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Bears Reach the Final Four

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November 6 - November 12, 2018

SMALL NEWS IS BIG NEWS

Volume 12, Issue 583

Six-Month Moratorium Eyed for New Castle Hamlet Applications

By Martin Wilbur

New Castle officials are contemplating a six-month moratorium for new applications in two of downtown Chappaqua's retail zones as changes are sought for the town code that could allow for mixed-use development in the hamlet.

The moratorium would allow a consultant the time to make the changes to "form-based zoning," said Director of Planning Sabrina Charney Hull. Last week the Town Board moved to issue a Request for Proposal (RFP) in hopes of hiring a consultant to help make the revisions to the code.

Form-based zoning includes design parameters and an architectural element along with examples of zoning through images to execute the town's vision for the downtown, Hull said.

With the updated Comprehensive Plan adopted in June 2017 and the downtown

infrastructure and streetscape project expected to be largely finished before summer, there are downtown property owners who are eager to see zoning changes that could help bring about a greater mix of residential and commercial uses to the hamlet, she said.

Encouraging investment in downtown properties with the goal of having more people live in the hamlet is a key objective of the revised Comprehensive Plan.

"They're very much looking forward to changes to be made to commercial zoning in the hamlet so that they can maximize the potential of their properties to help us meet the goals in our Comprehensive Plan," she said.

Under the draft of the local law, properties in the Retail Business (B-R) and Retail Business & Parking (B-RP), which comprise the bulk of the downtown

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Firefighters Extinguish Pleasantville House Fire; Investigation Continues

By Anna Young

A fire that erupted at a Pleasantville home on Sunday afternoon remains under investigation.

Pleasantville police are working with the Westchester County Cause and Origin Team, a group formulated by the Arson Task Force, to investigate the blaze on Brentwood Drive. Onlookers said they started seeing flames just after 2 p.m.

"We think the cause of the fire was in the garage but it's still pending investigation," said Pleasantville First Assistant Chief Stephane Zapletal.

Zapletal said there were no injuries to civilians or firefighters. Fire damage was kept to a minimum other than smoke and heat damage. The heaviest damage



The Pleasantville Volunteer Fire Department, with help from surrounding departments, battled a house fire on Brentwood Drive Sunday afternoon.

was in the garage, he said.

"We had the bulk of the fire out within six or seven minutes of the trucks arriving on the scene," Zapletal said.

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DAVID SIMON PHOTO

A Scary Sight

The Halloween spirit was on full display throughout the area last Wednesday, including by the office staff at Digestive Disease & Nutrition Center's Mount Kisco location. Pictured are Linda, Dena, Stephanie and Pamela who took the day quite seriously.

Mt. Kisco Residents Raise Questions, Concerns at Comp Plan Hearing

By Neal Rentz

Mount Kisco residents packed Village Hall last Monday to pose questions and concerns regarding the impact that proposed zoning changes to an updated Comprehensive Plan would have on traffic, parking and the environment.

Frank Fish, of BFJ Planning, the primary consultant for the update, outlined proposed zoning changes that include an overlay district that would convert the village-owned South and North Moger parking lots into sites for mixed-used development.

Proposed zoning changes on Lexington Avenue would allow for the construction of townhouses, Fish noted, while Radio Circle could see senior housing and hotel/conference centers.

Resident John Sullivan said he was worried that additional development would create more traffic and require more parking in the downtown.

Sullivan said he did not want housing built in the South and North Moger parking lots, which would be too radical a change.

"I like the way the village is now," he said.

Conservation Advisory Council (CAC) Chairman John Rhodes raised the notion that the plan's Draft Generic Environmental Impact Statement (DGEIS) does not accurately reflect what Mount Kisco would face. The council believes the impact of proposed zoning changes on traffic, parking and pedestrian safety may be greater than reflected in the

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Six-Month Moratorium Eyed for New Castle Hamlet Applications

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retail space, would be prohibited from receiving site plan or special permit approval, variance relief, building permits or sign permits.

Any applications for those approvals received by the town after last Tuesday, Oct. 30 would be subject to the moratorium, the proposed law states. The clock would start ticking when and if the board approves the moratorium and the law is filed, said Town Attorney Nicholas Ward-Willis.

Exemptions to the law would include

any improvements deemed necessary by the building inspector for health or safety reasons as well as existing commercial or retail spaces with a gross floor area of less than 3,000 square feet, Ward-Willis said.

A property owner may also apply for an exemption if officials can be convinced there would be a severe financial hardship, he said.

Board members indicated the move is a temporary but necessary step to ensure that the foundation for the types of changes sought for downtown Chappaqua are in place.

"There's a lot of exciting things on

the horizon. Applicants are coming to you and asking you when are you executing the Comp Plan, when's this happening, when's that happening and we're concerned there could be new applications that basically thwart some of the goals that we are carrying out," said Supervisor Robert Greenstein. "So this moratorium would essentially freeze those applications."

Ward-Willis said this would be the appropriate time to enact a moratorium "to preserve the status quo." The state recognizes that municipalities have the right when contemplating redevelopment to take a brief timeout so property owners don't race to make submissions, he said.

"You've updated your Comprehensive Plan, you've had public meetings, there's interest in this redevelopment and you're going out for an RFP, so you want to make sure that the vision the public had and the vision you had for the plan can be implemented," Ward-Willis said.

Hull explained that the form-based code is very different than what New Castle and most municipalities in this region currently have. It provides the character, density and scale of what is envisioned for the hamlet, she said.

A public hearing on the proposed law has been set for the board's Nov. 13 meeting.

Firefighters Extinguish Pleasantville House Fire; Investigation Continues

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Neighbors had a close-up view of the fire. Francesca Hagadus-McHale, who lives on the street near where the fire started, said she was standing outside her home when she noticed flames shooting from a neighboring garage.

"The owner of the house was blowing leaves in his lawn, and he suddenly turned around and saw the fire and tried using a garden hose to put it out," Hagadus-McHale said. "I called 911 immediately."

She said she heard what sounded like

two explosions.

Within minutes several fire trucks were on the scene. Although most of the fire was contained within minutes, firefighters remained on the scene to make sure the flames were doused. It appeared nobody was inside the house when the fire started.

Pleasantville firefighters were assisted through mutual aid by volunteer departments from Thornwood, Valhalla, Briarcliff, Chappaqua, Pocantico Hills and Millwood.

P'ville to Hold Two Public Info Sessions on Carry Out Bag Ordinance

PleasantvilleRecycles is hosting two Q&A sessions for residents and local business owners about the Carry Out Bag Ordinance on Monday Nov. 19 and Monday, Dec. 3 at the Mount Pleasant Public Library, located at 350 Bedford Rd. in Pleasantville. Household recycling will also be

discussed, including what can and cannot be recycled at the County Material Recovery Facility where the village's recycling is taken.

Both sessions are scheduled to be held from 7 to 8:30 p.m. For more information, call 914-769-0548 or visit www.PleasantvilleRecycles.org.



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Q: I'm hearing a lot about surgical lip augmentation. Why?

A: I've seen a steady rise in women looking for lip augmentation (enlargement) over the last two years. Most want to reverse the effects of aging, which thins the lips. Now combine that desire with the ready availability of improved and relatively inexpensive surgical options that have very minimal side effects and give consistently good results. Add the impact of celebrities "normalizing" the procedure – and you have a trend.

Lip augmentation doesn't only plump the lips. Fuller lips help hide some of the little age lines between the lips and nose that mostly result from years of sun damage.

Q: What are the methods?

A: The two surgical techniques are injectables and implants. In the first, I inject a smooth thin filler into the lips, using a substance that exists naturally under our skin. Results last from six to nine months. The implant method involves inserting a very thin, soft, supple plastic material into the lips. As the material expands, its tiny microscopic pores allow your own

tissue to grow into it and hold it in place. Synthetic implants come in several standard sizes and are intended to be permanent.

Q: Can I have any lip size I want?

A: You want a natural-looking result. The body can tolerate augmentation up to a point and still maintain a natural look; but after that, more starts to look unnatural.

Q: What can I expect during the procedure – and after?

A: The injectable procedure is performed in the office and takes 10 to 15 minutes. For two to three hours, your lips will be numb from the local anesthesia. So don't have the procedure right before dinner! Inserting implants is also an outpatient procedure. Afterwards, you'll have to eat soft foods for a few days. In both cases, the change is visible immediately, though you may not see the final result for two weeks due to minor swelling. For most people, there's literally no recovery period. My patients love the results.

Lawmakers Write Letter on Behalf of Custodian Seeking Asylum

By Martin Wilbur

A letter signed by the 13 Democratic members of the Board of Legislators was sent last week to Immigration Court calling for reconsideration of a political asylum application for the longtime custodian of a Mount Kisco synagogue.

The Oct. 30 letter, on behalf of Armando Rojas Rugerio, was sent by the lawmakers to the court in Batavia, N.Y. asking that he be returned to his community and family.

Rugerio came to the United States in 1986 at 18 years old and has lived in Mount Kisco for more than 20 years, serving as a custodian for Bet Torah on Smith Avenue. During that time, the letter noted, he has paid taxes and Social Security. He has a wife, 15- and 26-year-old sons and a grandchild.

Last month, congregants from the synagogue and other community members held a candlelight vigil urging that he be allowed to rejoin the community.

The correspondence, addressed to Judge Steven Connelly and Judge Philip J. Montante Jr., noted that Rugerio has "an extraordinary worth ethic" and that his asylum officer had found him to be credible with a legitimate fear of being harmed if he is deported. He has been detained at the upstate Albany Correctional Facility since June.

"Mr. Rojas has lived in Westchester County for the past two decades, where he has been a productive and important



Armando Rojas Rugerio, the longtime custodian at Bet Torah in Mount Kisco. He has been held at the Albany Correctional Facility since June.

member of a faith-based community in Mount Kisco," the letter read in part. "He is keenly missed by both his family and his community. He has lived in the United States for more than 30 years and was deported without any notice to his family, even with a stay of deportation signed by a Judge. Instead, he was left in Tijuana, Mexico with no bank card, money, phone or ID. The ICE officer who escorted him

there reportedly said, 'You'll probably get kidnapped.'"

In February, he was arrested and kicked out of the country. Bet Torah members twice flew to San Diego to meet Rugerio in Tijuana. The first time he wasn't readmitted into the United States, but the second time, he was

He was first sent to a facility in New Mexico, before being transferred to Albany where he has been incarcerated since late

June. He has been waiting for a date for his final appeal.

The letter highlighted that his safety would be endangered. Upon arriving in his sister's home village, he was identified as a target and was repeatedly threatened with physical harm. Two other relatives had been murdered before his deportation.

Members of his community brought him to the border entry at Otay Mesa.

ShopRite Campaign Underway to Benefit Maria Fareri Children's Hospital

ShopRite's newest campaign to benefit Maria Fareri Children's Hospital kicked off last Sunday and will run for three weeks to raise money in support of the hospital's commitment to provide lifesaving and life-changing care to more than 30,000 critically ill infants and children each year.

Twenty-seven participating ShopRite stores will collect donations at checkout through Nov. 24 and will bolster those efforts by hosting in-store events and activities to raise additional funds. The fundraiser will help provide advanced pediatric care and needed support services to thousands of local children throughout the Hudson Valley and beyond, including those in need of open-

heart surgery, brain surgery, cancer treatments, trauma and burn care, organ transplants and more. To date, ShopRite has raised more than \$1 million to benefit Maria Fareri Children's Hospital.

In addition to collecting donations at checkout and hosting in-store events, ShopRite will lend its support through the donation of gift cards that will be awarded to donors that sign up for monthly giving, as well as during the 14th annual 100.7 WHUD Radiothon for the Kids, which will take place Nov. 14-16.

ShopRite stores in Thornwood and Bedford are among the 27 locations that are participating in the effort.

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Mt. Kisco Residents Raise Questions, Concerns at Comp Plan Hearing

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DGEIS, he said.

There are also concerns that the proposed zoning changes could cause population growth in the village and put a significant strain on Mount Kisco's water supply, Rhodes said.

Other concerns the CAC listed in a recent memo to the Village Board include a request that the DGEIS recommend stronger measures to protect the water quality of Byram Lake, the Kisco River and Branch Brook; stronger flood prevention and control; underestimating the impact current zoning change proposals would have on neighborhoods near downtown;

and that the need for the village to reduce its carbon footprint has been omitted.

Resident Ralph Vigliotti expressed uneasiness regarding the zoning changes proposed for Radio Circle. While senior housing and hotels and conference centers should be a permitted use in Radio Circle, Vigliotti does not support allowing auto dealerships in the area. There are already about 10 dealerships in Mount Kisco (and nearby Bedford Hills) and they often cause congestion with the unloading of delivered vehicles, he said.

Other speakers were more supportive. Resident Lisa Abzun said the plan is a working document that will come in handy for the village's boards when development

plans are suggested.

"It is a blueprint for the future and it can never be perfect," Abzun said. "It is the base layer upon which development might or might not occur."

Resident Beth Vetare Civitello said she supported the proposed revisions.

"Without direction we have nothing," she said. "There have been fears out there because of misunderstandings."

Picinich said her primary role is to listen to residents' comments. Though varying opinions have been expressed, residents were "on the same page" for what is best for Mount Kisco, she said.

Deputy Mayor Jean Farber cautioned those who attended last week's hearing that trustees were still considering changes.

"Our plan is not finished yet," she said.

Trustee Peter Grunthal added that an update is needed for additional development downtown.

"We have to revitalize the economy of our town," he said.

Grunthal said the village must work with the state Department of Transportation (DOT), which controls most of the key roads in Mount Kisco, to help alleviate congestion.

Trustee Karen Schleimer appealed for more time so residents and the board may consider the key proposals and potential impacts. For example, allowing four-story buildings in the South Moger parking lot

would be a "very significant change," she said.

Even with some empty storefronts, downtown traffic is already a problem and promises to get worse with additional development, Schleimer said. She is also skeptical that development near the train station would attract new residents and generate more commercial activity.

Loss of parking was yet another concern for Schleimer if the South Moger lot is developed. It would mean parking would be shifted to the North Moger lot, resulting in a burdensome walk for commuters from the Metro-North station, she said.

Picinich said the draft plan seeks to maintain or increase the number of parking spaces in village-owned lots. The Village Board is considering having a decked parking lot built in the South Moger Parking lot, she said.

Picinich dismissed recent rumors that the village is set to operate a "park and ride" at Leonard Park for commuters headed to the train station.

The hearing continued Monday night and was expected to be closed. The board plans to meet on Monday, Nov. 19 at 7 p.m. to make changes based on the public's comments.

A vote to adopt an updated Comprehensive Plan could be scheduled for January, Fish said.

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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Hawthorne Applebee's Cited for Discrimination, Harassment

By Martin Wilbur

The parent company of the Applebee's Neighborhood Bar & Grill in Hawthorne will be forced to pay a former employee \$100,000 for discrimination and harassment suffered in the workplace because she is a transgender woman.

Apple-Metro, Inc. and Hawthorne Apple, LLC, which operate the Applebee's on Route 9A, must pay the damages and lost wages and provide at least two hours of training each year for every supervisory and management-level employee in its jurisdiction across the more than 30 stores in New York City, Westchester and Rockland to settle a lawsuit for sex-based harassment and retaliation filed by the U.S. Equal Employment Opportunity Commission (EEOC).

The company must also revise and redistribute its anti-harassment policies, according to the Oct. 25 consent decree. Furthermore, any complaints of sex-based discrimination or retaliation made by employees of the Hawthorne Applebee's will be reported to the EEOC.

"Sex-based harassment – against anyone – is unlawful, and so is retaliation for complaining about it," said Kirsten Peters, the EEOC attorney who handled the complaint for the agency. "An employer is only making a bad situation worse when it punishes someone for standing up for her rights."



MARTIN WILBUR PHOTO

The Applebee's restaurant in Hawthorne where a transgender employee was fired after two weeks on the job in 2015.

According to the complaint, the former employee was hired as a hostess on or about Sept. 11, 2015, and worked at the restaurant until Sept. 25. Beginning on her first day and continuing every day that she worked, she was subjected to repeated crude and derogatory comments. Co-workers refused to call her by her legal first name, instead using a male version of the name and frequently using male pronouns to address her.

The complaint also stated that the restaurant's general manager "personally witnessed much of the harassment" but did nothing to stop the abuse. The former employee on at least three occasions reported her co-workers to the general manager who responded in a hostile tone,

"I don't know what you expect me to do, but if you think I'm going to fire someone about this, I'm not."

A concerned co-worker then reported the matter to the area director, but no corrective action was taken. On Sept. 22, 2015, the aggrieved employee again approached the general manager, "who simply smirked and walked away," the complaint stated.

On Sept. 25, the area director visited the restaurant to meet with the general manager. Shortly after that meeting ended, the aggrieved individual was discharged without any performance warnings, it also stated.

Messages left for Apple-Metro, Inc.'s corporate offices in Mamaroneck were not returned.

"It is far better for all involved when employers take reports of harassment seriously and address problematic conduct before it becomes a lawsuit," said Jeffrey Burstein, regional attorney for the EEOC's New York district office. "Retaliating against the employee who reported the problem is illegal, and the EEOC takes such violations quite seriously."

The decree requires the \$100,000 to be paid out in six equal monthly installments starting immediately. If the company fails to pay in full any unpaid amount beyond five days, there will be an additional payment of \$25 a day or 0.1 percent of the unpaid portion, whichever is greater.

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Committee Cites Harckham, Murphy for More Unfair Campaign Practices

By Martin Wilbur

Even in the waning days of this year's campaign, state Sen. Terrence Murphy and Democratic challenger Peter Harckham continued to keep the Westchester County Fair Campaign Practices Committee busy.

On Sunday, the committee issued a total of six findings, four of which concluded that the two 40th state Senate District candidates had engaged in unfair practices.

Murphy's campaign lodged five of the complaints, with the committee ruling in his favor three times, while Harckham's lone complaint against the incumbent was deemed unfair.

On Nov. 3, the two camps made their cases before the committee. Murphy's complaints that were upheld involved Harckham making false and misleading statements that the incumbent "was delinquent on his own taxes," that Murphy "was caught lying" relating to a previous committee ruling and that the senator "sends out political campaign material using our tax dollars."



Peter Harckham

Meanwhile, Murphy was cited for an unfair campaign practice relating to an Oct. 29 press release accusing Harckham of engaging in a shakedown of local school districts when he reached out to administrators in four districts to try to get Joseph Percoco's wife a teaching job. Harckham's attempts proved unsuccessful.

Earlier this year, Percoco, a former Cuomo aide, was convicted of bribery on an unrelated matter and was sentenced to six years in jail.

"The statement is in violation of two of the Committee's principles: 'The candidate will not use or condone any campaign material or advertisement that misstates, misrepresents or distorts material fact or any communication that misleads the public' and 'The candidate will neither engage in nor be involved with false or misleading attacks upon the character of an opponent...'" the finding stated.

The committee concluded that on the alleged tax delinquency issue,

Harckham's statement "is a distortion and a misrepresentation, implying that 'own' refers to his personal taxes."

It also found that by Harckham using the word "lying" to describe a previous ruling by the committee it "was a deliberate mischaracterization" of their ruling.

Finally, the contention that Murphy was using taxpayer dollars to send out his political campaign material was also found to be unfair.

"The content of the materials in question passed through the New York State Senate compliance process" for mailers, according to the committee.

Of the two complaints that were found not to be in violation was the allegation by the Murphy campaign that Harckham had said it was "at least the eighth time" that the senator turned down an opportunity to debate. That was found to be normal political discourse, the committee concluded.

Also, Murphy complained that a Harckham campaign ad posted on social



Terrence Murphy

media identified it as being "Paid for by Friends of Andrew Cuomo 2018/New York State Democratic Committee" when it was in fact "Paid for by Friends of Peter Harckham." That was neither false or misleading because the posting was a Cuomo ad that was reposted by the Harckham campaign with proper funding attribution.

"To the extent that any social media platform has limitations in its dissemination of 'sponsorship/paid' information with posts in different formats, a candidate is not responsible for those limitations, provided the candidate has used best and consistent efforts to identify the ad's sponsorship," the committee stated.

The latest findings come two weeks after the committee ruled in favor of Harckham in his complaints over his opponent's accusations that he double-dipped by holding down two state jobs at the same time. In June, both campaigns had also been cited for engaging unfair campaign practices in separate complaints.

Mt. Kisco Fire Department

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Cuomo Leads Dem Rally in Mt. Kisco as Campaign Winds Down

By Martin Wilbur

Gov. Andrew Cuomo led a wildly enthusiastic pep rally of Westchester Democrats at the American Legion Hall in Mount Kisco Sunday morning calling on the party faithful to deliver badly sought-after victories on Election Day.

Accompanied by Rep. Nita Lowey and state Senate candidate Peter Harckham with dozens of other elected officials from throughout the county, Cuomo lambasted President Donald Trump for dividing the nation and calling him “anti-American” on several occasions.

“His hate and his fear tactics are not going to work this time and his hate and his fear tactics are not going to work in this state because this state is the exact opposite of everything he’s talked about,” Cuomo said. “We are 19 million people from every place on the globe. We know that diversity works, we’re not afraid of diversity, we celebrate diversity.”

Cuomo, who is vying for re-election against Dutchess County Executive Marc Molinaro, didn’t mention his own race but implored supporters to work on Harckham’s behalf until the polls close. Harckham has been embroiled in a slugfest of a campaign with Republican incumbent state Sen. Terrence Murphy in a race that could help determine the balance of power in the Senate.

Harckham pledged to support key legislation such as the Child Victims Act, the Reproductive Health Act and the red flag bill that would take guns out of the hands of people who are a danger to themselves and others if he were to help flip the Senate.

“Our voices matter and we need Washington and Albany to hear them loudly and clearly and fight for Hudson Valley values and New York Values,” he said.

Before heading off for a scheduled campaign stop on Long Island, the governor touted accomplishments during his tenure in office, including implementation of the tax cap, eight consecutive balanced budgets, marriage equality and passage of the SAFE Act, which he called “the best gun law” in the United States.

Cuomo, who made the five-minute trip from his house to the American Legion Hall, dismissed the Republicans’ attempt to smear Harckham, saying they had no solutions to offer.

“They literally have nothing to say on the merits and that’s why we’re going to win, because we are right,” Cuomo defiantly told the crowd to thunderous applause. “You see it from the top down. Look where the President has gone. He’s desperate, running around the country and what is he saying to this country?



MARTIN WILBUR PHOTO

Gov. Andrew Cuomo energizes local supporters at a rally in Mount Kisco on Sunday.

He’s pointing to the border, he’s pointing to the caravan. Why? Because he’s desperate and he’s going with what he’s used in the past.”

Also addressing the crowd was Lowey, who said gaining control of the House and state Senate would provide a measure of protection against Trump.

“We need real leadership to protect ourselves from the hatred, the violence, intolerance we are seeing today,” Lowey said.

Afterward, in a brief session with the media, Cuomo said he was “confident

across the board” that not only will he be successful but that Democrats are poised for victory as well. He even predicted that some Republicans in New York State would vote for Democrats in this election cycle.

Cuomo was also relishing the prospect of the Democrats winning the House because Lowey would be poised to become chair of the powerful House Appropriations Committee. Asked what that would mean for New York, Cuomo replied, “money.”

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Police Blotter

North Castle Police Department

Oct. 26: A complainant stated at 1:44 p.m. that a vehicle with California plates has been parked in the Moderne Barn parking lot on Bedford Road for more than a week. The responding officers advised the restaurant's manager to call to have the vehicle towed at the car owner's expense.

Oct. 27: An officer assisted a disabled vehicle on Route 22 at 10:19 a.m. A check by the officer revealed that the driver's license is revoked. The individual was charged with aggravated unlicensed

operation of a motor vehicle.

Oct. 27: A woman reported at 4:49 p.m. that her purse had been stolen out of a vehicle on Business Park Drive.

Oct. 29: Report of a prior incident of harassment at a Virginia Road business at 1:44 p.m. An E-911 call reported verbal threats made to an employee in the past. The responding officer secured depositions with a report to follow.

Oct. 30: A Wrights Mill Lane resident reported at 5 p.m. that two black Labs are at her front door and do not belong to her. The dogs do not have collar tags on them. The responding officer reported returning the dogs to their owner.

Pleasantville Police Department

Oct. 27: A 34-year-old woman was arrested at 11:13 a.m. on Hobby Street for menacing and endangering the welfare of a child. Police issued an order of protection for the child and members of the household.

Oct. 30: A 47-year-old man was arrested at 2:23 p.m. on Sky Top Drive for unlawful imprisonment of a family member and for violating a stay away agreement. An order of protection was issued to the victim.

Obituary

Jacqueline Troiano

Jacqueline A. Troiano passed away on Oct. 25 in New York City.

She was 71.

Born in Yonkers on Feb. 4, 1947, to John and Anne Sabolik, she was the beloved wife of Rocco; cherished mother of T.J. (Amy), Rocco (Melissa) and Blaise (Tania); adored grandmother to Mollee, Grace, Zoë and Lilah; and loving sister of Susan Cratsley, Michael Sabolik and the late John.

Visitation was at Pleasant Manor Funeral Home in Thornwood on Oct. 28. A Mass of Christian Burial was celebrated on Oct. 29 at Holy Name of Jesus Church in Valhalla. Interment followed at Kensico Cemetery.



Jacqueline Troiano

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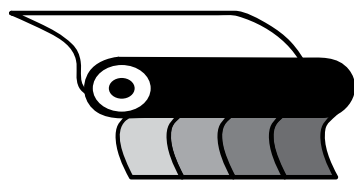
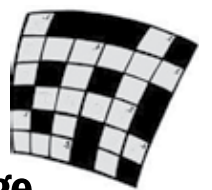


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Utility Outages, Construction Plague Roaring Brook Road Residents

By Martin Wilbur

Besieged Roaring Brook Road residents have not only had to endure simultaneous construction projects on their street they have also been inconvenienced this fall with repeated utility outages.

Resident Bob Lewis said he and his wife have experienced four significant stretches of lost FIOS service within the past two months: Sept. 10-11, Oct. 2-5, Oct. 12-13 and Oct. 16-20. In the first three instances, all of the services were affected while the last time only television service was disrupted.

Con Edison workers inadvertently damaged fiber optic cable, Lewis said. He said he saw the work that caused two of the outages. In preparation to widen Route 117 to bring the required road improvements to the area to accommodate the anticipated increased volume to Chappaqua Crossing, vehicles threaded their way through high-voltage areas. Lewis said it was inevitable that FIOS service would be lost.

With all the activity that's going on in the vicinity of Roaring Brook Road, it's been a challenging period.

"There's no question that the construction work has been difficult for us," Lewis said. "In general, the developers and the contractors have been respectful and responsive when things have gone wrong. In general, (Supervisor) Rob

Greenstein, town officials, Summit/Greenfield and contractors' personnel have been responsive when residents voiced legitimate concerns."

Construction has been ongoing at the Chappaqua Crossing and Horace Greeley High School campuses. Summit/Greenfield is in the midst of building its 120,000 square feet of retail while the school district is doing work related to the \$42.5 million bond that was approved by voters in 2016.

Two weeks ago, nearby resident John Ehrlich brought the service outages and the possibility of large trucks illegally using Roaring Brook Road to the attention of the Town Board at a public meeting. In the past year, the town approved five-ton weight restrictions on 10 roads in town and 2.5-ton limits on five other roads, including Roaring Brook Road from Route 117 to the Saw Mill Parkway.

On Oct. 17, one truck took down low hanging wires, Ehrlich and Lewis said.

Last Wednesday, the signs notifying residents of the Roaring Brook Road restriction were posted, Greenstein said. However, the problem aren't the vehicles heading for Chappaqua Crossing because those are using the Route 117 access, he said.

Construction trucks headed to the school campus must use Roaring Brook

Road because district officials have deemed its small access road off of Route 117 is inadequate and unsafe, he said.

Although some Roaring Brook residents have been complaining that there has been no enforcement, the school is allowed to use the street because it does not pertain to local deliveries, Greenstein said.

"What they're (local residents) trying to do is get the school to use the entrance off of (Route) 117 and I put them in touch

with the school district for that and the school district, I don't want to speak for them, but essentially, they don't really want trucks going through those weaving roads on the campus," Greenstein said.

Lewis suggested that the lives of residents could be better if the complaint process and the response time of the FIOS repair was improved and if a projected schedule of the work was shared with residents.



MARTIN WILBUR PHOTO

Big Step Forward

The North Castle Town Board two weeks ago appointed Brant Sammann to the position of lieutenant. Sammann, a 24-year veteran of the town's police force, most recently held the position of detective sergeant. With the new appointee is Police Chief Peter Simonsen.

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**New York State Department of Environmental Conservation
Notice of Complete Application**

Date: 10/30/2018

Applicant: NYC DEPT OF ENVIRONMENTAL PROTECTION, 96-05 HORACE HARDING EXPY FL 5, CORONA, NY 11368

Facility: CATSKILL AQUEDUCT REHABILITATION CAT-RR, WATER FOR THE FUTURE PROJECT – LEAK REPAIRS, NEWBURGH, NY

Application ID: 3-9903-00102/00001

Permits(s) Applied for: 1 - Article 15 Title 5 Stream Disturbance
1 - Section 401 – Clean Water Act Water Quality Certification
1 - Article 24 Freshwater Wetlands

Project is located: in SEVERAL COUNTIES in THIS REGION

Project Description: In order to ensure an uninterrupted flow of safe drinking water to New York City, the NYCDEP is proceeding with its *Water for the Future Program*, including the Catskill Aqueduct Repair and Rehabilitation (CAT-RR) project to repair significant leakage and augment water supplies during temporary shutdown of the Rondout West Branch Tunnel (RWBT). Repairs to the Catskill Aqueduct include a variety of measures, including but not limited to, the following: biofilm removal from interior walls of the aqueduct; inspection and repair of leaks; repair of valves, piping and mechanical equipment; replacement and/or rehabilitation of existing structures such as blow-off Chambers, culvert drain sluice gates and bridges; restoration and revegetation of disturbed areas; and where necessary, construction of new access roads and areas of rip-rap embankment protection. The CAT-RR project proposes such repairs at twenty (20) separate work locations in multiple towns and counties where disturbance to resources regulated by NYSDEC would occur along the route of the 74-mile long upper Catskill Aqueduct, between Ashokan Reservoir (Ulster County) and the Kensico Reservoir (Westchester County). Overall, proposed work will occur in 39 study areas within 14 municipalities in four (4) counties in the Mid-Hudson region as part of the proposal.

Over the course of decades, biofilm has accumulated on interior walls of the aqueduct, thus reducing capacity and flow of water to the City. In order to restore aqueduct capacity, the CAT-RR project proposes physical removal of the biofilm. To prevent its regrowth, chemical treatment (chlorination followed by downstream dechlorination) is proposed prior to aqueduct discharge to Kensico Reservoir. This proposed new surface discharge requires a State Pollution Discharge Elimination System (SPDES) permit from the Department. At the request of the applicant, DEC is processing the SPDES industrial permit application separately (under DEC Application No. 3-9903-00102/00002; SPDES #NY0281042), in order to meet NYCDEPs aggressive implementation schedule of the CAT-RR Project.

Proposed Impacts to the NYS Protected Resources: Spread over the 20 separate identified work locations (Site Nos. B-1 to B-20), a total of 2,975 linear feet (LF) of stream channel and/or embankment(s) of NYS protected waterbodies will be disturbed as a result of the project. In addition, approximately 570 square feet (ft²) of Freshwater Wetland O-40 (Class II) will be disturbed, and approximately 7,870 ft² (0.18 acre) of the respective 100 foot adjacent areas of Freshwater Wetland PK-3 (Class I) and Freshwater Wetland O-40 will be disturbed. The project also includes approximately 3,000 ft² (~0.06 acre) of permanent disturbance (excavation/fill) below *mean high water* (MHW) within federally regulated wetland areas.

The following specific work locations are included in this application:

Ulster County

B-1 Esopus Steel Pipe Siphon (SPS) Blow-off Chambers: Esopus Creek, 600 ft north of NYS Route 28A, T. Olive
B-2 Tongore SPS Blow-off Chambers and Bridge: Tongore Creek, ~2600 ft northeast of Route 213, T. Olive
B-3 Leaks 1A & 1B: Trib. of Esopus Creek: 500 ft south of Atwood Road, T. Marbletown
B-4 Esopus Cut-and-Cover-Tunnel (CCT) Access Manhole & Culvert Drain (150 ft southeast of Peak Road) and Rondout Pressure Tunnel Downtake Chamber Access Road (~2600 ft northwest of Pine Bush Road): Peak Brook, T. Marbletown
B-5 Poor Farm Arch Bridge and Leak: Kleine Kill, 1500 SW of Lenape Lane, T. Gardiner

Orange County

B-6 Washington Square SPS Blow-off Chambers: (2) tribs. to Washington Lake, vicinity of Moores Hill Rd. & Red Maple Way., T. New Windsor

Putnam County

B-7 Foundry Brook SPS Southern Blow-off Chambers and Bridge: Foundry Brook, 100 feet east of Fishkill Road, V. Nelsonville
B-8 Indian Brook SPS Blow-off Chambers and Bridge: Indian Brook, near Indian Brook Rd. & Avery Rd., T. Philipstown
B-9 Sprout Brook SPS Blow-off Chambers: Freshwater Wetland PK-3 & Canopus Creek, 450 feet southeast of Sprout Brook Rd, T. Philipstown

Westchester County

B-10 Peekskill SPS Northern Blow-off Chambers: Peekskill Hollow Creek, between Aqueduct Road and Oregon Road, T. Cortlandt
B-11 Hunters Brook SPS Blow-off Chambers: Hunters Brook, north & south of Hunter Brook Rd. and White Hill Rd., T. Yorktown
B-12 Turkey Mountain SPS Blow-off Chambers: trib. to Croton Reservoir, in the median of the Taconic State Parkway and south of Underhill Ave., T. Yorktown
B-13 Kitchawan CCT Access Manhole & Culvert Drain; trib. to Croton Reservoir, west of Old Kitchawan Rd., T. Yorktown
B-14 Millwood North CCT Access Manholes & Culvert Drain: Gedney Brook, Shingle House Rd. (south culvert) & Gregory Lane (north culvert), T. New Castle
B-15 Millwood South CCT Access Manhole & Culvert Drain: Freshwater Wetland O-40 & Pocantico River, northwest of Barnes Lane, T. New Castle
B-16 Sarles CCT Access Manhole & Culvert Drain: Washburn Creek, 500 feet south of Chappaqua Rd., T. Mt. Pleasant
B-17 Harlem Railroad SPS Blow-off Chambers: Saw Mill River, near Saw Mill River Pkwy. & Washington Ave., V. Pleasantville
B-18 Pleasantville CCT Access Manhole & Culvert Drain: trib. to Nanny Hagen Brook, south of Bedford Rd. & west of Broadway. V. Pleasantville
B-19 Catskill Influent Chamber: Kensico Reservoir, east of Nanny Hagen Rd., T. Mt. Pleasant
B-20 Kensico Bypass CCT Manhole: Kensico Reservoir, east of Westlake Dr., T. Mt. Pleasant

To view documents prepared in support of this permit application, go to the NYCDEPs website via this link: http://www.nyc.gov/html/dep/html/public_notices/natural-resource-permit-application-documents.shtml

Availability of Application Documents:

Filed application documents, and Department draft permits where applicable, are available for inspection during normal business hours at the address of the contact person. To ensure timely service at the time of inspection, it is recommended that an appointment be made with the contact person.

State Environmental Quality Review (SEQR) Determination:

A final environmental impact statement has been prepared on this project and is on file.

SEQR lead Agency: NYC Dept of Environmental Protection

State Historic Preservation Act (SHPA) Determination:

Cultural resource lists and maps have been checked. The proposed activity is not in an area of identified archaeological sensitivity and no known registered, eligible or inventoried archaeological sites or historic structures were identified or documented for the project location. No further review in accordance with SHPA is required.

DEC Commissioner Policy 29, Environmental Justice and Permitting (CP-29):

It has been determined that the proposed action is not subject to CP-29.

Availability for Public Comment:

Comments on this project must be submitted in writing to the Contact Person no later than 11/23/2018 or 16 days after the publication data of this notice, whichever is later.

Contact Person:

SCOTT BALLARD, NYSDEC, 21 S Putt Corners Rd, New Paltz, NY 12561, (845) 256-2250

Work to Reconfigure Mount Kisco's 117/172 Intersection Begins

By Neal Rentz

Work has begun on a \$2.2 million project to realign the intersection of Routes 172 and 117 in Mount Kisco that promises to improve safety for drivers and pedestrians.

The project includes installation of new traffic and pedestrian signals and new crosswalks. The busy intersection, located in front of Northern Westchester Hospital, sees more than 16,000 vehicles per day, according to the state Department of Transportation (DOT).

Mount Kisco Mayor Gina Picinich said that relocating utilities and work on the sidewalk has started and is expected to continue through mid-December. Construction on the roadway is scheduled to start in late April and continue through next August.

"The benefit of a safer and more efficient intersection will outweigh the short-term inconvenience resulting from construction," Picinich said. "We will continue to strengthen our partnership with the New York State DOT as we look



The intersection at routes 117 and 172 that will be improved by the end of next summer.

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.

to implement traffic calming solutions throughout our community that are both pedestrian and bicycle friendly."

When the roadwork gets underway, lane closures are expected to occur mainly from 9 p.m. to 6 a.m. on weekdays. Drivers may experience brief daytime lane closures or traffic shifts during the project but there will be no detour. Any lane closures will be announced in advance by the DOT, the agency's said in a statement.

The new intersection will be reconfigured as a traditional four-leg

intersection with dedicated turn lanes controlled by traffic signals, eliminating the need for the slip lanes. A right turn lane headed southbound on Route 117 will be modified at the entrance to Northern Westchester Hospital to assist pedestrians crossing Route 117.

"The realignment and addition of pedestrian facilities will provide motorists with a better sightline at this busy intersection, enhancing safety for all users of the roadway," said DOT Acting Commissioner Paul Karas.

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Guest Column

Sex, Drugs, Rock and Roll and the Story of the Transistor Radio

By Richard Cirulli

The only regret I have about the transistor is its use for Rock and Roll. The music was bad enough, but the fact that the radios were made in Japan was a peculiar torture. --Walter Brattain

In this column, the author will dig deep into Baby Boomer mythology by bestowing some long overdue credence to three unsung "heroes" of the '60s: Walter Brattain, John Bardeen and William Shockley, three colleagues working together at the Bell Labs in New York, who invented the transistor in 1947.

These tiny pieces of germanium crystal had the amplification levels of conventional vacuum tubes, but were much smaller, did not produce heat, did not require warming up and required very little energy; their potential was unlimited. On June 30, 1948, Bell Labs unveiled this revolutionary technology, demonstrating its use for radio. Brattain, Bardeen and Shockley were awarded the Nobel Prize in 1956. The genie was let out of the bottle.

Initially, the transistor radio did not catch on due to the high cost of the transistors, their sounds were not high fidelity and from a cultural perspective, listening had always been a group activity, with families huddled around a behemoth of a radio in the living room.

This all changed in 1951 when Texas Instruments paid Bell \$25,000 for a manufacturing license. With license in hand, Texas Instruments knocked on the doors of RCA and Philco to mass produce the smaller radios. They were turned down, both companies failing to see the potential.

Texas Instrument then found a partner in Regency and signed an agreement to release the world's first mass-produced

transistor radio. It was about the size of today's cell phones and sold for \$49.95. It was not long before America was flooded with portable radios.

The Japanese were quick to see the market potential of the pocket transistor radio, and in 1955 Tokyo Tsushin Kogyo Ltd. (Sony) introduced its advanced TR-63 that proved to be slightly larger than standard shirt pockets. To overcome this marketing problem, Sony put larger shirt pockets on their salesmen. By 1965, Americans purchased 21 million transistor radios, 94 percent of them manufactured in Japan. The transistor was the first American electronic product to be dominated by foreign competition.

The arrival of the transistor radio coincided with the early days of rock and roll; this partnership was nothing short of unbridled synergy. With its advent, parents and children did not have to compete for listening time on the family radio, and teenagers could now choose music of their choice. Meanwhile, parents did not have to be exposed to the loud, back beat sound of rock and roll.

By 1956 American teenagers had a collective disposable income of \$7 billion annually. Now a viable market, advertisers no longer were limited to market to a diversity of tastes all gathered together in front of the family radio. The transistor radio paved the way for all-rock stations, creating a captive market for advertisers ready to capitalize on the raw sexuality of the music. The transistor radio can also



By Richard Cirulli

be credited with breaking down racial barriers by uniting teenagers in the universality of the new emerging musical forms.

Between 1955 and 1963, the number of Top 10 hits by black artists increased by 50 percent (DeGroot 2008). By the '60s, rock music matured into a raging sound of rebellion and angst against the establishment and

traditional social mores. It was a time of bipolar movements when peace and love co-existed with radical revolutionaries shedding blood in the name of peace. It was a time when we all looked to the horizon for hope, though we were lost reading our maps of discontent.

Maturity tells us once we reach a horizon, there is only another before our sight; at most they are merely milestones of our own designs.

In closing, the transistor radio greatly contributed to reducing racism in America, proved to be the perfect vehicle for launching a new musical form that spawned the '60s "revolution" and opened the door to Japan's dominance in the American electronics and manufacturing markets. Or was it an Orwellian black box that influenced us on what to buy? What to listen to? And what to think?

Well, if you are not sure, just ask Alexa.

Dr. Richard Cirulli is a retired professor of business, consultant, writer, playwright, author, innocent bystander, author of "The Songs of Roland" and critic-at-large. He looks forward to your comments at profcirulli@optonline.net.

NWH Sleep Doc Offers Tips for Drowsy Driving Awareness Week

Dr. Praveen Rudraraju, a pulmonologist and director of the Center for Sleep Medicine at Northern Westchester Hospital, said drowsy driving can be a deadly side effect of Daylight Savings Time.

Turning the clocks back just one hour raises the risks of feeling sleepy when driving. Drowsy Driving Awareness Week, sponsored by the National Sleep Foundation, takes place through Nov. 11.

"Drowsy driving is dangerous at any time, but when you factor in any sleep loss – even the single hour we have due to Daylight Savings Time – drivers face increased risk," Rudraraju said. "Drivers can reduce the danger by being aware of risk factors and taking precautions."

According to the National Highway Traffic Safety Administration, nearly 100,000 traffic accidents can be

attributed to drowsy driving. That includes more than 1,500 fatalities and over 70,000 injuries.

Most drowsy driving accidents occur between the hours of midnight and 6 a.m. with drivers that are alone in their vehicle.

Risk factors for drowsy driving include:

- Sleep loss, even as little as one hour, can cause marked drowsiness.
- The use of sleep aids, anti-anxiety medications or alcohol consumption can cause drowsiness.
- Driving long hours with few or no breaks or driving alone or with sleeping passengers.
- Undiagnosed or untreated sleep disorder that cause sleep loss or insufficient sleep.

Rudraraju suggests taking the following precautions to prevent drowsy driving:

- Avoid alcohol. Aside from the obvious dangers, alcohol increases drowsiness.
- Avoid taking sedatives, the majority of which are fast acting.
- If you feel drowsy when driving, find a safe place to pull over and nap. Although a short nap can provide short-term relief, it's best to get proper sleep.
- Speak with your physician about problems falling or staying asleep, especially if you are tired after a night's sleep or if you snore with periods of gasping. Your doctor may recommend an overnight sleep study to diagnose sleep apnea or another sleep disorder.

To find out if you are at risk for a sleep disorder, visit www.nwhc.net/sleep to take a sleep apnea self-assessment.

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Putnam County

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63 Gleneida Avenue, Carmel
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Mahopac Public Library
668 Route 6, Mahopac
Thursday, November 8, 2018 11 am
Thursday, November 15, 2018 2 pm
Thursday, December 6, 2018 5:30 pm

Town of Patterson Recreation Center
65 Front Street, Patterson
Tuesday, November 13, 2018 10 am
Tuesday, November 20, 2018 10 am

Westchester County

DoubleTree by Hilton
455 S. Broadway, Tarrytown
Monday, November 26, 2018 5:30 pm

Greenburgh Public Library
300 Tarrytown Road, Elmsford
Wednesday, November 14, 2018 5:30 pm
Monday, November 19, 2018 1:30 pm

Jefferson Valley Mall
(Community Room, next to Mall Management Office)
650 Lee Boulevard, Yorktown Heights
Tuesday, November 6, 2018 2 pm

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Helping Spanish-Speaking Parents Advocate for Their Child's Education

By Anna Young

Changing Suburbs Institute (CSI) hosted parents from eight Westchester school districts last Friday at Manhattanville College to collaborate on how to improve the educational opportunities available to diverse student populations.

During CSI's 12th annual Hispanic Parent Leadership Institute, more than 200 parents attended workshops on topics currently impacting students and how to enable parents to effectively advocate for their children's education. Workshop topics included the parent bill of rights, supporting the home language, trauma related to separation and reunion, female empowerment, mindfulness and Internet safety. Participating districts included Bedford, Peekskill, Ossining and White Plains.

With the event conducted entirely in Spanish, organizers and educators in attendance believe the conference offered Hispanic parents the chance to learn how to best navigate their way through the education system.

"Parents are very interested," said Mount Kisco Elementary ESOL teacher Judith Aragon. "They have the same fears as every other person with children on how to help them get through this very complicated life that they have now."



ANNA YOUNG PHOTO

Martha Lopez, who leads the county's Advocacy and Immigration Affairs, spoke to more than 200 parents who attended the Changing Suburbs Institute's Hispanic Parent Leadership Institute at Manhattanville College last Friday.

Mariela Adams, regional coordinator with Parent to Parent of New York State, which helps families reduce isolation for children, added that the event gave a voice to parents who are currently struggling with their daily responsibilities.

Her workshop, special care for caring for others, explored concepts of mindfulness and the impact those concepts can have on a parent's daily well-being. The workshop also taught parents practical ways to incorporate those concepts into their family life,

Adams said.

"It's so fundamental for the parents to think about themselves and to think a little bit about their wellness, and I think the better they are themselves, in terms of mental health, the better able they'll be to sit down and do all the parenting things," Adams said. "This is a really special conference, so we try to be a voice for the parents and listen to them."

Martha Lopez, the head of Advocacy and Immigration Affairs for County Executive George Latimer, was the

keynote speaker during the event. Lopez said the conference is critical for immigrant families who are integrating into the community and want to learn the ins and outs of education.

"It is all about empowerment," Lopez said. "So many times we think of immigrants integrating into the community and you don't think about all those aspects of needing to come together to help families."

She praised CSI for instilling parents with the information and guidance to persevere in their community and school district.

For over a decade, Manhattanville's CSI has led the effort to provide information to Spanish-speaking immigrant parents in their own language to help them become strong advocates for their children's education and community.

Other districts represented last Friday were the Elmsford Union Free School District, Greenburgh Central School District, Port Chester Public School District and City School District of New Rochelle.

"This conference provides our families the opportunity to learn skills they can apply when working with their child," said Ossining Board of Education President Lisa Murray. "It empowers them to become a leader."



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Michael Spiegel Trainer/Life Time General Manager

By Martin Wilbur

Michael Spiegel is a strong believer that proper preparation can help one reach almost any goal in life.

It was a credo that Spiegel followed when he competed in and captured the light heavyweight division of the New York Daily News Golden Gloves boxing tournament at Madison Square Garden in 2010. Despite graduating with a music degree from The New School and having largely abandoned his athletic pursuits at that point, he was able to focus on what he needed to do to win what has generally been regarded as the top amateur boxing tournament.

"You can create a specific plan to where you want to be," Spiegel said. "The clearer your vision, the more you can have a sensory experience. I (could) feel the golden gloves being placed around my neck and I could hear the crowd cheering, so much so that when it actually happened the experience was like déjà vu. Of course, it was going to happen, so I think that's huge."

In the ensuing eight years, that lesson and the experience of working toward a goal has continued to serve him well. Now, as the

general manager for the soon-to-open Life Time Athletic at Chappaqua Crossing, it is a beneficial quality for the 35-year-old Spiegel. He will oversee an estimated 165 employees when the facility opens in January, and by extension, the patrons who are looking to maximize their health and fitness.

For Spiegel, who along with his wife has a nearly three-year-old son, that means fulfilling their expectations as being the best in the industry. You will never hear Spiegel or his team refer to Life Time as a gym, but as a boutique fitness and luxury spa.

"What we know about Chappaqua is that it's a community that cares about its health and cares about its fitness and it really makes it a home run to be here so we can serve the community," he said.

While the 42,000-square-foot space isn't large enough to include a pool and racquet sports like the location in West Harrison, Life Time will feature a full-service luxury space that will include nails, hair and skin care as well as massages.

There will be an assortment of fitness classes in the club's Zumba, Pilates and yoga studios. There will also be three types



of cycle formats and meditation classes to reduce stress.

A nutrition program will help members learn to food shop wisely and healthfully and the club's LifeCafé will provide healthy fast-casual choices.

For those clients with young children, there is infant care as well as programming for children up to 12 years old.

Spiegel, who grew up in Elkins Park, Pa. outside of Philadelphia, was an active youngster playing Little League and a good athlete. But he was attracted to some non-traditional sports. He had a brief fling with rugby and lifted weights. When he started college at the University of Delaware, he was a walk-on member of its crew team.

Meanwhile, Spiegel loved boxing,

watching all the big fights on HBO of his favorite pugilists, Oscar De La Hoya and Roy Jones Jr.

But Spiegel was also a jazz guitarist. He found himself heading to New York with increasing frequency to visit the various music clubs. He figured if he was visiting the venues so often, he should just move to the city. He enrolled in The New School and graduated with a bachelor's of fine arts in jazz guitar performance.

Spiegel was a struggling musician who also taught on the side. It was an off-hand comment from a student that changed his career path.

"One of my guitar students was taking a lesson with me in my Brooklyn apartment at the time," Spiegel recalled. "It was a hot summer day and I was wearing a tank top, and as a poor musician probably not having the AC on. He said to me, 'Bro, you're ripped. You should be a trainer.'"

That gave him the impetus to try something new. He began taking certification courses and eventually earned a physical science degree. In 2008, Spiegel started as a personal trainer and found his way to CRUNCH, a fitness chain where he eventually rose to east coast regional director of fitness.

Spiegel is happy to be with a growing organization that boasts about 140 clubs in the United States and Canada.

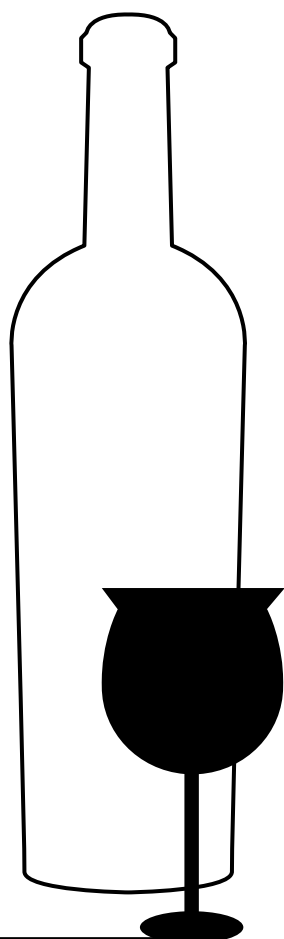
"It's been steady growth of 10 to 14 clubs a year and no plans to stop in the near future," he said.

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Family Celebrates Second Son to Reach Rank of Eagle Scout

By Martin Wilbur

It's quite an achievement for a family to have one child attain the rank of Eagle Scout. One local family is on the verge of seeing a second son reach scouting's pinnacle.

Last Saturday, Christian Rossi put the finishing touches on his Eagle Scout project, transforming a 13-foot by 15-foot patch of grass behind the Valhalla Ambulance Corps headquarters into a paved service to park its service trailer. Currently it's taking up a space in the main part of the parking lot.

He was accompanied by two friends, his brother, Griffin, his Cub Scout Master Geoff Dopsche and his parents.

"It taught me to be a leader. I was the senior patrol leader last year and that taught me how to lead kids who aren't the same age as me but younger than me," said Rossi, who has been a Scout since starting with Cub Scouts in first grade.

Rossi was determined to reach Eagle Scout before the end of his sophomore at Valhalla High School because of the anticipated hectic schedules, including the college search, over the next two years.

Determination, hard work and time management were essential qualities to help him reach his goal, he said.

Rossi's ascension to Eagle Scout comes about two-and-a-half years after his older



MARTIN WILBUR PHOTOS

Christian Rossi, third from right, who was finishing his Eagle Scout project last weekend. Pictured, from left to right, are Keith Foisset, Matthew Langlois, brother Griffin, County Legislator Margaret Cunzio and former Cub Scout troop master Geoff Dopsche.

brother Griffin, now a sophomore at the University of Hartford, reached Eagle Scout.

Watching his brother go through the process provided much of the motivation to do the same.

"(He was) a huge inspiration," Rossi said. "I've just followed in his footsteps and then just doing what he did, not

100 percent copying, I followed my own path, but following him as well."

Griffin, who came home from college last weekend to help his younger brother finish the project, said he's impressed that Christian was able to stay on track to reach Eagle Scout in 10th grade.

"He just went ahead and pushed himself," Griffin said. "I think it helped that he saw me go through it and he helped me along the way and realized what I had to do."

Dopsche said he could tell from a young age that the

quietly confident Rossi was going to be successful.

"It's wildly satisfying, it really is," he said of seeing one of his former Scouts on reaching Eagle Scout. "He's a splendid young man. He's smart, he's an athlete, he's from a solid home, he's on his way to being a solid member of the community



Christian Rossi, bringing some of the gravel that helped pave a 13-foot by 15-foot area that will allow the Valhalla Ambulance Corps to park its service trailer.

and we're happy to be a part of his success."

Naturally, Christian's parents are proud of both of their sons. His mother, Susan, said they were raised with a dedication toward helping the community, showing respect to others and being very patriotic. Griffin completed his project at the American Legion in Valhalla.

"They kind of drove themselves to that spot," John Rossi said. "We actively encouraged but we said it's up to you and what you want to achieve and they both wanted to make that mark, which is great."

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Blank Walls Turned Into a Gallery Everywhere You Look

When I first moved to New York City a half-century ago, I brought with me only my clothes, a record player and a large painting I had been given by a close friend, an artist whom I met while in college.

The painting was of a forlorn looking clown, painted in various shades of blue. It was the only piece of wall art I had in my first apartment.

But then I started collecting pieces of antique furniture and, to me, I felt that this modern painting just didn't blend into the décor. (This was before I learned something about eclecticism.) So I gave it to a friend who had admired it and I started collecting old paintings from the 19th century that I thought would be more suitable with period furniture pieces.

Ironically, just recently, I looked up the artist who had painted the clown and, during the intervening years since my college days, I found that the artist was Robert Singleton, who has become quite prominent and that his paintings were selling in the tens of thousands. Oh, well. It certainly isn't the first time I've made a bad decision about what I should hold on to and what I should let go.

Just last week, I read an article in



By Bill Primavera

The New York Times entitled "Home Is Where the Art Surrounds You." I must admit, that has become my living experience. Soon after moving to the city, I was greatly influenced toward collecting paintings and other wall art after I had visited the home of a wealthy client whose walls were covered from ceiling to floor with paintings and prints, a varied and colorful feast for the eyes. To that point, I had regarded wall art as something to be hung only at eye level and not necessarily in concert with other works of art.

My first art purchase after letting go of the clown was of a 19th century English woman doing a sketch. I thought that I had gotten a real deal, paying only \$35. When I shared the details of that purchase with a good friend, his eyes opened wide and he exclaimed, "You paid that for that painting?"

"Yes, didn't I get a real deal?" I asked.

"No, I think you got rooked!" he responded.

Undeterred by his opinion, I continued to collect paintings I liked whenever I could afford them. Today, my walls do indeed look like an art gallery. When I look at a particular painting, it is more to



BILL PRIMAVERA PHOTO

Anywhere you look in The Home Guru's living quarters art adorns the walls.

me than simply experiencing its content. I remember where I found the painting and how I responded to it then, and in all the years following.

Having aspired long ago to surround myself with wall art that would transform my living space beyond its function as just a place in which to reside, I collected and displayed art until there was no wall space left.

Today I am pleased to report that my

efforts have resulted in a home living experience that is greatly enhanced by beauty no matter where within my four walls I look.

Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.



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Paying Tribute to Amy Winehouse for a Good Cause

By Martin Wilbur

When English singer/songwriter sensation Amy Winehouse succumbed to alcohol poisoning in 2011 at 27 years old, her parents sought to keep her memory alive and help other youngsters from falling victim to drug and alcohol addiction.

Barely two months after their daughter's death, Mitch and Janis Winehouse established the Amy Winehouse Foundation, where they have raised money to support substance abuse programs and music schools in the United Kingdom and the United States.

This weekend, Mitch Winehouse comes to Westchester to be part of special two-night benefit program for the foundation at The Winery at St. George in Mohegan Lake. On Friday, Winehouse, a veteran jazz, big band and swing performer, will be featured, doing a roughly 20-song set that is a little Tony Bennet with plenty of jazz. He'll be backed by a seven-piece band.

"It's kind of a cabaret-type act and with great, great music and having a great time with the audience," said Winehouse, whose main livelihood has been as a London taxi driver. "We sing songs that everybody loves."

The following evening, Cortlandt's own Gabrielle Sansone will perform a 90-minute tribute show, "Amy Winehouse-Back from Black." The show is named after Winehouse's groundbreaking 2006 album which captured five Grammy Awards and helped make her an international star. Her father will be in attendance on Saturday evening.

The best part is that all proceeds raised from the two evenings will benefit the foundation.

Winehouse said he was scheduled to arrive in New York at least a couple of days early to visit the Brooklyn Conservatory of Music, one of two American music schools to which the foundation contributes. It also raises money for the A.W. Dreyfoos School of the Arts, another highly regarded school with a music curriculum in West Palm Beach, Fla.

This weekend's programs materialized when Winehouse was contacted by Winery at St. George owner John DiChiaro to see if he would come be part of the weekend as Sansone was preparing to do her show. He then agreed to perform the previous night.

Winehouse said people have asked whether it bothers him that there has been an increasing number of tribute artists paying homage to his daughter and her music.

"It doesn't upset me, it just shows you how popular Amy's music is," Winehouse said. "I feel like if Amy's voice wasn't great and she wasn't a good singer, they wouldn't be doing tributes to her."

He said Amy was a good child with a wonderful voice who sang all the time. She also had an outstanding sense of humor. Amy was one of only two recipients out of about 400 applications to receive a scholarship to theatrical school. She was

an excellent tap dancer as well, Winehouse said.

When Amy struggled, it was her sense of humor that got her through, he said. She battled drug addiction, but her father said she was clean for three years when she died of alcohol poisoning.

Winehouse said this weekend he hopes to get across the real Amy, who was troubled but had a big heart and never shied away from helping others whenever she could.

"She wasn't just a great singer and a great solo artist, she was a great person as well," he said. "I'm not nominating her for sainthood. A lot of the stuff she did wasn't great."

Doors open 6 p.m. Showtime is 8:30

p.m. with dinner served until 10 p.m. The Winery at St. George Restaurant & Lounge is located at 1715 E. Main St. (Route 6) in Mohegan Lake, N.Y. 10547. For more information, call 914-455-4272 or visit www.thewineryatstgeorge.com. For more information on the Amy Winehouse Foundation, visit amywinehousefoundation.org.

The late Amy Winehouse, the British singing sensation, pictured with her father Mitch. Mitch Winehouse will be in Westchester this weekend to raise money for the Amy Winehouse Foundation.



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Local Musicians Partner to Find Greater Meaning in Their Work

By Martin Wilbur

Anthony Rispo and Sasha Ono are both classically trained musicians but, in many ways, they are kindred spirits.

Rispo, an organist, and Ono, a cellist and music teacher, met nine years ago when they were enrolled at the renowned Cleveland Institute of Music. Yet they have both found the classical music world to be restrictive.

To expand their musical experiences, they have experimented: Rispo as a singer/songwriter and keyboardist while Ono, the daughter of a jazz trumpeter and niece of a classical Indian percussionist, has delved into pop arrangements.

This Wednesday evening the two friends will collaborate on a concert at The Winery at St. George in Mohegan Lake they have called Living. Breathing. Being, a program of original songs and instrumental works by contemporary composers that will highlight their eclectic musical tastes.

"The Nov. 7 event, it's a concert about being together and about showing how two or several different musicians who want to share what they have to offer," said Rispo, a Mahopac resident who has been music director at Emanuel Lutheran Church in Pleasantville since 2015. "It's an opportunity for Sasha and I to talk about projects that are out there."

The evening will also feature Rispo's cousin, Pina, who he has worked with



Cellist Sasha Ono, a Horace Greeley High School graduate, and organist Anthony Rispo, the music director at Pleasantville's Emanuel Lutheran Church, will collaborate on a special concert in Mohegan Lake this week.

previously, about 15 musicians and compositions by Rispo and Kaitlyn Raitz.

When Rispo, 28, initially booked the venue, the evening was supposed to promote Stories to Songs, an effort he started to put other people's ruminations about their lives to music. He takes their poems or writings and seeks to find the right musical mood and genre.

Stories to Songs is not a songwriting service, Rispo said, but can be a way to help others overcome rough stretches in their lives. Two of his Stories compositions will be featured in Wednesday's performances.

Rispo said he doesn't try to play anyone's therapist but he hopes to put a bit of joy into other people's lives.

"How am I going to effectively tell somebody else's story?" he asked rhetorically. "The one thing that helped me get away from that negative feeling is that I'm not. They're telling their story, I'm capturing it."

Songwriting and storytelling have provided Rispo with his own therapeutic outlet from the anxiety that had contributed to the deterioration of his mental health after he returned home from Cleveland. Since leaving school, he looked to chart his own path in the music industry, studying privately.

Rispo has worked as a church organist in various congregations in the city before landing the Emanuel Lutheran job.

Meanwhile, Ono, a Horace Greeley High School graduate, recently launched Lotus Chamber Music Collective, an initiative she

started to connect her fellow musicians and the public with the beauty of classical music in untraditional venues. While she has performed professionally at Avery Fischer Hall, Ono said she enjoys traveling with fellow string players to bars, cafes, schools and churches where they can play in relaxed settings and often have talk-backs with the audience.

That's part of the reason why she jumped at the chance to collaborate with Rispo at The Winery at St. George, a more than century-old church on Route 6 that was renovated into a restaurant and lounge several years ago.

"We've always had good vibes working between the two of us," said Ono, who transferred to the SUNY Purchase Conservatory of Music, where she graduated. "Since the first time we met roughly nine years ago, we've supported each other through times of joy, through times of despair. We both agree that the aim of music is to connect with people and to uplift people. For us, we both had the experience in dealing with all the barriers that classical music represents."

Dinner is at 6 p.m. with music beginning at 8 p.m. For tickets and more information about the performance, visit www.thewineryatstgeorge.com.

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Exploring the Major Wine Regions and Grapes of Spain



By Nick Antonaccio

The week before last, I presented a primer on Spanish wines. This week and in future columns, I'll be focusing more specifically on select wine-growing regions and grape varieties. I'll take you on a virtual tour of the diversity of Spain, from its unique geography and climate to its multi-ethnic influences to its fierce local pride for cuisine and wines.

In order to better understand the how and why of matching grape varieties and locales as you expand your knowledge and appreciation for Spanish wines, let's first travel through the major regions of Spain.

Generally speaking, the wine regions of Spain may be segregated into three broad geographic areas – south, central and north.

Visualize a map of Spain: surrounded by water on 60 percent of its perimeter – the Atlantic Ocean to the west, the Mediterranean Sea to the east and south and the Bay of Biscay to the north; connected to mainland Europe by the Pyrenees to the north; bordered by Portugal and a mountain range to the

west; a mere nine miles from Morocco and mainland Africa via the Strait of Gibraltar to the south. These all make for diversified climates and growing conditions and therefore have an overwhelming influence on winemaking.

Beginning in the south, our virtual tour takes us through desert-like terrain with extended periods of drought and heat, overall not conducive to fine wine production. However, the Spaniards have adapted to nature by planting the Palomino and Pedro Jimenez grape varieties near the port city of Jerez. These varieties thrive on stress and yield a high-sugar wine that is unctuous and sweet. Aided by a helping hand of alcohol for fortification, the wine is transformed into Sherry, a remarkable wine despite its image as Granny's preferred aperitif.

In the central region, the climate and soil change, but not much. Being further north of the equator, the microclimate is more conducive to grape crops, but drought is a constant threat. In the mid-section of this region lies the fabled La Mancha, with its Quixotic windmills. The majority of this wine is consumed locally; it is a mild white wine called Arien with little distinguishing characteristics.

The eastern reaches of the central region, due to its coastline along the Mediterranean Sea, produces wines that have become more popular for export, as

they are thick-skinned and fruit-forward. The moisture and cooling breezes favor appellations such as Priorato, Jumilla and Penedès; the principal grape varieties are Garnacha, Monastrell and Macabeo, respectively.

The most highly regarded wines are produced in the North. On our virtual tour, we notice that the temperatures are more moderate due to the mountainous terrain; the growing season is therefore longer. Grapes are able to mature at a steadier pace, which aids in building ideal concentrations of sugar and acid.

The appellations in the northwest corner of this region are known as Green Spain, due to the effects of the Atlantic Ocean – cool, wet and lush vegetation – which impart an Ireland-like green hue to the countryside. The principal appellations in the north include Rioja, Navarra, Ribera del Duero, Rueda and Rias Baixas. The principal grapes are Tempranillo, Garnacha, Albarino and Verdejo.

Next week, I'll begin to focus on the distinctive grapes and wines produced in each region. These grape varieties are intimately interwoven with geography and climate. Select varieties are grown

that are naturally compatible with local terroir while, alternatively, other varieties have been hybridized to adapt to locale-specific growing conditions.

Hasta la próxima vez, estar bien y ser alegre. (Until next time, be well and be cheerful.)

Last minute idea for this Friday, Nov. 9: I will be hosting a fundraising wine and food pairing event, featuring little-known Italian wines, to benefit

A-Home, a provider of local affordable housing. It begins at 7 p.m. at the Holy Innocents Church social hall in Pleasantville. For tickets (\$75), contact Barbara Coleman at 914-741-074- or e-mail bcoleman@a-homehousing.org. Cash

tickets will be available at the door.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 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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Tuesday, Nov. 6

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.mountkiscoliberal.org.

DIY Burlap American Flags. Celebrate Election Day and Veterans Day by creating an American flag with burlap and paint. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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.

Saw Mill River Audubon Nature Book Club. The club will discuss "The Genius of Place: The Life of Frederick Law Olmstead" by Justin Martin. Join the discussion or come to listen. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: 914-666-6503 or visit www.sawmillriveraudubon.org.

Wednesday, Nov. 7

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.

Junior League of Central Westchester's 32nd Annual Holiday Boutique. Featuring more than 40 local vendors offering a wide variety of merchandise, including jewelry, scarves, spices, home goods and more. There will be favorite vendors from years past, along with a host of exciting new vendors to explore. Includes photos with Santa from 3 to 5 p.m. and live music from 5:30 to 7:30 p.m. Twenty percent of all vendor proceeds

will be donated to the Junior League to support its mission of improving the lives of individuals and families in central Westchester. Mulino's at Lake Isle Country Club, 660 White Plains Rd., Eastchester. 10 a.m. to 8 p.m. Suggested donation for admission: \$10. Info: Visit www.jlcentralwestchester.org/hb or the Holiday Boutique page on Facebook.

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 (except Nov. 23). 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 (except Nov. 21). Info: 914-231-3260.

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Nov. 23). 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.mountkiscoliberal.org.

Purchase College's Conservatory of Music 25 Years of Jazz Studies Concert Series. To celebrate the anniversary, students are performing in 14 concerts at Purchase College and at the Blue Note Jazz Club, Jazz at Lincoln Center and Birdland Jazz Club in New York City. This afternoon will be a blueprint performance by alto saxophonist David DeJesus. Neuberger Museum of Art, 735 Anderson Hill Rd., Purchase. 12:30 p.m. Free. Info: Visit www.purchase.edu/music.

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.

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.mountkiscoliberal.org.

Chess Workshop for Children. Come learn chess with the help of guided instruction and supervised play. Included will be the study of strategy and tactics to make you a better player. For children in grades 1-4. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4:15 to 5:15 p.m. Free. Also Dec. 5. Registration requested. Info and registration: 914-769-0548 or www.mountpleasantlibrary.org.

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

"FDR, Immigration and the Jews." Manhattanville College's Department of World Religions and the Holocaust & Human Rights Education Center present this lecture by Dr. Rafael Medoff. Medoff is an historian and founding director of The David S. Wyman Institute for Holocaust Studies, which teaches the history and lessons of America's response to the Holocaust through scholarly research, public events publications and educational programs. His forthcoming book, "The Jews Should Keep Quiet: President Franklin D. Roosevelt, Rabbi Stephen S. Wise and the Holocaust," will be published next year. This presentation is part of the Distinguished Lecture series and commemorates the 80th anniversary of Kristallnacht on Nov. 9. Manhattanville College's Berman Center, 2900 Purchase St., Purchase. 7 p.m. Free. Registration required. Info and registration: Visit www.hhrecny.org and click on events tab.

Art Series: The Bruce Museum. This autumn at the Bruce offers a wonderful variety of subject matter including treasured Navajo rugs from 1880 to the mid-20th century, some on public view for the first time. We will also look at over

40 pieces from the Hechinger collection of modern artists, including Claes Oldenburg and Walker Evans. 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.

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. 12, 19 and 26. Info and tickets: Visit www.nomacomedy.com.

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.

Bedford Chamber Concert Series. The Bedford Chamber Ensemble, with Music Director and keyboardist Anthony Newman, will perform works by different composers in the key of D. The pieces include Beethoven's Piano Trio in D, titled "The Ghost;" Mozart's "Sonata in D for Piano" four hands; Haydn's "Harpsichord Concerto" in D Major; and excerpts from Tchaikovsky's "Nutcracker." Refreshments served at intermission. St. Matthew's Church Fellowship Hall, 382 Cantitoe St. (Route 22), Bedford. 8 p.m. \$40 and \$45. Info and tickets: 914-522-5150 or visit www.bedfordchamberconcerts.org.

Thursday, Nov. 8

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday and Thursday (except Nov. 22). 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.

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Of Saints and Scholars, Warts and All

Ireland is often referred to as “the island of saints and scholars.” What about writers?

It is a curious revenge to think of, that in absconding with our native language (Irish, or Gaelic if you prefer) and leaving most of the population fluent only in English, the British Empire unwittingly placed their first colony on an equal footing when it came to all matters literary.

From that footing the Irish ventured on to master the English tongue as few others before them had. My personal list of top 10 favorites:

James Joyce, J.M. Synge, Sean O’Casey, W.B. Yeats, Seumas Heaney, Brian Friel, William Trevor, John McGahern, Anne Enright and Jonathan Swift. Popular website www.Irishcentral.com gives us its top 10 (in alphabetical order) as John Banville, Samuel Beckett, Brendan Behan, Enright, Joyce, John McGahern, Flann O’Brien, Bram Stoker, Swift and Oscar Wilde. Put the two together and it’s a great reading assignment to get inside the Irish psyche.

While often a surprise to many, yes, “Dracula” was conceived by an Irishman. Be the first person to tell me who that Irishman was and you’ll receive good mention as a wit in an upcoming issue.

I recently came across a writer who expands my list of Ireland’s best to 11. I just finished a great collection of short stories by Irish author and activist Maeve Kelly. The name of the collection is “Orange Horses.” It comprises 20 stories, each of them a masterpiece. Through them, we are introduced to a splendid microcosm of Irish society as it undergoes a foundational shift from patriarchal control by church and state to a rebirth of individual identity and worth, especially the role of women.

Kelly deals unsentimentally with topics of marital abuse and alcoholism. The title story, “Orange Horses,” plants us right in the midst of “traveler” society, where abuse of women is depicted as particularly rampant. Another favorite, “The Last Campaign,” gives us a heartwarming slice of rural Irish life, where a couple do their best to contend with a series of mishaps and misfortunes that would make most people utterly despondent.

Written mainly during the 1970s and originally published as a collection in 1990, this edition comes from Tramp Press as part of its “Recovered Voices” series. And a timely rediscovery it is, as recent events in Ireland further

showcase women’s rights and uncover more evidence of the dark side of institutional coverups.

The Irish, by popular vote, recently booted out a constitutional provision that banned abortion under almost every circumstance. The case of the Tuam orphans, denied a burial in hallowed ground, still reverberates. Gone, it seems, are the days of relatively blind acceptance of the dictates of church and state.

Hats off to the Irish Arts Center for recently showcasing Kelly’s work, which covers far more than just this collection, but includes several novels (“Necessary Treasons” and “Florrie’s Girls” among them) as well as works of poetry (“Resolution and “Lament for Oona”) and other items. Her most recent publication, “A Last Loving: Collected Poems,” was released in 2016, evidence that Kelly, born in 1930, shows no diminishment of her creative prowess and is still going strong in her ninth decade.

Real Irish soda bread

For those of us who relish Irish soda bread – and I am one of them –



By Brian McGowan

County Cork native Malachi McCormick has a surprise in store for us in his book, “Irish Country Cooking.” In my dog-eared edition of this 1984 book, McCormick tells us that “Brown bread, and not soda bread, is the real Irish bread.”

While space doesn’t allow the full recipe here, the ingredients are simple enough: 4 cups of whole wheat flour; 2 cups of

unbleached white flour; 1 teaspoon of baking soda; ½ teaspoon of salt; and 2 cups of sour milk. Interested in how to put together a nice, round eight-inch loaf? Pay a visit to my blog or order the book, which is still in print, at a local bookstore.

Pleasantville resident Brian McGowan was born and raised in the Bronx, in New York City, and is a second, third and fifth-generation Irish-American/Canadian, as his immigrant ancestors followed several paths to the New World. Reach him at brian.m.mcgowan1952@gmail.com or on Twitter (@Bmcgowan52M). To see more of his writing on “things Irish” follow his blog, “Rethinking Irish,” at www.rethinkingirish.com.

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LEGAL NOTICES

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.

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.**

NOTICE IS HEREBY GIVEN THAT LICENSE NUMBER 1311574 for On Premise Liquor has been applied by undersigned to sell liquor at retail in a restaurant under the Alcoholic Beverage Control Law at 108 Centre Ave New Rochelle, NY 10801 for on premises consumption **M & C Italian Restaurant Inc Jaqueline Magno Romero Principal**

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There Are Tangible Health Benefits to Soothing Sounds

Walking along the Hudson River on a recent blustery afternoon, I noticed how many different sounds were created as a result of the wind. But the whooshing sounds all seemed to merge together.

Curious to explore that sensation, I closed my eyes for a moment to concentrate with my ears. What I noticed was gusts crackling autumn leaves, choppy waves slapping against shoreline rocks and dried seaweed rustling across the sand.

Similarly, when listening to music performed by an orchestra, we may have a tendency to take in the overall melody. Focusing instead on hearing the distinctive contributions of each musician's instrument can offer benefits of becoming more present in the moment and appreciating nuances of the tones.

Whether appreciating sounds in nature or harmony created by musical instruments, it is interesting to consider how we can be soothed by them. One individual may find birdsong calming, while another may become annoyed by the squawk of a blue jay.



By Joanne Witmyer

Some of us might experience a lively feeling from drumbeats in a jazz song; others cringe at the volume of bass drums in marching bands.

Sounds that we discover to be soothing for ourselves offer wellness benefits such as lowering stress hormones, reducing blood pressure, slowing the heart rate, calming racing thoughts, enhancing mindfulness and improving

attention span.

Experiment with sounds that you are drawn to and notice how you respond. This can be helpful for the next time your schedule seems overwhelming or you are anxious about a deadline. You can turn to sounds as tools to ease your mind.

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

Nourish

Club Fit Briarcliff Names New General Manager

Club Fit recently announced that Ted Gilsinger has been promoted to the position of general manager at its Briarcliff location.

Gilsinger got his start as a fitness coach at Club Fit in 2007. He previously held the positions of personal trainer, assistant fitness director and assistant general manager. A graduate of Marist College, Gilsinger earned a degree in athletic training with a concentration in health science.

"I joined Club Fit with a passion to influence the well-being of others," Gilsinger said. "I come from a family affected by cancer, both child and adult. This, along with a personal injury, directed my natural inclination to help others towards the health industry. Nothing beats the feeling of providing emotional support, education and empowerment to another. Starting as a personal trainer and now having the opportunity to influence and educate a whole team dedicated to changing the lives of others, has been extremely



Ted Gilsinger, the new general manager at Club Fit Briarcliff.

rewarding."

Gilsinger had been recently chosen as one of the International Health, Racquet and Sportsclub Association's (IRSA) 2018 Rising Stars. He was among 22 talented and inspiring individuals under the age of 36 who have had a major influence on their company and the fitness industry.

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Happenings

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Free. Every Monday and Thursday (except Nov. 22). 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 (except Nov. 22). 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 (except Nov. 22). 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 (except Nov. 22). Info: Visit 914-666-8041 or www.mountkiscoliberalry.org.

What Happens Next? Immigration and the Future of Our Country. Keynote speaker Leon Rodriguez, director of the U.S. Citizenship and Immigration Services from 2014 to 2017, led the implementation of the Obama administration's core immigration priorities, including the Deferred Action for Childhood Arrivals policy, strategies to improve U.S. business access to high-skilled workers and the U.S. Refugee Admissions program at a time of unprecedented worldwide displacement. He is now a partner in the labor and employment department at Seyfarth Shaw LLP's Washington, D.C. office. Presented by Neighbors Link as part of its Latin Links Luncheon. Old Oaks Country Club, 3100 Purchase St., Purchase. 11:30 a.m. \$150. Info and tickets: Contact Katie Graves-Abe at kgraves-abe@neighborslink.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 (except Nov. 22). Info: 914-666-8041 or www.mountkiscoliberalry.org.

Book Lovers Book Club. "Empty Mansions: The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune" by Bill Dedman will be discussed. Discussion led by Barbara Bernstein. New Castle Town Hall

Conference Room A, 200 S. Greeley Ave., Chappaqua. 1 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Board at the Library. It's International Board Games Week. Looking for a place to play some chess or Clue? Come for a fun afternoon of games. Play what's available or bring your own. Snacks included. For students in grades 5-12 Walk-ins welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 5 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.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 (except Nov. 22). Info: 914-666-8041 or www.mountkiscoliberalry.org.

Wine Tasting. An evening of hors d'oeuvres, great wine and friendship. Proceeds to benefit RideConnect, a program of Family Services of Westchester. Siegel Bros. Marketplace, 41 S. Moger Ave., Mount Kisco. 6 to 9 p.m. \$60 per person. Registration required. Info and registration: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E6786&id=181>

"Celling Your Soul." A film written and directed by Manhattanville Professor Joni Siani, 6:45 P.M. in the Berman Theater at Manhattanville College. Parents, students, educators, guidance counselors and others concerned about the impact of digital devices on interpersonal relationships are encouraged to attend. Includes the screening, a four-year follow-up on the students participating in a week-long digital "cleanser" and a candid conversation with the filmmaker and audience members. A winner of the Boston International Kids Film Festival and Director's Chair Film Festival NYC. Manhattanville College's Berman Theater, 2900 Purchase St., Purchase. 6:45 p.m. Free. Info: Contact Joni Siani at 781-864-7233 or e-mail joni.siani@mville.edu.

Shine On! Lessons From the Health and Happiness Show. Come for storytelling by award-winning radio personality Kacey Morabito Grean. Telling stories and using celebrity audio from recent guests and experts, she presents an hour of motivation, inspiration and fun. Grean, of 100.7 WHUD, has interviewed more than 1,000 experts in the field of health and happiness for the popular podcast "Shine On" and shares the tips she has learned in her performance. From food and exercise, to finances, meditation and inspiration,

take an hour to feel better and share a few laughs. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7:30 to 8:30 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

I'm With Her in Concert. A band of extraordinary chemistry and exquisite musicianship, I'm With Her features Sara Watkins, Sarah Jarosz and Aoife O'Donovan. Collectively, the multi-Grammy Award winners have released seven solo efforts, co-founded two seminal bands (Nickel Creek and Crooked Still) and contributed to critically acclaimed albums from a host of esteemed artists. From its very first moments, their full-length debut, "See You Around," reveals the commitment to creating a wholly unified band sound. With each track born from close songwriting collaboration, the band builds magic from their narratives and breathtaking harmonies. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$35, \$40 and \$45. Info and tickets: Visit www.tarrytownmusic hall.org.

Lucy's Laugh Lounge: Roasters. Our own version of Roast Battle, the first Thursday of every month, is hosted by Andy McDermott and Ryan DeNisco. Eight comics enter but only one gets to take home half the door. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$20. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Friday, Nov. 9

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.

Author Talk. Meet author David Rocco and learn about his book, "The Indestructible Man: The True Story of World War II Hero 'Captain Dixie.'" Along with award-winning author Don Keith, Rocco tells the full story of this pioneering hero who inspired not only the men with whom he served but an entire nation at war. Warner Library, 121 N. Broadway, Tarrytown. 2 p.m. Free. Info: 914-631-7734 or www.warnerlibrary.org.

Teen Movie Night. "Jurassic World: Fallen Kingdom" with pizza. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6 p.m. Free. Registration suggested. Info and registration: E-mail paulesen.cathy@gmail.com.

Pleasantville Fund for Learning Annual Auction. For more than 20 years, the Pleasantville Fund for Learning has had

a hand in impacting Pleasantville children's education – from kindergarten through high school. This nonprofit organization's mission is to encourage innovation, extend educational opportunities and enhance educational programs in the school district. Featuring live music. Captain Lawrence Brewery, 444 Saw Mill River Rd., Elmsford. 7:30 to 11 p.m. \$125. Info and tickets: Visit www.pffl.org.

Saturday, Nov. 10

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 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.

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. 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.

Mound Kisco Seniors Annual Homemade Craft Sale. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 a.m. to 3 p.m. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Christkindlmarkt (German Christmas Market). The Bavarian Club Edelweiss will present this annual event featuring traditional German food, live entertainment, St. Nikolaus, vendors and homemade desserts. There will also be a raffle with cash prizes. Holy Name of Jesus Church, 2 Broadway, Valhalla. 10 a.m. to 4 p.m. Free admission and parking. Info: Contact Gloria Mayer McSweeney at 845-240-3227, visit www.bavarianclubedelweiss.org or the organization's Facebook page.

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Budding Artists Flock to Katonah Art Center After Move to Mt. Kisco

By Neal Rentz

When Loren Anderson was growing up, she regularly attended an art center.

It felt like home and she hoped one day she could open a facility that would give the public as much joy as she felt as a youngster.

Anderson fulfilled her mission. For the past 22 years, she has been the owner and director of the Katonah Art Center, which moved into its new 4,700-square-foot home at 40 Radio Circle in Mount Kisco in September.

"I love painting, I love teaching, I love my students," Anders said. "This is like my fourth child."

The new space boasts two painting rooms, a children's room, a computer lab, a pottery studio, a glass and metal room and a hand melding room. The center has a pottery wheel studio and the Hand-building Studio to practice the ancient pottery-making technique that involves creating forms with the hands, fingers and simple tools.

Anderson, a painter and South Salem resident, teaches seven painting and drawing classes for children and adults.

Mount Kisco is the latest stop for the Katonah Art Center. During most of its existence, it occupied two locations in Katonah. It then relocated to Goldens Bridge two years ago, renting space from the Town of Lewisboro.

Anderson said with Mount Kisco offering shopping and activities options, relocation to the village seemed like a logical choice. Its students, who come from as far away as Yonkers and Newtown, Conn., have been extremely loyal, following the center wherever it has called home, she said.

"Mount Kisco is really the hub of this area," Anderson said. "Everybody goes to

Mount Kisco, me included."

A wide variety of programs are offered for students of all ages. Classes are offered in sculpture, painting, drawing, metal and glass artwork, and computer artwork using 3D printers.

Among the most popular classes are the portfolio programs. The Portfolio Development program is offered throughout the year and is open to high school juniors and seniors who are seeking admission to art school or plan to study architecture, photography or animation, Anderson said. All require a fine art portfolio of about 20 pieces. The center helps students to develop and build a competitive portfolio.

Colleges require art, architecture, fashion and computer graphics students to present a portfolio containing between 12 and 20 pieces in order to be considered for acceptance, Anderson said.

Then there's the Portfolio 911 program, a summer workshop, where students focus on a different subject every week, she added.

There is also summer camp for all ages, including an Arts and Imagination camp for children three-and-a-half to five years old, a Kids Camp for children through fifth grade, and teen camps for students in grades 6-12.

Adult summer classes are held in the evenings, she said.

Every June, the center holds an art show which gives every student the chance to exhibit one or two pieces of work, Anderson said. She plans to hold its first Mount Kisco show next year at the library on Main Street.

The center continues to be an important outlet for patrons of all ages.

"A lot of the senior citizens who come here have told me how much it meant



NEAL RENTZ PHOTO

A painting studio in the Katonah Art Center, which moved to Mount Kisco in September. The center provides a large assortment of classes for the serious student as well as those who simply enjoy art.

to them. It gives their lives meaning," Anderson said. "A lot of the parents have come to us and said this is the one place where my child is happy and comfortable."

Ian Giles, an eighth-grader from Yorktown, said he began taking classes three years ago when it was still in Katonah, before following the center to Goldens Bridge. Giles is taking a painting course, using water-soluble oil paints.

"The classes are really good," he said. "All teachers and staff are really kind and helpful. They really know their art and how to teach it."

Mount Kisco resident Chris Partellow, a freelance artist and animator, has been teaching at the center for more than two years. Partellow leads a cartooning class for children.

"The kids are great. They're very creative and they're fun," he said. "They have a lot of great ideas and I just help them with their great ideas."

Longtime instructor Keith Yerger of Cortlandt teaches the clay class and some of the computer art classes. He has taught students as young as toddlers and as old as 80.

"I love working with all the different students and the variety of classes we have," he said.

Anderson said she hopes the latest stop for the Katonah Art Center is its last.

"My goal is to just be here always," she said. "I want it to go (on) in perpetuity."

For more information, including details on classes, call 914-232-4843 or visit www.katonahartcenter.com.

Lifting Up Westchester Holding Second Student Essay Contest

Lifting Up Westchester, a nonprofit agency committed to giving individuals in need a second chance by helping them to achieve self-sufficiency, last week announced its second annual student essay contest, "Why Second Chances are Important."

Open to all Westchester students in grades 7-12, participants are invited to reflect on what it really means to give someone a "second chance."

This year's essay asks students to reflect on how they have seen or experienced a second chance in action and what they learned from it. The contest also asks students to think through the complexities surrounding this issue. Can everyone change the course of their life? What would it take to accomplish that? Does everyone deserve a second chance? Does

everyone need or deserve a champion rooting for them through the good and the bad?

"By inviting high school students to reflect on the importance of second chances, we hope to cultivate empathy and respect for those in our community who are experiencing homelessness, substance abuse, incarceration or who are struggling to change their lives," said Anahaita Kotval, executive director of Lifting Up Westchester.

"Challenging our high school students to seriously think about second chances can kickstart an important conversation about the part each of us can play in helping those in need."

The essay contest was established in 2017 in memory of Beth Massey Rubens, a lifelong teacher, tutor and

mentor who had a love for language arts.

First, second and third place cash prizes will be awarded in three grade groups: seventh- and eighth-graders, high school freshmen and sophomores and juniors and seniors. First prize in each category is \$500, second prize is \$250 and third prize is \$100. An awards brunch will be held at Ruth's Chris Steak House in Tarrytown.

Students may enter the contest now through Jan. 31, 2019. Essays must be submitted in PDF format via e-mail to luwessaycontest@gmail.com.

Students, teachers and parents can learn more about how the contest works and the judging criteria by visiting www.liftingupwestchester.org.

Lifting Up Westchester (www.liftingupwestchester.org) is a nonprofit

organization whose mission is to restore hope to Westchester County's men, women and children in need by providing them food, shelter and support, thereby lifting them to greater self-sufficiency with dignity and respect. It is one of the largest social services agencies in Westchester, fulfilling its mission since 1979 through the operation of eight community-based programs. The agency serves 3,500 men, women and children each year providing almost 100,000 meals to the hungry and 20,000 nights of shelter to the homeless.

For more information about Lifting Up Westchester, contact Chris Schwartz at cschwartz@liftingupwestchester.org or at 914-949-3098 or visit www.liftingupwestchester.org.

Happenings

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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 Whippoorwill Rd. East. Armonk. 10:30 a.m. Free. Also Nov. 24. Info: 914-273-3887.

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.

Nature Origami. Create your own frogs, fish, flowers and other plants and animals out of paper. No experience necessary. All ages welcome. Cranberry Lake Preserve, Old Orchard Street, North White Plains. 1 to 2:30 p.m. Free. Info: 914-428-1005.

The Steffi Nossen Dance Foundation Choreography Showcase. Bringing together notable professional choreographers and artists along with pre-professional dancers from across the region in a unique performance highlighting new, innovative work. The post-performance Q&A is a unique opportunity for the audience and choreographers to gain feedback and insight into the choreographic process and audience perception of the work. Jessica DiMauro Marks, artistic director of the Steffi Nossen Dance Foundation, is the showcase producer and will be presenting an original solo accompanied live by percussionist Zach Marks. Emelin Theater, 153 Library Lane, Mamaroneck. 2 p.m. Adults: \$25. Seniors and students: \$15. Info and tickets: 914-328-1900 or visit www.steffinossen.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 Adults Only. Enjoy visiting the wolves during their favorite

hour – dusk. Learn about the mythology, biology and ecology of wolves in North America while enjoying a spread of wine and cheese. Guests will take a short sunset hike to howl with Ambassador wolves Atka, Alawa, Nikai and Zephyr and potentially behold the center's critically endangered red wolves and Mexican wolves, too. For adults 21 years old and up. Wolf Conservation Center, South Salem. 5:30 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Daisy Jopling Band. British violinist Daisy Jopling and her band will present their magical mix of classical and contemporary music featuring a cadre of special guests and ensembles. The band plays a wide variety of styles including classical, pop, reggae, Irish folk, gypsy violin and rock, alongside their own arrangements of great classical pieces. The band's latest album is "Awakening," and members are now working on a new album featuring original violin arrangements of great songs by The Who, scheduled for release in 2019. The performance will also celebrate the extraordinary life of band member Brian Delma Taylor, who passed last year. Jopling will be joined by a host of guest musicians. Paramount Hudson Valley, 1008 Brown St., Peekskill. 7:30 p.m. \$25, \$35 and \$50. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.org.

Greenburgh Hebrew Center Gala Art Auction. In conjunction with Marlin Art, the synagogue presents an art exhibit and auction. The collection will include sports memorabilia, watercolors, oils, lithographs, giclees and serigraphs in all price ranges. Among the artists are Romero Britto, Jane Wooster Scott, LeRoy Neiman, Michel Delacroix, Marc Chagall, Itzak Tarkay, Norman Rockwell and many others. John Stanisci, a professional illustrator for Marvel and DC Comics, will attend to discuss and display his art and autograph all of his pieces that are purchased. Events includes wine, dessert and door prizes. All welcome. Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry. Preview begins at 7:45 p.m. Live auction at 8:30 p.m. \$10. Info: Contact Rebecca at 914-693-4260 or e-mail vpfundraise@g-h-c.org.

Robert Klein. Renowned actor and comedian Robert Klein will perform a special one-time night of comedy. A lifelong New Yorker, Klein has earned to Grammy Awards, an Obie Award and has been nominated for Emmys and a Tony. He was the first comedian to appear in a live HBO performance and went on to do nine one-man shows for HBO. He later released "Robert Klein: The HBO Specials 1975-2005," a collector's DVD box set, to critical acclaim. He is one of the most popular and enduring comedians in America. Followed by a wine and cheese reception. Schoolhouse Theater, 3 Owens Rd., North

Salem. 8 p.m. \$100. Info and tickets: 914-277-8477 or visit www.lohudcomedy.com.

Sunday, Nov. 11

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. 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.

Robert and Clara: A Domestic Drama.

A solo piano recital of works by Robert Schumann. The recital includes cameo appearances by Schumann's fiancée Clara, and Friedrich Wieck, Clara's father. Love, jealousy and secrets abound in the piano music of Schumann. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. Noon. Suggested donation: Adults--\$20. Students and seniors--\$10. Children (13 and under) --\$5. Maximum family donation: \$45. Info: 914-946-1660 ext. 6 or e-mail concert@cucwp.org. Tickets: Visit www.cucwp.org.

The Great Chain: The Chain That Saved the Colonies. To stop the British invasion of the New England colonies during the American Revolution, Peter Townsend manufactured a great chain for the Continental Army at Sterling Forest. It was placed across the river at West Point. Join Donald "Doc" Baynes, a New York State Archaeological Association awardee, on how he discovered the forge in the Sterling Forest that made the great chain. Baynes will share the history of the iron industry that started in 1736 at Sterling Forest and how the Sterling Forge was used to create the great chain. Presented by the Briarcliff Manor-Scarborough Historical Society. Briarcliff Manor Public Library Community Room, 1 Library Rd., Briarcliff Manor. 2 p.m. Free. Reservations suggested; seating is limited. Info and reservations: Contact Shelley Glick at 914-941-7072 or e-mail sglick@wlsmail.org.

Alan Sklar Reads Hilliard's Ceremony.

Alan Hilliard is an American foreign service officer working in the U.S. embassy in Togo, West Africa. He has a fine life, a good marriage and enjoys his work. So he says. A visit to a local African witch doctor, however, results in a poignant tale of breakthroughs and personal growth. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Four Hands Piano Concert. The 2018-19 Chamber Music at Rye Presbyterian Church concert series begins with works for four hands on one piano. Pianists Jeewon Park and Andrew Armstrong will offer the "Dolly Suite" by Faure; a "Fantasy" by Franz Schubert; movements from the "Slavonic Dances" by Dvorak; and the "Hungarian Dances" by Brahms. The program will conclude with Gershwin's "Rhapsody in Blue." Rye Presbyterian Church, 882 Boston Post Rd., Rye. 2:30 p.m. \$40. Info and tickets: 914-523-4646. Tickets will also be sold the day of the concert. Info: 914-967-0842 or visit www.ryepc.com.

Omer Quartet. Caramoor's 2018-19 Ernst Stiefel String Quartet-in-Residence hold their first concert in the Music Room. Top prize-winners of the 2017 Young Concert Artists International Auditions and the 2017 Premio Paolo Borciani Competition in Italy, the quartet has a commitment to community education and are strong advocates of civic engagement. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 3 p.m. \$25 and \$40. Students (18 and under): Free. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Divas vs. Divos. New Rochelle Opera will present this program described as a battle of the sexes in an operatic fireworks display of the world's most popular arias and duets. The concert will feature Mithra Mastropiero, (soprano), Christopher Trapani (tenor), Edith Dowd (mezzo-soprano) and Wayne Hu (baritone), with accompaniment by Brian Holman and narration by New Rochelle Opera co-founder and artistic director Camille Coppola. Sponsored by the Iona College Council on the Arts. Christopher Murphy Auditorium at Iona College, 715 North Ave., New Rochelle. 3 p.m. \$28. Seniors: \$25. Students: \$15. Iona students and staff: Free. Info: 914-576-1617. Tickets: 800-838-3006 ext. 1 or visit www.nropera.org.

Salsa Social. Come and learn how to Salsa. A fun and exciting workout. Singles or couples; no partner necessary. Josie's School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 5 to 9 p.m. Intro lesson at 4:30 p.m. \$10 admission. Dinner: \$6. Second Sunday of every month. Info: 914-332-8670.

Monday, Nov. 12

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

continued on next page

Sing Sing Swing Cruise Set to Sail on Nov. 18

For jazz music lovers and the best in swing dancing, the place to be on Sunday, Nov. 18 is the Sing Sing Swing Up-the-River Cruise from Yonkers to Ossining and back.

A benefit for the Sing Sing Prison Museum, this Hudson cruise experience will provide great scenery, great music, great dancing and great food and drink that can't be matched anywhere else.

Famed big band Vince Giordano & the Nighthawks will perform swing dance music from the Jazz Age in which Sing Sing was made famous by Hollywood movies. The Nighthawks are renowned for bringing back the authentic music of the 1920s, '30s, and '40s when jazz greats Cole Porter, Bessie Smith, Louis Armstrong and many others created a truly American songbook. Giordano, whose passion for music started in elementary school, was recently awarded the New York Hot Jazz Festival's Lifetime Achievement Award.

The Nighthawks will be joined by vocalist Veronica Swift, who has gained recognition as one of the top



Vocalist Veronica Swift will be featured along with Vince Giordano & the Nighthawks in the Nov. 18 cruise to raise money for the Sing Sing Prison Museum.

young jazz singers in the country. Three years ago, she finished second in the prestigious Thelonious Monk Jazz Competition. In 2016, she was

asked to perform a concert of her own at the Tribeca Performing Arts Center in New York City and was a guest artist with Michael Feinstein at Jazz at Lincoln Center with the Tedd Firth Big Band and Marilyn Maye and Freda Payne.

Swift's first appearance at Jazz at Lincoln Center was at age 11 when she performed at the Women in Jazz series at Dizzy's Club Coca-Cola.

The Sing Sing cruise will board at the Yonkers City Pier at 12:30 p.m. for a 1 p.m. departure. The cruise will travel north, allowing guests to view

Sing Sing from the water and to hear about plans for the museum. The return trip to Yonkers will dock at 5

p.m.

Yonkers City Pier is located at 71 Water Grant St., within easy walking distance of the Yonkers train station. Parking near the pier can be found at the Buena Vista parking garage or at nearby commuter lots.

Event sponsors include Friends of the Sing Sing Prison Museum, Historic Hudson River Towns, The Valley Table, M&T Bank and Hornblower Cruises & Events, which is contributing the boat transportation for the event.

All proceeds from the event benefit the Sing Sing Prison Museum that is currently under development. The museum, expected to attract visitors from around the world, will tell stories of punishment and reform over the prison's 200-year history and provide a forum for discussion of contemporary criminal justice issues.

Tickets are \$175 and may be purchased by visiting www.singsingprisonmuseum.org. More information is available by calling 914-552-7743 or e-mailing info@singsingprisonmuseum.org.

Happenings

continued from previous page

or e-mail tinacampbell@masternetworks.net or drop in.

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

Cooking Demonstration and Book Signing. The new appliance that has taken everyone's hearts and kitchen by storm is the multi-function electric pressure cooker. Local author Rinku Bhattacharya's new cookbook "Instant Indian" highlights 100 ways to use this to make Indian food. Includes a demonstration, tasting and sampling that will show how easy it is to put something together in this cooker. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 p.m. Free. Registration required. Info and registration: E-mail Bhattacharya@spicesandseasons@gmail.com.

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.

"At Eternity's Gate." Academy Award nominee Julian Schnabel's new film is a journey inside the mind of Vincent van Gogh (Willem Dafoe), who, in the face of skepticism, ridicule and illness, created some of the world's most beloved and stunning works of art. Gorgeously shot and creatively told, this film is a kaleidoscopic experience that is, at its core, an unwavering ode to the artistic spirit. Followed by a Q&A with Schnabel and Jacob Burns Film Center Board President Janet Maslin. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$20. Non-members: \$25. Info and tickets: Visit www.burnsfilmcenter.org.

Kristallnacht Commemoration. Led by distinguished lecturer John Roth, the theme of the evening is "We Are in the World to Do Good: Ethics During and After the Holocaust." Iona College's Spellman Hall, 715 North St., New Rochelle. 7:30 p.m. Free. Registration required. Info and registration: Visit www.hhrecny.org.

Tuesday, Nov. 13

Music & Movement. Shake, shimmy and dance. For children two to five years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45

a.m. Free. Every Tuesday. Info: 914-666-8041 or www.mountkisco.library.org.

Lecture on Ayurveda Medicine. Fats sugar and salt, are they helpful or harmful will be the topic of discussion. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 12:30 to 1:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Earring Making. Learn to make earrings while helping a good cause. For every pair of earrings you make, make another pair that will be donated to a battered women's shelter. Led by Joan Lloyd. For all ages. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

DIY Coloring Placemats for Thanksgiving. To welcome Thanksgiving, share what we are thankful for. Each participant will receive a placemat to color, draw and word search. For children four to 11 years old (Children younger than five must have a caregiver.) 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.

Social Security Workshop. For individuals from 60 to 70 years old who are single, married, divorced or widowed. Led by Social Security, retirement

income and tax specialist Paul Petrone. Rye Free Reading Room Library, 1061 Boston Post Rd., Rye. 6:30 to 7:30 p.m. Free. Registration required. Info and registration: 914-231-3161.

Open Book Group. "Educated" by Tara Westover will be discussed. Discussion led by Christine Bobkoff. New Castle Town Hall Conference Room C, 200 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

"A Private War." In his feature narrative debut, Academy Award-nominated documentary filmmaker Matthew Heineman pays tribute to one of the world's most celebrated war correspondents, photojournalist Marie Colvin (Rosamund Pike) as she navigates the front lines of crisis. Portrayed with fearless, rebellious conviction by Pike and aided by a supporting cast including Academy Award Nominee Stanley Tucci, Tom Hollander and Jamie Dornan this film is a thrilling look at one individual's devotion to giving a voice to the voiceless. Followed by a Q&A with Heineman and Jacob Burns Film Center Board President Janet Maslin. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.



Valhalla captains, left to right, Olivia Dillon, Stefania Rinaldi and Linda Rossi pose with the championship plaque after the Vikings captured the school's first-ever volleyball sectional title.

ExaminerSports

VALHALLA VIKINGS

2018 Section 1, Class C Volleyball Champions



Valhalla high-flying junior Jasmine Grant rises high over the net during the first game of the Class C championship match.



The Vikings' Sofiah Paccheco (left) and Linda Rossi try to stop Haldane's Grace Tomann during Saturday evening's sectional final at Pace University.



Stephanie Sicilian (left) and Jasmine Grant set their sights on blocking the ball during the Class C sectional final at Pace University.



Senior co-captain Olivia Dillon concentrates on the ball as she sets up her teammates in Valhalla's title match on Saturday.



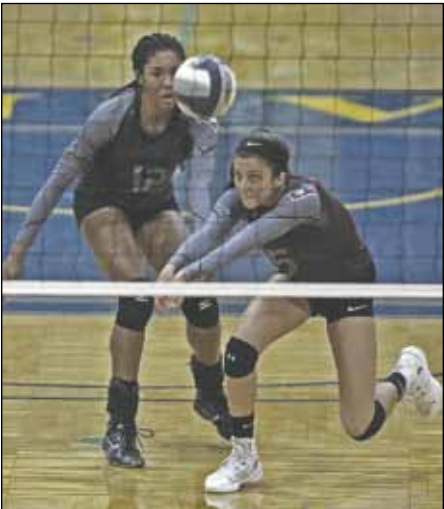
Valhalla sophomore Sophia Cavallo prepares to serve in the fourth and final game of the Class C sectional final.



Sofiah Paccheco of Valhalla sets the ball as teammate Isabella Masucci defers to her in Saturday's sectional final against the Haldane Blue Devils.



The Vikings' Stephanie Sicilian rises to block the ball being sent over the net by Haldane's Willa Fitzgerald in the Class C sectional final.



Sophia Cavallo bumps the ball in front of teammate Jasmine Grant during Valhalla's three-games-to-one win over Haldane in the Class C title match.



Linda Rossi (center) leads the Valhalla celebration after a Viking point in Saturday's Class C championship match against Haldane. The Vikings advanced to the state playoffs and next play on Saturday evening at John Jay in Cross River.

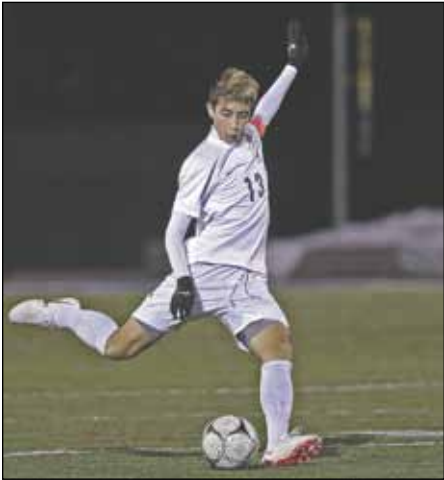


Valhalla junior Isabella Masucci bumps the ball with teammate Stefania Rinaldi looking on next to her in the Vikings' title victory over Haldane.

ANDY JACOBS PHOTOS



Briarcliff senior forward Sam Thorogood pursues the ball late in the first half of the state regional against Section 9's Rhinebeck.



Briarcliff senior co-captain Colby Cho boots a free kick toward the Rhinebeck goal in the second half of the Class B regional playoff game.



The Bears' Jonathan Stoop gets control of the ball midway through the second half against Section 9 champ Rhinebeck.

CLASS B STATE PLAYOFFS

Briarcliff 3, Rhinebeck 2

Faller Field Middletown, NY

Thursday, Nov. 1, 2018



Elias Hoffner moves the ball past midfield in the second half vs. Section 9's Rhinebeck.



The Bears' Alex Cabeca takes the ball up the field in the first half of Thursday night's regional playoff victory over Section 9 champion Rhinebeck.



Briarcliff senior Will Rice races toward the goal with the ball in the first half of the Bears' regional playoff win last Thursday.



Briarcliff senior midfielder Fernando Munoz settles the ball during the 3-2 regional victory over the Rhinebeck Hawks under the lights at Faller Field.



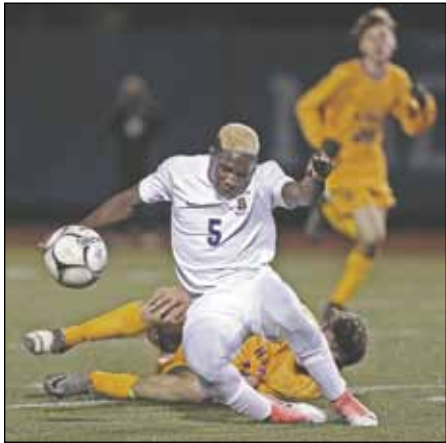
Briarcliff goalkeeper Andrew Kanovsky holds the ball after making a save late in the Bears' 3-2 playoff victory last Thursday evening.



The Bears' Matt Li controls the ball during first-half action against the Rhinebeck Hawks.



Briarcliff's Matt Sturman raises his arms in triumph after the Bears defeated Rhinebeck in the opening round of the state playoffs.



The Bears' Jason Oppong is sent tumbling to the turf while making a run toward the goal in Thursday night's regional playoff game in Middletown.



Jason Oppong chases after the ball early in the second half of Briarcliff's opening-round state playoff game.

Boys' Cross Country Section 1 Championships Bowdoin Park, Wappingers Falls Saturday, November 3, 2018



Pleasantville's Aidan Lynch finished fourth in a field of 130 runners in the Class C race.



Nico Rios of Byram Hills gets to the top of the hill early in the Class B race during Saturday afternoon's Section One Championships at Bowdoin Park.



Fox Lane's Asa Friedrich finished 26th in the Class A race at a muddy Bowdoin Park on Saturday.



Greeley's Max Notarnicola was the top Quaker finisher, winding up in 18th place in a field of 154 runners in Class A.



Horace Greeley junior Aaron Foote runs downhill late in the Class A race at Saturday's Section One Championships.



Pleasantville's Jack Minelli competes in the Section 1, Class C race on Saturday afternoon.



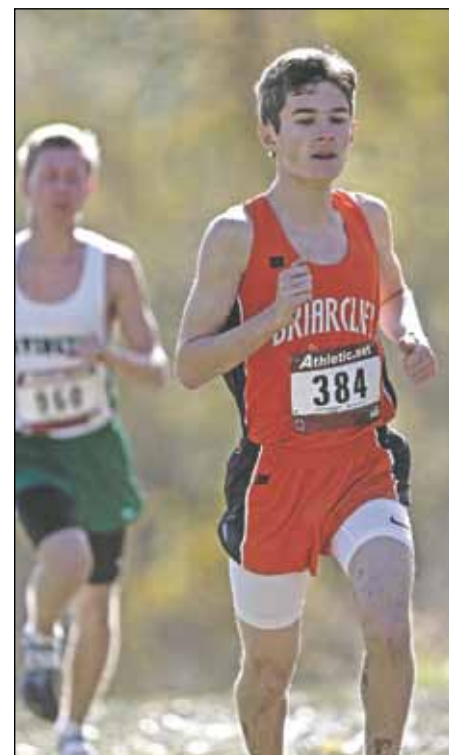
Ensen Sgaglio of Fox Lane leads a pack of runners near the end of the Class A race at the Section One Championships on Saturday.



Bryan Seok was the second Briarcliff runner to cross the finish line, winding up in 13th place in the field of 130 Class C competitors.



Valhalla freshman Arin Atluri gets back on his feet after slipping in the mud during the Class C race.



Briarcliff's Mark Rogers is on his way to a sixth-place finish in Class C.



Christopher Pagan was the top finisher from Westlake in the Class C race.

Rodgers Brings Her Unique Skills To Westlake Football

By Danny Lopriore

Bailey Rodgers isn't just "that girl who went out for the football team." She is a martial artist, volunteer with the local fire department and a junior playing varsity football at Westlake High School.

And "The Beast," as her teammates call her, isn't just playing.

"I didn't go out to play football just to say I was the girl on the team," Bailey said. "I wanted to be part of the team, a player who contributes. I thought I was strong enough and athletic enough to compete. I know my teammates and coaches respect me as one of the team."

Rodgers is in her third year of football and now a varsity player who just finished her Wildcats' season in a playoff run that ended in a Section 1 Class B semifinal loss to Ardsley. She is disappointed her team is done for the year, but looking ahead to her senior season in 2019.

"The football team is like a family and this year we worked hard, so we wanted to go further in the playoffs," said Rodgers, who plays on special teams, is a lineman and placekicker. "We're looking forward to improving next year. Westlake has football tradition I am proud to be part of."

Westlake head coach John Castellano has coached female football players during his long career, but says Rodgers is unique in her abilities and approach to the sport historically played by boys.

"Bailey considers herself a football player, so we treat her the same way we treat everyone on the team," Castellano said. "Girls face some challenges because of size and strength at the varsity level. She has strong physical and mental athletic skills. I didn't see her play at the modified level, but for the junior varsity she played very well, was a placekicker and earned her spot on the varsity by working hard."

Rodgers has loved the physicality of sports since she was a toddler. She has been involved in martial arts since before she started elementary school. She studies at

Fusion Martial Arts in Elmsford, where she has earned the level of 1st degree black belt and Sempai.

"Being involved in martial arts helped with my interest in wanting to play football," she said. "Martial arts are very much like football, with lots of physical contact and hitting. I have competed in multiple competitions being a runner-up of Grand champion, winning 1st, 2nd, 3rd and 4th place in fighting, weapons and forms."

It's no wonder her teammates, who may have been tentative about hitting her when she came out for football three years ago, now call her "beast."

"Ever since I was in fourth grade, I have wanted to play football sports, but soccer wasn't enough. I wanted to



ANDY JACOBS PHOTO

Westlake junior Bailey Rodgers kicks an extra point in the Wildcats' playoff win over Albertus Magnus.

challenge myself with a more physical game. What keeps me playing is the support and encouragement of my teammates, coaches, family and friends and, most of all, the school and the family bond that is built on and off the field between the teammates and coaches."

Rodgers said she loves the challenge of proving "that you can do anything you put your mind to."

"Some of the most satisfying aspects while playing are the encouragement of the players when I step on the field," Rodgers said. "Since the first day of junior varsity practice they have always pushed me to be my best. Also knowing that the guys have my back and accepting me into this male-based sport. Being accepted wasn't as hard as I thought it was going to be."

Castellano said opponents may view Rodgers like "the girl" in a tough sport, but the Wildcats know better.

"A coach we were scrimmaging against last summer offered to match the girl on his team against Bailey, to have a fair matchup, but I told him he may be underestimating her because she is so tough and physical. She has great balance, footwork, and she's aggressive because she is confident in her ability," he said. "She faces off in practice against bigger guys and holds her own. Bailey is a player."

Rodgers' boundless love of physical activity has also been influenced by her family's involvement in the Thornwood Fire Department, where she volunteers as a firefighter. Her father, Ryan Rodgers, is the Second Assistant Chief, her grandfather, Robert Rodgers, is a former

chief and her sister Julia also volunteers.

"Every Thursday, we hold training and go over all the tools and equipment and how to use them," she said. "At the end of every month we have a company drill where we put all that we have learned that month into action with a live scenario. Being a fire corps member, I respond to fire calls and serve the community."

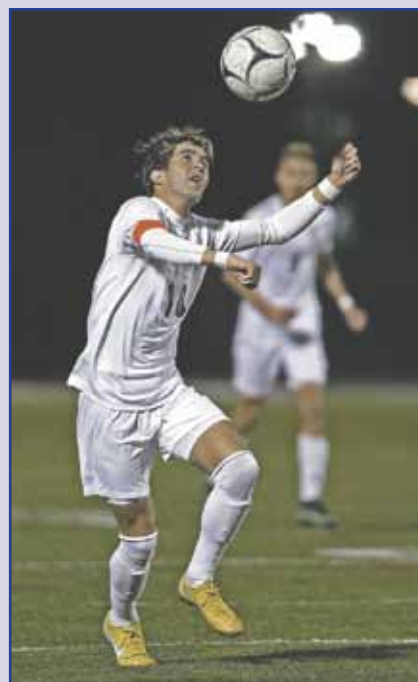
As her senior year approaches, Rodgers has not yet settled on a college but knows that her future may have grown out of her lifelong love of sports.

"I haven't really started looking at specific colleges that I would like to attend, but I definitely will be attending college and I would like to become an athletic trainer."

Having proved herself on the field and the mat with her teammates, peers, coaches, teachers, opponents and instructors, Rodgers is poised for success in her future. But before she moves on in her life, the Wildcat football player will be back next fall.

"I'd love to win a football championship with my team," she said. "I'm going to work as hard as I can to do that. I think I can get better."

Bears Set Sights on a State Title



Alex Cabeca (left), Sam Thorogood and the rest of the Briarcliff boys' soccer team will be battling for the Class B state championship this weekend. The Bears defeated Section 9 champion Rhinebeck last Thursday night and Long Island titlist Carle Place on Saturday to earn a berth in the state semifinals. They will face Section 6's East Aurora at Middletown's Faller Field on Saturday morning. With a win, Briarcliff would then play for the state championship on Sunday, back at Middletown, starting at 10:30 am.

ANDY JACOBS PHOTOS



**To make an appointment with
a physician call: 914-849-7900**



Shalini Bobra, MD
Cardiology



Stephanie Casper,
MS, RD
Registered Dietitian



Kira Geraci-
Ciardullo, MD
Allergy &
Immunology:
Adult / Pediatric



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Surgery; Hand
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Michael
Weintraub, MD
Neurology



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White Plains Hospital Medical & Wellness provides comprehensive care for the entire family, conveniently located in the heart of Armonk.

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To make an appointment call 914-849-7900. Visit wphospital.org/armonk for more information.

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Armonk, NY 10504

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