

Temple Beth El Offers Solace After Pittsburgh Synagogue Shooting

By Anna Young

Several hundred residents gathered with friends, neighbors and complete strangers Monday night for an interfaith service at Temple Beth El in Chappaqua denouncing the hate that claimed 11 lives in a Pittsburgh synagogue on Saturday.

Speakers during the roughly 30-minute service stressed how the event served as an outlet for those to seek solace and stand against hate, bigotry and intolerance, all of which played a role in the mass shooting at the Tree of Life Synagogue.

"For members of these communities, this sacred space was indeed a source of happiness and fulfillment. Those who walked through those doors found only welcome, happiness and peace," Rabbi Jonathan Jaffe said. "And tonight, we are heartbroken that this world has been shattered by hate."

Jaffe also cited the hate perpetrated in the series of pipe bombs intended for political targets last week, including Bill and Hillary

Clinton. He encouraged those in attendance to rebuild and rejoice through words of tenderness, concern, compassion, love and understanding.

"Together we will build this world with love," he said.

With New Castle police providing security, Town Supervisor Robert Greenstein said law enforcement officials would remain vigilant to keep the community out of harm's way. While Greenstein offered his sympathies to the victims and their families, he questioned how many more times the nation would need to come together to cope with a mass shooting.

"What happened on Saturday is not what our country stands for, and yet, once again, we gather for another vigil," Greenstein said. "We must take a stand against hatred, prejudice and rage and the tragedy it brings. We must make our voices heard. Enough is enough."

The ceremony featured a candlelight *continued on page 2*



ANNA YOUNG PHOTO

The community packed Temple Beth El in Chappaqua Monday night for an interfaith service to remember the 11 shooting victims at a Pittsburgh synagogue last Saturday.

Murphy Accuses Harckham of Corruption Link During Wild Campaign Week

By Martin Wilbur

State Sen. Terrence Murphy renewed his attempts to link his Democratic rival Peter Harckham to a convicted former aide of Gov. Andrew Cuomo.

On Monday, Murphy's campaign released testimony from the corruption trial of Joseph Percoco last winter that revealed that Harckham spoke to four area school superintendents about getting Percoco's wife a teacher's job in 2012.

Percoco was convicted in March of taking \$320,000 in bribes from businessmen, which involved payments to his wife, Lisa. He was sentenced in September to six years in prison.

"Peter Harckham bent over backwards to help his political kingpin, who it turns out, was on the take," said Murphy's campaign

spokesman Martha Ruiz Jiménez. "He will say and do anything to hide the fact that he was an eyewitness to the pervasive corruption and fraud that as Preet Bharara said, 'infected state development projects, where bids 'were rigged, the results preordained; companies got rich and the public got bamboozled.'"

Harckham testified that he first met Percoco in 2002, when Harckham was Bedford Democratic Committee chairman. Harckham later moved to South Salem and Percoco bought a house in 2011 about a half-mile down the road. That's when Percoco reached out to Harckham.

He also testified that he contacted superintendents in Katonah-Lewisboro, Somers, Bedford and Yorktown.

"Joe first called me and said he was *continued on page 4*

Developer Returns to Pitch P'ville on Updated Mixed-Use Proposal

By Anna Young

Representatives from Gallin Beeler Design Studio appeared before the Pleasantville Planning Commission last Wednesday evening with the latest design for a four-story mixed-use project at 70 Memorial Plaza.

Following numerous discussions with officials over the site's redevelopment, project architect Michael Gallin, who appeared on behalf of developer Pleasantville Lofts LLC, pitched the idea to turn the 32,000-square-foot property located next to the post office into an 82-unit apartment complex with first-floor commercial space.

Gallin said he believes he crafted a design that would be a quality development for the village.

"The primary goal here is to create a

wonderful place where people can live and shop, where people can commute to the city without needing a car and contribute to a flourishing and vibrant community," Gallin said. "There's a recent zoning change that permits four stories as part of an effort to enhance the vitality and activity in the central business district."

Plans include the development of a four-story building that would consist of seven studio apartments, 38 one-bedroom apartments, 33 two-bedroom units and four three-bedroom residences. Tenants would have the option to access the roof for recreation use. There would also be 7,691 square feet of commercial space of street-level retail.

Gallin said a variance would need to be obtained to allow the three-bedroom *continued on page 2*

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ceremony with the reading of the names of each of the 11 victims by area clergy and members of the temple's youth congregation. Attendees followed in song and prayer to memorialize the victims and pray for renewal and healing.

Temple Beth El Rabbi Maura Linzer, a Pittsburgh native, said the Tree of Life congregation was where many friends gathered and the site of many joyous moments within the community. She described the area as being accepting, vibrant, proud and tightknit and rarely

experienced the level of divisiveness that other Jewish communities have had to face.

Linzer said she feels distressed and devastated for the victims, families and community plagued by hate and are now left to rebuild their lives.

"In an instant a safe space that was once holy was desecrated, and our sense of comfort and safety stolen," Linzer said. "People, just like all of us, gathered in Shabbat prayer, were murdered simply for being Jewish."

A man armed with an assault rifle and several handguns walked into the synagogue

in a Jewish neighborhood in Pittsburgh on Saturday morning spewing anti-Semitic comments as he gunned down worshippers.

Residents in attendance, who were wiping away tears as the victims' names were read, said they felt the need to be part of the Chappaqua and Jewish community while forced to confront the latest national tragedy.

"It just really hits home," Chappaqua resident Lauren Budow said. "When it happens to people in another community it feels like it could have happened in our community as well and we need to be

together in solidarity."

Chappaqua resident Lewis Lindenberg, whose father was a Holocaust survivor, said he was always instilled with the motto to never forget the tyranny the Jewish people have had to face. He said he has never experienced bigotry personally but is afraid that cruelty is all too present.

"I've never felt, as a Jew, this anti-Semitism," Lindenberg said. "This has been a wakeup call that anti-Semitism is by no means perishing from the world."

Developer Returns to Pitch P'ville on Updated Mixed-Use Proposal

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apartments.

Plans also include a three-level underground parking garage with 137 spaces constructed for the residents' use and those accessing the central business district. The entrance and exit to the parking garage would be located on Cooley Street, Gallin said. He added that traffic impact would be minor with no significant impact on the surrounding area.

A residential pedestrian entry will be on Memorial Plaza with a large canopy to promote additional foot traffic. Gallin proposed adding a vehicular drop-off area at the front entrance. That area would reduce the number of parking spaces along

Memorial Plaza by four spaces, he said.

With parking an ongoing issue within the village, board Chairman Russell Klein suggested Gallin consult with the Village Board and Pace University to place Pace's bus stop at the proposed drop-off area. The Pace bus stop is currently located at the corner of Memorial Plaza and Bedford Road.

"Why not have them pull into your drop-off, pick up and then we can reclaim that area for maybe two more parking spaces?" Klein said. "Why have two huge non-parking drop-off zones and give up all that parking?"

Gallin said he would discuss the idea with village trustees and Pace officials to

determine its feasibility.

While Russell added that the parking would require deeper study, Gallin said the complex would be different than the traditional building based on its transit-oriented appeal while creating a friendly pedestrian environment.

"We're hoping that people are less reliant on their cars, that there are more people being picked up and dropped off, that the whole Uber/Lyft world that we're evolving into is redefining people's interaction between their building, their car and the environment and this is in response to that," Gallin said. "This makes it feel more like a welcoming building."

Following discussions with village

officials, Gallin said two trees are being proposed outside the structure on Memorial Plaza to help soften the scale of the building. The additional trees would require Village Board approval.

Gallin acknowledged that while there's still work pending, he's ready to move the project forward swiftly.

"We'd love to get this in front of the public so we can get comments," Gallin said. "There was a delay, which again was unfortunate, but now we want to go full speed ahead, so anything the board can do to help us keep the path linear we would appreciate it."



Is Your SI Joint Causing Your Back Pain?

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Q: What is the SI Joint?

A: The full name is the sacroiliac (sa-krō-'i-lē-,ak) joint, and there are two of them, one on either side of your tailbone. They connect the triangular bone at the base of your spine, called the sacrum, with the iliac bone of your pelvis. The SI joints are the keystone of the body, or the center of gravity. Their job is to support and transmit the weight of your upper body to your legs and pelvis.

Q: How Does the SI Joint Cause Pain?

A: SI joint dysfunction occurs when the ligaments of either joint are injured or worn away. This can cause pain in your butt as well as in your lower back, groin, thigh and side. Most people with SI joint dysfunction experience severe pain when they get up from a seated position, then feel better when they walk.

Q: What Causes SI Joint Dysfunction?

A: Osteoarthritis, rheumatologic and auto-immune diseases, traumatic injuries and pregnancy can cause SI joint dysfunction. And some people get it after they've had surgeries such as hip replacement or spinal fusion.

Q: How Does the Doctor Diagnose SI Joint Dysfunction?

A: Since most back pain is caused by a spinal problem, the doctor first rules out the spine by doing imaging like X-rays and MRIs. There are also physical exam maneuvers that can pinpoint trouble in the SI joint.

Q: How Is SI Joint Dysfunction Treated?

A: Physical therapy, weight loss, trunk-strengthening exercises like yoga or Pilates, and anti-inflammatory medicines are the first lines of treatment. If these don't help, doctors inject a steroid and local anesthetic into the joint, a procedure called SI joint injection. If there is still no improvement, doctors perform a minimally invasive surgery called SI joint fusion. Titanium implants are inserted across the sacroiliac joint through a 3-cm incision to lock the joint in place so it can't move anymore. The surgery takes about an hour and is done under general anesthesia at Northern Westchester Hospital. For the first three weeks after surgery, patients walk with crutches or a walker. After six weeks, they resume normal activities.

P'ville High Grad Sentenced in Death of California Pot Farmer

By Martin Wilbur

A 2009 Pleasantville High School graduate was sentenced to 14 years in jail last Friday for his role in the beating death of a northern California pot farmer two years ago.

Michael Kane, 27, had previously pleaded guilty to voluntary manslaughter by use of a hatchet and robbery of an inhabited dwelling while acting in concert with others, both felonies, said Mendocino County District Attorney David Eyster.

There are six other co-defendants, all of whom will be sentenced this Friday in the county courthouse.

Eyster said that Kane worked at the illegal operation early in the 2016 grow season for the victim, Jeffrey Settler, 35, at the farm just outside of Laytonville, Calif. Settler would hire laborers, have them live on site and they would cut and process the marijuana, according to the statement of facts in the sentencing memorandum.

Kane left the job in May 2016 but remained in the area crossing paths with some of the area's other marijuana workers.

Most of the co-defendants all had various grievances against the victim, including at least a few of whom believed they were owed money by the victim.

"Laytonville is a very small town...and it is common for the various marijuana workers from all around that area to know each other from the bars and grocery



Mug shots of Michael Kane after his January 2017 arrest in California.

store," Eyster said. "Kane was introduced into the robbery plan and introduced to the group by (Zachary) Wuester, one of the three convicted early on in the proceedings of first-degree robbery in concert."

Settler told them that they would be paid when the processed marijuana was eventually sold on the black market and he realized his profits, Eyster said.

"This did not sit well with the workers, and they believed the victim had hidden funds on hand, that he was just holding out on them," he said.

The men then planned to steal processed marijuana, which Settler kept in his sleeping quarters. They arrived at the grounds in the early morning hours of Nov. 11, 2016.

Settler got into a fight with one of the men when the group forced their way

into his dwelling. Eyster said Kane feared Settler was going to injure one of the men in the group so he hit him in the head with a hatchet.

The men stole more than 100 pounds of processed marijuana.

Kane was on the lam for about two months living in Mexico. He surrendered to U.S. Customs and Border Patrol agents at the border at San Diego in January 2017.

The Examiner confirmed on Monday that Kane had graduated from Pleasantville High School in 2009 and was in good standing with the school at the time of his graduation.

Kane then went on to the University of

Scranton, majoring in forensic accounting with a minor in finance, according to the Probation Sentencing Report. He also earned a master's degree in finance in 2014. He had been offered a job at a New York accounting firm the following year, Eyster said.

It is not known how he gravitated to the marijuana growing areas of northern California.

The report detailed a long history of alcohol and substance use dating back to middle school and that he had voluntarily sought outpatient treatment at a White Plains facility for two and a half months but did not complete the program.

County Offers Free Help With Health Insurance Enrollment

Free assistance is available to help individuals and small businesses enroll or renew their health coverage with NY State of Health, the official health plan marketplace.

The 2019 open enrollment period for the marketplace will begin Thursday, Nov. 1 and will run through Jan. 31 for all new applicants. For health coverage to begin on Jan. 1, residents must

enroll in a plan by Dec. 15. For anyone currently enrolled in the marketplace, the open enrollment period will begin on Nov. 16.

For more information on navigator services, call 914-995-6350 or e-mail hnav@westchestergov.com.

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Murphy Accuses Harckham of Corruption Link During Wild Campaign Week

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looking up in that area, and I offered to be a resource if he needed help," Harckham said on the witness stand. "And then a while later, I got a call that they had bought a house in South Salem and his wife Lisa was looking for a teaching job closer to their new home, and did I have some connections that I could help introduce them to?"

Harckham's campaign manager Lloyd Trufelman dismissed the Murphy campaign's attempt to draw a connection between the Democratic challenger and Percoco as a desperate move. He said the Westchester Fair Campaign Practices Committee cited Murphy's attempt to link Harckham's jobs with two state authorities

between mid-2015 and April 2018 with Percoco as "corruption by association."

"This comes five days after the Fair Campaign Practices Committee found that all this about Percoco and Pete is a lie," Trufelman said. "He went and challenged that and they ruled (Murphy) was definitely lying."

But Jimenez said there is a tangled web that involves Harckham.

"Peter Harckham has so many intimate connections to entities involved in or convicted of the Percoco pay-to-play that it is nearly impossible to keep track of," she said. "He worked to obtain special favors for them and it seems was also the beneficiary of such favors himself. Wouldn't we all love to have a neighbor like that?"

Monday's accusation was the latest in a series of spats and bizarre occurrences as the race enters the home stretch. First, a 38-year-old Peekskill man was arrested for arson after he set a Murphy lawn sign on fire on Route 6 in Cortlandt the previous weekend.

Then the Murphy campaign accused Harckham of unlawfully surveilling his district office in Shrub Oak after a deer camera was found affixed to a nearby utility pole.

Trufelman said the camera was set up to try and catch the culprit or culprits who have been stealing Harckham's lawn signs throughout the district, particularly the "No Murphy/Trump" signs, one of which was placed near the district office. Yorktown

police determined the camera was not filming the building.

"Trump-Murphy signs are getting stolen as fast as they are getting put up and it's a lot of money," Trufelman said. "We've actually filed a police report about it but there's nothing you can do unless you can prove it."

Then last Wednesday Murphy's campaign posted a press release on its website equating the Harckham campaign's camera to the mailing of pipe bombs around the country.

"Amid news of a potential terrorist ring or serial bomber mailing suspicious packages to elected officials, serious concerns were raised over the installation of a spy camera by State Senate candidate Peter Harckham's campaign, just days after an individual was arrested for arson after burning lawn signs from the campaign of State Senator Terrence Murphy," Murphy's statement read.

Harckham immediately fired back.

"Senator Terrence Murphy's statement desperately trying to connect me to today's mail bomb attacks within our district and around the country is disgraceful," he said in a statement. "In the midst of a serious emergency, his response is to issue a false, slanderous and incoherent, conspiracy-laden missive trying to leverage this act of domestic terrorism to help his re-election effort. Apparently there's no level he won't stoop to in this campaign."

The following day the post was removed from Murphy's website.

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Greenburgh Nature Center Continues Renovation Project

The Greenburgh Nature Center's Manor House will be temporarily closed to the public for renovation starting in November.

The center began its restoration project last year by constructing a new roof for its historic Manor House. This second phase is to complete work on the outer envelope of the building. During this closure, the center will still be offering school and community

outreach programs, off-site birthday parties and some outdoor programming on its property.

The Greenburgh Nature Center is expected to reopen its Manor House doors in February. For additional information, visit www.greenburghnaturecenter.org. Connect socially at www.facebook.com/greenburghnaturecenter.gnc on Twitter at @greenburghnc or on Instagram at @greenburghnaturecenter.

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Mt. Pleasant Candidates Trade Barbs Over Tweets, Lawsuit

By Neal Rentz

With a week to go before Election Day, the race to earn a seat on the Mount Pleasant Town Board for one year has become nasty, with the two campaigns trading attacks.

Republican incumbent Anthony Amiano blasted his Democratic opponent, Francesca Hagadus-McHale, over three Twitter posts from her on June 30 that compared Immigration and Customs Enforcement (ICE) to Nazis. The posts were the same day as the nationwide Keep Families Together rallies to protest the Trump administration's policy of separating adult migrants from their children upon reaching the United States.

Meanwhile, the Hagadus-McHale campaign criticized Amiano for his relationship with Berkeley College, the subject of a recently-filed civil lawsuit by New York City. Amiano is the college's communications and planning specialist in the office of President Michael Smith, who he worked for as a legislative aide when Smith served four years on the Board of Legislators.

Amiano called on Hagadus-McHale to apologize for the derogatory tweets. He shared screenshots of the tweets with The Examiner.

In three separate tweets, Hagadus-McHale called ICE agents, "thugs," "goons" and "Brown shirts."

"These tweets speak for themselves," Amiano said. "Comparing United States law enforcement officials to Hitler's genocidal regime is reprehensible and foolish. It wrongly minimizes the abhorrent atrocities committed by the Nazis."

"This is certainly not behavior becoming of a public official or any candidate for public office, especially a former teacher. Mount Pleasant taxpayers deserve better," he continued.

Hagadus-McHale strongly defended the tweets last week, saying that she believes in and stands for protecting civil rights for all, including children.

"Perhaps Anthony Amiano supports separating families and putting children in cages and he should have the courage of his convictions to say this directly and specifically," Hagadus-McHale said. "Instead, it seems he's hiding behind the myth that, in this country, the United States of America, we can't speak out about law enforcement - when we support their actions and when we do not support them."

"I am confident that the law enforcement community will survive my tweets and sees them for what they are - my disagreement with those actions in which they separated families and caged defenseless children."

While it was certainly within Hagadus-



Candidates for the Mount Pleasant Town Board, Anthony Amiano and Francesca Hagadus-McHale, leveled accusations at one another last week.

McHale's First Amendment rights to post the comments, Amiano said, a candidate for office should know better, especially a former school teacher.

"It's quite telling that she does not understand the difference," he said.

Hagadus-McHale shot back that as a daughter of a Holocaust survivor, she heard the stories of how her mother's parents disappeared.

"The separation of children from their parents by ICE remains equally heinous today," she said.

Hagadus-McHale then questioned Amiano and the practices of his employer, Berkeley College. A lawsuit was filed on Oct. 19 by the New York City Department of Consumer Affairs charging deceptive and predatory practices against the for-profit school.

The lawsuit claims the college misled incoming students about their curriculum and its \$12,950 per-semester tuition, frequently plunging graduates into significant debt.

Beth Sauerhaft, campaign manager for Hagadus-McHale, said she recently read an article on the ABC7 News website about the civil suit against the college.

"Given these allegations of such aggressively deceptive and prevalent practices, I am concerned for this race," Sauerhaft said. "Anyone reading this article and knowing that this candidate for Mount Pleasant Town Board works at Berkeley and reports directly to the president, is likely to ask questions and wonder if this young man who works for Mike Smith now, and worked for him earlier as his legislative assistant while Mike was a county legislator, has any involvement in these distasteful practices."

Amiano had a sharp retort to the comments, saying Hagadus-McHale has failed to offer any position statements or new ideas to improve the town.

"It's unfortunate, yet not surprising, that far-left Fran Hagadus would rather discuss a complaint filed by Bill DeBlasio's administration in New York City than issues facing the Town of Mount Pleasant," Amiano said.

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New Castle Considers Prohibition of Gas-Powered Leaf Blowers

By Martin Wilbur

Citing excessive noise and carbon emissions, New Castle officials are considering legislation to ban gas-powered leaf blowers in town by 2021 and prohibit the use of all blowers from mid-May through September starting next year.

Rand Manasse, a town resident who delivered a presentation on behalf of the New Castle Sustainability Advisory Board (SAB) last week, said use of the gas-powered machines contributes to potential hearing loss for landscaping company employees and respiratory problems for the general public, particularly young children and older adults, as a result of particle pollutants that are kicked up.

With 18 of the past 20 years being the warmest on record since 1850, New Castle should lead by example to reduce carbon emissions. One study revealed that using a gas-powered leaf blower for a half-hour is equivalent to driving a Ford F-150 pickup truck from New York to Alaska, Manasse said.

"Why should we pass the legislation? We should pass it for our Earth," he said. "I think we are at that point in time. More importantly, we should pass it for the next generation."

The proposed measure would call

for any leaf blowers used in town to be electric or battery operated when the full law goes into effect on May 14, 2021. The two-year phase-in period would be for transition and educating the public, said Steve Wolk, the SAB chairman. The use of all leaf blowers would be prohibited each year from May 15 to Sept. 30.

Exempted entities and would include school district operations, pothole or paving operations, snow removal, country clubs and the town to maintain its recreation fields, according to a draft of the law.

Gas-powered leaf blowers, which run on a two-stroke engine, reach noise levels of 90 decibels, Manasse said. Electric or battery-operated blowers are typically at 75 decibels or less. An increase of 10 decibels doubles the noise level, he added.

Blowers that run on electric or battery power emit noise at a higher frequency, thereby limiting the distance the sound travels as well as producing a lower noise level, said Dan Mabe, founder and president of the Southern California-based American Green Zone Alliance (AGZA), an organization that advocates for zero-emission and sustainable landscape maintenance strategies.

About 15 communities in Westchester

have ordinances on the books or are considering laws to restrict the use of gas-powered leaf blowers. Most of the municipalities are in southern Westchester. Mabe said 136 municipalities in the United States and Canada have a leaf blower law on the books.

"Working in this industry, knowing how it's damaged my hearing, the respiratory problems I have and then some of the numbness in both hands from operating the vibrating gas equipment, I can assure you on a human level this does exist," Mabe said.

Last week, the Town Board opened the public hearing on the proposed local law with all but one of a handful of speakers supporting the legislation.

Resident Tracy Stein said she values the efforts town officials have made emphasizing environmental protection and sustainability and believes the public would get used to the restriction.

Another resident, Laura Fox, also applauded the board for considering the ordinance.

"It just seems like the overuse of these machines has gotten out of control and we really need to do something, so I support this ban," Fox said. "I don't think it goes far enough but thank you for everyone who is bringing this to the

attention of our community and there needs to be more education to what it's doing to our environment and our health."

A dissenting opinion came from Chappaqua resident Judy McGrath. She pointed out that while other towns have restrictions on the books, the New Castle proposal is the only municipality that is proposing a permanent ban on gas-powered leaf blowers.

McGrath said with about 70 percent of residential properties at least one acre in town, most residents can expect higher landscaping and maintenance costs.

"I understand that this is not only a cost issue, I truly do," she said. "But why give people another reason not to buy a house here in New Castle with a permanent ban on gas-powered leaf blowers."

Councilman Jeremy Saland said there were times when other activities or behaviors that seemed like second nature, such as smoking on airplanes, were banned because of health reasons.

"If this can work, and I believe that it can, it's about doing the right thing," Saland said.

The Town Board will reconvene the public hearing at its Nov. 13 meeting.

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County Details Safety Precautions for Suspicious Packages

By Martin Wilbur

County officials and law enforcement authorities outlined security precautions that last week after a series of pipe bombs were aimed at political targets, including two in Westchester.

Public Safety Commissioner Tom Gleason said the county's Hazardous Device Unit was called to assist the FBI following the discovery of a device in the mailbox of billionaire activist George Soros on Oct. 22 in Bedford. That contraption was "disrupted," police said.

A second device which Gleason called a pipe bomb was intended for Bill and Hillary Clinton's Chappaqua home but was intercepted by the U.S. Secret Service late Tuesday night at a postal facility in the county as part of routine screening. It was picked up by the Hazardous Device Unit and placed in its specialized container in one piece.

By last Friday, a suspect, 56-year-old Cesar Sayoc of Aventura, Fla. was arrested on five federal charges.

County Executive George Latimer said although none of the devices detonated the intent to spread fear was real.

"It's a targeted effort to make a statement and I think we treat that as a very serious thing," he said. "Whether these devices were prepared to explode is not really as important to the issue that somebody intended to send them in this county to two

individuals...with a very specific target and a very specific purpose."

The devices and the packages that contained them were similar to about a dozen others that were sent around the country this week, including to former President Obama in Washington, CNN's offices in Manhattan, former vice president Joe Biden and others, Gleason said.

In the future, anyone who spots a suspicious package should call their local police department or 911, he said.

"It's to catch people's attention that maybe they weren't thinking about before and just to remind them when they see something like that to report it," Gleason said.

Tips for the Public

County officials last week issued a tip sheet listing what residents should do if they come across a suspicious package or piece of mail.

The public should be wary of any letter or package that has no return address; contains oily stains, discolorations, crystallization or wrapper; excessive tape or string, a strange odor or appears rigid or bulky, lopsided or uneven; possibly mailed from a foreign country or with excessive postage; and misspelled words, addressed with no name and with only a title, an incorrect title or badly written or typed.

If there is a such a package, county police recommend to:

- Leave the mail or package where it was



MARTIN WILBUR PHOTO

Public Safety Commissioner Tom Gleason with County Executive George Latimer, far right, and other officials following the discovery of pipe bombs intended for Hillary and Bill Clinton in Chappaqua and George Soros in Bedford last week.

found.

- Immediately call 911.
- Clear the immediate area of all persons and keep others away.
- Cordon off the immediate area.
- Instruct people to wash their hands and other exposed skin with soap and water if a wash station is in the immediate area.
- Isolate any exposed people to a designated area away from any substance and await further instruction.
- List the names of the persons in the immediate area of the mail or package.
- Shut down all HVAC systems.
- Document the location or mail or package.

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Editorial

DiLeo, Schleimer Would Continue to Point Mt. Kisco in Right Direction

There is a different feeling these days on the streets of Mount Kisco, an air of hopefulness that had been absent for some time.

It may not necessarily be quantifiable, unless anybody wants to count up the number of storefront vacancies. (On one Friday afternoon in July 2016, The Examiner counted 22 vacancies on South Moger Avenue and on East Main Street from South Moger to Gregory Avenue as part of an article on the issue.)

There is likely no one currently on the Mount Kisco Village Board who would tell you that the municipality is where it should be. In fact, there are some hard issues to navigate surrounding the Comprehensive Plan update in the weeks and months ahead.

But the feeling of brighter times on the horizon for the village has been palpable during this past year. For that, its merchants and residents can at least partially thank the fresh perspective brought to the board by Mayor Gina Picinich and Trustee Isi Albanese, victorious last year on the independent 4MK line.

Relatively small improvements, such as last spring's Adopt an Area campaign, which encouraged residents and merchants to beautify locations downtown with flowers

and landscaping, and the highly successful SeptemberFest, have been welcome enhancements.

That is a key reason why we are endorsing the next 4MK candidate, Gina DiLeo, in next week's Village Board election.

DiLeo, a lifelong Mount Kisco resident, has dedicated a large portion of her life to the village and its residents. A Girl Scout troop leader and a 25-year volunteer with the Mount Kisco Union Hook & Ladder Company, she clearly understands the pulse of the community.

One could quibble on policy issues and question whether a parking structure on North Moger Avenue or mixed-used development in the South Moger lot is the best use of the space and will achieve its intended goals.

It's a good debate and one which there is no clear answer at the moment. But clearly new energy has been added to this board and the community has benefited as a result.

Furthermore, DiLeo has also identified the lack of a formal village emergency preparedness plan, a glaring oversight in this era of major storms and frequent power outages.

The question then is which of the two accomplished Democratic incumbents,

Jean Farber and Karen Schleimer, should remain on the board.

Both have been dedicated public servants and have served the village admirably, including support of police consolidation, a critically important move that has saved Mount Kisco hundreds of thousands of dollars a year and improved police service.

Farber has worked closely with the Mount Kisco Arts Council and helped to get the new eight-concert series off the ground this summer at Fountain Park. Schleimer has served on several other boards and volunteered in various capacities for the village and her familiarity with real estate, zoning and planning matters is highly beneficial.

It's a difficult decision but by the narrowest of margins Schleimer gets the nod. She is a self-described contrarian, which rubs some people the wrong way, but it's a good quality to have to avoid groupthink on the board.

We trust Schleimer's heart is in the right place and that she won't abuse her watchdog role.

In a race with three excellent candidates for two trustee posts, voters can't go wrong. But choices must be made and our choices are DiLeo and Schleimer.

Letters to the Editor

Murphy's Failure to Have Position on Key Issue Highly Troubling

In 2013, I worked on a team that produced a groundbreaking interview with Kalief Browder after his release from Rikers Island. Accused of stealing a backpack at 16, Kalief had spent the latter part of his teen years – three devastating years – in jail, awaiting trial for charges that were inexplicably dropped. I'll never forget how haunted he was by his experience.

Raising the age of adult prosecution from 16 to 18 became personally important to me as a New Yorker. In December 2016, I contacted Sen. Terrence Murphy's office to voice my opinion on Raise the Age and asked where the senator stood on this important issue. After a nice conversation with a staffer who didn't know what position Murphy took, I was promised a response and was also encouraged to e-mail the senator.

I did, and later followed up on my call. Almost two years later, I'm still waiting for that response.

This troubled me. Unlike most elected officials, Sen. Murphy did not have a robust policy position page on his website that clearly explains where he stands on important issues. In the past few years, he has never held a town hall where constituents can ask him questions about his views on issues such as gun control, the environment or immigration.

My last attempt to get a clear yes or no on Raise the Age, which passed the Senate via the budget measure in April, was mind-boggling. The staffer who answered my call told me that Murphy didn't have a stance on this issue because it wasn't voted on directly. He said repeatedly that there was no stance, and since Raise the Age passed with the budget, there would not

be one. Slavery isn't up for a vote either, but one would hope Murphy has a firm stance on that issue.

Transparency in politics should be the minimum we can ask for from the people who represent us. Murphy's opponent, Pete Harckham, had an "anytime, anywhere" policy with his constituents when he was county legislator. If Murphy cannot provide us with such open doors, or at least clear stances on his beliefs and how he intends to lead as a legislator, what is he hiding from District 40?

The saying "If you don't stand for something, you will fall for anything" comes to mind. I for one do not plan to fall for Murphy's sidestepping this November.

**Gina Carey
Sleepy Hollow**

Schleimer's Independence Crucial for Mount Kisco Village Board

Karen Schleimer, on the Mount Kisco Board of Trustees, is in my opinion, a brilliant star among her peers.

She exhibits great humility in speaking her mind concerning her contrasting views on critical issues during the Village Board meetings. What courage! What strength! What heroism she possesses! Ms. Schleimer not only shows valor

in her convictions, but she is also very knowledgeable in law because she is a lawyer, and the board needs someone like her to understand complex language.

I believe Ms. Schleimer serves the best interest for the people of Mount Kisco. Her thoughts have gone deep into the subject matters concerning the proposed solar farm at Oakwood Cemetery and

housing development on South Moger Avenue. Mount Kisco can't afford to lose her voice in these critical times with such major changes at hand.

Please cast your vote for Karen Schleimer for Mount Kisco trustee.

**Mary Lou Liebman
Mount Kisco**

Editorial

In Unique Times, Harckham Stands on Correct Side of Key Issues

Voters across the nation next Tuesday will face crucial decisions when they head to the polls.

Most of the attention in recent weeks has rightfully focused on the mid-term elections. But in the 40th state Senate District, comprising portions of Westchester, Putnam and Dutchess counties, the matchup is as important as any federal contest.

Two-term Republican state Sen. Terrence Murphy and Democratic challenger Peter Harckham are squaring off in what has predictably become an increasingly divisive campaign. It's one of a handful of races across New York State that could determine the balance of power in the Senate.

For the first time in Examiner Media's 11-year history, the editorial staff was unable to reach consensus on a race, leaving the decision on how to handle endorsements in this contest to each of the editors in the three different Examiner newspaper editions that are circulated within the district.

Given the upheaval facing Westchester, the state and the nation, the correct choice in this election for this territory in this year is former county legislator Peter Harckham.

Harckham is no newbie to government, having cut his teeth for more than seven years on the county Board of Legislators, including four years as its majority leader.

But more than resumes or whether you do or don't believe the allegations

against the candidates put forth by both campaigns, of primary importance is where the candidates stand on the most pressing issues of the day. On that front, Harckham unequivocally supports legislation in several vital areas. You may not agree with him but there is no guessing where he stands on these critical matters.

Harckham supports strengthening New York's gun laws. While the state arguably has the strictest firearms legislation in the nation, it does not have the Extreme Risk Protection Order (or red flag bill) on the books that would provide a mechanism for temporary confiscation of a weapon for an unstable or violent gun owner. Banning bump stocks and raising the age to buy a gun to 21 are also good policies he backs.

Harckham is a strong advocate of the Child Victims Act that has been approved in the Assembly but has gone to die without a vote in the Senate. The bill would extend the statute of limitations for sex abuse victims and the time that victims could seek justice in civil court.

Harckham is for the Reproductive Healthcare Act, which would strengthen the legality of abortion in New York State, regardless of what happens in the U.S. Supreme Court.

Also, the balance of power at play in this election can't be ignored when deciding how to cast your vote. If the Democrats regain control of the Senate, Harckham would likely be in a better position to legislate effectively. A Republican Senate has failed to rectify shortchanging Hudson

Valley school districts with an outdated and unrealistic education foundation aid formula that places Westchester and Putnam with counties far to the north. Meanwhile, comparable Long Island districts are grouped with New York City and receive greater sums of aid. Without change in the Senate, there doesn't appear to be much hope for more education aid for local schools.

And with the reality that the Indian Point nuclear power plant is going to close, Harckham embraces rather than fights the inevitable shift to renewables while also calling for a dedicated fund to help the Town of Cortlandt, the Hendrick Hudson School District and other entities that would be decimated by its closure.

One reservation is that he had a history of partisanship on the Board of Legislators. Hopefully, he will work to improve in that area.

In many years, Murphy's performance and record in the Senate would be fine to merit re-election. As co-chair of the Senate's Task Force Against Heroin & Opioid Addiction, he has been at the forefront in fighting the scourge that is the opioid crisis, passing legislation that requires coverage for a minimum of 14 days in rehab for its victims and advocating for the training of personnel to use Narcan.

He brings home funds for projects large and small, including for libraries, roads, community centers and other key facilities and infrastructure projects.

He has fought with colleagues on both

sides of the aisle to stop the unsightly barges from being anchored in the Hudson River.

For all of his strong stances on issues and notable attributes, Murphy has been far less convincing on the high-profile matters that have been thrust into the spotlight. Murphy's support for repeal of the SAFE Act gun legislation is incomprehensible and ludicrous, considering the events of the day. Just because repeal would never be approved by a Democratic Assembly shouldn't give him cover to oppose it.

He supports much of what's included in the Child Victims Act, as do some other Republicans, but nothing ever comes to the Senate floor for a vote.

Murphy justifies opposition to the Reproductive Healthcare Act by characterizing concerns for Roe v. Wade's future as fear-mongering and that it allows non-doctors to perform abortions. If he's against it for personal reasons, fine, but no one has a crystal ball to predict whether there will be changes.

Murphy also seemed to cling to the notion that Indian Point could remain open longer, but Entergy and other operators are fleeing nuclear energy mainly for economic issues.

Harckham and Murphy are equally capable of doing the job. But in an election cycle like no other, Harckham is on the right side of what is most important.

Letters to the Editor

DiLeo's Fresh Perspective, Local Service Makes Her a Strong Candidate

During the past 11 months we have seen a palpable and positive shift in our community. A focus on results and accountability has happened because of a new view and hours of hard work by our village staff, a broad group of volunteers and select members of our Board of

Trustees. We have only just begun to seize the opportunities that lay ahead for our beautiful village. To fully realize our potential, we need every member of our board to actively contribute.

Four trustees and a mayor all have an equal vote and a tremendous responsibility

to give the time and effort required to be a contributing part of a team that generates positive outcomes for our village. The role requires more than just attending a few meetings and casting a vote. Publicly asking questions is not enough. Trustees must proactively seek answers and find solutions. They must take on projects and generate results.

Before casting a vote on Nov. 6, please carefully consider the individual records of the incumbents. Packaging people together on one campaign mailer or brochure may not reflect the reality of what each individual has or has not accomplished. What are the individual and specific actions that have generated a meaningful outcome? In this past year, what exactly have they done to have a positive impact on our village?

I believe there is an opportunity to add a fresh perspective and a positive voice to our board. For more than two decades, Gina DiLeo has quietly and very effectively worked with colleagues in our fire department resulting in greater safety

and protection for every Mount Kisco resident. When given a choice, her peers have repeatedly voted for her to take on leadership roles. DiLeo is a lifelong resident with an understanding of the history and the evolution of our village. She is a realtor with practical knowledge of our current community and also of the consumers seeking to live in our neighborhoods. Her experience as an emergency services dispatch supervisor provides an inside view of Westchester County operations. DiLeo brings a broad perspective and has demonstrated that she will give the time and effort needed to be informed, effective and generate results.

Mount Kisco residents again have a choice on Election Day. Personally, I value a record of accomplished service to our community and seek to add a positive voice to strengthen our board. Please join me in voting (at the bottom of column 17) 4MK and for Gina DiLeo.

Gina Picinich
Mayor, Mount Kisco

Harckham Would Have Better Chance at Getting Things Done in Albany

On Tuesday, Nov. 6, you get to vote for the state senator that will represent you in Albany. I believe that the person who gets your vote should meet with you, listen to your concerns and work to actually pass legislation to address those issues.

This election that person is Pete Harckham. Here's why:

- Pete Harckham actually shows up at public events to talk to people, while Terrence Murphy snaps a photo and leaves quickly to avoid questions.
- Pete Harckham actually knows how to pass legislation into law, while Terrence Murphy makes PR announcements as

his 97+ proposals die in committee. (Visit <https://www.nysenate.gov/search/legislation> to see the sad details.)

- Pete Harckham will actually serve all his constituents, while Terrence Murphy appears to aid only selected supporters.

This coming Election Day I urge 40th Senate District voters to elect Pete Harckham and send a senator to Albany who will actually represent you and get things done.

Kate Permut
Briarcliff Manor

Editorial

Buchwald Obvious Choice to Continue Serving 93rd Assembly District

Assemblyman David Buchwald is one of the more unassuming public officials in the area.

He holds few press conferences and limits his photo-ops, yet is quite visible in the communities that he serves, often seen at local events and periodically at board meetings.

Never mistake his understated approach for lack of engagement. In fact, quite the contrary. In his nearly six years in the state Assembly, Buchwald has quietly put together an impressive record of accomplishment in a body where it's so much easier to stand out for all the wrong reasons.

Perhaps Buchwald's signature achievement is introducing and getting near unanimous support among lawmakers for his pension forfeiture bill, a measure that strips pensions for state officials convicted of a felony related to their job. Last year, by

a more than a 2-1 margin, voters approved amending a portion of the state constitution that puts that plan into action.

Not satisfied that ethics reform is complete, he is now pushing to close the LLC loophole and hopes to bring early voting to New York.

He was tabbed by County Executive George Latimer earlier this year to put together a report of recommendations for Con Edison and NYSEG on preparation and response to severe weather events. Although NYSEG has displayed intransigence, Con Edison has incorporated some of those recommendations.

Buchwald's professional background as a tax attorney before his 2012 election was helpful to the legislature in crafting a bill to offer relief to property taxpayers who will be hurt by the new federal tax law.

The IRS has released regulations to negate the legislation but a coalition has been assembled to fight the agency.

He has delivered for communities that have asked to have legislation passed to institute a hotel tax and worked on a bipartisan basis with state Sen. Terrence Murphy for there to be EpiPens on school buses.

His opponent, Republican John Nuculovic, has run one of the odder campaigns in recent memory. Having gained entry on a major party line in July, he wasn't seen or heard from until early October, and then canceled two League of Women Voters forums with Buchwald.

It's a curious way to run for public office. As it turns out, Nuculovic is hardworking and affable with relevant experience in law enforcement and government. He was a corrections officer at Rikers Island,

teaches cybersecurity courses and is currently Putnam County's asset manager. He is also a dedicated volunteer with the Bedford Hills Fire Department and the Westchester County Special Operations Hazmat team, someone with all the credentials needed for public office.

It's a shame because in his interview he certainly identified many of the issues that need to be addressed. Perhaps he didn't have the time to wage a credible campaign but we would have liked to hear more about his plans to address infrastructure needs, revitalize downtowns and eliminate unfunded mandates, among other issues.

Despite Nuculovic's absence on the campaign trail, the district has a strong advocate in Buchwald and we strongly endorse him for a fourth term in the Assembly.

Letters to the Editor

Harckham's Support for SAFE Act is Key Difference in State Senate Race

I am writing in strong support of Pete Harckham, specifically for his position on gun safety and the New York State SAFE Act. Pete Harckham firmly believes that we can protect Second Amendment rights while preventing gun violence, and will work on behalf of all New Yorkers to do so.

The NY Secure Ammunition and Firearms Enforcement Act, passed in the wake of Sandy Hook, is perhaps the most comprehensive gun safety legislation in the country. New York has the fourth lowest rate of gun violence deaths per capita behind Massachusetts, Hawaii and Rhode Island. Additionally, the SAFE Act enhancements were passed by the state Assembly in 2018 to include enhanced background checks, a ban on bump stocks and a ban on guns for

those convicted of domestic violence and removal of guns from the mentally ill.

Terrence Murphy co-sponsored bill S.879, a measure to repeal the SAFE Act outside of New York City. Murphy's National Rifle Association score is 93 percent, and he received a \$2,000 contribution from the NRA in his last campaign.

Pete Harckham will be an advocate for gun safety, he will work to maintain the SAFE Act and pass the enhancements in the Senate, including the Red Flag Bill to keep our schools and families safe. Vote for Pete Harckham for state Senate.

Julie Evans
Croton-on-Hudson

Schleimer, Farber Provide Village With Important Stability on Board

As a Mount Kisco resident for 20 years, I don't understand the involvement and letters to the editor that appear so biased from residents of other towns. We are in the midst of a local election involving local issues – solar fields, the Comprehensive Plan and serious rezoning issues. In my opinion, we should stick with our trustees that have been involved from the beginning of these proposals. To bring someone in new at this point is a waste of time and money.

It seems like there is a witch hunt going on that will hurt our residents. Karen Schleimer and Jean Farber have served us well with caring and concern. No agendas, just care and consideration for the community. Karen has been the watchdog of our spending. Jean has been

deeply involved with the arts and history. Both have worked very hard to keep taxes down and spending under control. Karen has worked with seniors, the library and the rights of all in our town.

While progress is important, we should carefully and thoughtfully look at all projects and be sure that what is proposed is carefully and sensibly done, not rushed. Karen gives us this stability and will continue to serve the people who elected her. After all, government is supposed to protect the taxpayer and not overburden them. We have members of our local government that want to shove their agenda down our throats.

Mark Maffia
Mount Kisco

Integrity, Fair-Mindedness a Hallmark of Farber's Service to Mount Kisco

Jean Farber has my support for Mount Kisco village trustee. In the 10-plus years I have known Jean, she has been a tireless, optimistic, realistic and strong contributor to our town. She takes an open and fair-minded approach to addressing our local issues and is consistently respectful of process as she works through important matters with her colleagues and constituents.

Jean is not an automatic "yes" or "no" when considering the various initiatives that Mount Kisco has under consideration. She is a true steward for our community and takes diverse positions into account before making her own recommendation or reaching a

decision. This was especially evident at the Oct. 15 public hearing. Jean listened carefully to what attendees had to say about the new Comprehensive Plan, and after all comments had been made, provided a balanced, forward-looking viewpoint.

I trust and like Jean and believe she has the integrity and commitment to continue to contribute to the future of Mount Kisco. She is a wonderful trustee and deputy mayor and I endorse her candidacy in the coming election.

Andrea Eisenberg
Mount Kisco

A Vote for DiLeo is a Vote to Keep Moving Mount Kisco in Positive Direction

Typical of all elections, there is much misinformation out in the public. Most of it seems to concern the Comprehensive Plan and what that means for Mount Kisco. First, this is in the design phase; nothing has been enacted with the exception of Requests for Proposals being sent out regarding the South and North Moger lots. And that doesn't mean that is a done deal. Second, there is no proposal to bus commuters to the train station from Leonard Park.

This is classic election shenanigans. Don't fall for it.

Vote for the candidate that best represents you and Mount Kisco. Be forward thinking. Mount Kisco has been on an upward trend, we need to keep the

momentum, not remain in the past, not be afraid of change and plan for the future of our wonderful village. Back away from the negative, those who are in constant dissent, unprepared at most meetings and whisper in others' ears.

Gina DiLeo is an idea and implementation candidate. One with integrity, tenacity and the ability to get the job done. Look for Row 17 and cast your vote for the future of Mount Kisco, not for the candidate who spreads blatant untruths.

Gina DiLeo is the best candidate for Mount Kisco.

Jane Pieragostini
Mount Kisco

Editorial

Hagadus-McHale Would Bring a Different Voice to Mount Pleasant Town Board

In the past couple of years, there have been complaints that Mount Pleasant's political system, and by extension the Town Board, has been run as an insider's club.

Interestingly, two of the loudest complaints have been lodged by Republicans: former Planning Board member and ex-councilman Denis McCarthy and Valhalla resident Michael Duffy, who have each run an unsuccessful campaign in the past two years.

You could chalk that up to sour grapes but it has highlighted that one-party rule, especially over an extended period of time, is unhealthy for the political process.

Some might conclude that the criticism is tinged with an unspoken accusation of corruption. It's not. What it does point to is a level of distrust created in large part by a lack of diverse opinions.

With that in mind, we give a slight edge and our endorsement to Democrat Francesca Hagadus-McHale over Republican Anthony Amiano in next week's special election to serve the unexpired term of former councilman and current Town Justice Mark Rubeo.

Despite the unnecessary Washington-style, late-in-the-campaign antics both candidates employed last week, Hagadus-McHale and Amiano are earnest and serious candidates.

They may emphasize different points but on the major issues facing the town — revitalizing the hamlets, mixed-use development, the need for more senior housing and shared services — Hagadus-McHale and Amiano aren't far apart. Amiano supports the North 60 project near the medical center, while Hagadus-McHale is open to it but takes a more guarded outlook until the impacts

on infrastructure and services are better known.

Where they diverge is on communication and transparency. Hagadus-McHale views Mount Pleasant as a divided town, with residents in the three hamlets and the villages identifying with their corner of the community. She correctly wants to break that mold by uniting residents from throughout the town to participate in various events. For instance, she proposed having a day for Pleasantville residents at the Mount Pleasant town pool. In a small community, small items can sometimes make a big difference.

She criticized the current board for failing to properly alert neighbors near the leaf composting facility in Pocantico Hills of a cell tower for the site. Even if it was for a reapproval because the tower has to be moved, neighbors should have

been better informed.

Amiano sees room for communication improvement during emergencies but likes upgrades made to Mount Pleasant's website and the town's use of social media.

At 24 years old, Amiano is an impressive candidate for any age. He has already served four years on the Valhalla Board of Education before he beat out five other interviewees to replace Rubeo. He is deliberate and thoughtful. There are no issues with his qualifications or whether he would continue to serve the town well.

It comes down to whether there should be a different voice. After more than a quarter-century with the Town Board operating largely as one, the time is right to bring a different perspective to the table in Francesca Hagadus-McHale.

Letters to the Editor

Well-Informed, Inquisitive Schleimer an Asset to Mount Kisco

In recent weeks I have been reading letters in this publication regarding the upcoming Mount Kisco village elections.

In my opinion, we need to keep a balanced, open-minded board in town. We also need informed, experienced, intelligent, and most importantly, independently-minded individuals who can take a stand and make informed decisions without holding an allegiance to one board member or group. We have this with Karen Schleimer.

After attending several meetings last year in reference to "Saving Kisco Mountain," I was impressed by Ms. Schleimer's ability to not only listen but to question various aspects of what was being discussed. This was not the case with some of the other board members who either opted to refrain from expressing an opinion or strongly voiced their sentiments in support of the project's developers without truly listening to the concerns of the residents

attending.

Ms. Schleimer has worked diligently through social media to keep residents informed of issues important to them and their quality of life. Not a week goes by that I do not receive a posting from her reminding or advising of meetings or deadlines. I'm certain many other town residents find these alerts helpful.

Lifelong residency does not impress me nor should it be a qualification or prerequisite for running for office

in Mount Kisco. On the other hand, a proven record should establish a candidate's continued ability to serve this village.

On Nov. 6, I will be casting my vote for Karen Schleimer to ensure continued open-mindedness on the Mount Kisco Village Board of Trustees.

Diane W. Vigliotti
Mount Kisco

Murphy Avoids Public Engagement With Those Holding Differing Views

I am a constituent of incumbent state Sen. Terrence Murphy. Last week, I was disappointed to discover that Sen. Murphy has been blocking users from posting comments on his public Facebook page. In the past, I have expressed opinions about Murphy's desire to disenfranchise New York voters, refusal to hold town hall meetings and ugly and racially divisive attack ads sent to my home and viewed by my family during the 2016 campaign.

Sen. Murphy is a public figure and his Facebook page is a public forum. But instead of engaging with his constituents, Murphy silences civic engagement. He is apparently keen to avoid any encounters — including town hall meetings — during which he might face criticism or disagreement. Similar blocking activities have been held by multiple U.S. federal courts to impinge on the rights guaranteed under the First Amendment and to

violate the U.S. Constitution. But perhaps more importantly, our representatives should not be so thin-skinned that they refuse to engage with their constituents.

In light of this, it is telling that Sen. Murphy's latest attack mailers go after Pete Harckham's positions on affordable housing and universal healthcare, even while Murphy himself proposes no solutions to address these issues. Without any counterproposals to offer, I suspect Murphy has no alternative but to attack his opponent. The irony is that Murphy does so while insulating himself from any criticism and silencing his constituents.

On Nov. 6, I want to cast my vote for a candidate who will listen to and engage with constituents. Sen. Murphy gives me no confidence that he is that candidate.

Airina Rodrigues Dyachkovskiy
Croton-on-Hudson

Farber, Schleimer Rightfully Want to Examine Comprehensive Plan Impacts

I am writing to express my concern about the speed with which the Mount Kisco Board of Trustees is moving ahead with the Comprehensive Plan update. At the Oct. 15 public hearing on the plan, serious questions were posed by members of the audience regarding data — or rather lack thereof — on the potential impact of the plan on life and business in downtown Mount Kisco.

John Rhodes, chair of the Conservation Advisory Council (CAC), noted that no studies have been done quantifying current traffic congestion as well as possible future congestion due to more shops, more residents, more cars.

Robert Liebman, former CAC chair, pointed out that the plan does not even mention climate change. He told the board about sources of expert information on solar panels, geothermal energy, green buildings, green parking lots and steps to decarbonize our

environment.

A study of Mount Kisco's trees has not been completed nor has the CAC's evaluation of the Comprehensive Plan. The sufficiency of our water supply and sewage system was not substantiated.

As the board weighs these decisions, two members in particular have spoken about slowing things down. They are Jean Farber and Karen Schleimer, both of whom are running for re-election. They bring a combined 15 years' experience with the operation of our village government, understanding the financial aspects of the board's actions and dedication to the welfare of our community. I wholeheartedly recommend re-electing Farber and Schleimer on Nov. 6.

Carol Leibman
Mount Kisco

Obituary

Joseph Carpentieri

Joseph P. Carpentieri of Hawthorne and formerly of Pelham and Mount Vernon died on Oct. 22.

He was 89.

Carpentieri was born on May 15, 1929, to the late Ernest and Petronella (nee DeSpirito) Carpentieri in Mount Vernon. He proudly served in the U.S. Army during the Korean Conflict. He was a self-employed general contractor and later was a stationery store and dry-cleaning business owner. He was a member of the Mount Pleasant Seniors and a former member of the Pelham Civic Association and Pelham Seniors.

Carpentieri is survived by his devoted wife, Louise (nee Fariello) Carpentieri,

of Hawthorne; his loving sons, Ernest J. (Donna) Carpentieri and Leonard J. (Debbie) Carpentieri, both of Hawthorne; one brother, Michael (Gina) Carpentieri; his eight cherished grandchildren, Joseph (Chantel), Matthew, Kimberly (Ryan) Monk, Amanda (Matthew), Juliana (Marco), Brianna (Gabe), Adrianna and Marissa (Brandon) Carpentieri; and three adoring great-grandchildren, Gianna, Joey, Jr. and Christopher Carpentieri. He was predeceased by his sisters, Laura, Helen, Antoinette and Anne, and brother Frank.

Visitation was at Hawthorne Funeral Home on Oct. 28. A funeral Mass was held at Holy Rosary Church in Hawthorne on Oct. 29 followed by interment at Gate of Heaven Cemetery.

devoted husband, Emilio Ferrante, in 2004 and one brother, Frank Monteleone. She is survived by her one loving son, Louis (Denise) Ferrante, of Armonk and her two cherished grandsons, Christopher and Nicholas Ferrante.

Visitation will be at Hawthorne Funeral Home on Nov. 1 from 4 to 8 p.m. The funeral Mass will be held at Holy Name of Jesus Church in Valhalla on Nov. 2 at 10 a.m. followed by interment at Gate of Heaven Cemetery in Hawthorne.

Angela Ferrante

Angela Ferrante of Valhalla died on Oct. 27.

She was 88.

Ferrante was born on Jan. 19, 1930, to the late Aniello and Assunta (nee Pelligrino) Monteleone in the Bronx. She was a homemaker and a retired bank teller with Chase Bank in the Rose Hill Shopping Center in Thornwood.

Ferrante was predeceased by her

Police Blotter

North Castle Police Department

Oct. 19: Multiple callers and the county Department of Emergency Services reported a loud explosion with a vehicle fire on Fisher Lane at 1:10 p.m. The dispatching officer confirmed with MTA police that they are aware and responding. North Castle police assisted with alleviating a traffic issue on Virginia Road due to onlookers stopping to view the incident, which was handled by MTA police units.

Oct. 22: A Carolyn Place resident reported damage to her lawn at 8:15 a.m. from a vehicle sometime overnight. The caller stated there have been multiple incidents of cars damaging her lawn. The responding officer secured photos and a report will follow.

Oct. 22: A complainant arrived at headquarters at 2:14 p.m. to report identity theft, which resulted in a grand larceny from his bank account.

Oct. 23: A resident in an independent living facility on Washington Avenue reported at 10:10 a.m. that a woman has been acting odd and is possibly off her medications. She reported the woman engaging in dangerous behavior and would like police assistance. The responding officers reported the party is being transported to Westchester Medical Center.

Oct. 24: At 10:06 p.m., an employee from Fortina Restaurant on Maple Avenue requested assistance with an intoxicated male who is having trouble standing up. Officers responded and the party was transported to Northern Westchester Hospital.

Oct. 25: Report of an assault on Business Park Drive at 12:13 a.m. following a dispute. The responding officer reported that a party is being transported to Northern Westchester Hospital. The other party was arrested.

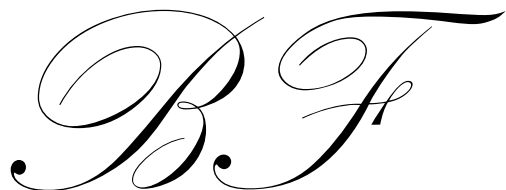


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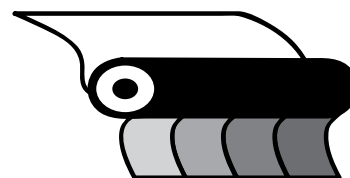
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New Castle Police Continue to Investigate Home Invasion

By Martin Wilbur

New Castle police are searching for a woman who entered an occupied home apparently holding a firearm Wednesday afternoon and stole an undisclosed amount of property.

Lt. James Carroll said the perpetrator, a pale white female believed to be in her mid-thirties, standing about 5-foot-7 with a large frame and medium to long brown hair, came into the home while

it was occupied by two people on Long Pond Hill Road at about 12:45 p.m. An adult and a child were inside the residence at the time of the incident but were unhurt, he said.

Police said the assailant was wearing a white-hooded sweatshirt with green sleeves, blue jeans, pink sneakers and carrying yellow flowers.

The area surrounding the residence was searched by town officers,

Westchester County police and the Town of Mount Police Department. It is not believed that the suspect is still in the area or a threat to local residents, police said.

The investigation was continuing into whether the suspect had any connection to the house or the people living there, Carroll said.

Police urge the public to lock and secure all doors and windows on homes,

apartments and vehicles and to keep a porch or patio light on or have a motion sensor working during nighttime hours.

New Castle police are asking anyone with information on the identity of this individual or details regarding this incident to call the department at 914-238-4422, submit an anonymous tip online at www.ncpd.info/tip or text the word NEWCPD followed by the tip information to TIP411.

Chappaqua Man Still Awaiting Decision on Change of Venue

The Chappaqua man who was arrested outside a New Castle Planning Board meeting in January is still awaiting approval from a county court judge for a change of venue should his case go to trial.

Resident Will Wedge once again appeared before New Castle Town Justice Noah Sorkin on Oct. 19 with his lawyer Lawrence Fisher. Fisher explained that the written request he submitted last month for a motion to change venues should be approved by Westchester County Judge Larry Schwartz by Nov. 19.

"My plans about moving this case forward expeditiously is basically going

nowhere," Sorkin said.

Fisher contended during the most recent court appearance that the Westchester County district attorney's office has failed to negotiate a plea bargain for his client. However, the prosecutor's office can't make an offer on a case that may change venues, according to the attending assistant district attorney. The district attorney's office will then proceed when there is a final decision regarding venue.

Wedge is now scheduled to return to New Castle Town Court on Nov. 29.

Sorkin issued an order of protection shortly after Wedge's arrest in January,

which prohibits Wedge from entering the upstairs level of Town Hall where public meetings are held and most town offices are located.

Wedge was arrested Jan. 16 and charged with two counts of second-degree harassment, a violation, and one count of obstructing governmental administration, a Class A misdemeanor, after he shouted a profanity during a discussion of the controversial Sunshine Children's Home application at a New Castle Planning Board meeting. He was escorted out of Town Hall but was arrested moments later.

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Byram Hills to Honor Theater Program Founder With Plaque

By Martin Wilbur

Byram Hills officials announced last week they are agreeable to placing a plaque by the high school's theater wall of fame in honor of longtime drama teacher and school theater director Gene Bissell.

An apparent compromise was made public at the Oct. 23 Board of Education meeting two weeks after trustees declined a request from a group of alumni who appealed to the district to name the Byram Hills High School theater after Bissell. Bissell, who died in 2012, was a beloved faculty member at the school from 1968 to 1987 and started Byram Hills' highly regarded theater program the year he arrived.

Superintendent of Schools Jen Lamia said she and district officials were moved by the former students and others in the community who contacted them about honoring Bissell by naming the school's theater in his memory.

"I know some people did leave disappointed," Lamia said. "I think that what I'm hearing back from people, they understood the difficulty of this issue."

On Oct. 9, the board voted 6-1 against the request, with trustees acknowledging that to name facilities



A plaque to recognize the contributions made by former Byram Hills High School music teacher Gene Bissell, would be placed somewhere near the school's wall of honor for graduates who have gone on to accomplished careers in music, theater and film. Bissell founded the school's theater program.

after someone is a big step to take and also sets a precedent.

"I don't know if the school district should be in the business of naming buildings and naming theaters after people," said Trustee Ira Schulman at the Oct. 9 meeting. "When you do it, that's it, it's done. You can't remove something."

At the end of the discussion on the

issue at that meeting, officials told the gathering of alumni and community members that the district would find an appropriate way to honor Bissell's contributions to Byram Hills.

Last week, Lamia read the proposed text that would be placed on an 18-by-24-inch plaque. It would be hung in close proximity to the Byram Hills Theatre Honors, a sort of wall of fame

that was initiated in early 2017 to recognize the many graduates who have had highly successful careers in theater, music, film and the arts.

"Mr. Bissell was an extraordinary music teacher, theater director, mentor and friend to the students and community at Byram Hills. Within this theater between 1968 and 1987 he created magic, joy and a sense of belonging for all. Through his boundless energy and pursuit of perfection, he mentored students to achieve the highest standards of excellence, help them find their voices beyond the stage and became a lifelong inspiration to them. In so doing, he laid the foundation of an unending Byram Hills High School theater tradition."

Lamia said while the wording could still be tweaked, that accurately captures the sentiment that many of Bissell's students had toward him and still carry today.

"I love that language," she said. "I think it captures what I've heard the alumni say over and over again."

The cost of the plaque would be about \$1,500, Lamia said. The alumni have asked the district to foot the expense, which it would likely do.

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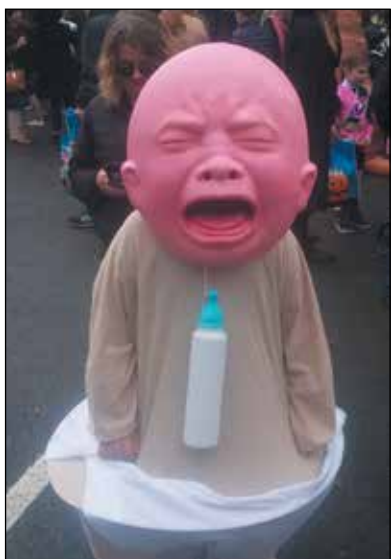
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Everyone had to wait an extra day, but hundreds participated in Pleasantville's Ragamuffin Parade Sunday morning along Bedford Road. Residents of all ages and sizes tried out their costumes for the annual pre-Halloween festivities and even a few pets joined in the fun. A number of homeowners along the route made sure their properties were decked out in time for the parade, not to mention Wednesday's trick-or-treaters. The parade had been postponed for a day because of Saturday's inclement weather.



MARTIN WILBUR PHOTOS



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True Confessions of a Compulsive Weeder

For the past several years, I've been without a garden of my own to tend, living as I do in Trump Park where the landscape is beautifully managed as part of my maintenance fee. I can enjoy the beauty of the shrubs and flowers, the latter of which are changed according to the season, without any work on my part.

But I still have fond memories of gardening chores, especially – don't be surprised – pulling weeds. I particularly miss this chore at this time of year because when you pull a weed, it stays pulled.

When I first discovered the joys of gardening as a youngster, it was all about planting annuals and seeing quick results. But by the time I was in high school, perhaps in dealing with my impetuous nature, I found that I equally enjoyed pulling weeds to help ease those first bouts of post-adolescent anxiety. I must have been very anxious because my family's garden was always weed-free. It seemed to have been a healthy addiction for me.

That addiction became full blown as an adult when I moved to Westchester and my responsibilities were upgraded from



By Bill Primavera

a small square patch of earth in front of my house in Brooklyn Heights, where a sickly gingko tree sprang from the concrete sidewalk, to a verdant acre and a half of lawn and garden.

At the same time, I had started a new job and commuted a long distance every weekday to report to a boss who was the "Mr. Hyde" personality of all time. My weeding activity was especially intense during that period. Every time I yanked a weed, it was as though I was vicariously yanking his head bald, even though he was already bald.

Lest one think that I need intervention, I would say that there are good compulsive habits and this might be one of them. At a time when many parents are concerned about violence in video games, I might suggest that as an antidote they require their children to weed in the garden for an equal amount of time that they would spend playing those games of virtual destruction. Put the quest for the elimination of villains to practical use, I say.

For adults, rather than considering weeding a chore or even therapy, it can be approached as an art, complete with

its own techniques and disciplines as I first learned many decades ago when I read a joyous book called "The No-Work Garden" by Ruth Stout, sister of the detective fiction writer Rex Stout.

Recently, I was reminded of the healing art of weeding when I discovered that the "Chicken Soup for the Soul" series now features an edition "For the Gardener's Soul" by Marion Owen. In her blog at www.plantea.com, Owen said a while back that weeding can be a pleasant "zen-like" experience – and I agree.

She also writes that regular weeding in the garden is like regular vacuuming in the home. Most people probably don't like either chore, but it's essential to a successful garden, as vacuuming is to a clean home.

Considering that a single weed can produce as many as 250,000 seeds, and those seeds arrive through a multilevel attack from the air, rain runoff and bird droppings, weeding would seem to be a losing battle. But there are preventative measures that can help diminish sprouting weeds.

Just keep up with the following:

- Uproot the offenders and place them in the compost pile before they go to seed.
- Mulch, mulch, mulch. A three- to

four-inch layer of mulch applied between plants or garden rows can slow down, or in many cases, prevent the re-growth of weeds.

- In the spring, after preparing the soil for planting, let it set for seven to 10 days. Then work the surface of the soil with a hoe. This will slice off the newly emerged weed seedlings. If you have time before planting, let the soil rest another week or so and hoe again.
- Cover the soil for a short while with black plastic, but don't leave it on for more than a couple of months because the soil needs air and water to remain healthy.
- Use those vertical barriers, such as wood, metal or heavy plastic edging to prevent grass and weeds from encroaching from lawn to garden.

And be mindful of what William Shakespeare wrote: "Sweet flowers are slow and weeds make haste."

While Bill Primavera enjoys careers as a journalist and publicist, he is gainfully and happily a licensed Realtor® associated with William Raveis Real Estate, specializing in upper Westchester and Putnam Counties. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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Three Men Arrested for Bogus Unemployment Claims

Three men, including one Mount Kisco resident, were arrested last week for filing false New York State unemployment claims in White Plains, defrauding the state Department of Labor and state taxpayers out of thousands of dollars.

The Labor Department initiated the investigations and enlisted Homeland Security Investigations (HSI) in New York. The cases were then referred to the Westchester County district attorney's office for a joint investigation.

The three defendants, Jeremias Lara, 53, of Mount Kisco, and Pedro Santana, 57, and Ivan Vacacela, 38, both of Yonkers were arrested Oct. 23 by investigators from the Westchester County district attorney's office and Homeland Security Investigations (HSI). Each suspect was charged with one count of first-degree offering a false instrument for filing, a class E felony, with intent to defraud the state.

The men have worked as seasonal laborers who arranged to receive benefits while spending much of their off-work winter season out of the country. HSI was able to confirm their travels, according to the district attorney's office.

They were arraigned in White Plains City Court because the fraud allegedly was committed at the state

Unemployment Career Center on Bloomingdale Road in White Plains. They were released on their own recognizance and are scheduled to return to court on Nov. 9.

"Unemployment benefits are a lifeline for those out of work in situations beyond their control, but, they are not free," District Attorney Anthony Scarpino said in a statement. "Anyone seeking unemployment insurance must follow the rules. These defendants did not. They broke the law."

According to the complaints, each

suspect was engaged in landscape-related work and collected about \$12,000 each. Their certifications of unemployment were false because they were living outside the United States from late fall until early spring, the district attorney's office stated.

Lara, a landscaper for Luppino Landscaping and Masonry based in Mount Kisco, was actually living outside the U.S. during periods each year from December 2014 to March 2017. Santana, a groundskeeper for the Apawamis Club in Rye, lived out of the

country during periods each year from November 2014 to March 2016.

Vacacela, an irrigation technician for Aqua Turf Irrigation Systems in Elmsford, was outside the U.S. during periods each year from December 2013 April 2016.

A spokesperson for the district attorney's office said the suspects did not know one another and there is no connection between the three individuals.

Each suspect could receive up to four years in prison if convicted.

P'ville Road Repaving Gets Underway This Week

The Village of Pleasantville will undergo several repaving projects on two major roadways this week.

Repaving on Marble Avenue began on Monday and will continue daily at 7 a.m. through this Friday, Nov. 2. Milling and repaving work will be conducted during the day, with one lane of traffic open during the length of the project.

Wheeler Avenue is scheduled to be repaved beginning on Monday, Nov. 5 at 7 p.m. Cars will be prohibited from accessing and parking on the street after the start time. The project is expected to be completed the same night.

Repaving work is weather dependent and subject to change. The village will provide updates as needed.

For more information or to ask questions, contact the Department of Public Works at 914-769-8545.



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P'ville Fire Department Demonstrates Fire Safety to Community

On Oct. 10, members of the Pleasantville Volunteer Fire Department visited more than 550 students at Bedford Road School to talk to them about fire safety and prevention during National Fire Prevention Week.

Students learned about dialing 911, home escape plans, stop, drop and roll and smoke and carbon monoxide detectors. They also took tours of the fire trucks. Firefighters were dressed in their gear and let the students see what they look and sound like when breathing from their self-contained breathing apparatus.

That next weekend on Oct. 14, the department's headquarters on Washington Avenue opened its doors for the biannual Fire Prevention Open House. More than 300 residents visited the firehouse to learn about the state's Move Over Law and home escape plans, crawled through the Smoke Trailer Simulator, watched firefighters cut apart a car and took tours of the fire apparatus.

The members thank the residents of the Pleasantville Fire District for attending to learn about fire safety and prevention. The department looks



Pleasantville firefighters provide demonstrations and tours during National Fire Prevention Week earlier in October.

Right: The Pleasantville Volunteer Fire Department provided one of two tower ladders to fly the American flag during the annual ceremony to remember lost firefighters on Oct. 21 in Valhalla.

forward to seeing everyone at its next fire prevention open house.

Members Participate in County Ceremony

On Oct. 21, members of the Pleasantville Volunteer Fire Department joined some 40 other Westchester departments to honor firefighters who lost their lives in the line of duty. The



ceremony, which is held every October, took place on the grounds of the Richard A. Flynn Fire Training Center and Offices of Emergency Services on Dana Road in Valhalla.

County Executive George Latimer addressed the group followed by Commissioner of Emergency Services

John M. Cullen. The solemn ceremony also involved a roll call of all 88 members who have lost their lives in the line of duty.

The Pleasantville Fire Department had the honor of providing one of the two tower ladders used to fly a 20-foot by 30-foot American flag.

The memorial is erected in front of the fire training center and consists of a life-size bronze statue depicting a firefighter assisting a fallen comrade. Surrounding the statue on the brick walls of the training center are bronze plaques, containing the fallen firefighters' names, department and date of sacrifice.

Anyone interested in becoming a Pleasantville Volunteer Fire Department member can stop by headquarters at 75 Washington Ave. almost any Monday night when there are drills, meetings and equipment maintenance. If anyone is inside, come in and someone will make time to talk to you or call 914-769-2336. (There will be a recording but someone will get back to you.) We always need a few good neighbors in our department. For more information, visit www.pleasantvillefire.org.

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- ☑ Veterans First
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Business of the Week

Dragonfly Hair Studios Millwood

By James Miranda

It was 1988 when Tara Colavecchio first met her future mother-in-law, Agnes Colavecchio. Tara was a hair stylist with a dream to open her own salon someday; Agnes an artist with an undying fascination with dragonflies.

They'd tease Agnes but she always teased back, saying that when she died to look out for her – as a dragonfly.

"When I knew I was ready to open up a salon and I was searching for the space in Croton, I didn't know what to name it and I said of course I have to name it Dragonfly Hair Studio," said Tara Colavecchio, who spent more than 25 years as a hair stylist and worked with high-profile hair studios including Chaz Dean, Frédéric Fekkai and Pierre Michel. "[A dragonfly's] life is about transformation and beauty. We're building and growing and looking to do something special in this industry."

The 2012 Westchester Magazine Best of Westchester-winning hair studio was founded the previous year in Croton-on-Hudson, one of the few green and

eco-friendly salons in the county. Their services range from haircuts and stylings, organic haircoloring and treatments, body waxing, eyebrow tinting and hair extensions for professional and special events.

They've moved locations twice since – Millwood being the most recent opening on Sept. 6 – but the objective stays the same.

Many cosmetic products in the industry such as lotions, deodorants or makeup contain parabens, which act as a preservative. Although the effects aren't completely known, parabens can possibly be linked to chronic diseases and cancer, according to published reports.

That inspired Dragonfly's offerings of only green care products like Phyto, Surface Hair and Organic Color and L'Oréal Professional Ammonia-Free Hair Color. The salon's most popular item is the dragon oil, which acts as a multipurpose makeup remover.

"It's hard to find people who really use top-quality products like that don't have a



An old photo of Tara Colavecchio's mother-in-law, who was the inspiration for Dragonfly Hair Studio's name. The salon opened in September and will host a grand opening this Thursday.

lot of additives and all sorts of chemicals in it and that's important to me and another reason why I go to [Dragonfly]," said Virginia Giordano, a five-year Dragonfly customer.

This green approach is seen within the salon. All the cups are made by a local potter, they use energy-efficient lighting, their furniture and mirror frames were created from recycled wood and steel and one of the walls is biodegradable.

"[Colavecchio] served me tea in a real

cup that they're going to wash, so they don't waste paper or use non-recyclable products," said Millie Jasper, an eight-year Dragonfly customer. "You have somebody here that's highly qualified, has worked with famous people and she doesn't have her own agenda that she pushes forward. She listens to her clients."

Colavecchio and co-owner Tori Bracco opened the Millwood location to mark a new beginning, however, and it's a step toward an expansion of sorts. They also hope to create a product or two of their own.

"We're also hoping to create an educational program for different hair stylists in the area and maybe beyond," Colavecchio said. "There are always different trade shows around the country and usually they offer education or extended educational classes while the trade show is going on. I'm hoping to go out there and educate other stylists and also offer education within the salon."

Dragonfly will host its grand opening of the Millwood salon to the general public this Thursday, Nov. 1 between 5 and 9 p.m.

Dragonfly Hair Studio is located at 238 Saw Mill River Rd. in Millwood. It's open Tuesday and Wednesday from 9 a.m. to 6 p.m., Thursday 9 a.m. to 8 p.m., Friday 9 a.m. to 7 p.m. and Saturday from 9 a.m. to 4 p.m. For more information, call 914-271-1336, visit dfhairstudios.com or e-mail dfhairstudio2018@gmail.com.

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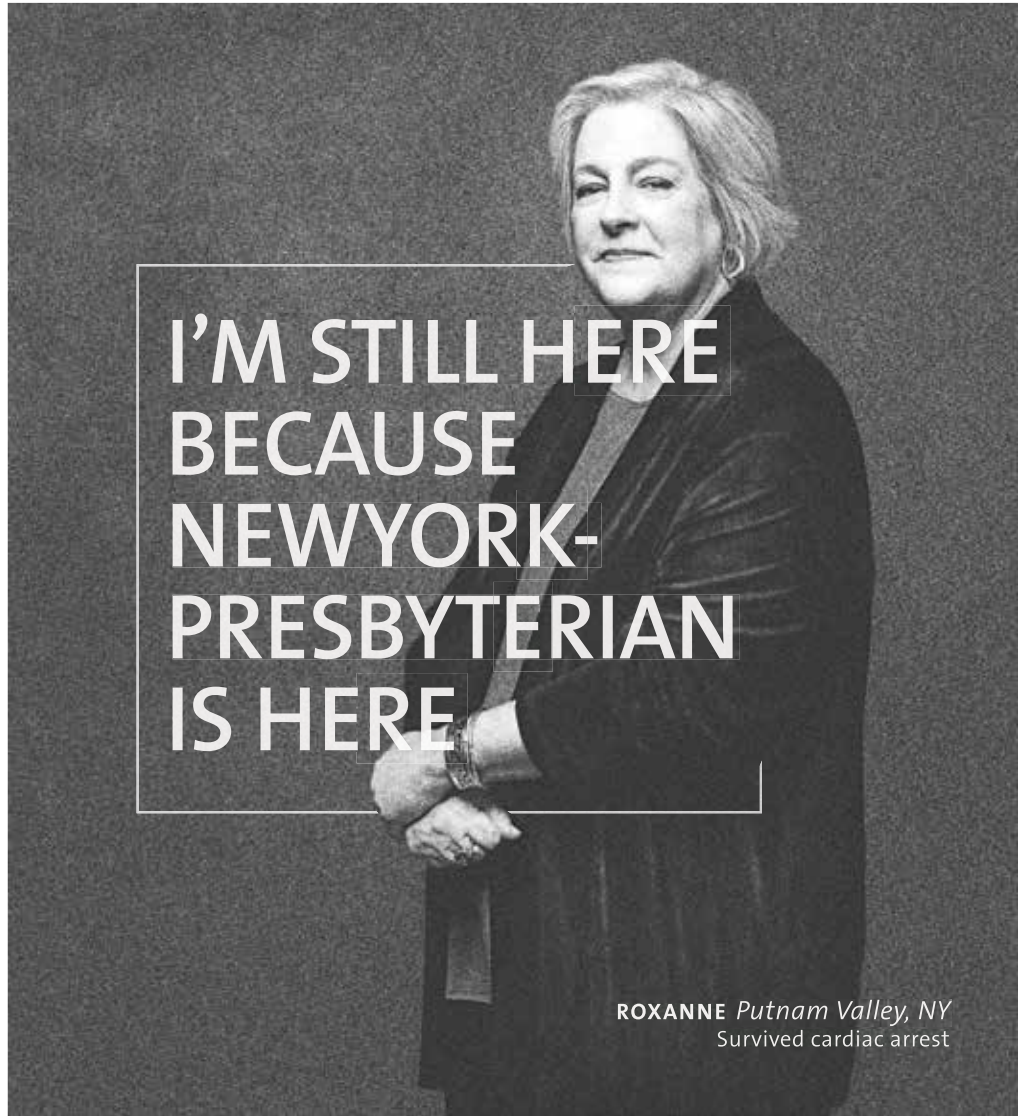
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Ten Westchester Medical Center Runners to Compete in NYC Marathon

A special group of Westchester Medical Center Health Network (WMCHHealth) employees who have trained for months to complete a 26.2-mile race of a lifetime at the TCS New York City Marathon this Sunday will run for their patients and co-workers and support WMCHHealth facilities across the Hudson Valley.

The team's 10 members – five nurses, a nurse manager, occupational therapist, psychiatry resident, nurse practitioner and the network's executive vice president and chief administrative officer, all motivated by their unique stories – will participate in this year's marathon in support of the life-changing and lifesaving care provided at each of WMCHHealth's 10 Hudson Valley hospitals.

"Each year, a dedicated team of



Participants from the Westchester Medical Center Health Network who will compete in this Sunday's New York City Marathon.

WMCHHealth workforce members spends months training for the TCS New York City Marathon in support of the hospitals and patients they serve," said Michael D. Israel, president and CEO of Westchester Medical Center Health Network.

"Fueled by a commitment to their patients and encouraging health and wellness in the communities where they live and work, these runners are going the distance to make a difference on Nov. 4, with the support of our network and their patients behind them."

Donations collected for each runner's efforts will support essential programs and services in the local and regional hospitals the runners represent. Contributions can be made by visiting www.wmchealth.org/marathon.

Tips to Avoid Injury if Running in NYC Marathon

In 2017, 50,000 people completed the New York City Marathon. Those training for the upcoming 2018 race should be careful to avoid overexertion, which can result in serious injuries in the knees, feet and ankles.

New York Bone and Joint's orthopedic specialists Dr. Leon

Popovitz and Dr. Michael Mizhiritsky share their top five tips on how to stay safe while running.

1. Be sure to use proper footwear. Choose shoes that don't pinch the toes or strain the ball of the foot, which can lead to plantar fasciitis.
2. Devote time to warming up and cooling down to prevent sprains

and strains.

3. Gradually increase distance and pace. Jumping into new exercises without preparation can lead to stress fractures.
4. Strengthen the surrounding muscles. Build up your stamina with lifting, yoga, squats and lunges.

5. Know when to take a break to avoid overuse injuries like Achilles tendonitis or "runner's knee."

"Try giving your knees and ankles a break by interspersing running with low-impact aerobic activities like the elliptical, biking, yoga or swimming," said Popovitz

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LEGAL NOTICES

NOTICE OF FORMATION OF SUMMIT GENERAL CONSTRUCTION LLC. Art. Of Org. filed with SSNY on 9/11/2018. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against may be served. SSNY shall mail process to 7 Arbor St, Yonkers, NY 10701. Purpose: any lawful purpose.

NOTICE OF FORMATION OF SUPRANOWITZ CONSULTING LLC. Articles of Organization were filed with the SSNY on 9/13/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 190 Lake Shore Drive Pleasantville NY 10570. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF METACR, LLC., Consulting Co. filed with SSNY on 9/17/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to MetacR, LLC, 591 Warburton Ave., Ste. 373, Hastings-on-Hudson, NY 10706. Purpose: any lawful act or activity.

NOTICE OF FORMATION OF QUINN AIR LLC. Articles of Organization were filed with the SSNY on 7/27/18. Office loc: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to 529 Rockland Ave., Mamaroneck, NY 10543. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF CTP CONSULTING LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/25/18. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may

be served and shall mail copy of process against LLC to 7 Mid Place, Chappaqua, NY 10514. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF BB GRANT EDUCATORS, LLC, Filed with SSNY on September 18 2018. Office: Westchester County. SSNY is designated as agent and shall mail process to BB GRANT Educators, LLC 465 S. Lexington Ave., White Plains, NY 10606 Purposes: any lawful act or activity.

NOTICE OF FORMATION OF 255 EAST 45 STREET LLC. Articles of Organization were filed with the SSNY on 9/28/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 255 EAST 45 STREET LLC 4 New King Street, Suite 140, White Plains, NY 10604. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF VAST VIDEOGRAPHY, LLC. Articles of Organization were filed with the SSNY on 8/10/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Vast Videography, LLC, 24207 Town Green Dr., Elmsford, NY 10523. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF ALTERNATIVE ENERGY RESOURCE LLC. Articles of Organization were filed with the SSNY on 08/03/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Alternative Energy Resource LLC 36 Primrose Ave, Mount Vernon NY 10552. Purpose: Alternative Energy Consulting.

LEGAL NOTICE - AXEL YANES, Plaintiff v. MARY CIVITELLA, Defendant, under index number 61040/2018 in Supreme Court, Westchester County. This is a personal injury action in which plaintiff is seeking to be compensated for injuries sustained at the premises known as 421 Elm Street, Port Chester, NY, including but not limited to pain and suffering and other damages sustained on July 27, 2015 as a result of the defendants' negligence. Plaintiff is seeking compensation in an amount in excess of the jurisdictional limits of the Trial Court. Defendants are in default and must appear and/or Answer the Summons and Complaint under Index Number 61040/2018. If defendants fail to interpose an Answer, a default judgment will be entered against the property.

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Red Cross Offers 10 Tips to Keep Kids Safe This Halloween

Halloween is upon us, one of the most popular days of the year in this country. Little witches, ghosts, pirates and super heroes will soon take to the streets for trick or treat fun and the American Red Cross in Metro New York North has tips to help everyone stay safe while enjoying the festivities.

"Halloween is a fun time for everyone and we want to make sure you all stay safe while enjoying it," said Mary Young, CEO, American Red Cross Metro New York North.

- Make sure trick-or-treaters can see and be seen.
 - Use face makeup instead of masks. Masks can make it hard to see.
 - Give kids a flashlight to light their way.
 - Add reflective tape to costumes and trick-or-treat bags.
 - Have everyone wear light-colored clothing.
- Use flame-resistant costumes.
- Plan the trick-or-treat route in advance and make sure adults know where their children are going. A parent or responsible adult should accompany young children door-to-door in neighborhoods.

- It's not only vampires and monsters people have to look out for. Be cautious around animals, especially dogs.
- Walk, don't run.
- Only visit homes that have a porch light on. Accept treats at the door – never go inside.
- Walk only on the sidewalks, not in the street.
 - If no sidewalk is available, walk at the edge of the roadway, facing traffic.
- Look both ways before crossing the street and cross only at the corner.
- Don't cut across yards or use alleys.
- Don't cross between parked cars.
- extra caution if driving. The youngsters are excited and may forget to look both ways before crossing
- Make sure a grown-up checks the goodies before eating.
 - Make sure to remove loose candy, open packages and choking hazards.
 - Discard any items with brand names that you are not familiar



There are easy-to-follow ways to keep children happy and safe during this Halloween.

- with.
- And finally, for those planning to welcome trick-or-treaters to their homes, follow these safety steps:
 - Light the area well so young visitors can see.
 - Sweep leaves from your sidewalks and steps. Clear your porch or front yard of obstacles someone could trip over.

Download the free Red Cross First Aid App for instant access to expert advice in case your ghost, goblin or super hero has a mishap. Use the Emergency App for weather alerts and to let others know you are safe if severe weather occurs. Find these and all of the Red Cross apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

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continued from previous page

NOTICE OF FORMATION OF STAR-DUST ADVISORS, LLC. Articles of Organization were filed with SSNY on 08/02/2018. Office location is New York County. SSNY designated as agent of LLC upon whom process it may be served. SSNY shall mail process to **70 Pine Street, Apt. 3204, New York, NY 10005.** Purpose: Distribution of educational products and services to all NYS schools.

NOTICE OF FORMATION OF THE ART CLOSET LLC. Articles of Organization were filed with SSNY on 09/26/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **50 Old Roaring Brook Rd., Mount Kisco, NY 10549.** Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF CURATED FOR YOU BY KATRI. Articles of Organization were filed with the Secretary of State of NY (SSNY) on 10/25/2018. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, **6 Barron Cir., Chappaqua, NY 10514.** Purpose: Any lawful purpose.

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Tuesday, Oct. 30

Spooky Tales. Come with your little ones to a riveting storytelling performance to begin your Halloween festivities, followed by a special brew (hot cider) and other ghostly treats (cookies) served in the Summer Dining Room. Come in costume. Prizes given to all. For children three to eight years old. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 3:30 p.m. Adults: \$15. Children: \$10. Info and tickets: 914-232-1250 or visit www.caramoor.org.

DIY Leaf Puppets. Create a cute little leaf puppet using a popsicle stick, leaf and googly eyes. For children five to 10 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

English Conversations. For speakers of other languages seeking to improve their English. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Tuesday. Info: 914-666-8041 or www.mountkiscopubliclibrary.org.

"The Unsilent Picture." An immersive theater experience through a screening of the original black and white silent film starring Tony Award winner Bill Irwin and directed by Alex Harvey. Accompanied by live musicians and a special effects "Foley artist." Historic Hudson Valley commissioned the film, which is based on the Washington Irving short story "The Adventure of the Mysterious Picture." Shot on location in Croton-on-Hudson. Recommended for children 10 years old and up. Philipsburg Manor, 381 N. Broadway (Route 9), Sleepy Hollow. 6:15, 7:15, 8:15 and 9:15 p.m. \$18. Historic Hudson Valley members receive a \$5 per ticket discount. Also Oct. 30. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

Halloween Spectacular: The Extreme Magic of Eric Wilzig. A Halloween "High-Energy Illusion Show" combining an explosive mix of cutting-edge illusions, daring escapes, outrageous stunts, cool music and special effects lighting. Intensely entertaining and totally different than anything you may have seen. With world-famous comedian-ventriloquist John Pizzi as special guest star. Westchester Broadway Theater, 1 Broadway Plaza, Elmsford. Dinner at 6:15 p.m. Show at 8 p.m. \$89 per person (plus tax). Show only: \$55 per person (plus tax). Info and tickets: 914-592-2222 or visit www.Broadwaytheatre.com.

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. North Castle Public Library, 19 Whipoorwill

Rd. East, Armonk. 6:30 p.m. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

"An American in Paris: The Musical." After an American GI's chance encounter with a beautiful young dancer, Paris becomes the backdrop to a sensuous, modern romance filled with art, friendship and love in the aftermath of war. This breathtakingly beautiful Tony Award-winning musical, inspired by the beloved Oscar-winning MGM film, tells the impassioned story of discovering love in the "City of Light." Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Wednesday, Oct. 31

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. 9 a.m. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 960-4097.

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

New Mommy and Daddy Meet-Up. Whether it's your first child or your fifth, this is a great way to get out of the house, meet new friends and enjoy time with your baby. World Cup Nursery School, 160 Hunts Lane, Chappaqua. 10:25 to 11:10 a.m. Free. Every Wednesday. Info: 914-238-9267 ext. 20.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Wednesday. Info: 914-231-3260.

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

Bilingual Storytime. Sing songs and read picture books in English and Spanish. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Wednesday. Info: Visit 914-666-8041 or www.mountkiscopubliclibrary.org.

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Also Nov. 14 and 28. Info: 914-273-3887 or www.northcastlelibrary.com.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Also Nov. 14 and 28. Info: 914-273-3887.

Affordable Care Act Navigator. A trained navigator provided by the county Department of Health will be available to help people with choosing and signing up for health insurance under the Affordable Care Act and the state health marketplace. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2:30 to 7 p.m. Free. Every Wednesday. Also Thursdays from 1 to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. Appointment required. Info and appointment for Wednesday sessions: 914-336-6026. Info and appointment for Thursday and Saturday sessions: 914-813-5192.

Halloween Organ Spooktacular. Helga Bartus, assistant organist at the Reformed Church of Bronxville, will perform a short organ concert featuring a spooky selection of well-known organ music such as "Toccata and Fugue" by Bach and other favorites. A special treat will feature the Cathedral Choir and ballet students of Anna Dimas from Bronxville Ballet. The concert will be performed on the church's magnificent four-manual organ with more than 4,000 pipes. Come in costume and enjoy this festive music before or after trick-or-treating. Followed by a reception. The Reformed Church of Bronxville,

180 Pondfield Rd., Bronxville. 4 p.m. Free. Info: 914-337-6776 or visit www.reformedchurch.org.

Knitting at the Library. Knitters and crocheters of all skill levels. For ages 10 and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Every Wednesday. Info: 914-864-8041 or www.mountkiscopubliclibrary.org.

Chess Workshop for Young Adults. Come learn chess with the help of guided instruction and supervised play. Included will be the study of strategy and tactics to make you an even better player. For children in grades 5 and up. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4:15 to 5:15 p.m. Free. Also Nov. 14 and 28. Registration requested. Info and registration: 914-769-0548 or www.mountpleasantlibrary.org.

Art Series: Contemporary Italian Artists. From Arcangelo Sassolino and Giacomo Balla to Francesco Clemente, Italy's contemporary art scene is just as acclaimed as its Renaissance past. This evening's class will explore numerous artists working in various media from the latter half of the 20th century onwards, to some of the galvanizing artists of today, including Loris Cecchini and Margherita Morgantini. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Thursday, Nov. 1

Pleasantville Garden Club: Putting Your Garden to Bed. The guest speaker will be Deb Taft, who worked at a community garden in North Carolina before moving to the Pfeiffer center in Rockland County where she completed an internship in beekeeping and biodynamics. Taft started farming on her own in 2010, and is a consultant, teacher and beekeeper. She is a founding member of Westchester Grower's Alliance whose mission is to serve and strengthen agriculture in the region. All welcome. Pleasantville Presbyterian Church, 400 Bedford Rd.,

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Halloween Dental Tips for Parents and Children to Follow

This week is Halloween, a time for ghosts, goblins and lots of candy.

As children everywhere prepare for an evening of trick-or-treating, parents should consider how to keep their children's mouth happy and healthy.

Dr. Melissa Levine, associate professor of dental medicine and director of pediatric dentistry at Touro College of Dental Medicine in Hawthorne, has some tips for parents.

Whether store-bought or homemade, make sure costumes fit well. If a costume is too long, children are more likely to trip and fall, which can result in a broken tooth.

- To create a toothless grin for

a particular costume, only use materials specifically made to black out teeth. Don't use makeup not approved for oral use, like eyeliner.

- Feed children dinner before heading out to trick-or-treat so they're not so hungry and less tempted to eat their candy as they are acquiring it. Munching on candy all evening

long will subject teeth to a prolonged acid attack making them more susceptible to decay.

- When choosing treats to eat, avoid the "sticky" stuff. Candies that stick to teeth take much longer to get washed away by saliva and

stay around for unnecessarily long periods of time which can lead to cavities.

- Trick-or-treating is hard work. Before everyone hits the hay after a busy night, make sure everyone brushes and flosses. Remember little kids need supervision to clean their teeth efficiently. They don't necessarily have the manual dexterity to do it well themselves.
- Children are likely going to end up with more candy than anyone needs.

Let your kids have fun and enjoy some sweets, but there's absolutely no need to finish it all. Donate or throw out leftover candy in early November; there's no need to be snacking on these treats all month long.

- Check to see if your dentist has a buyback program. Many dentists will weigh the candy and exchange it for cash or small gifts. This way, children still get to enjoy the holiday without all the extra sugar.



Touro Dental College to Host Candy Exchange on Thursday

Touro Dental Health, the 81-chair clinical training facility and full-service dental practice of Touro College of Dental Medicine, will host a candy exchange party this Thursday, Nov. 1 from 3 to 6 p.m. Trick-or-treaters can donate leftover candy to the Ronald McDonald House in exchange for fun prizes, healthy snacks and brand-new toothbrushes. The free party will also feature fun

activities and crafts. Children are welcome to dress in costume.

All candy will be donated to the Ronald McDonald House of the Greater Hudson Valley and be used in care packages that provide a little cheer for families in need.

Touro Dental Health is located at 19 Skyline Drive, third floor, in Hawthorne.

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THERE'S A WORD FOR IT

A vocabulary-building quiz

By Edward Goralski

Free Falling. This week's quiz is based on recent words found at the Free Dictionary website. Autumn brings falling temperatures, but perhaps you will warm to some of the words in the quiz for this week.

1. caboodle (n.)	A) an endowment	B) a bunch	C) a shelter
2. half-baked (adj.)	A) totally unsound	B) lacking significance	C) diminutive
3. effervesce (v.)	A) to flow out	B) become bubbly	C) bloom
4. constellate (v.)	A) to keep safe	B) enact	C) form a group
5. barrel house (n.)	A) a drinking establishment	B) a boxing ring	C) a storeroom
6. scurvy (adj.)	A) resembling sculpture	B) low-down	C) comprehensible
7. precept (n.)	A) a hazardous situation	B) forerunner	C) rule of conduct
8. snickersnee (n.)	A) a knife fight	B) a stealthy move	C) a rebuke

ANSWERS:

1. B. Any collection in its entirety; bunch

2. A. Foolish; totally unsound; crazy

3. B. To become bubbly or frothy or foaming

4. C. To form or cause to form a group or cluster

5. A. A cheap drinking and dancing establishment;

6. B. Of the most contemptible kind; abject; low-down

7. C. Rule of personal conduct; principle

8. A. The act of fighting with knives; a knife fight

Happenings

continued from page 28

Pleasantville. Membership meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit www.pleasantvillegardenclub.org.

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

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.

Life Line Theater Music Program. An outlet for unlocking the potential of children and adults with special needs through integrated arts and life skills programs. Drop in anytime and join founder Billy Ayres as he uses singing, dancing, creating plays, artwork and gardening to help participants realize their strengths and potential contributions to their communities. Ayres has created a technique called improvisational integrated music/drama. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 a.m. to 5 p.m. Free. Every Thursday. Also Fridays from 10 a.m. to 2 p.m. Info: Visit www.lifelinetheaterinc.org/index.html.

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.

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 Thursday. Info: Visit 914-666-8041 or www.mountkiscoliberalry.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.

Bridge for Beginners/Intermediate Players. With Joel Goren. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1:30 to 3:30 p.m. Thursdays through Nov. 15. Free. Info: 914-273-3887

or www.northcastlelibrary.org.

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5 to 6 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Great Books Forum Series. "If on a Winter's Night a Traveler" by Italo Calvino will be discussed. Led by professors Craig Padawer and Ellen Wasserman. Westchester Community College's Gateway Center, Room 131, 75 Grasslands Rd., Valhalla. 6 to 8 p.m. Free. Info: Contact Professor James Werner at james.werner@sunywcc.edu.

Know Your Government. How does our government work? Who represents us? How can we reach out to elected officials on issues we care about? Learn this and more. A question-and-answer session will give participants a chance to discuss what's learned. Presented by the League of Women Voters of Westchester. Katonah Village Library, 26 Bedford Rd., Katonah. 6:30 to 8 p.m. Free. Info: 914-949-0507 or visit www.lwv.org.

The Lone Bellow. Part of the trio's country-wide acoustic tour. Includes new arrangements of the group's entire repertoire along with new and unrecorded songs. They will take requests along with unparalleled storytelling and jokes. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$33 and \$38. Info and tickets: Visit www.tarrytownmusicall.org.

Friday, Nov. 2

African American Men of Westchester/Business Council of Westchester Annual Brotherhood Breakfast. This year's topic is the importance of investing in a STEM-literate workforce and what that means for your business. Don't miss this engaging discussion with some of Westchester's foremost authorities on the impact of one of the most important and fastest growing industries. This program will shed light on STEM and the economic future and provide strategies for your business. Crowne Plaza White Plains, 66 Hale Ave., White Plains. Registration and networking at 7:30 a.m. Breakfast and program at 8 a.m. General admission: \$50. Info and tickets: 914-948-2110 ext. 5 or visit www.eventbrite.com/e/investing-in-a-stem-literate-workforce-impacts-all-businesses-tickets-51132074411

Empowered to Take Authority Women's Conference 2018. A two-day conference filled with life-changing sessions aimed at igniting that inner spark, empowering every attendee with hope and tools to stop dreaming and start walking in their God-given purpose. The event will include great worship, praise dance and networking. The Royal Regency Hotel, 165 Tuckahoe Rd., Yonkers. Registration at 5:30

p.m. Program at 6 p.m. \$90. Conference resumes on Nov. 3 at 9 a.m. Info and registration: www.eventbrite.com/e/empowered-to-take-authority-womens-conference-2018-tickets-49162647803.

ZUMBA® With Amy. Fun cardio dance fitness workout, low-impact approach, easy learning environment. This feel-good workout is exercise in disguise. Free trial class available. Addie-Tude Dance Center, 42 Memorial Plaza, lower level, Pleasantville. 11 a.m. to noon. \$14 drop-in fee. Every Friday. Also Tuesdays from 10 to 11 a.m. Walk-ins welcome. Info: Call or text the instructor at 914-643-6162 or visit www.amyolin.zumba.com.

Friday Night Film Series: "Same Kind of Different as Me." This 2017 feature starring the always engaging Rene Zellweger follows an international art dealer (Greg Kinnear) who befriends a dangerous homeless man (Djimon Hounsou) in order to save his struggling marriage. This woman whose dreams will lead all three of them on the journey of their lives. 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 or www.northcastlelibrary.org.

Film Screening: "Coco." A 2017 computer animated fantasy film produced by Pixar. The story follows a 12-year-old boy who is accidentally transported to the Land of the Dead, where he seeks the help of his deceased musician great-great-grandfather to return him to his living family. The concept for "Coco" is inspired by the Mexican Day of the Dead. Followed by a panel discussion and activities. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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.

Lucy's Laugh Lounge: Laugh-in for Blythedale. Join us for one of the most important events Lucy's Laugh Lounge has ever organized. Proceeds from all ticket sales will go to Blythedale Children's Hospital. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7, 9 and 11 p.m. Starts at \$20; prices will change based on the comedians. Also Nov. 3 at 1, 3, 5 and 7 p.m. Info and advance tickets: Visit www.lucyslaugh.com. Type in the promo code Examiner at the prompt when buying tickets online.

The Lagond House Concert Series: Marshall Crenshaw. A special concert featuring elements of Crenshaw's documentary film about record producer Tom Wilson. A portion of the proceeds from the concert benefit the programs

of the Lagond Music School. Lagond Music School's Haven Theater, 9 Haven St., Elmsford. Doors open at 7:30 p.m. Concert at 8 p.m. \$30: 914-345-0512 or e-mail info@lagondmusic.org. Tickets: Visit www.eventbrite.com.

NW Dance Project. The group is dedicated to the creation and performance of innovative and contemporary dance works from established and emerging dance makers. Founded in Portland, Ore. In 2004 by acclaimed dancer, mentor and choreographers Sarah Slipper, NW Dance Project has fostered the creation and Portland premiere of more than 190 original contemporary dance works to date. Purchase College's PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 8 p.m. \$30 to \$65. Info and tickets: 914-251-6200 or visit www.artscenter.org.

"Constellations." Hudson Stage presents a production of Nick Payne's award-nominated hit that is a charming, devastating and profound exploration of the universal truth of finding and losing love. A play that balances on the question of "what if" is, at its core, a poignant picture of "what is." Directed by Mark Shanahan. Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 8 p.m. \$40. Seniors and students: \$35. Also Nov. 3 at 3 and 8 p.m. Info and tickets: 800-838-3006 or visit www.hudsonstage.com.

Saturday, Nov. 3

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" from 2014 to 2018. With 56 vendors and seven nearby parking lots, it's a delicious good time. There will be seasonal regional craftspeople including Living Edge Designs, Alpacatraz with wool items and Harper Keehn Knife Sharpening. Rain or shine. The market is a dog-free environment. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Nov. 17. Info: Visit www.pleasantvillefarmersmarket.org.

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

Demystifying Medicare and Healthcare Coverage for Seniors. This engaging, interactive program of the library system's Westchester Seniors Out Speaking is perfect for anyone trying to navigate the complicated healthcare system for older adults. It will help those who already have Medicare, as well as people soon to be 65, planning their retirement or assisting relatives and friends with their medical decisions. The workshop

continued on page 34

What Sets One Wine So Far Apart From All Others?

Remember the heady days before the Great Recession? Irrational exuberance. Conspicuous consumption.

For some these were forewarnings of economic turmoil ahead. For others these became the mantra for sustained hedonism.

Then it all came crashing down around our feet. Some fared better than others, while a significant number experienced career, if not life-altering trauma.

Well, here we are, fully a decade on from those dark days. And the mindset of the pre-recession era is evidenced again in small pockets. Notwithstanding the shifts in personal wealth and economic growth, the polarization of wealth in our nation and the globe has become startlingly disparate. I read somewhere that the aggregate wealth of the 85 richest individuals

in the world is greater than that of 50 percent of the global population.

Recently, I've seen pockets of this exuberant consumption(?) in the auction marketplace. A few months ago, Da Vinci's Salvator Mundi sold for \$450 million, shattering all previous records for paintings. Then last week I read of



By Nick Antonaccio

another auction that I feel compelled to report to you. And it relates to wine. Therefore, I've decided to digress from the next installment of my Spanish wine series to bring this to your attention.

Sotheby's auction house, which has sold its fair share of rare and highly sought-after wines, auctioned a collection of French wines from the famed cellars of Robert Drouhin. One of the wines set a record in grand style, far surpassing its estimated sale value and far exceeding the previous world record.

One bottle of 1945 Domaine de la Romanée-Conti (DRC) was sold in a frenzied bidding war to an Asian investor for \$558,000.

That equates to \$111,600 for one glass, assuming the bottle will ever be opened and served. It also is the cash price for a

comfortable three-bedroom house in most housing markets in the United States.

By comparison, the previous record for a bottle of wine was \$310,700 for a jeroboam (equivalent to six standard size bottles) of 1945 Mouton-Rothschild sold in 2007.

The auction value of a particular wine is derived from several factors. Its scarcity,

desirability amongst competing collectors, unique attributes and storage history all contribute to the ultimate value and hammer price.

Let's focus on the three criteria that I believe contributed to this record-setting sale.

1. **The wine.** DRC is the most famous vineyard/winery in the world. Nestled France's Burgundy region, it historically commands the top price for wine in every release and in every auction. It is farmed biodynamically on a small plot of land. Its small production (5,000 to 6,000 bottles on average) guarantees a high price. The current release, not readily available, sells for about \$25,000 per bottle.

2. **The vintage.** Of all its vintages, the 1945 DRC is the most prized. The staying power, aromatics and flavor profile are legendary. And only 600 bottles were produced. The vines were pulled and the vineyard replanted after harvest; the next DRC wasn't produced until the 1952 vintage.

3. **The provenance.** Rare wines may change hands multiple times as they pass from one collector's cellar to the next. Thus, the consistency of its quality and aging profile may vary over its life.

If storage in a credible owner's cellar cannot be verified for every year of its life, a rare wine's value may diminish. Not to mention that counterfeit wines proliferate in the marketplace.

The 1945 DRC came from the cellar of the 85-year-old Drouhin, one of the most reputable winemakers in Burgundy. His father, Maurice, was the distributor of DRC from 1928 to 1964. The 1945 DRC had been in the Drouhin cellar since release, a rare occurrence in the life of such a storied wine. This factor may have contributed most to the record-setting auction price.

As incredible as the bidding was for this bottle, just as amazing is that there was another bottle of the 1945 DRC sold minutes later. For \$496,000, to a New York real estate developer. Exuberant consumption for certain.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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White Plains Coach Diner	50 Westchester Ave., White Plains, 10601	10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4	9:00 am
Columbus Diner	754 Columbus Ave., Mount Vernon, 10550	10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4	2:00 pm
Dorri's Diner	468 Mamaroneck Ave., White Plains, 10605	10/17, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5,	9:30 am
Seven Brothers	900 Saw Mill River Rd., Yonkers, 10701	10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6	9:00 am
Raceway Diner	833 Yonkers Ave., Yonkers, 10704	10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7,	9:30 am
City Limits	200 Central Ave., White Plains, 10604	10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4	4:00 pm



For more information and to RSVP:
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Light snacks will be provided



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Annual Percentage Yields (APYs) disclosed are effective as of 10/16/18 and may be changed by the Bank at any time. *CDs require a \$1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. CDs must be opened in person at an Apple Bank branch. ** For the Grand Yield Savings Account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$9,999: 1.60% APY, \$10,000-\$24,999: 1.60% APY, \$25,000-\$49,999: 1.60% APY, \$50,000 or more: 1.60% APY. There is no interest paid on balances between \$1-\$2,499. \$100 minimum deposit required to open account. This account may be opened as a passbook or statement savings account. Offer may be withdrawn at any time without prior notice.

Artists Invited to Compete for Mt. Vernon Sculpture Competition

ArtsWestchester and 42 Broad, a joint venture of Alexander Development Group and The Bluestone Organization, announced plans today to include a significant public art component in the development of 42 Broad Street West, a new luxury, rental apartment complex in the Fleetwood section of Mount Vernon.

The arts and business partnership is seeking qualifications from professional New York State artists or artist collectives interested in creating a permanent, site-responsive work of public sculpture that will enhance and enliven the streetscape at the intersection of Broad Street and Fleetwood Avenue.

"The location selected for the site-specific sculpture serves as a gateway to Mount Vernon," said Nicholas Alexander of 42 Broad. "Thousands of people pass this location every day and through our partnership with ArtsWestchester, we have the opportunity to distinguish 42 Broad Street West as an energetic, creative and up-scale destination in the city."

The request for artist qualifications is the first of a two-stage competitive process to identify artist finalists for the sculpture commission. Artists have until midnight Dec. 14 to submit their application via the website artsw.org/42broadrfq. Five artists selected from this initial process will be invited and awarded a stipend to submit artwork proposals. Artists will be notified if they are invited to submit a full proposal on or around Jan. 21, 2019.



An artist's rendering of the new 42 Broad Street West property. ArtsWestchester and the developer are holding a competition open to New York State artists to create a piece of public art for the development.

"Public art has the remarkable ability to enliven downtowns and infuse the extraordinary into everyday life," said ArtsWestchester CEO Janet Langsam. "It helps create more livable, more creative and more fun communities. I applaud the owners of 42 Broad Street West for their commitment to incorporating public art into their development project."

Artists Opportunity Details

The Site: The commissioned sculpture will be a landmark feature of the 42 Broad Street West property.

Placed at a highly visible plaza at the corner of Broad Street and Fleetwood Avenue, the work of art will be on view for pedestrians as well as drivers exiting and entering the Cross County Parkway.

How to Apply: All submissions must be made electronically via an online application portal that is accessible using the link <https://artsw.org/42broadrfq>.

No submissions via e-mail or mail or in person shall be accepted. The deadline to submit qualifications is by Friday, Dec. 14.

Artists interested in being considered

for this opportunity must submit the following:

1. A current resume/CV, particularly highlighting relevant experience (required).
2. Artist statement (required).
3. Minimum of 5 and up to 10 images of original completed artworks (required).
4. Work samples checklist (required).
5. Letter of interest (required).
6. Up to three professional references (not required).

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Happenings

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outlines the various parts of Medicare and lays out the costs associated with health insurance provided by the government and private companies. Topics include: original Medicare, Advantage Plans, prescription drug plans (Part D), Medigaps (supplemental plans) and various cost-saving programs (MSPs, Extra Help, EPIC, etc.). Katonah Village Library, 26 Bedford Rd., Katonah. 10 a.m. to 1 p.m. Free. Walk-ins welcome; pre-registration preferred. Pre-registration: 914-231-3236. Info: Visit www.westchesterlibraries.org/westchester-seniors-speaking-out.

Practice Tai Chi With Larry Atille. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. This is a hands-on class that will be geared to the level of experience of the class and challenge all participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East. Armonk. 10:30 a.m. Free. Also Nov. 10 and 24. Info: 914-273-3887.

Open Art Studio. All supplies are provided to create your own artwork. For children four years old and up; with parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11 a.m. to 1 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkisco.org.

Adult Salsa Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11:30 a.m. to 12:30 p.m. Free. \$12. Every Saturday. Info: 917-215-1720 or visit www.addie-tude.com. Call or visit website because classes are subject to change.

Origami. Join Westchester Origami Workers, a regional group of Origami, USA to share models and techniques. Open to all adults. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 3 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkisco.org.

Tell Me a Story of Pound Ridge: 50 Objects 50 Stories. The Pound Ridge Historical Society has created an exhibition and accompanying book to provide the public with an eclectic look at the town. Highlights of area history, each story in some way gives a glimpse of our distant and not-so-distant past in the hope of awakening an interest in town history in newcomers and our young folk. The 50 objects displayed will have their story told in the accompanying book available for purchase or loan. On display, antique tools, dolls and artifacts will sit alongside trains and a diorama of a Revolutionary War battle. Pound Ridge Historical Society, 255 Westchester Ave., Pound Ridge. 2 to 4 p.m. Free. Saturdays and Sundays through November. Info: 914-764-4333 or visit www.poundridgehistorical.org.

Evening Howl for Pups of All Ages.

Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolf families and discover why November is a magical time for packs in North America. Guests will take a short sunset hike to howl with ambassador wolves Atka, Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican wolves. All guests will be served weather appropriate treats. Please bring flashlights. Wolf Conservation Center, South Salem. 5:30 p.m. Adults: \$16. Children (under 12): \$13. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

The Really Big Show Featuring the B-52s. Named Westchester's best nonprofit event by Westchester Magazine, The Really Big Show is an exceptional evening of music and entertainment headlined by "the world's greatest party band," the B-52s. Known for their zany, retro hits like "Love Shack," "Rock Lobster," "Roam" and "Private Idaho," the B-52s will top an outstanding lineup of variety acts that includes the world-renowned Harlem Gospel Choir, the Jazz House Kids, Matt Schuler, Matt Whittaker and The Really Big Show Singers. Proceeds will benefit Big Brothers Big Sisters of Family Services of Westchester's youth mentoring programs. Now in its third year, The Really Big Show was originally inspired by "The Ed Sullivan Show." The Performing Arts Center at Purchase College, 735 Anderson Hill Rd., Purchase. 7:30 p.m. Tickets start at \$175. Info and tickets: 914-937-3779 or e-mail vbrown@fsw.org.

White Plains Performing Arts Center 15th Anniversary Concert. Two-time Tony Award winner Christine Ebersole will perform to celebrate the 15th anniversary of the regional theater. White Plains Performing Arts Center, 11 City Place, White Plains. Concert at 7:30 p.m. Reception at 9:30 p.m. Concert only: \$40, \$60 and \$85. Concert and reception: \$150. Info and tickets: 914-328-1600 or visit www.wppac.com.

Sebastian in Thuringer Wald: Young Back at the Wellspring of Genius. Ars Antiqua presents this program that will take the audience on a musical journey into the sacred heartland of Germany where Johann Sebastian was born. Here, under the guidance of his elders, his prodigious talent began to flourish and his musical sensibilities developed as he discovered composers such as Buxtehude, Pachelbel and Reincken. Performing on historic instruments, the artists of Ars Antiqua will present some of Bach's earliest music alongside works of his ancestors and composers who influenced the young musician. Followed by a buffet reception of black forest cake and German pastries. Church of St. Mary the Virgin, 191 S. Greeley Ave., Chappaqua. Doors open at

7:30 p.m. Concert at 8 p.m. \$35. Tickets available at the door. Info: Contact Mark Kramer at 914-238-8015.

The Lagond House Concert Series: David Hinds of Steel Pulse. Founder and principal songwriter of the reggae legends appears in a rare acoustic performance. A portion of the proceeds from the concert benefit the programs of the Lagond Music School. Lagond Music School's Haven Theater, 9 Haven St., Elmsford. Doors open at 7:30 p.m. Concert at 8 p.m. \$40: 914-345-0512 or e-mail info@lagondmusic.org. Tickets: Visit www.eventbrite.com.

Friends of Music Concerts: Nathan Lee. The young pianist, the ninth recipient of this organization's Performance Award, which is presented to a winner of the Young Concert Artists International Auditions in New York City. A native of Sammanish, Wash., Lee already has made his Kennedy Center debut and has appeared at the University of Illinois and Rockefeller University, among others, as well as giving recitals for Radio France and in Korea and Perugia, Italy. Selections will include Schumann, Beethoven, Ravel, Scarlatti, Chopin and Liszt. Sleepy Hollow High School, 210 N. Broadway (Route 9), Sleepy Hollow. 8 p.m. \$35. Info and tickets: Visit www.friendsofmusicconcerts.org.

Sunday, Nov. 4

USTA Eastern's 32nd Annual College Showcase Day. This event provides high school sophomores, juniors and seniors with the opportunity to meet and connect with college tennis coaches, collect information, listen to experts and learn about the NCAA process. High school students of any tennis level are welcome and will participate in a round robin tournament observed by college coaches. All students will walk away with a comprehensive resource guide that includes information regarding the tennis recruitment process, financial aid options and timeline to guide player recruitment. Saw Mill Club, 77 Kensico Drive, Mount Kisco. 10:30 a.m. to 5 p.m. \$130 per student/. Info and registration: Visit <https://www.usta.com/en/home/stay-current/eastern/EasternCollegeShowcaseDay.html>.

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 as they are out searching for prey preparing for winter. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also Nov. 11, 23 and 25 at 11 a.m. and Nov. 17 and 24 at 2 p.m. Pre-registration required.

Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

Demystifying Medicare and Healthcare Coverage for Seniors. This engaging, interactive program of the library system's Westchester Seniors Out Speaking is perfect for anyone trying to navigate the complicated healthcare system for older adults. It will help those who already have Medicare, as well as people soon to be 65, planning their retirement or assisting relatives and friends with their medical decisions. The workshop outlines the various parts of Medicare and lays out the costs associated with health insurance provided by the government and private companies. Topics include: original Medicare, Advantage Plans, prescription drug plans (Part D), Medigaps (supplemental plans) and various cost-saving programs (MSPs, Extra Help, EPIC, etc.). North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 to 4 p.m. Free. Walk-ins welcome; pre-registration preferred. Pre-registration: 914-231-3236. Info: Visit www.westchesterlibraries.org/westchester-seniors-speaking-out.

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. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they prepare for winter. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Nov. 10 at 10 a.m., Nov. 17 and 24 at 11 a.m. and Nov. 11, 18, 23 and 25 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Aida Cuevas. "The Queen of Rancheras" has created one of the most important careers in traditional Mexican music. She is beloved at home and abroad for her stunning vocals and unswerving devotion to traditional music. Rancheras stems from the Mexican Revolution and the genre is overflowing with drama and patriotism. Cuevas has made a career of challenging this historically male-dominated genre with her operatic range, a voice strong enough to overcome a dozen amplified instruments and performances that overflow with passion. This year, she became the first female singer in the mariachi genre to win a Grammy Award. Purchase College's PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 3 p.m. \$30 to \$65. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Julia Bullock. Soprano Julia Bullock returns for her first performance at

continued next page

Physical Therapy Can Relieve Pain, Restore Function Without Surgery

By Dr. Brittany O'Rourke

You were just diagnosed with a meniscus tear and told you may need surgery. You are worried about how busy you are and don't have time for surgery. So what now?

Recent research shows that physical therapy can be considered as an alternative to surgery for individuals with meniscus tears that are non-obstructive as well as degenerative full thickness rotator cuff tears and superior labral tears of the shoulder. These are a few of the many injuries that can be addressed with physical therapy alone to help relieve pain and restore function.

An article in the International Journal of Sports Physical Therapy stated that there is substantial evidence to support physical therapy as the first line of management, especially in individuals under 60 years old with chronic, degenerative full-thickness rotator cuff tears.

Other evidence suggests how non-operative treatments were extremely successful for the outcomes of middle-aged patients with symptomatic superior labral tears where surgical intervention was not required. There is additional evidence that individuals who went through physical therapy with non-obstructive meniscal tears had better outcomes after two years than patients

who underwent an arthroscopic partial meniscectomy.

This means that surgery can be avoided through physical therapy.

For knee injuries, including meniscus tears and osteoarthritis, it is important to reduce strain on the weight-bearing surfaces of the knee. This can be done by improving the strength of the muscles that support the knee and restoring full range of motion to increase available surface area and decrease pressure on the injured area.

Impaired mechanics while walking, squatting and going up and down stairs can increase strain on the knee and contribute to pain. Working on correcting muscle imbalances and retraining muscles to move through the correct patterns can help decrease strain on the injured area.

For example, if you are trying to get out of a low chair, your knees are collapsing inward because of a lack of hip strength and you are unaware of correct mechanics, it can increase strain in multiple areas of the knee. It can also increase joint compression on the outside, create abnormal tracking of the kneecap within its groove, increase strain along the IT band and put important hip muscles at a disadvantageous muscle length, thereby making them weaker. In turn, these imbalances can make

functional activities more difficult and painful.

For shoulder injuries, including superior labral tears and rotator cuff tears, it is important to decrease strain on the shoulder joint by correcting posture and biomechanics. This is done through addressing shoulder range of motion, strength of the muscles that control the shoulder and shoulder blade, mobility through the upper back and neck and motor control.

Many of us sit or stand with a slouched posture for prolonged periods of time. When in this position, the area in the shoulder joint gets smaller. Rotator cuff tendons pass through this area and when lifting your arm with this smaller joint space, it increases the risk of pinching one of these tendons, otherwise known as impingement. Over time, this can contribute to tendinitis and microtears. If there is already a tear, this repetitive impingement can contribute to continued inflammation affecting the shoulder's ability to heal.

It's always important to address the entire body even when treating a



By Dr. Brittany O'Rourke

localized injury. A strong core is also important. It is recommended to include hip range of motion, hip strength and core exercises in shoulder rehabilitation programs, especially in an athlete who throws. Surgery won't make your core stronger but physical therapy can help.

Surgery is necessary with many injuries, but there are many cases in which you may be able to avoid or postpone a procedure

by training your body to work with optimal mechanics. Even if surgery is still needed despite trying PT, you are now stronger and better educated about proper posture and biomechanics. This can help in the long run by making the post-op rehab easier and by reducing the risk of another injury.

Dr. Brittany O'Rourke is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic. She treats patients at ProClinix's Ardsley location (within House of Sports). For more information or questions, O'Rourke can be reached at 914-202-0700 or at borourke@proclinix.com.

Happenings

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Caramoor since her time as a Schwab Vocal Rising Star in 2013. With her expressive and captivating voice and a command of repertoire from art songs and opera to jazz, Bullock has been praised as a "fast-rising soprano...poised for a significant career" (The New York Times). Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 3 p.m. \$25, \$35, \$50 and \$65. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Music and Munchies. Come for an afternoon of stories, songs and yummy treats. This event features singalongs with Tkiya (the Jewish community music initiative). All are welcome, including new faces. Ideal for children up to six years old and their families. Presented by the Greenburgh Hebrew Center and the PJ Library. Irvington Public Library, 12 S. Astor St., Irvington. 3:30 to 4:30 p.m. Free. RSVP required. Info and RSVP: Contact Stacey at PJLibrary@g-h-c.org.

"Prosecuting EVIL, the Extraordinary World of Ben Ferencz." The story of Ben Ferencz, a New Rochelle resident and the last living Nuremberg trial prosecuting attorney, is vividly told by director Barry Avriah in this soon-to-be-released film. A preview screening of the film that tells the

fascinating story of one of the Holocaust's most heroic figures. Coffee and dessert to follow. For anyone 13 years old and up. Temple Israel of New Rochelle, 1000 Pinebrook Boulevard, New Rochelle. 7 p.m. Free. RSVP required. Info and RSVP: Visit <https://tinyurl.com/y8htaobo> or e-mail sisterhood@tinr.org.

Shadows of the 60's: Ultimate Motown Tribute to Gladys Knight and The Temptations. Founded by Dave Revels, a former member of The Drifters and also a current member of The Persuasions, the show plays to standing-room-only crowds at theaters, performing arts centers and casinos across the country. Shadows of the 60s invites you to relive those unforgettable Motown classics and memories as they perform the hits that span several decades and inspired generations to come. Styled like a Broadway production, the show features the legendary Motown music and moves of The Four Tops, The Temptations, The Supremes and more meticulously recreated note for note and step for step by a world class cast some of whom were actual Motown artists. Paramount Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. \$30, \$37.50, \$47.50 and \$62.50. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

Monday, Nov. 5

Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. 719 Bedford Rd., Bedford Hills (next to ShopRite). 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail tinacampbell@masternetworks.net or drop in.

"#Foodporn." An exhibit that brings together various artists who examine the theme of food in the contemporary world. Westchester Community College's Academic Arts Building gallery, 75 Grasslands Rd., Valhalla. 10 a.m. to 3 p.m. Free. Exhibit continues through Dec. 15. Gallery hours are Monday through Saturday from 10 a.m. to 3 p.m. and Thursdays from 4 to 6 p.m. Info: 914-606-6835 or visit www.sunywcc.edu/gallery.

Here We Are Together: Story Time for Children. From newborns to school-age children, with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday. Info: 914-666-8041

or www.mountkisco.library.org.

"Election." Get Ready for Election Day with a screening of this lighthearted view on politics and elections in today's high schools. Starring Matthew Broderick and Reese Witherspoon. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 3:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

DIY Make a Picture Book. Celebrate Picture Book Month by making a book all about you. For children six to 10 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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.

Lucy's Laugh Lounge Open Comedy Mic. Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Also Nov. 7, 12, 19 and 26. Info and tickets: Visit www.nomacomedy.com.

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