sunday's 12B championship game in Danbury.



Kieran Brown rounds third base on his way to scoring a run in BHK's 10-9 loss to Somers in the 12B championship game.



James Gorman of Westlake prepares to send a shot on goal in the Section One final vs. Bronxville.

# BOYS' LACROSSE

## Spring 2017

### A Look Back



Greg Driscoll of Pleasantville looks to clear the ball during the Panthers' easy win over Highland in the state playoffs.



Pleasantville's Declan McDermott races toward the cage in the Panthers' home game vs. Shoreham-Wading River.



Pleasantville's Nolan McAndrew runs past Fox Lane's Dillon Morgan during a game early in the season.

ANDY JACOBS PHOTOS



Fox Lane goalie Walker West tries to stop Pleasantville's James Daniele in a game hosted by the Foxes.



Kyle Donnery slides on the turf as he puts on the brakes during Westlake's win over Babylon in the state semifinal at Adelphi.



Harris Allen of Horace Greeley gets set to propel a shot at the cage in a game at Fox Lane.



Westlake's Dylan Donnery dodges his way to the cage in the Wildcats' regional victory vs. James I. O'Neill up in Kingston.



Will Mykytiuk of Byram Hills is pressured by Pleasantville's Charlie McPhee as he takes the ball across the field.



Jack Versames of Byram Hills takes the ball up the field during a Bobcats' home game.



Ben Mautner of Byram Hills scores a goal against Putnam Valley in the sectional playoffs.



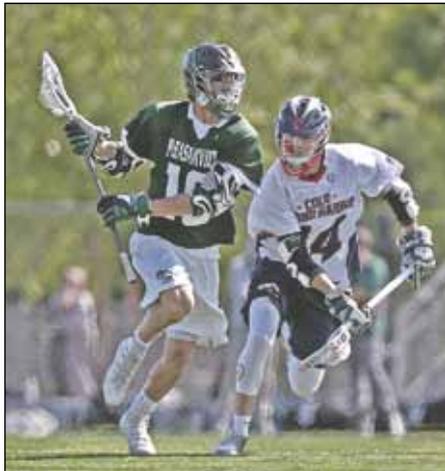
Dillon Morgan of Fox Lane moves the ball up the field during a midseason home game.



Greeley's Jacob Brandes is pressured near the side of the cage during the Quakers' road game vs. Fox Lane.



Byram Hills' Luke Yaroscak passes the ball in front during the Bobcats' playoff victory over Putnam Valley.



Pleasantville's Ryan Drillock tries to get to the cage during the state semifinal game vs. Cold Spring Harbor.



Briarcliff's Keaton McCann (left) celebrates with teammate Zach Vincent after scoring a goal.



Michael Donoghue gains possession of the ball in Briarcliff's Class C sectional title clash with Pleasantville.



Pleasantville goalie Jack Fitzgerald keeps his eyes on the ball in front of the cage during the state regional at Dietz Stadium.



Fox Lane's Dixon Matthews passes the ball in the Foxes' playoff game vs. Wappingers.



Greeley's Jacob Brandes is pressured near the side of the cage during the Quakers' road game vs. Fox Lane.



Briarcliff's Dyllon Knight tries to dodge his way toward the cage in the Bears' home game vs. Bronxville.



Westlake standout Rob DiNota controls the ball during the Wildcats' lopsided win over Section 9's O'Neill in the state playoffs.



Briarcliff's Camron Fash unleashes a shot during the Section One championship game vs. Pleasantville at Mahopac High School.



Westlake players celebrate another goal in their rout of Section 9's O'Neill in the state playoffs.

ANDY JACOBS PHOTOS

# ExaminerSports



## Double Trouble from Bedford Hills/Katonah



ANDY JACOBS PHOTOS

### Euphoria Kitchen & Bath

FAMILY OWNED & OPERATED SINCE 1965

Complete Design and Installation Services

164 Harris Road  
Bedford Hills  
914.241.3046

[www.euphoriakitchens.com](http://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