



**FREE**

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

February 20 - February 26, 2018

SMALL NEWS IS BIG NEWS

Volume 12, Issue 546

## Armonk Hotel, Residential Development Plan Proposed Near IBM

By Martin Wilbur

A developer has drawn up plans for a hotel and more than 160 residential units on 32 acres in Armonk that IBM sold last year.

Representatives for local developer Frank Madonna, one-half of the entity MADD Madonna Armonk, LLC that is pitching the idea, made a pre-submission presentation last week to the North Castle Town Board detailing a mixed-used building containing a 97-room hotel with amenities on the first two floors and 69 one-, two- and three-bedroom apartments on the third and fourth stories.

The hotel, which would feature a mid-sized banquet room that could hold 150 to 200 guests and a conference center, and the rental units would be built on a six-acre parcel that IMB had subdivided and obtained a zoning change to allow for the construction of a hotel in 2010.

The larger 26-acre parcel would feature 94 three-bedroom attached and semi-attached townhouses each measuring

between 2,600 and 2,800 square feet and containing three bathrooms. There would be a common entrance to the site off of North Castle Drive with an internal road branching off in each direction to the two parcels.

Representatives for the developer said the tax revenue the project would generate for the town and its proximity to downtown would make the development an attractive project. The site is bordered by IMB's campus, the town's Community Park and Route 22.

"It's also a wonderful site because it has no immediate residential neighbors," said architect Gregg DeAngelis. "It's not going to have an impact on other residential neighborhoods. It will really have a minimal impact to others in the community."

DeAngelis said there would be 44 one-bedroom rental apartments between 800 and 1,000 square feet each above the hotel, including four affordable units, and 15 two-bedroom units ranging in size from 950

*continued on page 2*



MARTIN WILBUR PHOTO

Architect Gregg DeAngelis pitches his client's preliminary plan to the North Castle Town Board last week to build a 97-room hotel, rental apartments and townhouses on land formerly owned by IBM in Armonk.

## New Castle Prepares for Onslaught of Chappaqua Infrastructure Work

By Martin Wilbur

New Castle residents and merchants should prepare themselves for a difficult spring when traveling to downtown Chappaqua as work on the infrastructure project is set to ramp up as soon as next month.

That advisory came last week from the Town Board and former councilman Adam Brodsky, who continues to act as a liaison for the town to help the municipality get through the project.

"It's going to get considerably worse before it gets better," Brodsky said. "That's the bad news."

Brodsky said that starting as early as March and lasting until sometime during the summer crews will be ripping up downtown to lay the new sewer lines

and removing and replacing the existing sidewalks.

There will be extensive excavation because the lines will be placed eight to 10 feet below ground in front of the buildings, he said.

Because of the wider sidewalks, the roads are going to be modestly realigned, Brodsky mentioned.

Engineer John Kazawic of Boswell Engineering said when crews are ready to install the new sidewalks they will start on South Greeley Avenue closest to Town Hall and work their way over to the commercial area.

However, when the sidewalk replacement reaches the heart of downtown in front of the stores, other arrangements will be made, Kazawic said.

*continued on page 2*

## Protesters Turn Out to Demand Action to End Gun Violence

By Martin Wilbur

Several hundred Westchester residents demonstrated outside county Republican headquarters in White Plains on Sunday demanding that gun control legislation be enacted to stop gun violence after 17 people were gunned down at a Florida high school last week.

Members of Indivisible Westchester, Moms Demand Action, Northern Westchester Million Mom March and other groups spilled out onto Mamaroneck Avenue vowing to defeat candidates and elected officials who oppose common sense measures to limit the proliferation of firearms.

The anger in the crowd was palpable just four days after 17 students and



MARTIN WILBUR PHOTO

Part of the crowd that turned out on Sunday in downtown White Plains to insist on stricter gun law and prevent future mass shootings like the one last week at a Florida high school.

staff members were killed at Marjory Stoneman Douglas High School in Parkland, Fla. There were dozens of

*continued on page 4*

JOIN FOR

# \$19.73

AND WE'LL DONATE IT TO A LOCAL FAVORITE CHARITY!

45 YEARS YOUNG

1973

club

fit®

2018

Try Us, You'll Like Us!

**SPCA WESTCHESTER**  
A Kids' Brain Tumor Cure  
PLGA Foundation

**THE JUSTIN VEATCH FUND**

**SUPPORT CONNECTION**  
Breast & Ovarian Cancer Support

**UNITED FOR THE TROOPS**

**BRIARCLIFF**  
**584 NORTH STATE ROAD**  
**(914) 250-2134**

You'll also receive **FREE** membership for kids under 5 OR 1 personal training session.

**JEFFERSON VALLEY**  
**600 BANK ROAD**  
**(914) 250-2750**

You'll also receive **FREE** membership for kids under 5 OR a MYZONE Belt.

\*Offer extended until 2/28/18. Regular monthly dues apply. Visit www.clubfit.com for full disclaimer information.

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

# Armonk Hotel, Residential Development Plan Proposed Near IBM

*continued from page 1*

to 1,400 square feet. Two of the 15 two-bedroom apartments would be affordable units.

The remaining apartments, the 10 three-bedroom units, would all be affordable housing to satisfy the affordable

requirement for the townhouse project. Town law states that 10 percent of a new construction project have affordable housing.

Although the town's Comprehensive Plan calls for up to a 300-room hotel, research conducted by the potential applicant's team revealed that development costs are too

high to make a full-service hotel feasible, said Jonathan Falik, CEO of JF Capital Advisors, which studied the issue.

In today's market a hotel operator would need a \$100 average daily rate for every \$1,000 of development costs, Falik said.

Between down time for lodging facilities from December through February and slow nights during the week, the developer would need at least a \$335 average daily rate per room for a 300-room hotel at the site, he said.

Other models, including a roughly 120-room boutique facility or a 145-room economy proposal, would only provide marginally better returns.

"The apartments in the building are a driver of profit to the developer," Falik said. "Otherwise, it would be break even or not profitable at all."

He said that because of development costs there is very little new full-service hotel stock in the market. Some facilities have been repurposed but there has been relatively little new construction.

The site, a little more than three miles from Westchester County Airport, would also not generate much additional occupancy. Falik said once travelers are in a car the difference between staying in Armonk and White Plains, where there is plenty of lodging about eight miles from the airport and near mass transportation, is not a large enough distance away to make a positive impact.

"It's nice, it's a good driver to have the airport, but it's not a game changer," he said.

DeAngelis said preliminary plans call for the hotel to have 60 to 70 parking spaces in front and 300 to 320 spaces on two levels below grade.

No estimates were provided regarding additional potential tax revenue for developing the acreage. Last year North Castle also approved a 3 percent hotel occupancy tax that would add that percentage of all hotel bills to the town's coffers.

Town Supervisor Michael Schiliro said while there are many issues to delve into during a full review, it's an intriguing proposal that merits consideration. He said there would have to be extensive evaluation of the residential component, particularly the proposed placement of the affordable units required for the townhouses on the adjacent parcel where the hotel and rental units are located.

"It's always nice to see developers and investors want to invest that type of money in our town," Schiliro said.

Attorney Kory Salomone, representing the developer, said his client would have to go through the state Environmental Quality Review Act process. He anticipates a formal submission to the town in about a month.

## New Castle Prepares for Onslaught of Chappaqua Infrastructure Work

*continued from page 1*

"I spoke to (contractor) ELQ (Industries) and the plan is to place gang planks, aluminum gang planks, where we come down to the curb and take up the sidewalk," he said. "We can put it from the merchant's entrance to the roadway."

Another concern for officials is the relocation of about 16 utility poles in downtown. Town Administrator Jill Shapiro told the board last week. With the construction of the new sidewalks, which have different dimensions, the town and Con Edison must agree on the best location for where those poles are anchored.

An internal meeting involving Con Ed representatives and town officials was held last Friday morning at Town Hall.

"The last thing in the world I want there to be is a difference in opinion where the poles are finally repositioned," Shapiro said.

Board members stressed that communication between the town, the merchants and residents will need to be timely and accurate to have as little negative impact on the community as possible.

Councilwoman Ivy Pool, said the town must be ready to transmit information on a timely and consistent basis because the work promises to be so disruptive.

"But people are really rooting for us and the way we maintain that is to get out in front of this over the next six months and provide as much clarity and information as we can," Pool said.

Brodsky said he expects the worst of the problems to be over toward the end of the summer.

"Once we get to the end of the summer, people will still be working but it's going to get real pretty," he said. "The worst is ahead of us for sure."

## If You Smoke or Used to Smoke Advanced screening could save your life...

### Ask the doctor

**Christos Stavropoulos, MD, FACS**  
Chief, Thoracic Surgery Division  
Director, Lung Cancer Program,  
Cancer Treatment & Wellness Center  
Northern Westchester Hospital

[www.nwhcancercenter.org](http://www.nwhcancercenter.org)

**To learn more or to make an  
appointment with our Nurse  
Practitioner, call 914.242.7695**



**Northern Westchester  
Hospital**  
Northwell Health™

400 East Main Street | Mount Kisco, NY 10549  
914.666.1200 | [www.nwhc.net](http://www.nwhc.net)

### Q: Could I benefit from lung cancer screening?

**A:** The Low-Dose CT screen for lung cancer is a new form of traditional CT (computed tomography) scan. It uses a very low dose of radiation to provide unique 3-D information about the lungs, detecting ever-smaller lung cancers called nodules. Catching lung cancer early, when it's smallest, has the most impact on prognosis and survival. Proof is that the LDCT Scan is reducing lung cancer deaths by 20 percent.\*

If you meet each of these criteria, the screening, which is conducted at Northern Westchester Hospital (NWH), could potentially save your life:

- You are between 55 and 74 years old;
- You have a smoking history of 30 pack years – meaning, you smoke (or smoked) one pack daily for 30 years, two packs daily for 15 years, or three packs daily for 10 years;
- You currently smoke or quit within the past 15 years;
- You have no symptoms of lung cancer.

### Q: Should I be screened if I feel fine?

**A:** If you meet the criteria, absolutely. Early-stage lung cancer usually presents no symptoms. Here's why: The lung is a relatively large organ. Now picture a marble (the nodule) floating within a big balloon. For the marble

to have a noticeable impact, it must get bigger. Only when that marble becomes the size of an acorn or an orange, do symptoms develop. That's why screening is vitally important. Remember that most screening results are negative. Only a fractional number of people will need a biopsy, and a tiny percentage of those will have lung cancer. Also keep in mind that a biopsy performed at NWH is done using the most up-to-date, minimally invasive method possible. If lung cancer is diagnosed, NWH offers comprehensive treatment second to none.

### Q: Can I afford the advanced LDCT screening?

**A:** The screening is covered by Medicare and most commercial insurers. If you meet the criteria, and don't have commercial insurance or Medicare, NWH can help – with many payment options and below-average pricing. If you can benefit from the screening, we make sure you get it.

### Q: What steps should I take?

**A:** If you think you meet the criteria, ask your primary care physician about ordering an LDCT. If you don't have a referring doctor, NWH's nurse practitioner will determine your eligibility and possibly order an LDCT. NWH is going the extra mile to make this potentially life-saving screening 100 percent accessible to everyone who needs it.



# Mount Pleasant to Begin \$16.4M Water Project This Summer

By Anna Young

The Mount Pleasant Town Board approved authorization to bond a \$16.4 million water main replacement project proposed for the town's Old Farm Water District.

With a large amount of asbestos piping in the Usonia portion of the district as well as increasing repairs becoming more expensive, Superintendent of Water and Sewer David Smyth said the project would result in the lowest fiscal impact to the district. Smyth said the district experienced six water main breaks last year.

The work, which is currently estimated to cost \$16.4 million, would be divided into three phases to install roughly 27,000 feet of piping for the 542 property owners within the district. The first phase, which will cost roughly \$7.1 million, will replace piping along Usonia Road, Laurel Lane and Deerfield Lane due to an increased number of incidents in that area.

"From the beginning we never wanted to make it appear that this project was strictly for Usonia," Supervisor Carl Fulgenzi said during the Feb. 13 meeting. "The water mains on the other side of the street have asbestos in them also and our district is being fed by asbestos mains, so



ANNA YOUNG PHOTO

David Smyth, the Town of Mount Pleasant's superintendent of water and sewer, informs the Town Board and the public last week about the upcoming water main replacement project scheduled to start this summer for the Old Farm Water District.

we're not just focusing on Usonia we're focused on the entire district where the issues are."

Smyth said the town will be applying for state and federal grants in hopes of offsetting the project's costs. He said the town is likely to start phase one during the summer. Smyth anticipates the entire project will take six years to complete.

A few residents shared their concerns

on the fiscal impacts of phases two and three, questioning if those installations are necessary. Some also said that the price tag is too high for a small portion of the district. One resident suggested the town conduct more community outreach before starting the second phase.

"What you have to understand about the other phases is it's not going to get

any cheaper down the road," Fulgenzi said. "Phase two will have to be done eventually, whether it's two years from now or five years from now and the cost will not be lower than it is now. The financing today is about the lowest we're going to get and that will change also. We're seeking the grant money as we're doing this process now and that will be a big asset if we get this grant money."

Estimates of cost to taxpayers are still unclear because of the funding. Smyth said the state has a 25 percent match funding for the project. He added if they reach phases two and three of the project the cost will be lowered significantly.

He said the town should hold a public hearing when the first phase is nearing completion to keep the community informed.

Evan Kingsley, who lives on Usonia Road, praised board members, the water department and municipal employees for their responsiveness and attention to an issue that's been affecting his neighborhood for several years. He said he would support his neighbors on this project if they were experiencing similar issues.

"This is definitely the best plan," Councilwoman Laura Smalley said.

**SMALL NEWS IS BIG NEWS • 914-864-0878**



## "BREW AFTER DARK" EVENT PRICING

Draft beer packages we offer:

**\$12/person/hour**

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

**By The Glass**

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

**\$18/person/hour**

Open bar from all twelve of our draft lines.

**Cash Bar**

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

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

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

532 BEDFORD ROAD, BEDFORD HILLS NY 10507



**Overwhelmed Caring  
for your Loved One?  
Call us today!**



**When Experience Counts  
Count on Experience**

Home Care Licensed by NYS Dept. of Health  
Owned and operated by registered nurses

**Services Include:**

Home Health Aides • Companion Care  
Dementia Care • Senior Housing Options  
Home Management • Medication Management  
**Customized programs to fit your needs**



**Elder Care**  
Staffing Solutions

Please call for a free consult today: 914.265.4299  
Visit [www.ecstaffingsolutions.com](http://www.ecstaffingsolutions.com) for more information

**WE BUY  
GOLD, PLATINUM, DIAMOND  
SILVER & WATCHES**



**Thornwood Jewelers**  
*A Perfect Piece for Every Occasion*

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

# Protesters Turn Out to Demand Action to End Gun Violence

continued from page 1

people holding signs as the crowd chanted numerous slogans such as "We need more than thoughts and prayers" and "We will resist, we will persist."

White Plains resident Erin Fuller, who grew up about 10 minutes from Sandy Hook Elementary School in Connecticut, was in Las Vegas last Oct.

1 with her fiancé for the Route 91 Harvest country music festival when 58 people were killed. Fuller said she and her fiancé may have been saved when she suddenly felt sick moments before the shooting and went to the bathroom.

"Every day I close my eyes and hear the gunshots, the gunshots that took the lives of 58 beautiful people," Fuller said. "Now 141 days later I feel I can no longer sit idly by and wait for others to create change, now that gun violence has happened to my community."

"This is American carnage and it is

unacceptable," she added.

Assemblywoman Shelley Mayer (D-Yonkers) said proposed laws that would make New York safer have been repeatedly thwarted in the Republican-controlled Senate. One measure would allow for Extreme Risk Protection Orders, which enables courts to temporarily prohibit a person from having guns if law enforcement or family members demonstrate that the individual poses a significant threat to themselves and others.

Other bills that have been blocked in the Senate include the ban of bump stocks and conducting research on gun violence.

"Now is the time for moral courage, this is the time for action," Mayer said. "Thoughts and prayers are fine but they are not enough. We will not be deterred. This is the moment to step up and take action, make change and make

our communities safe. We demand it. We will not be silenced, we will not go away."

Residents in the crowd said they came out because they are determined to see change. Pleasantville resident Vitalah Simon said she believes the reaction to last Wednesday's massacre is different because it has energized young people who during the past week have become active participants in forcing action.

"Now we see the youths are really getting involved and their voices are really strong and we have a responsibility to respond to that call, that clarion call that they're getting out," Simon said.

Nelson Payamps, another Pleasantville resident who attended the rally, said he wanted to publicize that state Sen. Terrence Murphy, who is his representative, not only opposes the measures that are being blocked by the Senate, but also wants to repeal the New York SAFE Act.

"I'm here to support this rally and also I'm here because I want to get this guy out (of office)," Payamps said. "He does not represent the best interests of New York."

Gallia Taranto of White Plains said she was disturbed that part of the conversation by those who want to evade the gun restrictions following the shooting have tried shifting the focus to those suffering from mental illness. Taranto said that further stigmatizes those who experience mental illness because the overwhelming majority are not violent, she said.

Three nationwide efforts will occur over the next two months to keep the pressure up, organizers announced on Sunday. Organizers of the Women's March have launched a social media campaign to publicize a planned a 17-minute walkout on Mar. 14, at 10 a.m. by teachers and students.

Students in Florida are planning a March for Our Lives event on Saturday, Mar. 24 in Washington and communities around the country to demand action.

A full-day school walkout is being planned for Friday, Apr. 20, the 19th anniversary of the Columbine High School shooting. This effort will be accompanied by a change.org petition with the goal of collecting 50,000 signatures calling for change.

*'This is American carnage and it is unacceptable.'*

—ERIN FULLER

## SMALL NEWS IS BIG NEWS



## CHAPPAQUA CROSSING A P A R T M E N T S

*Location... Community... History... and Quality Living. It All Starts Here!*

### ◆ OPENING MARCH 2018 ◆

The historic cupola building located on the former Reader's Digest headquarters has been converted into a one-of-a-kind apartment community.

One Bedroom apartments – starting at \$2,300  
Two Bedroom apartments – starting at \$2,900  
Three Bedroom apartments – starting at \$4,800

### AMENITIES INCLUDE:

- ◆ Two landscaped interior courtyards
- ◆ On-site walking trail
- ◆ Outdoor playground area
- ◆ Large gym and separate exercise room
- ◆ Two laundry rooms
- ◆ Beautiful club/multi-purpose room, including kitchenette
- ◆ Reading library with dramatic views
- ◆ Shuttle service to the Chappaqua Metro North Station

***For Additional Information:***

**Please visit our website at:**

**[www.chappaqua-crossing-apartments.com](http://www.chappaqua-crossing-apartments.com)**

**or call us at (914) 610-3711**



Housing Action Council



Wilder Balter  
PARTNERS INC.



# Local Districts, Police Review Procedures to Ensure School Safety

By Anna Young and Martin Wilbur

Area school officials and law enforcement said last week they are constantly reviewing and refining safety measures in local school buildings to ensure the safety of students.

The Feb. 14 mass shooting at Marjory Stoneman Douglas High School in Parkland, Fla. was a grim reminder that despite numerous extra security that was put in place following the massacre at Sandy Hook Elementary School in Connecticut more than five years ago school personnel and authorities must always be wary.

Pleasantville Superintendent of Schools Mary Fox-Alter said the district has enhanced communication within each building in the event of an emergency. If something happens, the district will send out information as quickly as possible to the building crisis teams, safety personnel and the Pleasantville police and fire departments.

"We are very vigilant," she said. "We talk about safety on a daily basis and all of these emergency protocols fit every situation."

The three schools within the district are equipped with wireless Internet access, double-entry vestibules and are hooked up to a COPsync alert system, which improves the communication between law enforcement and schools

and reduces response times.

Faculty are also well-versed on safety procedures and how to communicate with students in the event on an emergency.

Fox-Alter said safety drills are held regularly with district officials, building crisis teams, school psychologists and counselors, school nurses and police monitoring the lockdown procedures. She added that they monitor how fast the schools can go into lockdown at various times of the day continually working to advance their methods.

Similarly in Chappaqua, Superintendent of Schools Dr. Christine Ackerman sent out a letter to district households assuring the community that officials are continuously bolstering its safety and security procedures.

Measures that have been taken include annual safety audits by professional consultants; video surveillance; security personnel assigned to each school; anonymous alerts reporting system where students, staff and parents can submit safety-related concerns; a strong partnership with the New Castle Police Department, which has a presence on school campuses on a daily basis; distress buttons that connect to law enforcement; district and building safety plans; and trained building emergency response teams.

"It is most important at this time that we offer our students every reassurance that our schools are safe places," Ackerman wrote to the community. "As such, we must continue to approach this aspect of our work with the utmost seriousness and remain vigilant in securing our facilities and practicing our emergency protocols with our students and staff."

North Castle Police Chief Peter Simonsen said his department has maintained a close working relationship with the Byram Hills School District to maintain safety for everyone in the building. Like many districts, the town and Byram Hills share a resource officer who interacts with students, who then feel comfortable approaching the officers should they have a problem or hear of something, he said.

In his communication with district families, Bedford Superintendent of Schools Dr. Christopher Manno repeated appeals from police that if anyone notices anything out of the ordinary to make sure it is reported. He also urged students and families to use the district's Anonymous Alerts System to report suspicious behavior or activity.

"Experts from across the country... are pleading with educators, community members, students and parents to bring anything that appears out of the ordinary

to the attention of authorities," Manno said.

Fox-Alter said the need for the school district to coordinate with local police is essential to making safety procedures run smoothly.

"I'm so grateful to the Pleasantville Police Department that they are at every lockdown and training procedure and they come for regular meetings with district and building safety teams," Fox-Alter said. "The safety of our children is our number one priority."

**Glass Onion**  
ORIGINALS

Specializing in Fine  
American Craft

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

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

## HANDBAGS & SHOES

Renewal • Repair • Cleaning



Shoe repair • Dry Cleaning • Wash & Fold



**Sarang 7**  
320 Chappaqua Road  
Briarcliff Manor, NY  
914-502-0062

**Green Pink Cleaners**  
49 Wheeler Ave.  
Pleasantville, NY  
914-769-5143

Follow  
us on  
**twitter**

twitter.com/ExaminerMedia

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

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

## Experience = Success

This is the formula needed if you are looking to sell or buy your home.  
As a lifelong resident of Pleasantville with 20 years of experience and success  
in Real Estate, and now with the power and tools of ERA behind me,  
I will be happy to answer all your questions.

Please Contact Sharon Foley (née Tompkins)  
And remember - my time is your time.



**Sharon Foley**  
NYS Lic Real Estate Salesperson  
ERA Insite Realty Services  
370 Manville Rd., Pleasantville  
Office: 914-769-2222  
Cell: 914-649-1157  
E-Mail: Sharon.Foley@ERA.com



## LIFESTYLE NUTRITION

475 Main Street, Armonk, NY 10504  
914-219-5777

HOURS OF OPERATION  
Mon. - Fri. 8:30 - 6:00  
Saturday 8:30 - 5:00  
Sunday Closed



- Vitamins
- Protein Powders
- Pre Workout Supplements
- Post Workout Supplements
- On the Go Nutrition Products
- Super Food Powders
- Brain Optimizing Supplements

HOME BREWED  
**BULLETPROOF  
COFFEE**

SUCCESS IS A  
**LIFESTYLE**  
NOT A RESULT



PRESENT COUPON TO CASHIER

**10% OFF**  
ANY PURCHASE OVER \$50.00  
Coupon cannot be combined with any other coupon and/or special offer  
EXPIRES 06-30-2018

**GET A FREE**  
**QUEST NUTRITION PROTEIN BAR**  
WITH EVERY PURCHASE OVER \$50.00  
Coupon cannot be combined with any other coupon and/or special offer  
EXPIRES 06-30-2018

**10% OFF**  
ANY PURCHASE OVER \$50.00  
Coupon cannot be combined with any other coupon and/or special offer  
EXPIRES 06-30-2018

**GET A FREE**  
**QUEST NUTRITION PROTEIN BAR**  
WITH EVERY PURCHASE OVER \$50.00  
Coupon cannot be combined with any other coupon and/or special offer  
EXPIRES 06-30-2018



@LifestyleNutrition10504

# No. Castle Closes Comp Plan Hearing; Changes to Be Discussed

By Martin Wilbur

The North Castle Town Board closed the public hearing on the Comprehensive Plan update last week and will now hold at least one work session to discuss the revisions suggested by residents and town officials.

Written comments will remain open until Feb. 28 to allow the public to make any additional comments. A work session has been tentatively scheduled for Mar. 14.

Last week the Town Board discussed a series of mostly minor revisions and

clarifications in the text of the document. Those changes will be incorporated into an updated document by the first week in March, which will give the board about a week to review it until the work session is held, said Frank Fish, the town's planning consultant for the Comprehensive Plan.

Fish said the hearing, which lasted over two meetings, was not contentious or drew many speakers because the six main goals in the 1996 plan, the last time the town completed a formal update, remain

unchanged with no major zoning or land use changes proposed. The main thrust is to maintain the town's three hamlets but look for ways to enhance the business districts.

"I think one of the reasons why we didn't have 150 people was simply people could see that we're not making any radical changes," Fish said. "We're really maintaining North Castle."

## Gotta Have Heart



The Bristol Assisted Living at Armonk, an assisted and independent living community, recently hosted a Heart Health Fair as part of February is Heart Month. The program, which was held Feb. 2, featured several speakers who discussed heart health and fall prevention. Pictured, from left, are Bristol at Armonk Recreation Director Maytha Ramirez; Dr. Shalini Bobra, cardiologist from White Plains Hospital's Medical & Wellness facility in Armonk; Bristol at Armonk Executive Director Samantha Krieger; and Jackie Telfer, a physical therapist from Burke Rehabilitation.

## Tennis for a Good Cause



CELESTE CROSBY PHOTO

The inaugural platform tennis fundraiser for the Katonah Education Exchange Program (KEEP) attracted more than 20 players last Thursday at the Waccabuc Country Club. The festivities raised nearly \$2,000 to support the education of at-risk eighth-grade girls at the Kakenya Center for Excellence in Kenya. The organization has now raised more than \$50,000 for the program. For more information, visit [www.KeepGirlsInSchool.org](http://www.KeepGirlsInSchool.org).

## Always There. Always Fair.

Losing a loved one and planning a memorial is without question an emotionally draining ordeal.

With us, however it doesn't have to drain you financially. At the time of loss, cost should be the last thing on your mind...because it's the last thing on ours.

*For affordable service, contact us today.*

**Discover the Difference at Pleasant Manor**

**Funerals • Cremations • Customized Tributes**  
**Serving All Faiths**



Patrick J. McNulty Jr.

*Pleasant Manor Funeral Home, Inc.*

575 Columbus Avenue, Thornwood, New York 10594

**914 - 747 - 1821**

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

*Trusted, Compassionate Care for Three Generations*



Daniel J. McNulty

**Family Owned And Supervised**

**Patrick J. McNulty Sr. • Patrick T. McNulty**

**Patrick J. McNulty Jr. • Daniel J. McNulty**



# Murphy, Panel Tackle Sober Home Reform at Pace Forum

By Anna Young

State Sen. Terrence Murphy (R-Yorktown) hosted a public forum last Thursday with members of a Senate task force, health care experts and residents to gather information that can be used to regulate sober living homes.

With the homes currently not licensed or funded by state or local government and no requirement to offer formal treatment services, Murphy has charged that the residences are more focused on profit than recovery.

Sober home residents typically pay their own rent and are self-reliant but are monitored around the clock. It is designed to help recovering addicts who have completed inpatient or outpatient programs transition back into society.

"The function of a sober home is to act as a safe setting for someone with the need to avoid drugs and alcohol," Murphy said at the Feb. 15 forum at Pace University in Pleasantville. "There are currently no rules on how to run a sober home. We want to bring light and share information that can ultimately lead to a set of standards for these facilities."

James and Catherine McWilliam, whose 18-year-old son Hank overdosed and died in 2015 at Constellations Recovery in Yorktown Heights, stressed that sober living homes aren't properly caring for residents and must be regulated.

Catherine McWilliam said sober living is an unnecessary business and the system is "garbage."

"The fact that we have to sit here and actually ask – no beg – for somebody to regulate these places is insane. Why would this not be regulated?" McWilliam said. "Hank is not the first person to have died in sober living in the State of New York and he probably won't be the last one, but this is about saving the next life and doing the right thing. It's not about politics, it's about common sense and there needs to be regulation and rules and real ones – real certifications, real education, all that needs to be real, not just talked about."

Yorktown resident Pia Riverso said there's an urgent need for uniform legislation covering the classification, operation, oversight and review of sober living residences. She added the concerns Yorktown residents had when Constellations opened after they fought for stronger regulations and certifications were dismissed.

Stephanie Marquesano, who heads The Harris Project, said the model failed her 19-year-old son Harris. He died of an accidental overdose 36 hours after being discharged from a sober home in 2013.

Sen. Frank Akshar (R-Binghamton), a member of the Senate Task Force on Heroin and Opioid Addiction, shared his regrets that the state hadn't exercised



ANNA YOUNG PHOTO

Pictured, left to right, are Assemblyman Kevin Byrne, state Sen. George Amedore, Sen. Terrence Murphy and Senator Fred Akshar at last week's forum on imposing state regulation and oversight on sober living homes for recovering addicts and alcoholics around the state.

adequate due diligence to put forth legislation to prevent both deaths. He told Marquesano and McWilliam that their sons didn't die in vain.

"This is why we have asked the community, drug and alcohol treatment providers and the people on the front lines running these houses, to come here this evening," said Sen. George Amedore, Jr. (R-Rotterdam). "We want grassroots information that is pertinent so we can fix the system before another family has to suffer."

Maureen McKenna, assistant director for Rockaway Houses, said that sober houses are necessary for recovery. She

said her facility is funded on the belief that every individual needs to be willing to change.

"We are not in this for the money, and many of our house managers and staff are former clients," she said. "We have the experience and we know how to run safe sober homes, and more than willing to work with legislators to establish standards that would improve clients' chances for recovery."

County Executive George Latimer said Westchester is currently working to provide support to treatment and recovery programs, advising the task force to improve enforcement, insurance and education. He added that the county will cooperate with the task force, adding that the topic is the "most bipartisan issue within the state."

Judge James Reitz, who has overseen the Putnam County Judicial Diversion/Treatment Court since 2007, emphasized the importance of allocating funds to help people receive treatment and successfully transition back into society.

"If we all work together and pool our resources and have a common interest in working together and solving this problem, there is no issue, whether it's drugs, alcohol, heroin, whatever it is, we can and will solve this," Reitz said.

*Join the Prenatal Yoga Community*

@ Saw Mill Club

**Sleep better  
Breathe better  
Birth better**

**Beginners Welcome!**  
Classes are held locally at  
**Saw Mill Club**  
(membership is **NOT** required)  
Child care is available.

Class are on-going.  
Join anytime

For more information contact  
**Kathleen Goldring**  
kgoldring@sawmillclub.com

**SAW MILL CLUB**  
77 Kensico Drive  
Mt Kisco, NY 10549  
sawmillclub.com

the village  
gallery

at **the black cow**  
four old post road south  
croton on hudson  
10520

hours: 10am-6pm(sun 5pm)  
www.villagegallerycroton.com

## Obituaries

### Lynn Lombardi

Lynn S. Lombardi of Peekskill and formerly of North White Plains died on Feb. 14.

She was 64.

Lombardi was born on Sept. 21, 1953, to the late John (Jack) A. Lombardi, the former North Castle town supervisor, and Jane Willey Lombardi in White Plains. She was a retired nurse at Bethel Nursing Home in Croton-on-Hudson and was an avid writer of poetry.

She was predeceased by her husband, Frank Ortiz, in 2013. She is survived by

her loving sisters, Gail (Jamie) Norris of North White Plains and Diane (Rob) Kopenhaver of Briarcliff Manor; brother John A., Jr. (Gail Irish) Lombardi of LaGrangeville, N.Y.; and by her many nieces, nephews, great-nieces, great-nephews and cousins.

Visitation was at Hawthorne Funeral Home on Feb. 18. A funeral Mass was held at Holy Name of Jesus Church in Valhalla on Feb. 19, followed by interment at Kensico Cemetery in Valhalla.

### Lorezno DiMarino

Lorenzo Michele DiMarino of Pleasantville and formerly of West Harrison died on Feb. 17 at his residence.

He was 79.

DiMarino was born on Aug. 10, 1938, to the late Giuseppe and Maria (nee Troiano) DiMarino in Avellino, Italy. He was a retired self-employed landscaper in the White Plains area.

DiMarino is survived by his devoted wife, Providenza (nee Drago) DiMarino, of Pleasantville; his loving sons, Robert (Nancy) DiMarino and

Michael (Sandra) DiMarino, both of West Harrison; and his six cherished grandchildren. He was predeceased by his beloved son, Joseph DiMarino, in 2002.

Visitation was at Hawthorne Funeral Home on Feb. 19. A funeral Mass was held at Holy Rosary Church in Hawthorne on Tuesday, Feb. 20 at 11 a.m. followed by entombment at Ferncliff Mausoleum in Hartsdale.

In lieu of flowers, donations to Calvary Hospital in the Bronx would be appreciated.

### Edward Dell' Abate

Edward "Ted" K. Dell' Abate, a native of Pound Ridge, passed away suddenly on Feb. 12 after a brief battle with cancer.

He was 47.

Dell' Abate was the founder and owner of Phaedrus Technologies. Most recently, he worked at Bridgewater Associates in Westport, Conn.

He spent most of his adult life on Manhattan's Upper West Side and many years in his "happy place," New Orleans, where he was the "Mayor of Jazz Fest." He was a wonderful storyteller, self-taught cook, jazz enthusiast and continuously lived life to the fullest. He was a loyal husband, father, brother, uncle and friend. He will be greatly missed by all who had the privilege of knowing him.

Dell' Abate is lovingly remembered by his daughter, Matilda Dell'Abate; his wife, Taryn Casey; his sister, Jill Dell'Abate; and his nephew and niece, Lucas and Josie Mangold. He was preceded in death by his parents, Ralph and June Dell'Abate.

There will be a celebration of his life



Edward Dell' Abate

this Friday, Feb. 23 from 4 to 7 p.m. at Cassidy-Flynn Funeral Home in Mount Kisco. A burial service for family will be held on Saturday, Feb. 24 at 10 a.m.

In lieu of flowers and in his honor, a fund has been established in his memory for his daughter Matilda. Memorial donations may be made at [www.gofundme.com/ForTed-sMatilda](http://www.gofundme.com/ForTed-sMatilda).

### Gregory Blank

Gregory Michael Blank of Valhalla passed away unexpectedly on Feb. 16.

He was 47.

Blank was born in White Plains on July 19, 1970, and grew up in Valhalla, where he attended Holy Name of Jesus School, Stepinac High School, Valhalla High School and Pace University. He also was a member of the steamfitters' union. He was a devoted son, brother and uncle.

Blank was predeceased by his father, Philip B. Blank, in 1989. He is survived by

his mother, Mary M. Blank, of Brewster and formerly of Valhalla; his brothers, Artie (Margaret) Blank of Brewster and Phil (Sue) Blank of West Harrison; his sister, Tricia (Pete) Feighan, of Brewster; three nieces; and five nephews.

Visitation was at Hawthorne Funeral Home on Feb. 19. A funeral Mass was held at Holy Name of Jesus Church in Valhalla on Tuesday, Feb. 20 at 10 a.m. followed by interment at Gate of Heaven Cemetery in Hawthorne.

## Police Blotter

### North Castle Police Department

**Feb. 9:** Westchester County Fire Control reported a brush fire on Old Orchard Street at 7:10 p.m. The North White Plains Fire Department was dispatched. The responding officers reported that the fire was extinguished with no damage to property. Photographs were secured.

**Feb. 10:** Report of a bicyclist down on Route 120 with unknown injuries at 9:16 a.m. The responding officers reported that the injured party was transported to Westchester Medical Center.

**Feb. 10:** A Davis Drive resident reported at 12:53 p.m. that there were numerous unauthorized withdrawals from his parents' Chase Bank account starting in December 2015.

**Feb. 12:** Report of a suspicious man walking up North Broadway in the area of Hillandale Avenue at 6:25 p.m. The complainant stated that the subject was observed walking on Nethermont Avenue around 2:30 p.m. by her daughter and she felt he is suspicious. He was described as skinny, with a black jacket, beard, glasses and wearing a Perry the Platypus cap. The responding officer checked the area with negative results.

**Feb. 14:** A caller reported at 10:53 a.m. that a male party at the Beehive restaurant on Old Route 22 is a diabetic and is in and out of consciousness. The responding officer reported that the party was transported to Northern Westchester Hospital.

*B.F.*

**BEECHER FLOOKS FUNERAL HOME, INC.**

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

**Personally Owned and Supervised By**

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

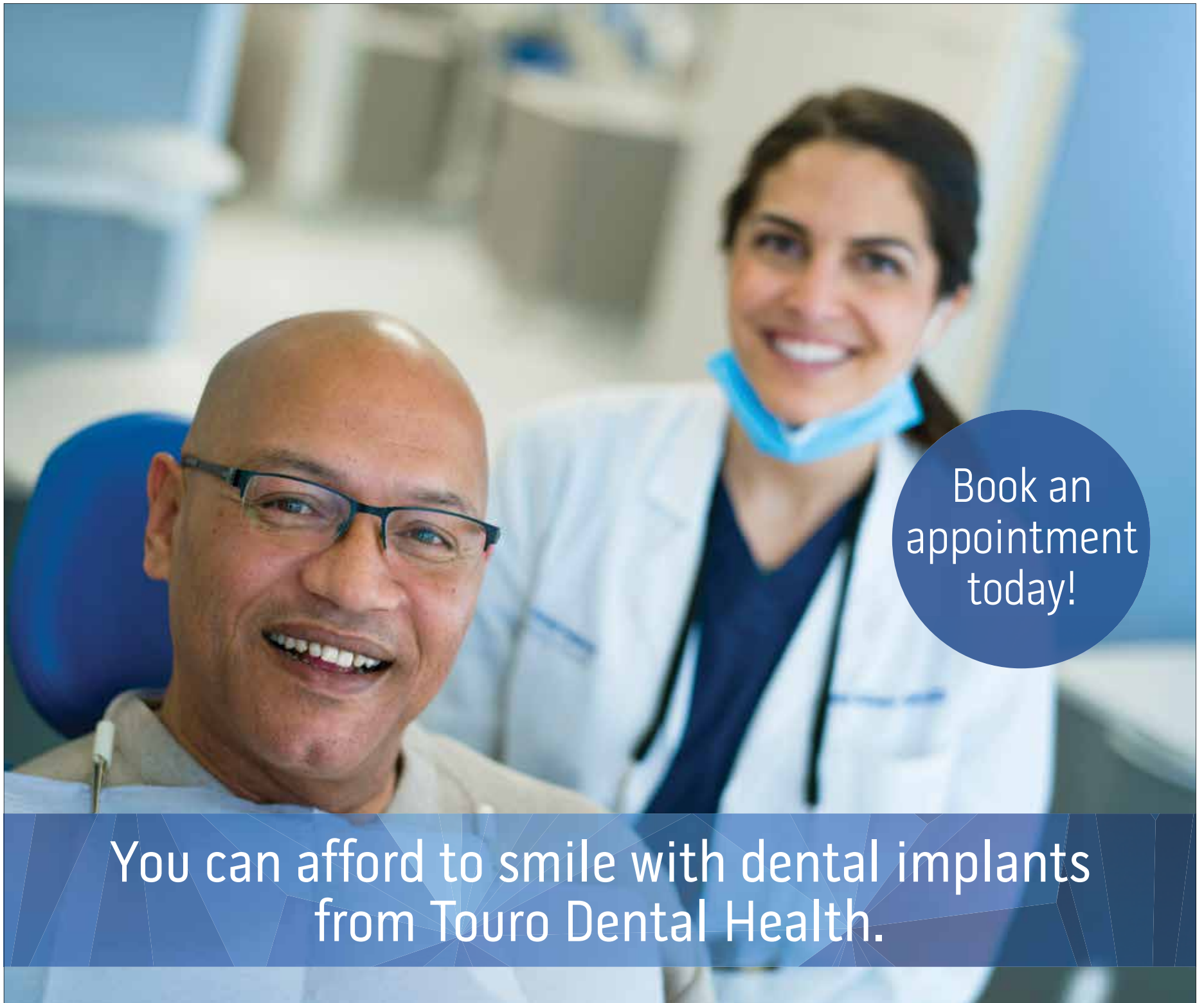
*Caring for our community since 1928*  
*Personal and Complete Funeral Service*

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

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

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





Book an  
appointment  
today!

## You can afford to smile with dental implants from Touro Dental Health.

**Touro Dental Health offers implants at a savings of up to 50%.**

Our highly experienced oral surgeons use the most advanced techniques in dentistry today, including 3-D dental implant technology for greater precision and comfort. Choose from a full range of affordable oral health care services for your entire family, from general, pediatric and cosmetic dentistry, to oral surgery and more.



**Touro College of Dental Medicine**  
AT NEW YORK MEDICAL COLLEGE  
TOURO DENTAL HEALTH

**Call us for more information or to make an appointment!**  
**914.594.2700 | [dentalhealth@touro.edu](mailto:dentalhealth@touro.edu)**

Touro Dental Health is located at 19 Skyline Drive in Hawthorne, N.Y.  
**Learn more at: [dentalhealth.touro.edu](http://dentalhealth.touro.edu)**

Touro Dental Health, the educational training facility of the Touro College of Dental Medicine at New York Medical College, is dedicated to conducting important educational and clinical research, while providing excellent dental health services to the public.



# Board of Legislators to Propose Earned Sick Time Measure

By Anna Young

Several Westchester County residents, union members and county employees joined members of the Westchester Board of Legislators this week in support of an earned sick day bill.

With about 36 percent of workers in Westchester lacking paid sick days, the bill proposes that most workers receive a minimum one hour of earned paid sick time for every 30 hours worked.

"I think we all know that people deserve to stay home when they're sick," Legislator Catherine Borgia (D-Ossining) said at the Feb. 14 press conference in White Plains. "The fact that 36 percent of Westchester workers don't have paid sick leave means that the majority of workers do have it and people understand that this is a necessary human measure that as a society we just have to support. It's just common sense."

If passed, Westchester would join New York City as the second jurisdiction in the state to have a sick leave law. Similar legislation was approved and is in effect in Washington, D.C., Seattle and San Francisco along with seven states, including Connecticut and Massachusetts.

Borgia, who introduced the bill last March, said she is re-submitting the bill for discussion because of support from the Board of Legislators' Democratic supermajority. While she received bipartisan support last year, she said she

halted discussions after former county executive Rob Astorino intended to veto the legislation.

"This is a very powerful coalition," Borgia said. "I was very proud to sponsor this legislation when we realized that a significant number of workers do not have the right to earn through their employer paid sick time, and who those people were are people who typically work with the public or work with our most vulnerable populations."

Every member of the Democratic caucus has co-sponsored the proposed law, agreeing that it is a common-sense measure vital to supporting county employees and keeping the community safe. Legislator David Tubiolo (R-Yonkers) also supports the bill.

Chairman Ben Boykin (D-White Plains) said the law addresses a public health situation. Legislators will be bringing the bill to a vote in the coming months.

"While we will hear them (stakeholders), we're not going to let anything stop us because we're going to move it forward," Boykin said. "We want it now and with the supermajority on the board we gonna get it now."

The proposed law requires employers with at least five employees accrue one hour of paid sick time for every 30 hours worked, for up to 40 hours of paid sick time a year. The bill also calls for employers

with less than five employees to allow their workers to accrue unpaid, job protected sick time.

Additionally, the law can be used for both physical and mental illness and will also provide sick leave to employees who need to take care of an ill family member. If unused, the paid sick hours amassed over the year may be transferred to the following year.

"This is a bill that is good for employees, good for business, good for our community," Assemblywoman Shelley Mayer (D-Yonkers) said. "This is an absolute common-sense, wisely drafted pro-Westchester piece of legislation that frankly we should adopt in Albany and let Westchester and New York City be the models for how to do better by our workers and our community."

A broad array of unions and other organizations support the proposal, including the Transport Workers Union Local 100 (TWU), the Westchester-Putnam Central Labor Body AFL-CIO and the New York State Nurses Association.

"There are too many kids dying of the flu and if parents were allowed to stay home with them maybe this wouldn't happen," Jayne Cammis, regional director of the New York State Nurses Association said. "Us nurses, we fight, we fight for what's right. The nurses I represent at Westchester Medical Center, we're at full capacity and



ANNA YOUNG PHOTO

County Legislator Catherine Borgia is surrounded last Wednesday by colleagues and supporters of an earned sick day bill that would require most employers in Westchester to provide paid sick leave to their workers.

more. We have more people waiting in the ER and not enough beds because of the flu epidemic so we need to get in support of this. People need to stay home when they're sick."

Viviana Guzman, a bus monitor with the TWU, said she had to rely on relatives and neighbors to care for her son when he had the flu last month because she couldn't take off from work.

"Every day when I should have been there for my son to take care of him I was working, unfortunately," Guzman said. "Westchester County residents urge you to have paid sick leave. It's very important to us."

**GRAND PRIX**  
NEW YORK  
GPNY.COM

**SPINS**  
BOWL

**BIRTHDAY PARTIES**

**CORPORATE EVENTS**

**BAR / BAT MITZVAHS**

**FUNDRAISERS**

**333 North Bedford Road | Mount Kisco, New York**

**www.gpny.com | info@gpny.com | 914-241-3131**

**VINE & CO.**  
wime • spirits

**DAILY FLASH SALE**  
\*SOME EXCLUSIONS MAY APPLY\*

**Week of February 19th - 25th**

<b>Masterson's 10 Year Rye Whiskey</b>	<b>was \$68 now \$58</b>
<b>Siduri Russian River Valley Pinot Noir</b>	<b>was \$35 now \$30</b>
<b>Vistre Passions Cabernet Sauvignon</b>	<b>was \$14 now \$11</b>
<b>Valdesil Godello</b>	<b>was \$16 now \$13</b>
<b>Aviary Chardonnay</b>	<b>was \$22 now \$18</b>
<b>Bisol Jeio Prosecco</b>	<b>was \$16 now \$13</b>

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



# Latimer Tabs Maisano to Lead County Consumer Protection Dept.

Westchester County Executive George Latimer last Friday named longtime County Legislator Jim Maisano (R-New Rochelle) as the director of the Department of Consumer Protection.

Maisano, who has served on the Board of Legislators for the past 20 years, brings an extensive record of public service to the job. Since his election to the board in 1997, Maisano has served in numerous leadership positions, including most recently as vice chairman of the board from 2014 to 2017 and minority leader from 2010 to 2013.

As a legislator, Maisano focused on governmental and fiscal reform, environmental protection and improving municipal recreation and parks, Latimer said. In addition to his public service, Maisano brings a wealth of legal experience. He practices law at his own firm in New Rochelle, concentrating on business litigation, real estate, wills, estates and probate actions.

"I am so excited and grateful that this administration has given me this opportunity," Maisano said. "It is incredible that George reached across party lines to show that the most important thing is the County of Westchester. We have a fabulous county government and everyone, Democrats, Republicans and Independents, should be working together to make this an even better county."

He said that he's pleased to be appointed to a hands-on position and promised to ensure that the department is a robust, efficient and transparent operation.

The Department of Consumer Protection is charged with ensuring a fair and equitable marketplace for consumers through various initiatives, including scam alert and protections, licensing of plumbers and electrical engineers, helping consumers find the lowest gasoline and oil prices, assuring

the accuracy of weights and measures, protecting consumers from the sale of unsafe children's products and other programs aimed to bring fairness to Westchester's consumers.

Latimer said despite being on opposite sides of the aisle, he and Maisano have had a long history of working together effectively on behalf of the county.

"We are of different political parties, and we remain in different political parties, but we have a shared commitment to the people of Westchester County," Latimer said.

Maisano will officially begin his new position on Feb. 26.



Veteran County Legislator Jim Maisano, at podium, was chosen by County Executive George Latimer, right, to lead the Westchester Department of Consumer Protection. Deputy County Executive Kenneth Jenkins looks on during last Friday's announcement.

## All Roads Lead To PLEASANTVILLE

**Subaru**

**THE CENTER OF WESTCHESTER COUNTY**

**In Business for over 40 years! Come See Why!**

**Total Value**  
Get more, without paying more!

**Total Convenience**  
Easy to get to from everywhere!

**Total Service**  
Caring, Award-winning service!

**The Ultimate Combination for Customer Satisfaction**

**Pleasantville Ford, Inc. Prestige Imports**

a division of Pleasantville Ford Inc.

**914.769.1800**

**44 & 47 Pleasantville Road • Pleasantville, NY**

[www.pleasantville-ford.com](http://www.pleasantville-ford.com)

get

NOTICED!

Advertise in  
The Examiner.

Call 864-0878 today!



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

or e-mail

advertising@theexaminernews.com

## The Examiner

**Adam Stone**

astone@theexaminernews.com

**Publisher**

**Martin Wilbur**

mwilbur@theexaminernews.com

**Editor-in-Chief**

**Examiner**  
MEDIA

also publishes

The NORTHERN WESTCHESTER  
**Examiner**

The WHITE PLAINS  
**Examiner**

The PUTNAM  
**Examiner**

To inquire about paid  
subscriptions, email

subscriptions@theexaminernews.com  
for pricing and other details.

PO Box 611

Mount Kisco

NY 10549

914-864-0878

www.TheExaminerNews.com

## Letters Policy

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

Member of  
NEW YORK PRESS ASSOCIATION  
**NYPA**

## Editorial

### Will There Be Political Courage for Common Sense Gun Legislation?

It didn't take long for protesters to organize rallies and protests throughout the United States in the wake of last week's horrific massacre at Marjory Stoneman Douglas High School in Parkland, Fla.

What was different at a rally on Sunday in White Plains was the level of anger and intensity that had been absent at similar events about five years ago after the Sandy Hook tragedy and even as recently as the days following the Pulse nightclub shooting in June 2016.

Late Monday, there was a similar, albeit smaller, protest on the steps of the Putnam County Courthouse in Carmel. While not far away, what is notable is the political landscape in Putnam is nothing like that of Westchester and there were about 100 people who turned out.

Several of the demonstrators in White Plains commented that what gives them hope for meaningful change after the latest mass shooting in Florida is that young people, particularly high school-age students, are taking the lead in organizing protests and hopefully keeping the issue in the public's consciousness. Time will tell whether that level of commitment can be sustained.

The argument that there shouldn't be

common sense restrictions on firearms is feeble at best. So many of the laws and regulations that are on the books that we don't think twice about were created because activities or practices were causing or contributing to too many deaths. Think mandatory wearing of seatbelts, car seats for young children and the end of advertising of cigarettes on television more than 45 years ago.

And, no, measured restrictions on guns is not the same as repealing the Second Amendment. That's another fallacy. We don't live in the Wild West where it's every man and woman for themselves. We have law enforcement. Right now there are greater limits on the First Amendment than on the Second Amendment in too many states.

As was raised at Sunday's rally, meaningful legislation could include implementation of an Extreme Risk Protection Order (ERPO) in New York State, a tool that allows a judge to temporarily take away firearms from someone who is a threat to himself or others.

Five states, California, Washington, Oregon, Indiana and Connecticut, have passed ERPOs with close to 20 more considering the measure. That would be a

good start. Other western democracies have citizens who suffer from mental illness, but none have the level of gun violence that the United States has. What's the difference? It's exceedingly difficult, if not impossible, to obtain the assortment of guns that can be bought here legally.

Limiting the ammunition capacity of guns would be another wise proposal.

Then there is the issue of banning semi-automatic assault rifles. There shouldn't even be a debate on whether ordinary citizens should have such firepower, but given the outsized war chest and influence of the National Rifle Association, that will be a long-term project.

With Congress hopelessly divided on almost everything, the best chance for meaningful progress is at the state and local levels across the country. In New York the SAFE Act was a good step in the weeks following the Sandy Hook tragedy in Newtown, Conn. But there are improvements that can be made. It is time we move ahead with a couple of those reforms.

The question is whether those officials and policymakers that have stood in the way of safety and security have the courage to do what's right.

## Letter to the Editor

### Single-Use Plastic Bags is Like Distributing Poison to the Environment

In response to Joe Yasinski's letter last week ("There Are More Pressing Problems Facing Pleasantville Than Plastic Bags"), I submit that you do not know what you are writing, or for that matter, talking about.

Plastic bags are like herpes, they last forever. Fish, scallops, clams and crabs love micro plastics. And in so doing we also get to enjoy polyethylene in our own diet. I do not want to eat plastic.

In order to limit my exposure to plastic food, I welcome the elimination of the forever plastic bag that you distribute in your store and welcome the arrival of the reusable takeaway.

I would advise you to stop distributing poison to the environment and embrace the future.

**James McGovern**  
Pleasantville

### Local ShopRite Supermarkets Raising Money for Maria Fareri Children's Hospital

ShopRite Supermarkets, Inc., owner and operator of 35 stores throughout New York and New Jersey, announced last week its newest campaign to raise funds to benefit Maria Fareri Children's Hospital, a member of the Westchester Medical Center Health Network.

Now through Saturday, Mar. 3, participating ShopRite stores will raise funds by collecting donations at checkout and hosting in-store events, activities and fundraisers to support the hospital's commitment to provide lifesaving and life-changing care to more than 30,000 critically ill infants and children each year. The funds raised will help provide advanced pediatric care and needed support services to thousands of local children, including those in need of open heart surgery, brain surgery, cancer treatments, trauma and burn care, organ transplants and more.

To date, ShopRite Supermarkets, Inc. has raised over \$1 million to benefit Maria Fareri Children's Hospital and its efforts.

"It is truly an honor to continue our partnership with Maria Fareri Children's Hospital," said Tom Urtz, ShopRite's vice president of operations. "We are proud to work with such wonderful employees and customers who are dedicated to making a difference in our communities, and through

this latest fundraising campaign, we look forward to continuing our support of this lifesaving organization and its efforts."

ShopRite stores host two fundraising campaigns to benefit Maria Fareri Children's Hospital each year, one each during the fall and winter. As a result of its efforts during the fall 2017 campaign, ShopRite presented a donation of \$129,300 to representatives of the hospital during a check presentation ceremony last Friday at the supermarket's corporate office in Florida, Orange County.

"The generous efforts of ShopRite and its customers are helping us greatly to advance children's healthcare," said Michael Gewitz, MD, William Russell McCurdy Physician-in-Chief, Maria Fareri Children's Hospital. "Customer donations made through ShopRite's efforts enable us to provide the very best care for our patients, by funding items including state-of-the art technology and equipment. ShopRite's contributions help make it possible for us to provide the most advanced care available to our patients and their families."

There are 27 ShopRite stores in the Hudson Valley and New Jersey that are participating in the fundraising campaign including the locations in Bedford, Thornwood and White Plains.

**SMALL NEWS IS BIG NEWS**



Energy brings you...

## know your **Neighbor**

### **Monique Michaels, Photographer/Artist Armonk**

By Martin Wilbur

Monique Michaels doesn't shy away from a challenge or making a change if she believes it's the right decision.

About four years ago, Michaels was driving from southern California where she spent 16 years, the latter portion of that time as a photographer, back to her family in her native Chicago in preparation to take a job in Germany.

During her return, she passed an exit sign for Brooklyn, Neb. Then, a friend called her asking if she planned on coming through New York before leaving for Europe.

To Michaels that was a sign that maybe her relocation should be to New York instead.

She roomed with her friend in Pound Ridge for two months before finding her own place in Armonk. Michaels' chief impetus for staying was her attraction to nature photography, switching gears from her large portfolio of fashion and commercial work in California. Coupled with her ability to immediately find work as a certified yoga instructor, it seemed like the prudent move to make.

"Nature has been the motivation for my work the last four years because I didn't have this type of eye candy in Los Angeles," Michaels said. "It's just a different kind of landscape there, and so each season, too, brings new ideas and new inspiration and you never know what you're going to get. That's the beauty of what we have in this area of the country."

Despite needing to repair several of her cameras at the time of her move to New York, Michaels barely missed a beat professionally. Since 2016, she has exhibited at a steady and impressive stream of shows, mainly throughout New York and Connecticut. She was also getting calls and messages from patrons who wanted to buy her previous work that was displayed on her website.

Michaels was recently awarded first place for her digital art "Dawn of New Day," at the Rowayton Arts Center in Rowayton, Conn. The piece was part of her "Winter" series, which highlights a season of solitude and exploration in the Northeast. She said it was a surprise because of the large contingent of talented artists that entered the exhibit.



"I'm very happy and pleased that people like it," Michaels said. "That's the biggest gift for an artist, having people enjoy what you're doing."

While Michaels has transformed herself into a nature photographer, her images are different than what could be considered typical landscape work. She uses film to capture her images, then employs a pigment process or gum bichromate. Her color images can look more like paintings than photos.

"I shoot all film, I shoot multiple exposures, and then I take those negatives and I usually take a digital print or I make a digital negative, which I then have a hand-held print," Michaels explained.

Michaels may not have known it at the time, but her appreciation for art and nature was developed in part during her weekend fishing trips with her father as a young child. He father would often bring his camera, a Canon AE-1, and Michaels learned to deeply appreciate the time spent outdoors.

"I wouldn't necessarily say it was because of him," Michaels said of her

love of photography, "but as I got older I remembered the joy that it gave me."

As much as Michaels enjoyed and excelled in the arts, a career in such an unreliable field wasn't necessarily encouraged at home. Her pragmatic parents believed worried about her ability to earn a living first, she said.

Michaels went to Iowa State, where she majored in journalism and also studied photography, plying her photography for the student newspaper.

After school, Michaels, who was interested in acting and even snagged a role in the Adam Sandler movie "The Waterboy." She then went to California to work in the entertainment industry, first landing in casting, then moving on to development before heading to an agency. After about 10 years she had had enough, which led her to practice yoga as a way to restore her health and happiness.

During that time Michaels enrolled in a photography program at a local college to brush up on her skills and almost immediately found work in mostly fashion and commercial jobs.

Michaels has amassed a large collection of her own work that and hopes to pursue oil painting one day.

"If you enjoy something and you really have a passion for it, go for it because if you don't you'll really regret it and you'll be really bitter about it," Michaels said.

To learn more about Monique Michaels' work, visit [www.moniquemichaelsphotography.com](http://www.moniquemichaelsphotography.com).

## Great CD and Money Market Rates!

### Choose the account that's right for you.

2 Year CD\*

**1.85%**  
APY



13 Month CD\*

**1.70%**  
APY

Money Market  
Great Rate &  
100% Liquid

**1.25%**  
APY  
for balances of  
\$2,500 and up\*\*

**Visit our Thornwood branch today! Rose Hill Shopping Center, Thornwood, 914-769-8400**

**Linda Allen, Branch Manager**

Annual Percentage Yields (APYs) disclosed are effective as of 1/16/2018 and may be changed by the Bank at any time. \*CDs require a \$1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. CDs must be opened in person at an Apple Bank branch. \*\*For the Apple Bank Money Market Account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: 1.25% APY, \$25,000-\$49,999: 1.25% APY, \$50,000-\$74,999: 1.25% APY, \$75,000 or more: 1.25% APY. There is no interest paid on balances between \$1-\$2,499. \$100 minimum deposit required to open account. \$2,500 minimum daily balance required to avoid \$10 monthly maintenance fee. A combined \$3,000,000 maximum deposit per household applies to the Apple Bank Money Market Account. A household is defined as a family residing at the same address. Fees may reduce earnings. Offer may be withdrawn at any time without prior notice.

**Apple Bank**

Established 1863 - Member FDIC

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

# Katonah **ART** Center

## SUMMER CAMP 2018 REGISTRATION HAS BEGUN!



**Art & Imagination**  
**Ages 3 1/2 - 5**



**Teen Art Camp**  
**Grades 6-10**



**Kids Art Camp**  
**Grades K - 5**



**Portfolio 911**  
**Grades 10-11**

katonahartcenter.com • (914) 232-4843  
65 Old Bedford Road, Goldens Bridge, NY 10526

## Westchester County Camps Offers Wide Range of Programs for Children

With warmer weather just around the corner, registration is open for Westchester County Parks' popular summer camps for children and young people.

"Our perennially favorite Young Farmers camp at Muscoot Farm already has only limited availability – we already have wait lists for several age groups," said County Executive George Latimer. "But parents shouldn't worry. Our parks department has many other great camps to choose from all over the county. Whether it's ecology, sports or music – or all three – you'll find a great fit for your children."

Here is the list of the county camps that are offering programs this summer.

**Perfect Pitch and Swing Baseball Camp**, ages 8 to 12, V.E. Macy Park in Ardsley. 914-231-4673.

**Slam Dunk Basketball Camp**, grades 3 to 9, Westchester County Center, White Plains. 914-231-4673.

**Girls Volleyball Camp**, grades 6 to 12, Westchester County Center, White Plains. 914-231-4673.

**Challenger Sports Soccer Camp**, grades 1 to 9, V.E. Macy Park, Ardsley. 914-714-8601 or [www.challengersports.com](http://www.challengersports.com).

com.

**Hole-in-One Junior Golf Camp**, ages 10 to 17, Dunwoodie and Sprain Lake, Yonkers; Hudson Hills, Ossining; Maple Moor, White Plains; Mohansic, Yorktown Heights; and Saxon Woods, Scarsdale. 914-231-4673.

**Children's Summer Ecology Program**, grades 1 to 6, Cranberry Lake Preserve, North White Plains; Marshlands Conservancy, Rye; and Ward Pound Ridge Reservation, Cross River. (See website for contact info.)

**Conservationists in Training**, grades 7 to 9, Cranberry Lake Preserve, North White Plains and Ward

Pound Ridge Reservation, Cross River.

**Stewards**, grades 10 to 12, Ward Pound Ridge Reservation, Cross River. (See website for contact info.)

**Muscoot Wranglers**, ages 4 and 5, and Muscoot Young Farmers, grades 1-8, Muscoot Farm, Somers. 914- 864-7282.

**Summer Music Center**, grades 3 to 12, Westchester County Center, White Plains. 914-231-4673.

For more information and to register online, visit [www.parks.westchestergov.com/activities/childrens-camps](http://www.parks.westchestergov.com/activities/childrens-camps).



## Kids Flip for WORLD CUP GYMNASTICS' SUMMER CAMP!

# Gymnastics Camp!

Our USAG certified instructors guide campers through fun gymnastics rotations using our state of the art equipment in a fully, air-conditioned facility. This combined with traditional camp activities and weekly field trips make it the camp that children flip for!



For more information call

**914-238-4967**

or register online at

[worldcupgymnastics.com](http://worldcupgymnastics.com)

**SUMMER CAMP**

New York's Premier Gymnastics Facility

**RESERVE YOUR SPOT TODAY!**



**YOU PICK YOUR CAR... YOU PICK YOUR PAYMENT... IT'S THAT EASY!**

# Presidents' Day Savings All Month Long!

**BEWARE!  
Of The Other  
Guys ZERO  
MILE LEASE  
OFFER!**

**NEW 2018 RAM**

**RAM 1500 QUAD CAB 4X4**



**EXPRESS  
PACKAGE!**

27J, POPULAR EQUIP,  
EXPRESS, HEMI,  
5" DISPLAY, SPRAY IN  
BEDLINER, STK#12246T,  
MSRP \$42,060

**TRUCK MONTH**

**NEW 2018 RAM**

**RAM 1500 CREW CAB 4X4**



**EXPRESS  
PACKAGE!**

26J, EXPRESS VALUE  
PACKAGE, BACK-UP CAM.,  
HEMI, TOW, SPRAY IN  
BEDLINER, STK#12235T,  
MSRP \$45,615

**ONLY ONE  
IN STOCK AT  
THIS PRICE!!**

**\$0  
DOWN**  
**\$258**  
FOR 36 MONTHS

**\$1995  
DOWN**  
**\$198**  
FOR 36 MONTHS

**\$2995  
DOWN**  
**\$168**  
FOR 36 MONTHS

**\$0  
DOWN**  
**\$328**  
FOR 39 MONTHS

**\$1995  
DOWN**  
**\$274**  
FOR 39 MONTHS

**\$2995  
DOWN**  
**\$244**  
FOR 39 MONTHS

**ONLY ONE  
IN STOCK AT  
THIS PRICE!!**

**NEW 2017 RAM**

**PROMASTER CITY CARGO**



**THE RIGHT SIZE  
CARGO VAN!**

24C PACKAGE, BACK-UP  
CAMERA, 4CYL, LED  
LIGHT PKG, 5.0 RADIO,  
CRUISE CONTROL,  
STK#11873T  
MSRP \$26,135

**\$0  
DOWN**  
**\$319**  
FOR 39 MONTHS

**\$1995  
DOWN**  
**\$258**  
FOR 39 MONTHS

**\$2995  
DOWN**  
**\$228**  
FOR 39 MONTHS

**NEW 2018 CHRYSLER**

**PACIFICA TOURING L**



**ONLY ONE  
IN STOCK AT  
THIS PRICE!!**

**OVER \$37,000  
MSRP!**

27L PACKAGE, LEATHER,  
DUAL POWER DOORS,  
ALLOY WHEELS,  
BACK-UP CAMERA AND  
MORE STK#5701C  
MSRP \$37,805

**\$0  
DOWN**  
**\$348**  
FOR 36 MONTHS

**\$1995  
DOWN**  
**\$288**  
FOR 36 MONTHS

**\$2995  
DOWN**  
**\$258**  
FOR 36 MONTHS

**NEW 2018 DODGE**

**DODGE DURANGO SXT AWD**



**ONLY ONE  
IN STOCK AT  
THIS PRICE!!**

**THE BEST  
VALUE SUV  
WITH 3RD ROW  
SEATING!**

21B, SXT, POPULAR EQUIP  
GROUP, SUNROOF, AUTO,  
6CYL, STK#12204T  
MSRP \$41,020

**\$0  
DOWN**  
**\$328**  
FOR 36 MONTHS

**\$1995  
DOWN**  
**\$268**  
FOR 36 MONTHS

**\$2995  
DOWN**  
**\$238**  
FOR 36 MONTHS

**NEW 2018 JEEP**

**GRAND CHEROKEE LAREDO**



**4X4 • BEST  
SELLING SUV  
EVER!**

23E PACKAGE, 18" WHEELS,  
8.4 RADIO, 6CYL, BACK-UP  
CAMERA, AND MORE.  
STK#17505J  
MSRP \$37,785

**\$0  
DOWN**  
**\$318**  
FOR 36 MONTHS

**\$1995  
DOWN**  
**\$258**  
FOR 36 MONTHS

**\$2995  
DOWN**  
**\$228**  
FOR 36 MONTHS

**ALL NEW 2018 JEEP**

**COMPASS LATITUDE 4X4**



**ALL NEW INSIDE  
AND OUT JEEP  
COMPASS!**

27J PACKAGE, COLD  
WEATHER, REMOTE START,  
HEATED SEATS, TWO TONE  
PAINT, AUTO. STK#17652J  
MSRP \$29,625

**\$0  
DOWN**  
**\$238**  
FOR 36 MONTHS

**\$1995  
DOWN**  
**\$178**  
FOR 36 MONTHS

**\$2995  
DOWN**  
**\$148**  
FOR 36 MONTHS

**NEW 2018 JEEP**

**CHEROKEE LATITUDE PLUS**



**LOADED WITH  
PANO ROOF &  
REMOTE START!**

23D, COLD WEATHER, REMOTE  
START, HEATED SEATS, PANO  
ROOF, 4CYL, POWER SEATS,  
BACK-UP CAMERA,  
STK#17460J, MSRP \$34,050

**\$0  
DOWN**  
**\$338**  
FOR 39 MONTHS

**\$1995  
DOWN**  
**\$278**  
FOR 39 MONTHS

**\$2995  
DOWN**  
**\$248**  
FOR 39 MONTHS

**CrotonAuto Park**

**914-271-5100**

RT. 9A & 129 • CROTON ON HUDSON  
Hours: Mon-Thurs 8:30-8 Fri & Sat 8:30-6 Sun 11-4

[crotonautopark.com](http://crotonautopark.com)

\*36/39 MONTH LEASE WITH \$0, \$1995 OR \$2995 DOWN PLUS FIRST PAYMENT & \$695 BANK FEE DUE AT SIGNING. SUBJECT TO APPROVAL BY PRIMARY LENDER. TOTAL PAYMENTS MONTHLY PAYMENT = Payment X Months. OPTIONAL FINAL PAYMENT. PROMASTER \$13329, PACIFICA \$18903, DURANGO \$21741, CHEROKEE \$16344, COMPASS \$17182, GRAND CHEROKEE \$20403, RAM CREW \$22808, RAM QUAD \$21030, 10K MILE ALLOWANCE. UP TO 25¢ MILE OVERAGE, TAX TITLE, TAGS ADDITIONAL. LESSEE RESP. FOR WEAR AND MAINTENANCE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. PRICES INCLUDE INCENTIVES INCLUDING RAM QUAD \$900 NE LC, \$1000 NE LC, \$250 CCAP BONUS, \$500 CCAP BONUS, \$1000 LBC, \$500 PRESIDENTS, \$1000 LEASE CONQUEST, CREW CAB \$3500 LC, \$1000 LBC, \$500 CCAP LC, \$1000 LEASE CONQUEST, GRAN CHEROKEE \$2500 LEASE CASH, \$1000 LEASE CONQUEST, COMPASS \$250 CCAP LC, \$500 PRES DAY, \$1000 CONQUEST LEASE, CHEROKEE \$3250 LC, \$1000 LC, \$500 CCAP LC, \$500 RET CFC LEASE (NO CONQUEST) DURANGO \$2250 LC, \$250 CCAP LC, \$500 LC, \$500 PRES DAY, \$1000 LEASE CONQUEST, PACIFICA \$2000 LC, \$500 CCAP LC, \$500 NECJX, \$1000 LEASE CONQUEST, \$500 LEASE COUPON, MUST BE CREDIT QUALIFIED A+ TIER MUST PRESENT AD FOR SALE PRICE. MUST TAKE DELIVERY BY 2/28/18

**PRESIDENTS' DAY  
EVENT**



## How to Be Health-Smart About Snow Removal

It's been a remarkably easy winter for all those homeowners responsible for snow removal from their walks and driveways. As I write this, we've just experienced our first significant snowfall since early last month.

When I first moved to upper Westchester from New York City, certain aspects of "deep country" living were daunting to me, from never having operated a gas-powered lawnmower to the suggestion that I should purchase a chain saw to manage my wooded property. I also had a fear of snow removal because of a macabre story my wife and I heard just before we moved.

A friend told us about her father, a widower who lived alone in Dutchess County, who was not heard from for several days during a snowy winter. Alarmed, she called the police to investigate, and they found her father frozen to death in his driveway, the victim of a heart attack while trying to shovel snow. That did it for my wife, who's always been more cautious about my well-being than I. In winter, heart attacks are frequently reported, caused by snow shoveling.



By Bill Primavera

The ferocity of the first snowstorm in our suburban location was a shock to us, with snowdrifts so high that we literally could literally could not open our doors. At the same time, I had wrenched my back and could barely walk, much less shovel snow. My brave wife climbed out of a first-floor window, shovel in hand, and in drifts above her waist, removed the snow blocking egress from the house. She's some gal.

There are guys who get very excited about the prospect of owning a snow blower or thrower, but I've always known my limitations with operating heavier equipment. Early on, I started trying out snow removal services, qualifying them mostly on reliability in showing up when we needed them.

My only physical chore was to keep any residual snow from turning to ice where we walk. We did this as the snow fell, keeping it away from our ground-level doors with my old straw broom technique and, if it was a really heavy snowfall, with a snow shovel.

Our biggest problem was that the three main entrances to our house all faced north, and ice was more likely

to form there. Now I know why some of my homebuyers have insisted that I help them find a property where the driveway faces south, rather than north, especially if it is on a slope.

If ice does form, which is frequently the case when snow melts from the roof onto walkways then re-freezes, we used salt liberally to melt it. There are different types of salt, some causing less damage to concrete and to the environment. The most common is regular rock salt or sodium chloride, but this becomes ineffective if the temperature drops below 16 degrees Fahrenheit. It also releases the highest amount of chloride which pollutes streams, rivers and lakes.

The newest salt is magnesium chloride which continues to melt snow well below 0 degrees and releases about 40 percent less chloride into the environment. Furthermore, it is less damaging to surfaces and less toxic to plants. Its only drawback is that it can leave a powder residue when tracked into the home, but that is easily addressed by removing shoes once inside.

Every time it snowed, I would look up at the north side of my roof line where a radiant heating system had performed well for some years and I thought, why didn't I think of that when I installed my walkways and driveway?

All the medical advisories about properly removing snow seem to offer the same information: try to push rather than lift, especially if you use a snow shovel with a broader blade. It's better to use a smaller shovel or to push smaller amounts of snow in a regular snow shovel. If it's absolutely necessary to lift snow, you should bend from the knees to protect your back.

Training experts say that snow removal by hand should be approached as a rigorous physical exercise, one for which you warm up first by stretching. But who always listens to experts? I don't think I've ever stretched for any exercise, but I did take the precaution of starting out slowly to warm up.

Note that my personal experiences are all in the past tense, since I am no longer in a situation where I attend to snow removal. But I'm happy to pass on safety tips for those who still do.

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

★ ROOFING
★ WINDOWS
★ SIDING
★ DOORS



**Schedule For Your  
FREE ESTIMATE**  
Now Before The  
Busy Springs  
Season Arrives!!

**Major Finance Program:  
12 Months No Interest  
And No Payments!**

FINANCING  
OPTIONS FROM  
**GreenSky**

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

**MIRACLE**  
HOME IMPROVEMENTS

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

**914★271★9119**

2010 Albany Post Road, Croton-on-Hudson, NY

Robert & Mary Sniffen, Owners

Visit our office & showroom to see the variety of products on display, or we will bring the showroom to you.

Family Run. Owner Supervision on All Jobs.  
Exceptional Quality and Service at Affordable Prices.

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



★ ROOFING
★ WINDOWS
★ SIDING
★ DOORS

★ SEAMLESS GUTTERS
★ LEADERS
★ REPAIRS





**GOT STUFF? WE GOT SOLUTIONS**

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

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

NEW CUSTOMERS

**50% OFF**

FIRST 3 MONTHS\*

ELMSFORD 444 SAW MILL RIVER ROAD (9A) | 914-592-1000

MOUNT KISCO 333 NORTH BEDFORD ROAD | 914-666-7233

\*RESTRICTIONS APPLY



## Business of the Week

### Zero Otto Nove Trattoria Armonk

By Colette Connolly

If you live in northern Westchester and you're craving authentic southern Italian cuisine, Zero Otto Nove is the place to visit.

A vibrant part of the Armonk business community for the past three and a half years, this spacious trattoria offers its customers a host of delicious meals to choose from, including dishes that consist of homemade pasta, wood-fired Neapolitan pizzas and a mouth-watering ragu sauce, all of which sets it apart from the usual Italian fare.

The restaurant, which is co-owned and managed by Tony Dollma, is a popular spot for lunch and dinner for couples and families.

There is also a Zero Otto Nove in the Bronx and in New York City. Executive Chef Roberto Paciullo established all three restaurants, as well as another on Arthur Avenue, known as Roberto's. He named Zero Otto Nove after the area code (089) for Salerno, the port town in Italy where he was born.

Its extensive menu includes many Italian favorites, but it is the restaurant's

focus on authentic southern Italian cuisine that is its selling point.

"We want to make sure people have a great experience," said Dollma, who provides two appetizers for customers to share along with two pasta samples, a service that many other restaurants don't offer.

Much of the pasta, which is made from scratch every day, and other ingredients for the dishes you'll find on Zero Otto Nove's menu is cooked in tin foil. That method of cooking, Dollma explained, gives it a more flavorful taste.

While the thin-crust pizza is a popular choice for many diners, the La Riccardo pizza, with its combination of butternut squash puree, smoked mozzarella, spicy pancetta and basil, is among the most sought-after items on the pizza menu.

Of the pasta dishes, Dollma said the Radiatori in Cartoccio is a popular choice for many. It consists of a uniquely-shaped pasta called radiatori that is cooked in tin foil with porcini mushrooms, cherry tomatoes, bread crumbs and shaved parmigiana reggiano cheese.

The Polpettine, Polenta & Caprino,



Diners can find uniquely southern Italian dishes at Zero Otto Nove in Armonk.

which consists of small meatballs, spicy tomato sauce, polenta and goat cheese, is a favorite on the antipasti list.

Dollma said the restaurant's ragu sauce, which is often combined with either beef or pork meatballs, is slow-cooked for about eight hours. It includes tomatoes that come from the San Marzano region of Italy.

All of the steaks, including the 50-ounce Tomahawk rib steak for two and the shell steak, are dry-aged for 21 to 28 days in a refrigerator, first at the restaurant's butcher in the Bronx and later at the Armonk restaurant.

All of the desserts are made in-house. Favorites include the cannoli dessert and a pizza Nutella.

Zero Otto Nove is located at 55 Old Route 22 in Armonk. It is open Tuesday through Thursday from 12 to 3 p.m. for lunch and 5 p.m. to 10 p.m. for dinner; on Friday and Saturday from 12 to 3 p.m. for lunch and 5 p.m. to 11 p.m. for dinner and on Sunday from 1 to 9 p.m. The restaurant also caters private parties and large group events.

To make a reservation, call 914-273-0089 or visit [www.zeroottonove.com/armonk-reservations](http://www.zeroottonove.com/armonk-reservations).

**Select Books**

Distinctive Cards

Unique Gifts

Children's Books

Special Orders

Free Gift Wrapping

Agate Book Ends

Journals

Book Group Discounts

School Orders

Gift Certificates

Bookmarks

Out-of-Print Searches

Reference Books

Cookbooks

...and more!

**The Village Bookstore**

Ten Washington Ave.  
Pleasantville, NY

Across from the Burns Film Center

**914.769.8322**

staff@pleasantvillebooks.com

**Aardvark Pet Supplies, Inc.**

**Not your AAverage pet store**

**For all your pet needs**

Visit us at:

**58 Washington Avenue,  
Pleasantville**

**(914) 747-4848**

E-mail: [aarvarkpet@verizon.net](mailto:aarvarkpet@verizon.net)

**Do You have a Lifetime of  
Photos, Videos, Movie Film in drawers, bags & boxes?**

**"We Can Help!"**

**Printed & Digital Photo Organizing Services**

**Video to DVD**

**Digital Photo Slide Shows**

**Scanning Services**

**On Site Large Format Printing**

**[www.photoworkspv.com](http://www.photoworkspv.com)**

**[photoworks@optonline.net](mailto:photoworks@optonline.net)**

**No Appointment Necessary**

**Photo Works 914.769.4376**

**465 Bedford Rd. Pleasantville, NY 10570**

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

**Eliminate The Dullness.**

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

Dates Still Available.  
Reserve Your Party Now.

Contact Donna Arena at:  
[darena@sawmillclub.com](mailto:darena@sawmillclub.com)

Or Call 241-0797

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

**KIDS RULE @ SAW MILL CLUB**

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



# Pleasantville Woman Shows Heart in Overcoming Health Scare

By Martin Wilbur

For about seven or eight years, Courtney Moskowitz periodically endured frightening health episodes that her doctors really couldn't explain.

The Pleasantville resident would suffer from extreme spikes in her heart rate, usually out of nowhere and without warning. They wouldn't only happen when she would exert, but while at rest or standing in her kitchen while cooking.

Doctors couldn't find what caused Moskowitz's trouble, but that all changed last Memorial Day. Moskowitz, a CrossFit enthusiast and trainer, had another episode after a grueling workout. She waited for her heart rate to start declining after she finished. Instead, it continuously climbed topping 220 beats per minute.

That's when 911 was called to the scene.

"So this episode I had at the gym, and luckily the paramedics when they got to the gym and hooked me up, they were able to hook me up (to an EKG monitor) and print it out and catch that spike in my heart rate at 226 beats per minute," Moskowitz said. "So I was able to take that printout to my cardiologist, then go to Dr. Sei Iwai at Westchester Medical Center and that's

when they were able to say, 'Oh yeah, you have to have this procedure done.'"

That procedure, performed last June by Iwai at the medical center's Heart & Vascular Institute, was to fix the electrical impulses that were causing Moskowitz's rapid heartbeats, supraventricular tachycardia, said her husband, Harry, a physician.

He said that normally the electrical impulse should go from the atrium, which is at the top of the heart, down through the ventricle. Instead of doing that, the impulse would "start spinning in circles" at the top ventricle, which caused the heart to beat abnormally fast at times. When hooked up to the monitor, it showed what was going on, Harry said.

Moskowitz, 43, who was raised in Somers, was given medication to calm her heart rate at the gym. More valuable was that for the first time she had a printout to show doctors what precisely was happening.

"Years ago, I had had a bunch of episodes where my heart would race really, really high for absolutely no reason, and I had been to hospitals a bunch of times and I had even stayed overnight in the hospital once, but they were never really able to give me a diagnosis," Moskowitz said. "By the

time they would get me to the hospital in the ambulance, my heart rate would start calming down."

Iwai, the director of cardiac electrophysiology at Westchester Medical Center, gave her the choice of treating the problem with medication or having the operation. But doctors had already placed Moskowitz on beta blockers to address the heartbeat in absence of a clear diagnosis.

Since Courtney and Harry were scheduled to marry last summer and honeymoon in Hawaii and her livelihood depended on being active, the only choice for Moskowitz was to have the procedure done. She said that Iwai was confident that once completed the abnormal heartbeat would disappear.

"You don't want something like this to happen over the Pacific Ocean on a plane," she said.

For someone who never had a health issue until this point, it was nerve-racking for Moskowitz to face surgery. Plus, she was planning a wedding.

The procedure lasted a couple of hours and Moskowitz was able to resume her activities several days later. For about the first four months, she said she would feel some odd fluttering with the heart when she worked out.

On Feb. 9, Moskowitz was one of six women honored by Westchester Medical Center to its annual Girls Night Out, a catered event where women share their stories of overcoming heart problems.

It was normal to be apprehensive, but now nine months later, the episodes have completely disappeared.



Courtney Moskowitz, a CrossFit trainer, with her husband, Harry. Last year she had a procedure done at Westchester Medical Center's Heart & Vascular Institute that cured her of recurring rapid heartbeats.

"I was scared of doing this procedure because honestly I am one of those people who hadn't had a cavity or sprained an ankle," said Moskowitz who will be moving with her husband to Arizona later this year. "I've never broken a bone, never had surgery in my life, nothing, never. So from going to never having anything to this, having something with your heart, that was very disconcerting to say the least."

## Volunteers Needed to Transport Cancer Patients to Treatment

The American Cancer Society needs more volunteer drivers to support the Road to Recovery® program, which provides cancer patients with free rides to receive treatment in Westchester.

This year, an estimated 110,800 New Yorkers will be diagnosed with cancer. For some getting to treatments can be their biggest roadblock. A successful transportation assistance program can be a potentially life-saving asset to the community. That's why volunteering for the American Cancer Society's Road to Recovery program is so important.

"Every day, we have cancer patients in need of a ride to and from their treatments across Westchester County," said Maribel Palacios-Perez, program manager at the American Cancer Society. "Even the best treatment can't work if a cancer patient can't get there."

Locally, the greatest need is for drivers who can pick up patients at their home and take them to Memorial Sloan Kettering in Harrison; Westchester Medical Center in Valhalla; New York-Presbyterian/Lawrence in Bronxville; St. John's Riverside Hospital in Yonkers; Westmed Medical Group in Rye; White Plains Hospital in White

Plains; Phelps Hospital-Northwell Health in Sleepy Hollow; New York-Presbyterian/Hudson Valley Hospital in Croton-on-Hudson; and Northern Westchester Hospital in Mount Kisco.

Nationally, the American Cancer Society currently has nearly 10,000 Road to Recovery drivers but the need for drivers is greater than the number of volunteers. More than 40 percent of transportation requests are unmet. Volunteer drivers are needed to help give cancer patients a much-needed ride. The organization screens and trains all volunteer drivers, and coordinates the rides for patients. Volunteer drivers donate their time and can provide as many rides as they want. Agreeing to drive a patient to and from treatment once every six or eight weeks would be tremendously helpful, Maribel said.

All drivers must have a current valid driver's license, a good driving record, access to a safe and reliable vehicle, regular desktop, laptop or tablet computer access and proof of car insurance.

To learn more about volunteering for the Road to Recovery program, visit [www.cancer.org/road](http://www.cancer.org/road) or call 1-800-227-2345.

## Westchester Chordsmen Chorus Offers Free Singing Lessons for Men

Starting Monday, Feb. 26 and continuing for six consecutive Mondays, The Westchester Chordsmen chorus will offer free singing lessons to men in and around Westchester County as a community service.

The program provides coaching and instruction to teach new singers how to sing and experienced singers how to sing better. The simple curriculum will take you from basic fundamentals to advanced concepts, regardless of your current singing ability. Four previous series were attended by more than 60 men.

We all sing in our own way, in church or synagogue, in the car or in the shower. But many of us are unsure of our ability or of singing in front of others. The Chordsmen helps its members to get the most beautiful sound possible from your voice, with the confidence to perform.

All men, young and old, who

have always wanted to sing or want to improve their skills are invited to attend. Neither prior musical experience or the ability to read music is necessary. Materials will be provided at no cost.

The lessons will run by Keith Harris who has more than 20 years of vocal teaching experience. He leads a talented and experienced music team who will inspire participants with great energy and humor.

The lessons start each of the six Mondays at 6:45 p.m. and last for 90 minutes. They will be held at Kol Ami Synagogue, located at 252 Soundview Rd. in White Plains. Come one night or complete the full six-week course. If you miss the first session, come to the next one you can.

For more information or to register in advance, visit [www.chordsmen.org](http://www.chordsmen.org) or just show up. You can also call 914-298-7464 (SING).



# COLD WEATHER CASH DRAWING

BEAT THE COLD WEATHER WITH  
OUR HOT SEAT DRAWINGS ON  
**TUESDAYS • 3PM-8PM**

FOR A CHANCE TO WIN  
**\$500 CASH**  
EVERY 30 MINUTES

**EMPIRE CITY**  
CASINO



Must be 18 years of age or older to play New York Lottery games or wager on horses. Please play responsibly.  
Visit a Promotions Booth for complete rules and details.





# Happenings

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

## Tuesday, Feb. 20

**Opera Ensembles: Lecture/Listening Series.** Led by Susan Grunthal, a Taconic Opera member. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 2 p.m. Free. Tuesdays through Mar. 27 (except Mar. 13). Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Lionheart Puppets Presents: The Reluctant Dragon.** What happens when Harold, a young village boy, discovers a dragon in the mountains? Join us for a puppet show based on the story by Kenneth Grahame. For children four to nine years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3 p.m. Free. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**DIY Abraham Lincoln Face Mask.** Celebrate President's Week by creating a simple Abraham Lincoln mask. For children four to 10 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5 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, through real-life anecdotes, literature, personal memoirs, films and even photography. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. Beginners at 6:30 p.m. Advanced class at 7 p.m. Every Tuesday. Info: 914-273-3887.

## Wednesday, Feb. 21

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

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

**AARP Tax Aide.** AARP Tax-Aide IRS-certified volunteers are available to assist taxpayers, especially those with low to moderate incomes and 50 years old and up. No appointment necessary. Mount Pleasant Public Library, 350 Bedford

Rd., Pleasantville. 10 a.m. to 2 p.m. Free. Wednesdays through Apr. 11. Info: 914-769-0548 or visit [www.aarp.org/findtaxhelp](http://www.aarp.org/findtaxhelp) or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Ambassadors for Successful Aging.** Are you aware of the benefits available to you as a Westchester County senior? Information can be provided to you on housing, home care, transportation options, counseling options, memory care, nutrition, vision and dental services along with SNAP, HEAP, EPIC and STAR and other programs that can save you money and help you plan for the future. Feel free to discuss a Westchester County "ambassador." No appointment necessary. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10 a.m. to 4 p.m. Free. Every Wednesday. Also Mondays at the North White Plains branch, 10 Clove Rd., North White Plains. Info: 914-273-3887 or 914-948-6359.

**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.

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

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

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

**Preschool Storytime.** This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd.,

Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**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.mountkisco.library.org](http://www.mountkisco.library.org).

**"The Peanuts Movie."** From comic strip to computer-animated splendor, Charlie Brown, Snoopy and Lucy hit the big screen with the rest of the Peanuts gang. Struggling to overcome his extreme shyness, Charlie Brown tries his best to talk to the Little Red-Haired Girl while Snoopy, his loveable beagle, takes to the skies to defeat his nemesis, the Red Baron. The familiar "Peanuts" banter, jokes and characters will have families both nostalgic and entertained in this sweet comedy about a boy and his best friend that feels at once contemporary, but also true to the legacy of the beloved series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Members: \$9. Non-members: \$14. Children (13 and under): \$7.50. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**Puppeteer Workshop With Nicole Rose.** Make your own puppet from arts and crafts materials and learn to make that puppet come alive. Best of all, the puppet is yours to keep. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 2 p.m. Free. Info: 914-666-8041.

**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.mountkisco.library.org](http://www.mountkisco.library.org).

**Art Series: Dale Chihuly and Italo Scanga.** From Brown Glass to sculptural found art pieces, the works of contemporaries and friends Chihuly and Scanga force the viewer to look at various artistic materials in an entirely new light. Because of their interplay with light, color and composition, Chihuly's complex, often large-scale blown glass pieces invite an open-mindedness and acceptance of whimsy from the viewing

public. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

**Somatic Meditation.** Explore the sensations actually being generated by the body, moment by moment. Cultivate awareness of the subtle energies in the body through deep relaxation and active "looking" to decrease rambling thinking, and unlock the experience and wisdom of the soma. Led by Julie Farmer. The Aligned Center, 1 Bridge St., Suite 64, Irvington. 7 to 8:15 p.m. \$20 per class or \$75 for the series. Meets the first and third Wednesday of the month through Apr. 4. Info and registration: 914-292-0930, visit [www.thealignedcenter.com](http://www.thealignedcenter.com) or e-mail [info@thealignedcenter.com](mailto:info@thealignedcenter.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](mailto:12stepdivorcegroup@gmail.com) or visit [www.meetup.com/Mount-Kisco-12-step-Separation-Divorce-Support-Meetup](http://www.meetup.com/Mount-Kisco-12-step-Separation-Divorce-Support-Meetup).

**"Good Time."** After a botched bank robbery lands his younger brother in prison, Constantine "Connie" Nikas (Robert Pattinson) embarks on a twisted odyssey through the city's underworld in an increasingly desperate – and dangerous – attempt to get his brother Nick (Benny Safdie) out of jail. Over the course of one adrenalized night, Connie finds himself on a mad descent into violence and mayhem as he races against the clock to save his brother and himself, knowing their lives hang in the balance. Includes a discussion with senior programmer Andrew Jupin. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

## Thursday, Feb. 22

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

*continued on page 24*



## Former County Legislator, Greenburgh Activist Bronz Dies at 90

Greenburgh activist, humanitarian and political leader Lois Gougis Taplin Bronz, died Feb. 12. She was 90 years old.

Bronz was born Aug. 20, 1927, in New Orleans. She attended St. Mary's Academy and received her bachelor's degree at Xavier University New Orleans and her master's in education from Wayne State University.

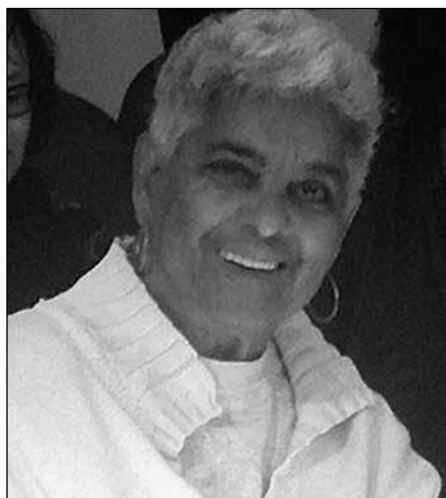
Augmenting time as a math teacher at every level from grades K-12 and at the college level, Bronz had a long career in civic activism and politics.

Bronz was acknowledged as a woman of compassion for her work on racial harmony, child abuse, domestic violence and resulting childhood trauma, acquiring open spaces and parks in Westchester and adult day care.

Her father's interest in politics stirred in her a healthy curiosity in the political system and advocacy for citizen participation in government. She became active in voter registration and founded the League of Good Government in New Orleans.

She moved to Greenburgh to pursue her teaching career.

Elected to the Greenburgh Town



Lois Bronz died on Feb. 12.

Board in 1976, Bronz went on to become the first African American woman elected to the Westchester County Board of Legislators in 1993. Later elected as chair in 2002, she served on the board until 2009. She was most proud of her leadership in getting landmark legislation passed that created the Westchester County Human Rights Commission. She also considered affordable housing her middle name.

Having retired from public service in 2009, Bronz was on the board of the Lois Bronz Children's Center in Greenburgh, a children's day care and education center serving more than 200 children from six weeks to 12 years old. Formerly known as Union Child Day Care and serving only as a day care center, under Bronz's initiative the facility became focused on education. It was later named for her because of the outstanding work she had done for the community and its children.

Bronz had also served as director on the boards of Children's Village in Dobbs Ferry, Westchester Coalition, Westchester Community Opportunity Program, United Way of Westchester, Westchester Arts Council and the Hudson Valley Council for Senior Citizens.

"Greenburgh and Westchester County lost a giant with the passing of Lois Bronz. Lois was a trailblazer who made our community a much better place," said Greenburgh Supervisor Paul Feiner. "She will be missed."

"Lois was known all throughout Westchester for the important work she did and the issues she stood for,"

said Board of Legislators Vice Chair Alfreda Williams (D-Greenburgh). "Always a fierce advocate for children and families, Lois' work continued, in name, deeds, and in spirit."

"As a tireless volunteer, philanthropist, and activist, (she) championed many important causes and served her community with distinction. I am honored to have had the privilege to know and work with a woman of such outstanding character," said state Sen. Andrea Stewart-Cousins (D-Yonkers).

For 50 years, Bronz was the loving wife to the late Charles Bronz, who predeceased her last year. Besides her friends and the community, she is survived by her son, Edgar Louis Jr. and his wife Mary Irene; her daughter Francine; four grandchildren, Dorian, Nora Eloise, Edgar Louis III and Gyasi; one great-grandchild, Micah; and a host of nieces and nephews. Her daughter Shelly preceded her in death.

In lieu of flowers, donations can be made to The Lois Bronz Children's Center, 30 Manhattan Ave., White Plains, N.Y. 10607. Funeral arrangements were handled by Lee's Funeral Home of White Plains.

## Pleasantville Real Estate Agency Owners Celebrate Grand Opening

By Anna Young

The owners of ERA Insite Realty Services celebrated the grand opening of their Pleasantville office last week.

Owners Debbie and Lou Budetti, who founded ERA Insite Realty in 1985, said they were excited to officially move into their new location following nearly five months of renovations. Last summer Century 21 Haviland owner Vincent D'Addato handed over the keys to the Manville Road storefront to the Budettis.

Debbie Budetti, who is also the director of relocation at Insite, said she's eager to work with the community to help those who are searching for their next home. She's also thrilled to be within feet of the Jacob Burns Film Center.

"The energy is great, I really like it here," she said. "You can just sit here and watch the world go by. It's just right."

Insite is a full service real estate company serving Westchester, Putnam and Dutchess counties in New York and Fairfield County, Conn. Associates take a proactive approach to real estate demonstrating the highest level of service and integrity to provide the client with confidence. The firm works in residential sales and rentals.

Insite's Thornwood office will consolidate into the newly



ANNA YOUNG PHOTOS

ERA Insite Realty Services owners Debbie and Lou Budetti at their office on Manville Road in Pleasantville.

remodeled 1,200 square-foot agency in Pleasantville. The family-owned company, with headquarters in White Plains, also merged with Carlson Real Estate, a Coldwell Banker affiliate, in Bronxville last year.

D'Addato, who will stay on staff as an associate broker, said it was time for



him to merge his 40-year business to the ERA brand with the expiration of his franchise agreement approaching. His wife and founding partner, Rosemary D'Addato, recently passed away.

"They do their business in the same manner as I do, so it was just a natural transition," D'Addato said. "They did a beautiful job."

In addition to D'Addato, the roughly 20 staffed agents from Century 21 are now part of Insite.

"We've been very blessed," Debbie Budetti said.

ERA Insite Realty Services is located at 370 Manville Rd. in Pleasantville. For more information, call 914-769-6777.

# EXAMINER MEDIA <sup>022018</sup> Classifieds

## ANTIQUES & ART/COLLECTIBLES

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

**\*\*COMIC BOOKS WANTED! TOP PRICES PAID!\*\*** 35 years experience; honest and reliable! Call 914-432-7835, or e-mail: [smileLP@aol.com](mailto:smileLP@aol.com), or text: 917-699-2496.

## ANNOUNCEMENTS

**SAVE YOUR MARRIAGE TODAY-** Buy the Only Expertis step-by-step guide on How You can Save Your Marriage from divorce and collapse. Visit [www.savingeverymarriage.com](http://www.savingeverymarriage.com) for more information.

## ATTORNEY/ LEGAL

**SERIOUSLY INJURED in an AUTO ACCIDENT?** Let us fight for you! We have recovered millions for clients! Call today for a FREE consultation! 855-977-9494!

**LUNG CANCER?** And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-951-9073 for Information. No Risk. No Money Out Of Pocket.

## AUTO DONATIONS

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

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

## FARMING

**GOT LAND?** Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507 [www.BaseCampLeasing.com](http://www.BaseCampLeasing.com)

## FOR SALE:

**2015 GMC 2500 SAVANNAH VAN.** Under 14K miles! Excellent condition, White, RWD, 8 cylinder, Auto, A/C, power windows and central locking, AM/FM radio. 284 ft of cargo space. Highway legal. \$22,000 neg. **Serious inquiries only. 914 525 4962 If no answer please leave message.**

## GOLD/SILVER WANTED

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

## HEALTH

**OXYGEN** - Anytime. Anywhere.

No tanks to refill. No deliveries. Only 2.8 pounds! FAA approved! FREE info kit: Call 1-855-730-7811

## HEALTH & FITNESS

**ATTENTION VIAGRA USERS:** Generic 100 mg blue pills or Generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Guaranteed, no prescription necessary. Call 877-635-6052.

## HELP WANTED

**PUBLIC HEALTH SANITARIAN TRAINEE** - Salary: \$ 51,889. The Putnam County Department of Health seeks a full time entry level person to work in the Environmental Health Division. Env. Public Health exp. desirable. Minimum qualifications: Bachelor's degree with at least thirty (30) credit hours in natural sciences, of which no more than twelve (12) credit hours may be in applied sciences, NYS driver's license. Use of personal car may be required for field work. Applications must be received by March 2, 2018. Application can be found on bottom left of page [www.putnamcountyny.com/personnel](http://www.putnamcountyny.com/personnel) and job specification on right. Send app/resume to: **THE PERSONNEL DEPARTMENT Attn: Jan Miller, 110 OLD ROUTE 6, BLDG. 3, CARMEL, NY 10512.**

**HHAS WANTED Osborn Home Care** located in Rye, NY is looking for certified Home Health Aides & Companions for our growing agency throughout NY & CT **Contact us today at 914-925-8225.**

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

**EXPERIENCED DIRECTV & DISH NETWORK TECHS NEEDED.** Tools and truck required, training available. Excellent pay! 888-313-8504

## HOME SERVICES

**Call Empire Today** to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-496-3180

## LAND FOR SALE

**LAND INVESTMENT 20 acres** - \$39,900 60% below market! Huge pond site, stream, woods, twn rd, beautiful bldg sites 888-905-8847 [NewYorkLandandLakes.com](http://NewYorkLandandLakes.com)

**JUST REPOED 10 acres** - \$19,900 Fields, woods, stream! Country setting in upstate NY. Call 888-479-3394

## LAND WANTED

**SEEKING LARGE ACREAGE.** Serious cash buyer seeks large acreage 200 acres and up in the Central/Finger Lakes/So. Tier & Catskills Regions of NY State.

Brokers welcome. For prompt, courteous, confidential response, call 607-353-8068 or email [Info@NewYorkLandandLakes.com](mailto:Info@NewYorkLandandLakes.com)

## LEGAL NOTICES

**NOTICE OF FORMATION OF FRANK MARKETING GROUP LLC. ARTS.** Of Org. filed with SSNY on 10/10/2017. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served & shall mail process to **109 Robins Road, New Rochelle, NY 10801. Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF THE TUMMI GROUP, LLC.** Arts. of Org. filed with SSNY on 12/11/17. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **The Tummi Group, LLC, 7 Triumph Court, Flanders, NJ 07836. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF KRK-NY, LLC.** Art. Of Org. filed with SSNY on 02/05/2016. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **88 Pietro DR, Yonkers, NY 10710. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF MAYA-B, LLC.** Art. Of Org. filed with SSNY on 02/05/2016. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **88 Pietro DR, Yonkers, NY 10710. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF GOFF U, LLC** Art. of Org. filed with Sec. of State 01/04/2018. Off. loc.in Westchester CO. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to **90 Mile Square Road, Yonkers, NY 10701 PURPOSE: Any lawful business.**

**NOTICE OF FORMATION OF APPLE HILL CONSULTING LLC ART. OF ORG.** Filed with the Secretary of State of NY (SSNY) on 11/15/17. Office of Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: Dwight McLeod, **60 Labelle Road, Mount Vernon, NY 10552. Purpose: any lawful purpose.**

**NOTICE OF FORMATION OF CHET-TLE LABS, LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on October 17th, 2017. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **91 Grove St,**

**Mount Kisco, NY 10549. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF OHR NEW YORK LLC.** Arts of Org. filed with Secy. of State of NY (SSNY) on 11/21/17. Ofc. loc.: Westchester Cnty. SSNY design. agt. upon whom process may be served & shall mail copy of process against LLC to: **United Corporate Services, Inc 10 Bank St #560, White Plains, NY 10606. Purpose: any lawful act**

**NOTICE OF FORMATION OF A&J PROPERTY MANAGEMENT SERVICES LLC** Arts of Org. filed with NY Secy of State (SSNY) on 12/19/17. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **2 Gedney Esplanade, White Plains NY 10605. Purpose: any lawful activity.**

**NOTICE OF FORMATION OF SIMPLY SPEAKING LEP, LLC.** Arts of Org. filed with NY Secy of State (SSNY) on 1/10/18. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **611D Larchmont Acres East, Larchmont, NY 10538. Purpose: any lawful activity.**

**NOTICE OF QUALIFICATION OF CRYPTO CAPITAL MANAGEMENT LLC.** Authority filed with NY Secy of State (SSNY) on 2/2/18. Office location: Westchester County. LLC formed in Delaware (DE) on 1/5/18. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **14 Kensington Rd, Ardsley, NY 10502. DE address of LLC: 919 North Market Street, Suite 950, Wilmington, DE 19801. Cert. of Formation filed with DE Secy of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activity.**

**NOTICE OF FORMATION OF PETE'S MEATS, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on (1/5/2018). Location: (Westchester). SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: **(United States Corporation Agents INC 7014 13th Avenue suite 202 Brooklyn NY 11228). Purpose: Any lawful purpose.**

**NOTICE OF QUALIFICATION OF CRYPTO CAPITAL PARTNERS LP.** Authority filed with NY Secy of State (SSNY) on 2/2/18. Office location: Westchester County. LP formed in Delaware (DE) on 1/5/18. SSNY is designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: **14 Kensington Rd, Ardsley, NY 10502. DE**

*continued on next page*



# What You Can Do to Mount Your Best Defense Against the Flu

The promise of winter brings the promise of flu season. Flu 2018 is no different.

It's like an angry storm gathering off the coast and about to strike: We know it's coming, but we don't know just how bad it will be.

Flu season usually lasts from October to April, as the virus thrives in cold, dry weather.

Influenza spreads from close contact through droplets. It can be transmitted when someone sneezes, coughs or even talks or if you touch an object that someone with the virus has just handled, which could be a computer monitor or doorknob, for example.

## Why do healthy people get the flu?

The flu is a virus, like any other virus. It just happens to be worse. Symptoms include fever, cough, sore throat, runny or stuffed nose, body aches, headache, fatigue and sometimes nausea and vomiting. If you're a fairly young and



Dr. Debra Spicehandler

healthy person, you get a little bit sicker than you would with, say, a common cold. Generally, healthier people may get a milder version of the virus, but not necessarily. Most people recover in less than two weeks and are contagious for as long as they have symptoms, usually about 10 days.

Complications from the flu may include bronchitis, sinus infections, pneumonia and sepsis. You're at risk for complications if you're over 65, pregnant, a child or if you have a weakened immune system. These groups can get seriously ill to the point of a total body shutdown.

It's rare, but fatalities happen when people get sepsis, a bacterial infection in the blood. The flu can also aggravate health problems for those with heart disease, asthma or chronic obstructive pulmonary disease.

## The best ways to prevent the flu

Wash your hands! The second best way is to get the seasonal flu vaccine. Washing hands prevents all infections from spreading. But if someone who has the flu sneezes in your face, there's not a lot you can do. That's why the vaccine is important.

Each year, scientists monitor flu activity worldwide to determine which flu strains are likely to cause illness, then concoct a vaccine to match. Some years they get it right; some years, not so much. But even if the vaccine isn't a perfect match, if you do get the flu, you get a milder case.

I recommend getting vaccinated as soon as possible in the fall for everyone except babies under six months old, those with a life-threatening allergy to eggs or a history of Guillain-Barré syndrome.

## Don't get the shot if you're sick

It can slow your recovery. What's more, if your immune system is already fighting off your illness, the strains of influenza in the vaccine may not be as effective. Think about working a double shift at work. You've been on your feet all day, and you're on your 15th hour. You're not going to be

as productive as you were when you first arrived. Similarly, the vaccine may not be as effective when your immune system is already exhausted.

## If you don't get immunized...

Think you have flu symptoms? You can be tested for the virus with a nasal swab. When the flu is detected early enough, your doctor can prescribe the antiviral medication Tamiflu, which shortens the illness and lessens the symptoms if given in the first 24 to 48 hours. If you live with someone diagnosed with flu, your doctor can also prescribe Tamiflu to keep you from getting sick.

Some people think the vaccine causes the disease because they come down with the flu after getting a flu shot. That's a big misconception. What happened was they didn't take the vaccine in time and got the flu because they weren't protected yet. It takes about two weeks to have full protection, which lasts through flu season. Remember, it's never too late to get the flu vaccine.

Dr. Debra Spicehandler is Co-Chief of Infectious Disease at Northern Westchester Hospital.

## EXAMINER MEDIA Classifieds

continued from previous page

address of LP: 919 North Market Street, Suite 950, Wilmington, DE 19801. List of names and addresses of all general partners available from SSNY. Cert. of Limited Partnership filed with DE Secy of State, 401 Federal St, Ste 4, Dover, DE 19901. Purpose: any lawful activity.

**NOTICE OF APPLICATION OF AUTHORITY OF DIVERSITY MARKETING AND COMMUNICATIONS LLC**, a foreign limited liability company (LLC), Application of Authority led with the Secretary of State of New York (SSNY) on 7/1/2008. LLC organized in NJ on 10/12/2006. NY 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: 256 Columbia Turnpike, North Tower, Suite 108A, Florham Park, NJ 07932. Office address in jurisdiction of organization: 256 Columbia Turnpike, North Tower, Suite 108A, Florham Park, NJ 07932. Copy of Articles of Organization on file with Secretary of State of NJ, 225 West State Street - 2nd Floor Trenton, NJ 08625-0307 Purpose of LLC: Any lawful purpose.

**NOTICE OF FORMATION OF ART BOYKOFF, LLC** filed with SSNY on 1/25/2018 located in Westchester County. United States Corporation Agents, Inc.

designated as agent of LLC. Process may be served against LLC to above agent located at 7014 13th Avenue, Suite 202, Brooklyn, New York 11228. Purpose: Recreational art instructor

## NOTICE OF PUBLIC HEARING

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on March 5, 2018, 80 Wheeler Avenue, Pleasantville, NY, at 7:00pm to accept comments on the Manville Road Corridor Improvement Project. Information about the project is available on the Village's Website, [www.pleasantville-ny.gov](http://www.pleasantville-ny.gov).

Judith Weintraub, Village Clerk, Village of Pleasantville

**FORMATION OF BROOKMONT MANAGEMENT, LLC** filed with the Secy. of State of NY (SSNY) on 2/9/18. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to **Penny Jackson, 45 Winchester Oval, New Rochelle, NY 10805. Purpose: Any lawful activity.**

**NOTICE OF FORMATION OF NEW LOOK DEVELOPERS, LLC** filed with SSNY on 1/17/18. Office loc: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 20 Van Buren Pl., White Plains, NY

**10603. Purpose: Buying and renovation of homes.**

## MEDICAL/ HEALTH/ PERSONAL

**Medicare doesn't cover all of your medical expenses.** A Medicare Supplemental Plan can help cover costs that Medicare does not. Get a free quote today by calling now. Hours: 24/7. 1-800-730-9940

## MISCELLANEOUS

**SAWMILLS from only \$4397.00- MAKE & SAVE MONEY** with your own band-mill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: [www.NorwoodSawmills.com](http://www.NorwoodSawmills.com) 1-800-567-0404 Ext.300N

**DISH Network-Satellite Television Services.** Now Over 190 channels for ONLY \$49.99/mo! 2-year price guarantee. FREE Installation. FREE Streaming. More reliable than Cable. Add Internet for \$14.95 a month. 1-800-943-0838

**Dealing with water damage requires immediate action.** Local professionals that respond immediately. Nationwide and 24/7. No Mold Calls 1-800-760-1845

**Do you have chronic knee or back pain?** If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! 1-800-510-3338

**Do you have chronic knee or back pain?** If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! 1-800-510-3338

## WANTED TO BUY

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

**To Place a Classified Ad  
Call 914-864-0878  
or e-mail  
classifieds**

**@theexaminernews.  
com**

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



# Happenings

continued from page 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, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

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

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

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

**"Cat on a Hot Tin Roof."** Live from London's National Theatre, this emotionally intense revival of Tennessee Williams' 1955 Pulitzer Prize winner burns brightly enough to both scorch and illuminate. Starring a perfectly paired Jack O'Connell and Sienna Miller and directed by Benedict Andrews, it brings combustible conviction to a 20th century classic, now updated for 2018. Simmering with lies, secrets and sexual tension in a Southern family, this is a bold and powerful production. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$25. Non-members: \$35. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

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

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

**English for Speakers of Other Languages Classes.** Provided in partnership with Southern Westchester BOCES. Mount Pleasant Public Library,

350 Bedford Rd., Pleasantville. 5:30 to 8:45 p.m. Free. Tuesdays and Thursdays through Mar. 29. Space limited; registration required. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Great Books Forum Series.** "Alice's Adventures in Wonderland" will be discussed. Led by Professor Scott Zaluda. Westchester Community College's Gateway Center, Room 131, 75 Grasslands Rd., Valhalla. 6 to 8 p.m. Free. Info: E-mail Professor James Werner at [james.werner@sunywcc.edu](mailto:james.werner@sunywcc.edu).

**"Planetary."** Join Steve Apkon, director and founder of the Jacob Burns Film Center, for this exclusive screening of this film that is a provocative and breathtaking wakeup call. A cross continental, cinematic journey that explores our cosmic origins and our future as a species, the film asks us to reconsider our relationship with ourselves, each other and the world around us. Followed by Q&A with the film's director. The Aligned Center, 1 Bridge St., Suite 64, Irvington. 6:30 to 9 p.m. By donation. Registration required. Info and registration: 914-292-0930, visit [www.theAlignedCenter.com](http://www.theAlignedCenter.com) or e-mail [info@thealignedcenter.com](mailto:info@thealignedcenter.com).

**Decorating Your Home to Sell.** Learn how to price, present and promote your home from a local real estate broker, professional stager and mortgage broker. Learn the top 10 tried-and-true, do-it-yourself home staging tips in this seminar. Co-sponsored by Coldwell Banker and Citibank. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Somatic Meditation.** Explore the sensations actually being generated by the body, moment by moment. Cultivate awareness of the subtle energies in the body through deep relaxation and active "looking" to decrease rambling thinking, and unlock the experience and wisdom of the soma. Led by Julie Farmer. The Aligned Center, 1 Bridge St., Suite 64, Irvington. 7 to 8:15 p.m. \$20 per class or \$75 for the series. Meets the first and third Wednesday of the month through Apr. 4. Info and registration: 914-292-0930, visit [www.theAlignedCenter.com](http://www.theAlignedCenter.com) or e-mail [info@thealignedcenter.com](mailto:info@thealignedcenter.com).

## Friday, Feb. 23

**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. \$12 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](http://www.amyolin.zumba.com).

**Create a Traffic Light and Car Holder.**

In honor of Black History Month, create a traffic light, which was invented by Garrett Morgan. For children four to 12 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 3 to 4:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

**"The Big Sick"** A screening of this Academy Award nominee. Followed by a discussion led by film buff Carol Durst. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Friday Night Cinema: "Pret-A-Porter/Ready to Wear."** Celebrate New York City Fashion Week with three phenomenal films about fashion passion. This 1994 ensemble comedy by Robert Altman, sets the stage for behind-the-scenes mechanization of Paris fashion week. Everyone is always trying to get a leg up on their competition, whether they are designers, models, reporters or fashion house titans. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

**The Harlem GospelLive Revue.** The Harlem GospelLive Revue takes you on an amazing journey through gospel music in a high-energy performance with the authentic flavor of Harlem. This amazing revue showcases New York's most talented performers and magnificent voices feature samples of many genres of America's gospel music. The Revue features electrifying soloists with dynamic vocal abilities and super-rich harmonies that will touch your soul and have you dancing in the aisles. White Plains Performing Arts Center, 11 City Place, White Plains. 8 p.m. \$27 to \$35. Info and tickets: 914-328-1600 or visit [www.wppac.com](http://www.wppac.com).

**"Every Brilliant Thing."** Arc Stages presents this one-woman play for their professional company, Next Stage. A story about one woman's search for everything that's brilliant about the world. Everything that's worth living for: ice cream, Kung Fu movies, burning things and laughing so hard you shoot milk out of your nose. A play about the lengths we will go to for those we love. Starring Joan Hess and directed by Ann-Ngaire Martin. Arc Stages, 147 Wheeler Ave., Pleasantville. 8 p.m. Adults: \$36. Seniors and students: \$28. Also Feb. 24. Info and tickets: 914-747-6206 or visit [www.arcstages.org](http://www.arcstages.org).

## Saturday, Feb. 24

**Pleasantville Farmers Market.** The largest, year-round farmers market in Westchester, and the one voted "Best of Westchester" from 2014 to 2017. With over 40 vendors participating in the indoor market, the delicious good time continues. Pleasantville Middle School cafeteria, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Mar. 31. Info: Visit

[www.pleasantvillefarmersmarket.org](http://www.pleasantvillefarmersmarket.org).

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

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

**The Chamber Music Society of Lincoln Center: Vienna to Hollywood.** Vienna has likely produced more great music than any city in the world. Schubert, one of the composers featured in this program, is the only one of the Viennese giants actually born in the city. His pair of fantasies, composed in the last year of his life, are a stunning tribute to his everlasting genius. Likewise, Hollywood's movie industry has generated a level of creative composing to rival any European capital. Perhaps the most famous was Erich Wolfgang Korngold ("The Adventures of Robin Hood") who wrote this stirring, hyper-romantic piano quartet for pianist Paul Wittgenstein. Purchase College Recital Hall, 735 Anderson Hill Rd., Purchase. 5 p.m. \$60. Info and tickets: 914-251-6200 or visit [www.artscenter.org](http://www.artscenter.org).

**"for colored girls who have considered suicide when the rainbow is enuf."** Celebrate Black History Month with a fully-staged reading of Ntozake Shange's ground-breaking play presented by 4th Wall Theatre. The piece is billed as a "choreopoem" and weaves together 20 separate poems with music, movement and narratives to tell the stories of love, empowerment, struggle and loss in a complex representation of African-American sisterhood. The cast consists of seven nameless African-American women only identified by the colors they are assigned. Contains mature subject matter; please use discretion when considering bringing children under 16. Followed by a brief discussion. Irvington Town Hall Theater, 85 Main St., Irvington. 7:30 p.m. \$22. Seniors and students: \$20. Info and tickets: Visit [www.irvingtontheater.com](http://www.irvingtontheater.com).

**Lucy's Laugh Lounge Comedy Night.** Enjoy great comedy with some of the metropolitan area's best comedic talent. This week, Regina DeCicco headlines the show. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$20. Info and tickets: Visit [www.nomacomedy.com](http://www.nomacomedy.com). Type in the promo code Examiner at the prompt when buying tickets online.

continued on page 26



## Bellagio, Lake Como: The Romantic Splurge Vacation

As you can imagine, as a travel writer I've been to many drop-dead beautiful places, but none compare to the medieval storybook village of Bellagio on Lake Como.

Lake Como is totally gorgeous and one of the largest and deepest in Europe. Its picturesque shoreline is artfully decorated by swaying tropical palm trees, quaint terra cotta-roofed villages and aristocratic villas tucked into its beautiful terraced countryside and surrounded by the magnificent snow-capped Swiss Alps. Everywhere you look is breathtaking.

I call this the Romantic Splurge Vacation because its pricey, but worth every lira...I mean Euro. This is where I tell couples to go for the most luxurious, romantic, decadent vacation they've ever taken. Bellagio is renowned as the "Pearl of Lake Como," but its crown jewel is unequivocally the most luxurious five-star hotel in Italy, the Grand Hotel Villa Serbelloni where the rich and famous have stayed since 1909 – presidents, world leaders and movie stars, including JFK, Roosevelt, Churchill and George Clooney.

The experience is more like staying in a grand palace than a luxury belle époque hotel. The attentive staff treats you like royalty even if you're not famous. The 95 rooms and suites are fit for a queen and have panoramic lake vistas. The Royal Breakfast Room is a baroque architectural masterpiece and there are magnificent fresco ceilings, marble staircases and gilded trim everywhere. There are two pools on the lake, health club, sauna and a world-class spa.

One of two gourmet restaurants is the glass-enclosed La Mistral overlooking the lake with live music. Its tasting dinner will blow you away. One night be adventurous and order their inventive "molecular menu." There's La Goletta, a casual restaurant where one specialty is more delicious than the next.

Every facet of this villa hotel is astonishingly beautiful and it's only steps from Bellagio and its twisting and winding cobblestone streets, quaint churches, mouth-watering restaurants and historic Villa Melzi Gardens. My favorite restaurant was Ristorante Bilacus, where the owner/chef cooks

up his mother's favorite recipes. There's also Ristorante Suisse on a terrace overlooking Lake Como. Ask the owner to bring out a tasting of the dishes he loves the best. Buy a bottle of his local olive oil.

Take a scenic hop-on, hop-off ferry tour of Lake Como. The next day rent a motor boat and explore the lake and its picturesque villages on your own. One day, take a water taxi to the Locanda dell'Isola Comacina restaurant for lunch, located on the only island in the lake. You'll devour a sumptuous meal presented by its charismatic owner.

The Grand Hotel Villa Serbelloni's rates are between \$550 and \$700 a night – well worth the splurge – and includes a gastronomic buffet breakfast. But if they're booked or it's too rich for your budget, consider the lovely Hotel Belvedere Bellagio at between \$375 and \$475 night or the charming Hotel Du Lac at about \$225 night.

Taking a Bellagio on Lake Como



By Richard Levy

vacation is a once-in-a-lifetime, La Dolce Vita experience the rich and famous have been taking for a hundred years. Life is short, you deserve it.

Bellagio is a scenic hour and a half ride by taxi from Milan's Linate airport. Check out Google Flights or Hopper for best airfares.

### Travel Secrets

1. Check your passport, if it expires within six months of leaving or returning you must have it renewed or be

turned away at airports.

2. Download Mezi App. It'll help plan every facet of your trip, book everything and e-mail tickets.

3. Take Traveler's Trip Insurance because "stuff happens." You're covered if you have an accident or health problem on the trip. Buon viaggio.

*Hastings-on-Hudson resident Richard Levy is a former advertising "Mad Man" creative director and now prolific travel writer. He's also an inventor of innovative new products and is writing and illustrating a new children's book. You can contact him at RichardLevyTravelWriter@gmail.com.*

### The Travel Maven

## Pleasantville Music Festival Announces Tent City Site Sale

For Pleasantville Music Festival fans who prefer a designated space from which to enjoy the day, festival organizers have announced the first opportunity to purchase a site within its Tent City for the 2018 Festival.

Tent sites for this year's festival will go on sale on Saturday, Mar. 3 between 9 a.m. and noon at the Village of Pleasantville Recreation office/festival box office at 48 Marble Ave. in Pleasantville. Payment may only be made in cash or by check.

Sites are available on a first-come, first-served basis and are priced at \$75 for the front row, \$60 for the second row and \$50 for all other rows. Any remaining sites will be available for sale on weekdays between 8 a.m. and 4 p.m.

Festival-goers with Tent City sites are responsible for providing their own tent (maximum size 10 feet by 10 feet) along with four tent weights with a minimum of 15 pounds per leg. The festival will fill weights with water if you bring that type of weight system. A maximum of four sites can be purchased per individual on line. A Tent City pass does not allow for admission to the festival. Purchase of a festival ticket is required for admission and will be available for purchase at pre-sale prices at the Recreation Center box office.

Sponsored by Westchester Medical



LYNDA SHENKMAN CURTIS PHOTO

Center, this year's Pleasantville Music Festival will take place on Saturday, July 14 at Parkway Field.

Since 2005, the Pleasantville Music Festival has brought world-famous artists and breaking national acts together with local up-and-comers. Last year's festival was the biggest and most successful as record-breaking crowds gathered to enjoy Blues Traveler, Living Colour, Suzanne Vega and Hollis Brown, among many others.

The Pleasantville Music Festival, known as New York's Backyard Jam, has become a must-attend summer event for the whole family, with great local food and drink, a warm positive vibe and, of course, world-class rock 'n' roll. Up-to-the-minute information will be posted on Facebook, Twitter and Instagram and at [www.pleasantvillemusicfestival.com](http://www.pleasantvillemusicfestival.com).

## Film on Child Migrants to Be Screened Mar. 1 in Pleasantville

Films on Purpose in partnership with Neighbors Link will host a screening of "Which Way Home" on Thursday, Mar. 1 at 6 p.m. at Pleasantville Presbyterian Church, located at 400 Bedford Rd. in Pleasantville.

"Which Way Home" shows the personal side of immigration through the eyes of child migrants from Central America, who risk everything to make it to the U.S. riding atop freight trains through Mexico.

After the film, Carola Bracco, executive director of Neighbors Link, will lead a discussion with the film's producer, Rebecca Cammisa, about the challenges that unaccompanied minors and their families face. The event will

also address how members of the community can make a difference in the lives of immigrant families.

The free event begins with a reception with food and drink at 6 p.m. with the screening to follow at 7 p.m.

Films on Purpose is a grassroots organization screening documentary films on important contemporary issues that are hosted at venues throughout the community. The group seeks to encourage community engagement by keeping the conversation going after the film and providing avenues for involvement and activism to interested audience members. This is the 10th screening since the organization's inception.

**SMALL NEWS IS BIG NEWS**

**914-864-0878**

# Happenings

continued from page 24

**The Ana Egge Trio.** For the first time in a career with many highlights, this folk songwriter gave herself over to a co-writing/collaborative process, working with Danish indie band The Sentimentals to write and record the songs on "Say That Now" in Copenhagen. Egge's signature blend of American prairie folk mixed with clarion-call country shines through. On "Promises to Break," their combined voices rise in glorious church-steeple harmony. It's a song that speaks to the universality of forbidden love. With special guest Steve Addabbo. Part of the Common Ground Coffeehouse Concerts. First Unitarian Society of Westchester, 25 Old Jackson Ave., Hastings-on-Hudson. 7:30 p.m. \$20 and \$25. Info and tickets: Visit [www.commongroundfushw.com](http://www.commongroundfushw.com).

## Sunday, Feb. 25

**Chamber Music Concert.** A program of piano quartets of Antonin Dvořák, Franz Schubert and Robert Schumann performed by pianist Jeewon Park, violinist Anton Miller, violist Rita Porfiris and cellist Edward Arron. Rye Presbyterian Church, 882 Boston Post Rd., Rye. 230 p.m. Free. Reservations required. Info: 914-967-0842 or visit [www.ryepc.com](http://www.ryepc.com). Reservations: Contact Ronald Arron at 914-523-4646 or e-mail [ronarron@optonline.net](mailto:ronarron@optonline.net).

**American Rhapsody: The Gershwin Songbook.** Nearly a century after the songs were composed, George Gershwin's music remains as fresh and irresistible as it did during the Jazz Age. His poetic melodies and eclectic oeuvre of everything, including Broadway, Hollywood, opera and classic American standards, have left a legacy that audiences love to hear again and again. The Gershwin Big Band, a collection of world class jazz musicians led by Michael Andrew, brings Gershwin's music to life in this program of iconic American music. Purchase College Concert Hall, 735 Anderson Hill Rd., Purchase. 3 p.m. \$27.50, \$42.50, \$62.50 and \$72.50. Info and tickets: 914-251-6200 or visit [www.artscenter.org](http://www.artscenter.org).

**Pleasantville Chamber Music Society Concert: Vent Nouveau.** Welcome some of the New York area's foremost wind and brass performers. Vent Nouveau is dedicated to bringing attention to the wide variety of underperformed repertoire for winds and brass. It is the first group of its kind in the metropolitan area and many of its members are also affiliated with the West Point Band. The program will include Charles Lefebvre's *Deuxième Suite*, Op. 122; Mozart's *Divertimento No. 3*, K. 439b; Malcolm Arnold's *Divertimento for Winds*; and Leos Janacek's *Mládí*. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. 3 p.m. Free. Info: Visit [www.pvillechambermusic.org](http://www.pvillechambermusic.org).

**"Ram Dass: Going Home."** Ram

Dass, one of the most important spiritual teachers of our time, is approaching the end of life with fearless joy and honesty. Known for his association with Timothy Leary in the early 1960s and as the author of the seminal 1971 "Be Here Now," he continues to live richly and deeply, though he was disabled by a stroke. In this gorgeous and lyrical 32-minute film, he shares his personal practice and philosophy – centered on peace, love, compassion and connection – as well as intimate details of his daily life. An encore screening of the opening night of the Meditative 2018: Meaning, Happiness and Connection. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 5:15 p.m. Members: \$8. Non-members: \$13. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**Concert for George.** In honor of his 75th birthday, celebrate the life and music of George Harrison with this special release. On Nov. 29, 2002, one year after his passing, Olivia Harrison and Eric Clapton organized a legendary performance tribute in his memory. Held at London's Royal Albert Hall, the momentous evening featured Harrison's songs and music he loved, performed by Clapton, Joe Brown, Dhani Harrison, Jools Holland, Jeff Lynne, Paul McCartney, Monty Python, Tom Petty, Billy Preston, Ravi & Anoushka Shankar, Ringo Starr and many others. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

## Monday, Feb. 26

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

**Foreign Policy Discussion Group: U.S. Middle East Policy Under Trump.** Guest speaker Gary Sick is a senior research scholar at Columbia University's Middle East Institute and an adjunct professor at the School of International and Public Affairs. He served on the National Security Council under Presidents Ford, Carter and Reagan. He was the principal White House aide for Iran during the Iranian Revolution and the hostage crisis. Discussion led by Richard Dye. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 10 a.m. Free. Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Here We Are Together: Story Time for Children.** From newborns to school-

age children, with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday. Info: 914-666-8041 or [www.mountkiscoliberal.org](http://www.mountkiscoliberal.org).

**Belly Dancing.** Learn this captivating Middle Eastern dance and enrich your cultural knowledge. Whether you want to dance professionally or just have fun and get in shape, this is the place to start. Josie's International School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 7 p.m. \$20. Every Monday. Info: 914-332-8670 or visit [www.josiedance.com](http://www.josiedance.com).

**"The Rape of Recy Taylor."** On Sept. 3, 1944, Taylor, a 24-year-old black mother and sharecropper, was making her way home from church when she was abducted and raped by seven white boys in Abbeville, Ala. To speak out against such crimes was incredibly dangerous for black women in the Jim Crow South but against formidable odds and endless threats to her life and her family, Taylor identified her attackers and pressed charges. The resulting quest for justice marked a turning point in the early days of the Civil Rights movement and emboldened a group of black female activists – including Rosa Parks – to fight back. Followed by a Q&A with the documentary's director Nancy Buirski and Kymberly McNair, coordinator of Community Engagement and Education at My Sisters' Place. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**Love Your Heart: Healthy Eating.** A Northern Westchester Hospital registered dietitian will present healthy recipes to keep your heart healthy. Come grab a taste! Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8:30 p.m. Free. Registration requested. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

## Tuesday, Feb. 27

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

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

**Marshmallow Polar Bear Craft.** It's International Polar Bear Day. Celebrate by creating a polar bear made out of marshmallows to take home. Mount

Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5 p.m. Free. Registration required. Info and registration: 914-864-0130.

**Picasso's Pyrenees.** Get to know the part of the Metropolitan Museum of Art devoted to the pictures of Frans Hals, Jan Vermeer and Rembrandt von Rijn. Along the way, learn about the Dutch Republic in its 17th century heyday. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8 p.m. Free. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Oscar Talk 2018.** Join Jacob Burns Film Center Board President Janet Maslin and the uncannily knowledgeable "Oscarologist" and noted film writer Mark Harris – also a board member – for a lively and illuminating awards season discussion. In this year of continual upheaval, both inside and outside of the film world, a year of "Get Out," of "Three Billboards," of "Lady Bird," of #MeToo, of Harvey Weinstein, of Trump, there is an endless array of fascinating and urgent subjects to consider. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**Chappaqua Library Board of Trustees Meeting.** Chappaqua Public Library, 195 S. Greeley Ave, Chappaqua. 7:30 p.m. Free. Info: 914-238-4779.

## Wednesday, Feb. 28

**Know the 10 Signs: Early Detection Matters.** This interactive workshop provides information about Alzheimer's disease and the importance of early detection as well as helpful resources for moving forward in the diagnosis process. There is no known cure for Alzheimer's, but early detection provides time for drug therapy that can help mitigate symptoms. It also allows for enrollment in clinical studies and the opportunity to make plans for the future. Presented by the Alzheimer's Association Hudson Valley Chapter Joseph G. Caputo Community Center, 95 Broadway, Ossining. 11 a.m. Free. Info: 800-272-3900 or visit [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley).

**Support Group for Alzheimer's Caregivers.** Temple Shaaray Tefila and Westchester Jewish Community Services have scheduled this forum to provide a place for caregivers to discuss their feelings, share their experiences and support one another. A specialist from the Alzheimer's Association will lead the group and provide educational materials and information. All welcome. Temple Shaaray Tefila's Youth Lounge, 89 Baldwin Rd., Bedford. 11 a.m. to 12:30 p.m. Free. Meets the second and fourth Wednesday of each month. Registration required. Info and registration: Contact the Alzheimer's Association at 800-272-3900 or visit [www.alz.org/hudsonvalley](http://www.alz.org/hudsonvalley).



# It's a Brave New World When it Comes to Wine Choices



By Nick Antonaccio

There is so much excellent wine available to consumers today. Modern technology and time-shaped techniques have resulted in the highest quality wines, at reasonable prices, then ever before in modern times.

Another recent phenomenon is the democratization of grape plantings. Never before have the traditional boundaries of grape composition in wines been stretched and tested.

For centuries, western European wine regions were highly regulated. Grape plantings in each region were restricted to a limited number of specified varietals. Until the late 20th century, the term Tuscany connoted the Sangiovese grape. Today, a number of winemakers are experimenting with grapes never before grown in the region. Consumer-friendly wines of high repute are now produced from French-oriented grapes.

Nowhere has this trend been more evident than in the United States. At the turn of this century, several key varietals dominated the market. Chardonnay and Pinot Grigio dominated the white wine market, Cabernet Sauvignon and Pinot Noir the red wine market.

Today, more high-quality wines are available under \$15. And more previously unavailable wines are being offered in the United States than ever before.

This is no minor feat.

Consider that in the United States, we consume 3.5 billion bottles of wine every year, according to The Beverage Information Group. That's a lot of wine for a few dominant varietals. But the trend is improving – significantly.

However, more than 80 percent of wines produced and sold in the United States come from about 20 percent of the number of producers. By logical inference, there is very little production reaching our tables from the preponderance of wineries.

Which previously obscure grapes are becoming more popular, albeit previously hard to find?

Right behind the dominant white grape varietals – Chardonnay, Pinot Grigio and Sauvignon Blanc – are lesser knowns such as Grüner Veltliner, Albarino, Viognier and Pinot Gris.

Red varietals coming up on the radar screen of wine bars are Tempranillo, Tannat, Grenache and Barbera.

While predominantly grown in western Europe, California is quickly offering alternatives of these traditional European indigenous grapes.

How to avail yourself of the plethora of these wines trickling into the market?

Start with experimentation. On the next occasion you visit your local wine bar or restaurant that offers wines by the glass, peruse the list of offerings before you fall into your “safe” choice. Too often, I overhear patrons ordering a “house red or white,” a “dry white” or a “medium-bodied red.” Invariably, these wines are of mysterious origin and mediocre, at best.

Be inquisitive. “Which red wines are you offering this evening?” Consider the offerings as you would at your local wine shop when seeking a wine to bring home. Ask the server to describe each one – the country of origin, region and the style of wine.

“The Spanish Tempranillo sounds appealing. May I sample it?”

Feel free to request your server to pour a small taste of a wine you’re considering. He or she will be happy to accommodate an opportunity for a potential sale. Your server has been trained to lower the barriers of selection; multiple choices usually lead to multiple glasses. By spending a few minutes being more selective, you will most likely experience a new wine and expand your knowledge and palate.

Having sought out new wines for several decades now, my mantra has become “continuous experimenting results in instinctive behavior.” By following my own individual palate and not the mainstream media bombardment of “the newest and greatest” wines to hit the market, I’ve found that I have a preference for a particular style of wine and that I have a fondness for wines from particular wine regions. It has also helped me avoid spending cash at a wine shop on wines that might otherwise disappoint me.

My advice: Never order the house wine. Instead, make the house red the one you’d drink in your house.

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

You Heard It Through the Grapevine

Your Daily Examiner Fix



# Exam Blast

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

The Examiner

The PUTNAM Examiner

The NORTHERN WESTCHESTER Examiner

The WHITE PLAINS Examiner

as well as columns, features and sports

SMALL NEWS IS BIG NEWS



# Trumbull

PRINTING

Newspapers • Publications • Shoppers • Catalogs • Magazines  
Directories • Coupon Books • College Course Catalogs  
Business and Financial Periodicals  
Free Standing Inserts • Advertising Supplements

205 Spring Hill Road, Trumbull, CT 06611 • 203.261.2548  
[www.trumbullprinting.com](http://www.trumbullprinting.com)

THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

**Word Bios.** The book “The Dord, the Diglot, and an Avocado or Two” by Anu Garg is the source of the quiz words this week. Words have a biography. The story behind a word, its biography, is called etymology, from the Greek etymos: true. The book is “a collection of some of the more interesting stories behind words.” Perhaps this quiz will be interesting as well

1. polyhistor (n.)	A) a mix of languages	B) a person of great learning	C) excessive fear
2. boniface (n.)	A) an innkeeper	B) good will	C) qualifications
3. rident (adj.)	A) absurd	B) shaky	C) cheerful
4. grok (v.)	A) to make neat and tidy	B) understand thoroughly	C) cry out
5. mogigraphia (n.)	A) the ability to write	B) a glossary of terms	C) writer's cramp
6. diglot (adj.)	A) done with a finger	B) bilingual	C) expanded laterally
7. deipnosophist (n.)	A) good conversationalist at meals	B) a food historian	C) a menu planner
8. vagitus (n.)	A) pride in one's achievements	B) erratic motion	C) cry of a newborn

ANSWERS:

1. B. A person of great or wide learning. From Greek polyhistor, poly(much) and histor(learned)

2. A. An innkeeper. Boniface was an innkeeper in The Beaux Stratagem by George Farquhar

3. C. Laughing; cheerful. From Latin ridere (to laugh)

4. B. To understand something thoroughly and intuitively. From Stranger in a Strange Land by Robert Heinlein

5. C. Writer's cramp. From the Greek mogis (with difficulty) and graph (writing)

6. B. Bilingual. From the Greek di- (two) and glossa (tongue, language)

















7. A. A good conversationalist at meals. From Greek deipnon (dinner) and sophist (wise or clever man)

8. C. The cry of a newborn. From Latin vagire (to wall)





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

 <div>Shalini Bobra, MD Cardiology</div>	 <div>Stephanie Casper, MS, RD Registered Dietitian</div>	 <div>Kira Geraci- Ciardullo, MD Allergy &amp; Immunology: Adult / Pediatric</div>
 <div>Paul Fragner, MD Orthopedic Surgery; Hand Wrist &amp; Elbow</div>	 <div>Jeffrey Jacobson, MD Plastic Surgery; Hand Surgery</div>	 <div>Zsolt Kulcsar, DO Rheumatology</div>
 <div>Ellen Lestz, MD Pediatrics</div>	 <div>Kay Lovig, MD Endocrinology, Diabetes &amp; Metabolism</div>	 <div>Samantha Lowe, MD Pediatrics</div>
 <div>Tejas Patel, MD Internal Medicine, Nephrology &amp; Hypertension</div>	 <div>Joshua Raff, MD Hematology &amp; Oncology</div>	 <div>Sara Sadan, MD Hematology &amp; Oncology</div>
 <div>Swati Sehgal, MD Hematology &amp; Oncology</div>	 <div>Simi Suri, DO Obstetrics &amp; Gynecology</div>	 <div>Louis Vizioli, MD Pulmonology, Critical Care &amp; Internal Medicine</div>
 <div>Michael Weintraub, MD Neurology</div>		

## OUR DOCTORS. YOUR NEIGHBORHOOD.

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

Expert physicians and staff in Primary Care, Pediatrics, OB/GYN, and multiple specialties including Allergy & Immunology, Cardiology and Endocrinology offer personalized service for patients and family members. Same-day appointments are often available.

The facility also houses a Diagnostic Imaging Center and Urgent Care center, operated by White Plains Hospital Emergency Department physicians, with extended hours and short wait times.

To make an appointment call 914-849-7900. Visit [wphospital.org/armonk](http://wphospital.org/armonk) for more information.

White Plains Hospital Medical & Wellness  
99 Business Park Drive  
Armonk, NY 10504

URGENT CARE  
914-849-7999  
Weekdays: 3pm - 11pm  
Weekends: 9am - 9pm