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February 6 - February 12, 2018

SMALL NEWS IS BIG NEWS

Volume 12, Issue 544

Sunshine Opponents Charge Facility Exposing Staff, Patients to Radium

By Anna Young

Members of the Greater Teatown Defense Alliance alleged last week that Sunshine Children's Home in New Castle is knowingly exposing patients and staff to water that exceeds legal limits for radium.

The group, comprised primarily of members who have opposed Sunshine's proposed expansion, demanded that local, county and state authorities step in after they charged that information gathered through a Freedom of Information request revealed pediatric patients and staffers are at risk of radium exposure.

They said Sunshine's owners had assured the public that its highest producing and most contaminated well would be shut down but was recently put back in service. Sunshine has three wells that provide its only source of water on

the 33-acre Spring Valley Road property.

"Sunshine has known about the problem with radium in its water since, at least, 2009," said Adam Stolorow, an attorney representing one of the neighboring residents who has filed an Article 78 against the town. "But Sunshine's solution was always to mix the contaminated water from the most corrupt Well #3 with the less contaminated water from the other wells."

Stolorow said Sunshine received a violation from the Westchester County Department of Health in February 2016 for radium-contaminated water. He said Sunshine indicated its intent to blend water from multiple wells to dilute the onsite radium contamination, but previous efforts resulted in the violation.

Stolorow added that Well 3 was shut

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Hawthorne Cedar Knolls Residence to Close Later This Year

By Neal Rentz

To the applause of dozens of residents who packed Mount Pleasant Town Hall last Wednesday night, officials announced that the controversial Hawthorne Cedar Knolls will be closing in six to nine months.

The announcement was made by state Sen. Terrence Murphy (R-Yorktown) and David Rivel, the CEO of The Jewish Board, which oversees the residential treatment facility.

"It is the largest facility on the campus," Rivel said. "It is the facility where frankly most of the issues that we've had over the years with kids leaving the campus without permission with police involvement."

Hawthorne Cedar Knolls has a capacity of 78 youths; there are currently 54 youths



NEAL RENTZ PHOTO

David Rivel, the CEO of The Jewish Board, which oversees Hawthorne Cedar Knolls, announced last week that the facility will close in the next six to nine months. Looking on are state Sen. Terrence Murphy and Mount Pleasant Supervisor Carl Fulgenzi.

living there. The residents typically stay for a period of six to nine months before

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Serving the Community Well



MARTIN WILBUR PHOTO

The Town of New Castle recently recognized the decades-long effort of Dr. William Flank, pictured in front row, third from left, next to his wife, Sandra. Flank, a 47-year Chappaqua resident, is a longtime Environmental Review Board member, scout master for Chappaqua Boy Scout Troop 1 and a retired chemist and teacher. Supervisor Robert Greenstein said later this year Flank will be honored by being added to the town's Gabby Rosenfeld Wall of Fame.

Mount Kisco Trustees to Consider Zoning Change for ShopRite

By Neal Rentz

The Mount Kisco Village Board agreed last week to draft a zoning text change that would allow a ShopRite supermarket to be constructed in the Diamond Properties complex on North Bedford Road.

Trustees instructed Village Attorney Whitney Singleton and Planner Jan Johannessen to draw up the proposed language. Diamond Properties has signed a lease with ShopRite to open a 70,000-square-foot supermarket on its property at 333 N. Bedford Rd. The market is currently located a little more than a mile away in Bedford Hills.

For the proposal to advance, developer Jim Diamond must obtain a zoning text change from the Village Board because a supermarket is not a permitted use

on the property, which is zoned Light Manufacturing.

However, the board should first explore what other types of businesses should be allowed at the site before they decide whether to grant the change, said Trustee Karen Schleimer.

Singleton said the board could also allow the Planning Board to approve ShopRite with a special permit.

Mayor Gina Picinich said village officials should not wait until the Comprehensive Plan update is completed to review the ShopRite proposal and any other potential projects for the site.

Diamond has previously said that without new tenants at the complex, which contains about 600,000 square feet of space, the vacancy rate would fall to 57 percent by

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Sunshine Opponents Charge Facility Exposing Staff, Patients to Radium

continued from page 1

down for nearly two years, and the town was informed it would remain out of service until the proper treatment system had been installed and approved. Since then, no plans for a radium treatment system have ever been submitted, he said.

"We have pressed and argued and pleaded with the Town of New Castle to enforce its environmental laws and protect the community including those at Sunshine Home," he said. "The town has simply refused to do so."

Opponents of the proposed Sunshine expansion have spent nearly three years fighting the project. Sunshine Children's

Home, which treats medically fragile children, is looking to expand from about 18,000 square feet to more than 147,000 square feet and to increase the number of beds from 54 to 122.

New Castle resident Gail Markels also stressed that the location for an expanded facility is unsafe. She said with the wells already struggling to provide enough water and a reliable source of water needed for volunteer firefighters should there be a blaze at the site, there could be a disastrous situation.

Markels said the wells will be tapped out if the facility expands.

"The children who are patients at Sunshine are medically fragile, severely

disabled and require 24/7 care," Markels said. "This isn't a normal residential situation or even a normal hospital situation where many of the patients could evacuate themselves if need be in the event of a fire. These patients can't."

Last week, the county Department of Health noted that its running average of quarterly combined Radium-226 and Radium-228 for Sunshine's water source was within permissible limits. Dating back to the fourth quarter of 2014, Sunshine has exceeded the EPA limit of no more than 5.49 picocuries per liter of radium only once. That was in the final quarter of 2015, when it registered at 5.70 pCi/l.

Since then, the radium levels in the water have steadily declined to where there was no detectable radium in the fourth quarter of last year, said department spokesperson Caren Halbfinger.

Halbfinger also said that blending of well water is a common practice allowed by the EPA and the state, allowing water systems to control the level of radiological contaminants.

Sunshine issued a statement claiming that residents who oppose their expansion project are misleading the public. They said the water supply is being closely monitored by the county Department of Health and a supply well was recently shut down to allow for rehabilitation and modernization needed

to serve the existing facility. They are currently supplying bottled water for all consumption until the well is back in service.

"The safety of our children and our staff is paramount to us," the statement read. "Clearly, our opponents have no interest in obtaining the facts and simply seek to spread rumors and misinformation."

Ossining resident David Whitlinger, a neighboring homeowner, alleged that Sunshine has been engaging in a pattern of misconduct since purchasing the property in 2009. He listed several instances where Sunshine violated town code and zoning laws, performing work on their land without the required permits.

He urged the Zoning Board of Appeals to deny Sunshine additional opportunities to violate local laws.

"As shameful as Sunshine's behavior is, it is the town that helped create this mess by encouraging Sunshine's unlawful behavior by failing to enforce its environmental and zoning laws at the risk of children and for the profit of a corporation," Whitlinger said. "There is no excuse for allowing the developers to enjoy these profits at the expense of the welfare of its pediatric and severely disabled patients or the environment."

Martin Wilbur contributed to this article.

Mount Kisco Trustees to Consider Zoning Change for ShopRite

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the end of this year.

On another issue related to the property, Picinich said she supported eliminating the membership requirement for the Grand Prix New York go-kart facility. Grand Prix also contains a bowling alley, an arcade and a restaurant.

"Family entertainment is good for Mount Kisco," Picinich said.

Grand Prix could be a bigger draw for people from outside the village if the membership requirement was

discontinued, she added.

Schleimer said if the board decides to revise the zoning text for ShopRite and drop Grand Prix's membership requirement Diamond Properties should be forced to complete a traffic study. She said there is potential for a traffic increase, particularly on weekends.

The Planning Board would be responsible for reviewing the environmental impact that those changes could cause, including traffic, Singleton said.



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Q: Can I easily find hospitals offering Novalis treatment?

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President Clinton Swears In New Castle Town Board

By Anna Young

Former President Bill Clinton swore in New Castle town officials last Tuesday night advising the community on the importance of working together and to avoid assuming the worst of their elected officials.

During the Jan. 30 ceremonial event at the Chappaqua Performing Arts Center, Clinton administered the oaths of office to Supervisor Rob Greenstein, councilwomen Lisa Katz and Ivy Pool and Town Justice Noah Sorkin.

Clinton advised officials against getting bogged down by the job that they shortchange the importance of community. He added how vital it is to speak with people directly, especially before enacting regulations.

"Remember, in trying to do your best is that every day we wake up inside our heart there's a scale, and on one scale there are weights that make us darker and on one side of the scale there are weights that make us lighter and the balance is slightly different every day," Clinton said. "If you're given the privilege of public service, put another rock on the light side every day, do your very best to help people believe that we are privileged to be alive at this time, filled with blessings, and we have an obligation to do better."

He added that he was grateful to see people run for office, sharing an anecdote about the numerous candidates who have approached him asking him for his vote.



ANNA YOUNG PHOTO

Former President Bill Clinton addressed the crowd last week during the swearing in ceremony for New Castle Supervisor Rob Greenstein, councilwomen Lisa Katz and Ivy Pool and Town Justice Noah Sorkin. They were accompanied by the area's other officials or their representatives.

He said some days may be difficult. The job can make officials want to be elsewhere but lauded them for choosing to be in public office, face criticism and work hard every day.

"I think we would be in way better shape today if we thought kindness was more authentic than seething resentment," he said. "These people are here to serve you, not run your life, and they can't do it unless you help."

Greenstein, who was re-elected to a third term in November, said he is proud of what the Town Board has accomplished, including the advancement of sustainability, culture and the arts. He added that officials have built a more responsive government, and he looks forward to keeping New Castle a welcoming, prosperous and safe place to

live.

"With the help of our greatest resource, our residents, we have made great strides in the areas of public safety, inclusion and diversity and public participation," he said. "We will continue to be leaders with respect to the environment and we will continue to speak out about fairness, respect and tolerance, and most importantly, we will continue to put community and people ahead of partisanship."

Katz, who led the efforts to develop the old Wallace Auditorium into the Chappaqua Performing Arts Center during her first term, said she would continue to work to transform the facility into a regional destination. She said she was honored receiving the community's trust, and is committed to working harder and achieving

more throughout her second term.

"Four years ago, you asked me to speak for our community and since then I have listened to residents and worked with all of my fellow board members in an open, positive and engaging manner," she said. "I firmly believe that whether you're a Democrat, a Republican, an independent or unaffiliated, if you voted for me or not, we're all in this together, bound by our collective dreams to make New Castle a stronger more vibrant and united community, not just for today but for our children's futures."

Pool, the newest Town Board member, said she felt compelled to run for public office following the 2016 presidential election seeing the need for "strong and qualified women in all levels of government." Her focus throughout her term will be improving street safety and walkability, improving the emergency response planning and ensuring the downtown hamlets thrive.

"As much fun as it was to run and to win, I am now the most junior member of this Town Board and I'm working hard every day to demonstrate my worth to this board and to earn their trust and confidence in me," Pool said. "I truly believe that it's through consensus and collaboration that we can have a more effective town government in this town and I know that by working together we will do great things for this town."



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Hawthorne Cedar Knolls Residence to Close Later This Year

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they are reunited with their families or are moved into foster care, Rivel said.

A facility will be opened, possibly in New York City, to replace Hawthorne Cedar Knolls, he said.

Hawthorne Cedar Knolls, located on Linda Avenue, has been criticized for years by residents and government officials due to multiple incidents involving young residents leaving the campus.

Most recently, on Jan. 22, a youth who lived at the Mann Center, which is on the same campus, allegedly attempted to steal items from a neighboring house

and confronted the homeowner, Murphy said. Rivel apologized for the incident.

"In retrospect, it was something we probably should have prevented," he said. "We always want to be a good neighbor."

The two other facilities at the campus, the Mann Center and the Jerome M. Goldsmith Center, where youths with various forms of mental illness come for voluntary treatment, will remain open, Rivel said.

The Hawthorne Cedar Knolls Union Free School District will stay open as well, he said. The school includes students that commute each day from throughout the region.

Mount Pleasant Supervisor Carl Fulgenzi welcomed the news because officials and residents had been concerned with safety for years. Though progress had been made the past few years, Fulgenzi asked "But how far have we come?"

Murphy said since he took office 45 meetings took place about Hawthorne Cedar Knolls with elected and appointed officials. Murphy, who worked at the nearby Pleasantville Cottage School in the early 1980s, said he fully understands the need for residential treatment facilities, but it was those overseeing the facility who failed the youths and the community.

"The kids that we're all talking about

are extremely fragile," he said. "The (town's) residents have been beyond patient."

The breaking point was the Jan. 22 incident when a youth unlawfully entered a neighboring home, Murphy said.

"Enough was enough," he said.

Former town councilman Denis McCarthy, who had served as chair of the Pleasantville Cottage School Community Advisory Board, thanked state and local officials and the Coalition for a Safe Mount Pleasant for their efforts to close Hawthorne Cedar Knolls.

Even with the announcement of the closure, several residents said at last week's meeting they were concerned with the safety at the campus, particularly youths leaving the grounds without authorization.

"Every single person said look, we get these kids need help and we're grateful that there's someone helping them. I know you all come from a position of real compassion," Rivel said. "Your issue is really safety, which makes a lot of sense."

Rivel said K2 Intelligence has been hired by The Jewish Board to create a security assessment report of the entire campus with recommendations on how to increase security at the site. Rivel described K2 as "the premiere security

firm in the world."

An advisory council comprised of local residents and Jewish Board trustees will be formed, Rivel said.

"They will have access to the best information about what's happening, not just about this facility that's closing, but also about what's happening on the campus in general," he said. "We think we'll be able to provide a much better level of communication."

It was too early for Rivel to comment on how the building housing Hawthorne Cedar Knolls will be used once it is vacant.

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Valhalla Man Killed on Metro-North Tracks Near Commerce St.

A 19-year-old Valhalla man was killed last Tuesday by an oncoming train on the Metro-North tracks near the Commerce Street crossing.

Metro-North spokeswoman Nancy Gamerman said the victim, Aaron Dannenbring, was killed by a train traveling from Grand Central Station to Southeast at about 10:15 p.m. on Jan. 30. The victim was not authorized to be on the tracks, she said.

"The MTA Police Department determined the incident was not an accident and no criminality was involved," Gamerman said.

An estimated 200 passengers were on the train at the time of the incident. No one aboard the train was injured.

Service was suspended between North White Plains and Pleasantville for about two and a half hours. It was fully restored well in advance of the next morning's rush hour.

Commerce Street was where six people were killed when a Metro-North train slammed into three years ago last week. The driver of the SUV and five passengers in the train's front car were killed in the crash.

—Neal Rentz

Police Blotter

North Castle Police Department

Jan. 26: A caller reported at 8:07 p.m. a large tarp in the roadway on Route 128 obstructing the southbound lane. The responding officer stated that the tarp was removed from the roadway.

Jan. 26: Report of a male party in front of ShopRite asking to use people's cell phones and skateboarding in the parking lot at 9:32 p.m. The caller stated that they asked the party to leave the area but he refused. The responding officer reported that the party willingly left the area. Matter adjusted.

Jan. 29: A complainant walked into police headquarters at 11:55 a.m. to report a fraudulent charge he received on his Chase Visa credit card.

Jan. 29: Report of a deceased coyote on Route 120 at 6:15 p.m. The responding officer reported observing the animal off the roadway and requested the state Department of Transportation be notified.

Jan. 30: A complainant arrived at headquarters at 1:35 p.m. to report that on Jan. 5 at about 8 p.m. a tractor-trailer with "Strauss Paper Company" lettering on the side, struck a pole in a Business Park Drive parking lot. The damage to the pole was estimated at \$3,200, according to the complainant. He had attempted to contact the company twice with negative results and was unable to view footage until today due to a co-worker being out of the office. A witness deposition and USB thumb drive were secured.



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P'ville Presbyterian Church Begins Five-Year Improvement Program



Pleasantville Presbyterian Church Pastor Debra Bronkema stands in front of the new stained glass windows that have been installed in the church's sanctuary as part of the five-year improvement project.

The 138-year-old Pleasantville Presbyterian Church building is looking younger already, with restoration of stained glass, new air-conditioning, upgraded interior space and long-needed attention to the building.

Improvements are underway in all four of the congregation's properties: the church itself, the Christian Education building, the carriage house and the manse.

An intensive study of the properties showed there is much to do with a long list of specific needs, but the annual operating budget doesn't cover major projects.

"Now is the time to address the larger projects before they become more costly," said Capital Committee member Peter Eschweiler.

The capital campaign that is underway

is a response to the problem. Christine Alvis, chair of the Preserve Our Property campaign, said the campaign is going well, with strong support for the five-year improvement project. According to the church's website, more than \$578,000 has been raised for the capital projects campaign.

Eschweiler stressed that the capital campaign will not slight regular worship nor the church's important mission activities, which include the Appalachia Service Project (an annual home repair mission), Midnight Run (clothing and food distribution in New York City), English and Spanish lessons, youth programs, social justice internship, adult education programs, community food outreach, Presbyterian Women's League, Great Beginnings Nursery School and other efforts.

"We reach hundreds of people each week who are served right here in our buildings," Eschweiler said. "As good stewards of the gifts God has provided to us, we must take care of the properties entrusted to us."

"Over the years, God has been calling people to work together to make this a special place where people can find the changes in life they are seeking," said Pleasantville Presbyterian Church Pastor Debbie Bronkema. "We are so thankful for all the people who have constructed and maintained these buildings in the past. Now it's our turn."

Pace Announces New Scholarship for Honors Students

Pace University is offering new donor-funded scholarships that will benefit incoming honors students.

The Opportunity Scholarship will support new students in the Pforzheimer Honors College with \$5,000 awarded to those who qualify.

"This new scholarship helps keep the doors of opportunity open for students

of all backgrounds," said Pace President Marvin Krislov. "We are so grateful that our friends and donors are making these dreams a reality for these driven and deserving students who will add vibrancy and tenacity to the classroom."

To be eligible for an Opportunity Scholarship, students need to be enrolled in the Honors College at

Pace in their freshman year, be a New York State resident and have a family adjusted gross income of \$125,000 or less. Students could renew the \$5,000 award for their four years at Pace assuming they remain in good standing and maintain a 3.0 GPA.

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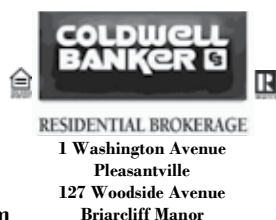
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Obituaries

Ari Diaconis

Attorney Ari J. Diaconis died Jan. 29 at 33 years old.

He was born Oct. 15, 1984, and graduated from the University of Vermont, where he studied economics, philosophy and Afro-Cuban percussion. During and after college, Diaconis played with musical groups, such as Rubblebucket, and performed at renowned venues including the Blue Note Jazz Club New York.

With increasing interest in law, Diaconis began teaching the Law School Admission Test. This allowed him to live in diverse cities, including Los Angeles, Seattle, Baltimore and Missoula. He went on to graduate magna cum laude and Order of the Coif from Cornell Law School. He served as an articles editor on the Cornell Law Review and a bench editor on the Cornell Moot Court Board. Cornell awarded Diaconis with a Fraser Prize, for "most fully evincing high qualities of mind and character by superior achievements in scholarship and by attributes that earn the commendation of teachers and fellow students."

After law school, Diaconis served as law clerk to Hon. Edward R. Korman, United States District Court for the Eastern District of New York. Following that clerkship, he joined the firm of Sullivan & Cromwell. He next planned to serve as law clerk to Hon. Rosemary S. Pooler, but was unable to due to the progression of neurologic disorders. Despite his short career, Diaconis participated in the litigation or adjudication of nearly 100 lawsuits. His legal scholarship has been read by thousands and cited as authority by several Constitutional law experts.

In 2016, Diaconis bicycled over 2,500 miles from Florida to California with his sister to raise awareness for one of his disorders. His health worsened significantly in 2017, but he continued writing, recording music and volunteering as a lawyer. He completed legal research projects and published op-eds on topics such as Constitutional



Ari Diaconis

separation of powers and the right to death with dignity. Music that he recorded during this period with Guerilla Toss was featured on NPR.

Diaconis was an attorney, budding scholar, meditator, prisoners' rights advocate, percussionist, lover of Brooklyn; movie buff and a novice but passionate juggler, rock climber and squash player. He became a vegetarian toward the end of his life and regretted not doing so earlier.

He will be missed greatly by his community, the love of his life Dunia Rkein; father John Diaconis, who fought tirelessly for Ari's health; mother Dian Larkin, who taught him to follow his many interests; sister Alix Diaconis; brother Ansel Halle; grandfather Ron Veyo; stepmother Ann Dantzig; stepsisters Tasha and Lexi Dantzig; step-grandmother Janice Rabinowitz; a vast extended family; and his many dear friends and colleagues from elementary school through law school and beyond, including his lifelong friend Marcus Cohlan.

All friends, family and colleagues are encouraged to attend his memorial service at The Cornell Club, 6 E. 44th St., in New York City on March 24 at 11 a.m.

In lieu of flowers, Ari's family welcomes donations to Cornell Law School indicating "in memory of Ari Diaconis." Please mail checks to Cornell Law School, G28 Hughes Hall, Ithaca, N.Y. 14853 Attn: Susan Arotsky.

Hugh Kiernan

Hugh Kiernan, 96, passed away peacefully in his home in Millwood listening to his favorite music on Jan. 27 with family by his side.

Kiernan was born in County Cavan Ireland to John Kiernan and Margaret Dolan. He was preceded in death by his loving wife, Elizabeth Campbell. He was a beloved father and is survived by his five daughters, Mary Clancy, Barbara Paccione, Margaret Pugh, Elizabeth Kiernan and Kathy Kiernan-Johnstone. Kiernan is also survived by eight grandsons, three granddaughters and four great-

grandchildren.

Viewing was held at Cassidy Flynn Funeral Home in Mount Kisco on Jan. 31. A funeral Mass was celebrated at St. Theresa's Church in Briarcliff Manor on Feb. 1 followed by burial at Gate of Heaven Cemetery in Valhalla.

In lieu of flowers, the family requests memorial donations in Kiernan's name be made to St. Jude's Children's Hospital or the Disabled Veterans Association.



Hugh Kiernan

Aaron Dannenbring

Aaron Joseph Dannenbring, who lived in Valhalla and Hawthorne, passed away suddenly on Jan. 30 in Valhalla. He was 20 years old.

Dannenbring was a sophomore economics student at Binghamton University and dearly loved by family and friends. Vibrant and fun-loving, Dannenbring loved hanging out with friends, working out at the gym, playing video games and D&D and snowmobiling in winter with his dad and brother. He had a sense of adventure and took a semester off to live in Japan where he worked on an organic farm and also developed a passion for anime.

Dannenbring was a lead and supporting actor in a number of plays and musicals at Valhalla High School. He was also an avid and passionate writer from a young age

and throughout his life.

The beloved son of parents Dave and Rebecca Blide of Hawthorne and Sara Dannenbring and Kurt Myers of Valhalla, he is survived by brother Gavin, sister Sophia and grandparents Charlie and Toni Blide; Barbara Dannenbring; Lester Hornig; Donna and Seymour Schimelman.

The wake was held at Hawthorne Funeral Home on Feb. 3 and 4. A non-denominational funeral service was held at Holy Rosary Church in Hawthorne on Feb. 5. A reception will follow.

In lieu of flowers, donations may be sent to <https://suicidepreventionlifeline.org/donate/> or Holy Rosary Church in Hawthorne, so that they may help people like Aaron, and his family and friends.

Jacqueline Koenig

Jacqueline Marie Koenig, née Hans, was the youngest of the four children born to J. Frederic and Helen Hans. She was born in 1951 and grew up in Middle Village, Queens where she became a basketball star. She attended St. John's University where she made the college basketball team and earned a B.S. in psychology. Soon after, Koenig began her career on Wall Street as a liabilities manager in international money markets for Marine Midland, Israel Discount Bank and later Credit Industriel et Commercial Banque.

In 1983, she met her husband, Kurt Koenig, who when he saw her for the first time immediately fell in love. They were married on Aug. 25, 1984. They had two children, Konrad and Katharine, to whom her love and devotion were unbound.

After the children started school, Jacqui took on a part-time position at the Town

of Mount Pleasant in the Receiver of Taxes Department, and would eventually take over as planning administrator in 2006. Jacqui saw her position with the town as an opportunity to serve the community, and went to great lengths to help anyone in any way that was needed.

Koenig was a faithful Catholic who had a special devotion to Our Lady. Every Wednesday for many years, she was a member of a prayer group that visited homes with a statue of Our Lady of Fatima to say the Rosary.

No one could ask for a better wife, a more devoted mother, a better friend or more dedicated civil servant. She will be missed dearly.

She is survived by her husband Kurt; son Konrad; daughter Kate; sister Marjorie Kirrane; and brothers J. Frederic Hans II and Stephen Hans.

Paul Russo

Paul A. Russo of Yorktown Heights passed away on Jan. 30 from complications from lung cancer treatment.

He was 73.

Russo was preceded in death by his mother, Angela (Benedetto) Russo, in 1972 and his father, Paul A. Russo, in 1974. He is survived by his wife of 45 years Adriane (Pitz); sister Phyllis Russo; brother Michael Russo; daughter Lisa Bonura (Stephen); sons Christopher Russo (Ria Calong-Russo) and Paul Russo (Melissa O'Sullivan); grandchildren Joseph, Michael, James, Alex, Nicholas, Kyle, Devon, Jack, Blake and Caleb; and several nieces and extended family. He was a loving husband, father, grandfather and friend.

Russo served in the United States Army from 1962 to 1965 and worked

as a jewelry expert for some of the world's most prestigious auction houses, spending the majority of his career at Sotheby's in New York City.

He loved movies, music (Elvis and Motown), the outdoors, the New York Yankees and New York Jets. He went to hundreds of his children's and grandchildren's sporting events, a mainstay in the stands rooting for everyone.

Visitation was on Feb. 5 at Beecher Flooks Funeral Home in Pleasantville. A funeral Mass was held on Tuesday, Feb. 6 at 11 a.m. at Holy Innocents Church in Pleasantville.

In lieu of flowers, donations to St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, Tenn. 38105 would be appreciated. Donations may also be sent through www.stjude.org.

Hawthorne Legion Post Honors the Heroism of Four WWII Chaplains

By Martin Wilbur

Last Saturday was the 75th anniversary of the one of the greatest acts of valor performed during World War II. The problem is very few people know anything about it.

Hawthorne American Legion Post 112 made sure that it won't remain forgotten. The post held a special ceremony at Mount Pleasant Town Hall to remember the bravery of four chaplains aboard the USS Dorchester, an Army transport ship.

The chaplains, Lt. George L. Fox, a Methodist minister; Lt. Alexander D. Goode, a rabbi; Lt. John P. Washington, a Catholic priest; and Lt. Clark V. Poling, a Dutch Reformed minister, gave the life jackets off their backs to four crew members after the Dorchester was struck by a German U-boat's torpedo off the coast of Greenland in the early morning hours of Feb. 3, 1943.

With nothing to protect them from the icy waters, the chaplains went down with the ship, their arms locked together while reciting prayers as they went under. There were 904 men aboard the Dorchester, and 672 of them died. But the four crew members who received the life jackets from the chaplains all survived.

Post Commander Peter Fiumefreddo said while the Post 112 members had participated in ceremonies held by other American Legions in previous years in remembrance of the chaplains, the



MARTIN WILBUR PHOTO

County Legislator Margaret Cunzio and Pastor David Elseroad of Lutheran Trinity Church in Hawthorne stand on either side of the board depicting the four chaplains who died during the sinking of the Dorchester in February 1943. They were joined by Mount Pleasant Supervisor Carl Fulgenzi, far left, and Hawthorne American Legion Post 112 Commander Peter Fiumefreddo, far right.

Hawthorne Legion decided to hold its own event for the first time with help from posts in West Harrison and Peekskill.

Their ultimate goal, along with scores of other American Legion members throughout the nation, is to convince Congress to eventually award the four chaplains the Medal of Honor.

"We're going to propose it and every year we're going to have the service and every

year we hope to get it bigger and bigger," Fiumefreddo said.

Vice Commander Frank Morganthaler said while the four chaplains were posthumously bestowed a Medal of Heroism, a special honor that was created only to recognize their bravery, it seems unfair that the interpretation of the stringent regulations for the Medal of Honor denies them the military's highest

honor. The Medal of Honor requires to have earned the award under fire in combat, he said.

"We just thought it would be great to start it up here, to get them the recognition they deserve," Morganthaler said of the ceremony.

The ceremony, which began with a color guard and a bagpiper, saw Legion members read a short biography of each of the four chaplains.

County Legislator Margaret Cunzio (C-Mount Pleasant) presented a special proclamation from the county to the post's leaders. She said she couldn't imagine how the chaplains could so calmly surrender their life jackets, tend to the wounded and reassure the panic-stricken knowing their decision would result in their own deaths.

"But I do know their selfless and heroic acts resulted in many lives being saved," Cunzio said. "The fact that it hasn't been brought to the forefront in quite a few years is something I think we need to work on."

Mount Pleasant Supervisor Carl Fulgenzi said he was happy to have the town host the ceremony. It was an opportunity to remind the public about those who gave their lives while serving the nation.

"Anytime we can hear about those who have made the ultimate sacrifice, and how those who have served and are still serving this country, we should take the time to do that," Fulgenzi said.

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David Swope, Club Fit Co-founder, Philanthropist Dies at 76

David Swope of Ossining, a prominent Westchester environmentalist, philanthropist, community leader and business owner, died on Jan. 31. He was 76.

Among his many roles, he served as chair of the Board of Trustees of Westchester Community College in Valhalla, the Teatown Lake Reservation Environmental Education Center in Ossining and the Jacob Burns Film Center in Pleasantville. As a co-founder of Club Fit health and fitness centers in Briarcliff Manor and Jefferson Valley, he was a pioneer in the development of full service health and fitness membership clubs. He was also the owner of Tappan Hill in Tarrytown, now Abigail Kirsch catering.

Born in Mount Kisco on Sept. 24, 1941, he was the son of David and Sarah (Sally) Porter Swope. He was the third generation of his family to live in the Ossining area. His grandfather, Gerard Swope Sr., was president of General Electric and owned The Croft, a large equestrian-oriented estate which was donated by the family to form the original part of Teatown Lake Reservation.

Swope graduated from the Scarborough School in Briarcliff Manor and the Loomis School in Connecticut. He was a graduate of Harvard University and Columbia University Law School.

In the early 1960s, he answered President Kennedy's call and joined the Peace Corps, spending two and a half years in India. This



David Swope

proved to be a life-changing experience and forged his life-long interest and love of India and Indian art and culture. It also inspired him to form a legal aid society in Bombay (Mumbai). Throughout his life he visited India and maintained an extensive network of Indian friends at home and abroad.

After returning to the U.S., he worked as an attorney in Manhattan, first with White & Case and then the Davis Polk law firm. In the late 1970s, his father became ill and Swope moved back to Ossining to assume his business interests, which included the Briarcliff and Jefferson Valley Racquet Clubs and Tappan Hill. With his business

partner, Beth Beck, they began adding exercise equipment and other facilities to what had been strictly tennis clubs. Over the ensuing decades, they continued to expand and modernize the clubs making them among the first full-service clubs of their kind in the region. Both clubs remain highly successful today.

As he entered his 60s, Swope gradually shifted away from his business interests and devoted time to working with nonprofit organizations. Throughout his adult life he played a major role in the evolution and growth of Teatown, and he also supported numerous other environmental organizations and programs, including the Westchester Land Trust and Pace University's Environmental Center. He spent many years on the Westchester Community College Board of Trustees, including overseeing the search to succeed longtime president Dr. Joseph Hankin.

He took an early interest in the creation of and growth of the Jacob Burns Film Center, and as board chairman worked to support the major expansion and outreach of its educational programming.

Geoffrey Thompson, co-owner of the Briarcliff Manor-based Thompson & Bender public relations firm, served with Swope, on the Teatown Board of Trustees for close to 20 years, said Swope was an astute thinker and intellectual who could relate to everyone. Thompson said it was unlikely Teatown would have become the

great local resource it is without Swope.

"He was a true leader, equally adept at being out in front or working in the background," Thompson said. "He knew how to move things along but with a gentle hand. And he never stopped coming up with ideas and ways to accomplish goals. The fact that he applied these skills not only in business but in generously helping so many non-profits set him apart. David's legacy will be seen for years to come in the many organizations that he helped form, shape and guide."

In addition to living in Westchester, from childhood Swope loved both short and long stays at his mother's family's ancestral cottage at Wauwinet on Nantucket where he welcomed guests and friends from back home as well as Nantucket. He supported land preservation efforts on the island and various nonprofit organizations.

Swope traveled extensively having visited every continent and he had friends across the nation and the globe.

He is survived by his sister, Dorothea (Dorothy) Swope, many cousins and hundreds of friends. Funeral services will be private. Those interested in making contributions in Swope's memory are asked to consider Teatown Lake Reservation, Westchester Community College, the Jacob Burns Film Center or a worthy organization of their choice.

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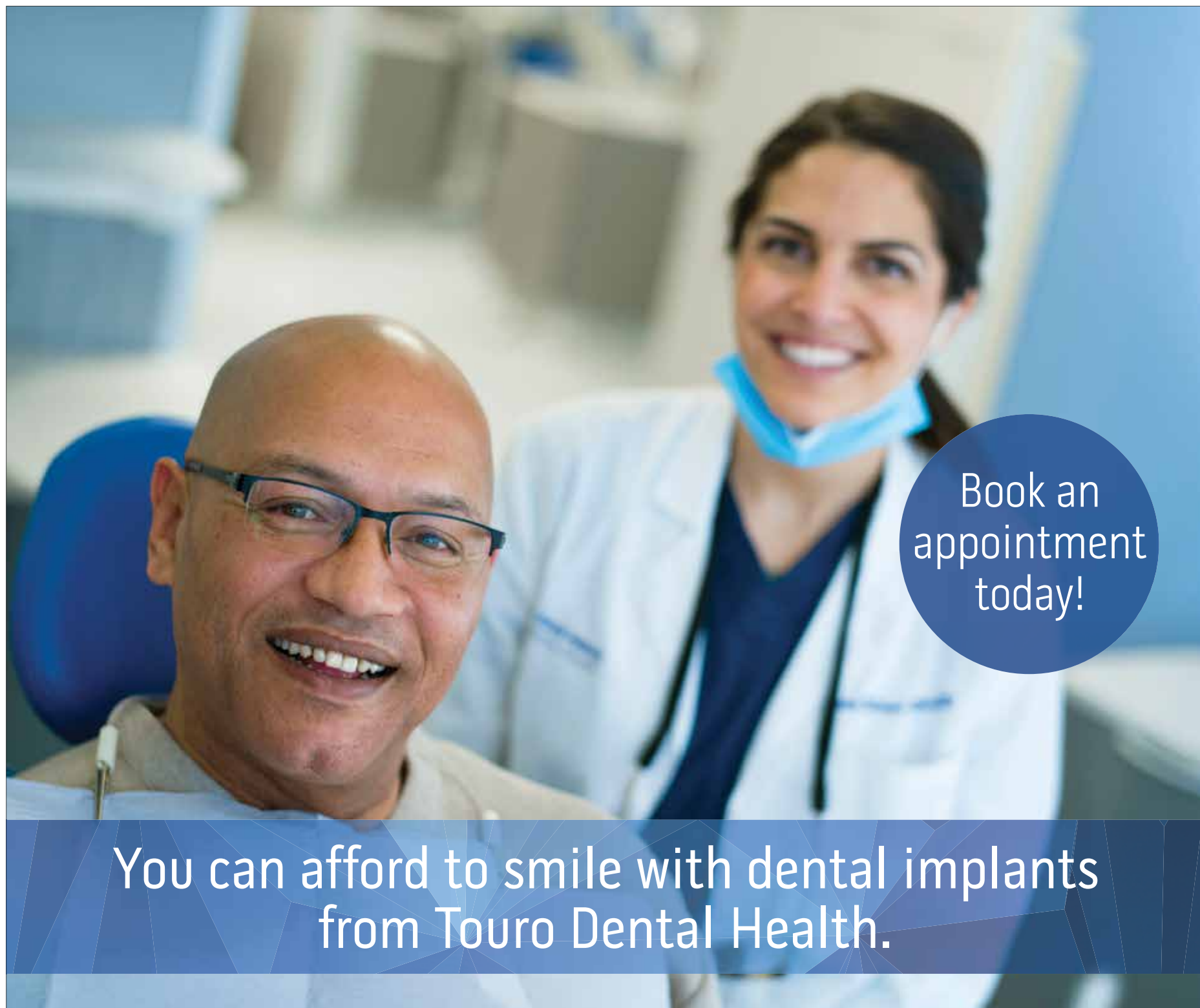
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Attn: Stephen Beovich, 1075 Broadway, P.O. Box 8, Pleasantville, New York 10570. Bids will be accepted up to **12 noon on Wednesday, March 7, 2018**, at which time all bids will be publicly opened in the Business Office of the Mount Pleasant Cottage School UFSD.

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Actors Workshop an Innovative Step for Special Needs Students

By Anna Young

Arc Stages in Pleasantville will be offering a class designed especially for actors with special educational needs starting next month.

Stacey Bone-Gleason, who will teach the Innovative Actors workshop that is scheduled to begin Mar. 27, will focus on developing fundamental acting skills, playing fun theater games and exploring improvisation. It will culminate in a final presentation.

Bone-Gleason, who has a master's in theater education, said the eight-week session aims to improve students'

social skills, focus, eye contact and recognizing cues by enabling them to work together and create a script that they will rehearse and perform as an ensemble in a low-pressure setting.

"Through that work of learning how to work together in groups to create a piece of theater they are then going to rehearse and perform is how we really feel it will get at those ideas of social cues and ability to work with other people," Bone-Gleason said. "These games and these activities and working on theater is all about building skills that are transferable to everyday life."



Stacey Bone-Gleason will be teaching an actors workshop at Arc Stages in Pleasantville starting next month for special needs students in middle school and high school as well as a similar class for young adults.

"We're working with them and seeing how they can express themselves on stage and maximizing what they have because their disabilities are abilities and they are absolutely capable of doing a fantastic show," Sperling said. "They can be in a social setting that can transfer into elements of school and life without feeling the pressures of performing."

Bone-Gleason said she hopes the program will help students become more comfortable expressing themselves and feel as though they have a second home at Arc Stages.

"It's important to have these young people feeling like they can be part of a bigger community, too," she said. "They can come and be part of this class and then this can become their artistic home, they can come see shows and they can feel comfortable here as a place they are accepted."

The class, which will accept up to eight students, will offer one-hour sessions for two separate age groups. Students in grades 5-12 will meet at 4:30 p.m. The young adult session, for those 18 to 30 years old, will meet at 5:30 p.m. The eight-week session will cost \$350.

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Editorial

Emotions Getting in the Way Over P'ville Plastic Bag Ban Debate

Like a lot of debate on issues today, it's no longer sufficient to simply argue the pros and cons of a particular piece of legislation. As a society, we've become jaded and defensive on nearly every issue to the point where it is almost impossible to find middle ground.

The same is true of the Village of Pleasantville's proposed plastic bag ban. Similar local laws have been successfully implemented in scores of communities from Westchester to California in recent years, as a recognition that it is best for the environment. It is legitimate to question how much of an impact each community can have on its own, making the argument to have the law implemented on a county-wide level preferable.

Furthermore, it's incumbent on municipalities such as Pleasantville that are considering the plastic bag ban to undertake an extensive outreach and education plan to ease fears, primarily from affected merchants. It should never be assumed that since a vocal portion of the public may favor such a law that those community members

speak for everybody.

But when merchants and some residents claim that it will hurt business and drive shoppers from their local food stores, for example, to neighboring towns that do not have the ban that is clearly hyperbole. So is the point that people will avoid a store because they don't want to pay a nickel or a dime for each paper or plastic bag they do use. If the law were to go into effect, even skeptics would invest a dollar or two and get a sturdy, reusable bag. Let's not overthink this.

Almost anything that forces a change in behavior from something that has been done almost without thinking for long periods will take time to get used to. It can seem onerous, as though Big Brother is watching. But that was true when residents were asked to separate their recyclable paper products, and then plastic containers, and everyone survived.

An avalanche of arguments from bar and restaurant owners against New York City's smoking ban in those establishments painted a picture of

doom and gloom. No such backlash materialized, and a case can be made that it had a positive effect on business.

Regardless of how much Pleasantville's single-use plastic bag ban may help the environment, it reflects the changing priorities of the current generation of Americans. Today, millions of people care about where their food comes from, how their refuse is disposed and how much carbon is belched into the atmosphere.

Pleasantville officials must also err on the side of additional outreach if they ultimately support the legislation. Despite the good efforts of PleasantvilleRecycles, there is a nagging feeling that not everything that could be done has been done in reaching out to merchants and the community – at least not yet.

But there is still time if this is what the Village Board chooses to do. Now is the time to double the efforts, so if the legislation is approved living without single-use plastic bags will be second nature.

Letter to the Editor

Banning Single-Use Plastic Bags May Not Provide Environmental Benefit

Many people are old enough to remember the great "Save the Trees, Ban Paper Bags" campaign. Now the same "save the planet people" are lobbying to tax paper and ban plastic.

Apparently, few have actually studied what environmental savings there are, if any. Reusable bags require more energy to produce than common plastic shopping bags. One reusable bag requires the same

amount of energy as an estimated 28 traditional plastic shopping bags or eight paper bags.

"If used once per week, four or five reusable bags will replace 520 plastic bags a year," according to Nick Sterling, research director at Natural Capitalism Solutions.

A study commissioned by the United Kingdom Environment Agency in 2005

found that the average cotton bag is used only 51 times before being thrown away. In some cases, reusable bags need to be used over 100 times before they are better for the environment than single-use plastic bags.

E. Patrick Mosman
Pleasantville

Five Easy Ways to Update Your Home Office for Greater Productivity

If you work from home, you likely spend a lot of time in your home office, which makes its design just as important as the rest of your home. If it's not up to par, it's time to bring new life to the space.

A few easy updates will help you feel more comfortable and inspire you toward greater productivity.

1. Let in light. Update your window treatment to maximize natural light and get more direct sunshine, and swap out drab lamps for eye-catching fixtures that offer

brighter light. Make sure your office is a well-lit place where you can see what you're doing without straining your eyes.

2. Update your tools. Having up-to-date tools makes working in your home office that much more efficient and enjoyable. Swap out older tech with newer tools offering the latest advancements.

3. Decorate. Ditch the bare walls and add an interesting focal point – whether it's a tapestry, cool shelving or an art print that matches your

interests and inspires you creatively.

4. Go green. It is said that certain plants and flowers can promote health at home. Add some plants or fresh-cut flowers to your home office to reap the benefits.

5. Get organized. Fight clutter and make important items and documents easier to locate with organizational tools like filing cabinets, folders and bins. A clean and tidy work zone will help you to feel more on top of your work, and may encourage you to form other great habits.

SMALL NEWS IS BIG NEWS

Hope's Door Raises Awareness Against Teen Dating Violence

Given that national statistics show the time in which young adults are most vulnerable to dating abuse is the ages of 16 to 24, Hope's Door will be focusing on their award-winning Love Shouldn't Hurt Youth Program.

"We are educating students in middle and high school to make sure they are equipped with the knowledge and tools to protect themselves and their friends during these years," said Prevention Program Coordinator Kristen Orlando.

She and youth educators Emily Benvenga and Shannon Sullivan aim to expand the conversation this February, which is National Teen Dating Violence Awareness Month, and spread awareness about teen dating violence through Love Shouldn't Hurt events and on social media.

In the U.S., one in three adolescents will experience teen dating violence before graduating high school, and of those, only 33 percent will talk to someone about the abuse. According to the Knowledge Networks 2011 College Dating and Abuse Poll, 57 percent of college students have difficulty identifying abusive relationships and 58 percent do not know how to help someone who is in an abusive relationship.

Additionally, 57 percent of college students who had experienced dating violence said they had experienced it during college. As of January 2018, Hope's Door extended the STAR program to include Albert Leonard Middle School in New Rochelle, starting the first Rising STAR (R-STAR) club in Westchester.

"We hope that earlier education will allow students to be more in tune with dating violence signs, preventing dating abuse during adolescence," said Hope's Door Executive Director Carl Horton.

The Love Shouldn't Hurt Youth Program consists of three components: classroom workshops, the Students Talking About Relationships (STAR) Peer Leadership Program and the annual Hope's Door Teen Symposium held each October. Feedback from workshop

participants demonstrates a significant increase in student understanding of dating violence dynamics, warning signs and gender stereotyping.

"The students are getting crucial information about healthy relationships versus unhealthy relationships from the Hope's Door program," said Albert Leonard Middle School health teacher Cory Binenbaum. "I'm hopeful that when they are ready to date, they will use the knowledge they have gained to help them recognize what a safe and healthy relationship is supposed to look like."

During this month, the Prevention

Program Team will be hosting two events, one at Ursuline High School and one at New Rochelle High School. These events will promote awareness about teen dating violence and educate students on warning signs of unhealthy relationships. They will also engage students through social media with an Instagram Challenge and daily educational posts.

The challenge will be interactive, encouraging students to make thought-provoking responses using their own social media accounts. To stay current on these initiatives, visit @

STARatHopesDoor on Instagram. For information on common warning signs of dating abuse and suggestions on how parents can discuss teen dating abuse with their children, visit www.hopesdoorny.org.

For more information about the Love Shouldn't Hurt Youth Program or how your school or organization can get involved, contact Prevention Program Coordinator Kristen Orlando at 914-747-0828 ext. 1014 or e-mail her at KOrlando@HopesDoorNY.org.

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Want to Organize Your Home? Make Lists!

Many times I've been reminded by bosses, office managers and consultants that the best way to increase business is to better manage my time. It is usually suggested that I make lists of all my responsibilities and long-term and immediate goals, organize them, and set timeframes in which they are to be accomplished.

A smile crossed my mind as I thought of my wife Margaret, who is constantly making lists: what she will cook for that holiday party and the groceries needed; how she will re-organize her closet; books she wants to read; the guest list for a fundraiser; and items to purchase on her next shopping trip. I tease her about it.

But when I contemplated all the chores that needed to be done in a well-maintained home, especially in the months preceding its sale, I went to my resident expert and asked her if she could organize a list of the tasks at hand, which seemed overwhelming to me taken as a whole.

This is the checklist she came up with almost immediately, proving that list-making comes easily to her after a lifetime of developing the habit. Feel free to adopt any of it that would help you organize your home, whether you're staging it for sale or seeking to live a well-maintained home life, relatively free of defects and clutter.

Big Jobs (leave them to the professionals)

- Replace roof
- Plumbing: new faucets, new toilets and

sinks

- Electrical: additional outlets for computers; new light switches
- Tree Care: removal of dead trees and limbs; spraying of hemlocks
- Exterior painting
- Gutter and drain replacement
- Window replacement where needed

Interior (to do ourselves and with handyman help)

- Remove all wallpaper
- Spackle and sand
- Paint walls and ceilings
- Sand, stain and seal wood floors where needed
- Clean carpets
- Replace cracked bathroom tiles; add new grout

Kitchen

- Install granite countertops
- Professionally clean cabinets
- Replace appliances, preferably with brushed steel
- If not replaced, scrub out refrigerator, oven, microwave
- Deodorize dishwasher
- Replace old lighting fixture

Living Room

- Replace draperies with lighter treatments
- Remove some furniture to open up space

Dining Room

- Refinish hardwood floors
- Remove sideboard

Bedrooms

- De-clutter
- Update all bedding
- Clean out and organize closets
- **Bathrooms**
- Replace sinks, counters, toilets
- **General**
- Replace all chandelier light bulbs
- Replace old lampshades
- Clean all windows
- **Outside**
- Outline and mulch all gardens
- Plant flowering shrubs for spring
- Use non-toxic treatment where weeds normally grow
- Spray Bobbex to keep deer away
- Re-seed bare areas of lawn

Having listed everything above that was on our checklist before we listed our home, do you see the critical omission? There are no real schedules or timetables indicated. With such an extensive list, it would be easy to avoid doing anything at all if a certain commitment isn't made to scheduling each chore on the calendar.

This can be handled several ways. Let's say we intend to put the house on the market in about six months, with the hope of selling it within the next nine months. I can re-juggle the list according to what is practical to do in each of those preparatory six months, starting from the logical point of a project. For instance, we had a guest room that had



developed a ceiling leak before the roof was replaced. The plaster has bubbled beneath the wallpaper on the side wall, so it made sense that I first had to remove the wallpaper, next sand and patch the plaster, reseal the surface and then paint it. So, I gave the project a two-week timeframe and checked off each step along the way as I got to my deadline.

What I ultimately did was to create a "most important" to "least important" evaluation, going from 1 to 10 and hitting the low numbers first, but with a designated deadline for each.

My foray into lists about household chores led me to a number of websites that help you do it. One of these is www.lets-clean-up.com, which offers an app that helps remove this burden of listing chores because it remembers everything you tell it. It presents cleaning as a bonding and learning experience for the whole family, with each member taking responsibility for certain chores. Working together, everything is accomplished.

While a publicist and journalist, writing as *The Home Guru*, Bill Primavera is a Realtor® associated with William Raveis Real Estate. To engage the services of *The Home Guru* to market your home for sale, call 914-522-2076.

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Melissa Rifkin
Registered Dietician, Mt. Kisco

By Anna Young

Implementing diet and exercise into a person's life can be difficult, but Melissa Rifkin is trying to make life easier for those striving to maintain a healthy lifestyle.

Over the last decade, Rifkin, a registered dietician, has shared her expertise working at Montefiore Medical Center in the Bronx. She spent seven years working in oncology and surgery, and over the last four years has been providing her expertise in bariatrics, offering guidance on healthy eating and constructing meal plans for patients undergoing weight-loss surgery.

Rifkin, 35, a Mount Kisco resident, also has her own practice, Melissa Rifkin Nutrition, which she started two years ago to help clients debunk myths and set them on a path to a healthier lifestyle. With consultations conducted by phone, clients fill out a questionnaire based on their nutritional demands, goals and preferences. She then creates a meal plan, a shopping list and a nutrient breakdown of each item.

"People think they're going to be judged by a dietitian, and that's why I take clients over the phone, to remove that intimidation factor and show that I can provide amazing education expertise, but I don't need to see you to do that," Rifkin said.

With clients throughout the region and around the world seeking her guidance – she has more than over 211,000 followers on Instagram reading her dietary tips – Rifkin said it's surreal to be able to touch so many lives.

"It's mind-blowing and unbelievable. I'm in a place where I thought I'd never be," she said. "It was my mission all along and I never realized it would come to fruition."

Growing up in New Hampshire, Rifkin was fascinated by nutrition at an early age after a nutritionist came to her home and taught her family how to make a variety of hummus. Despite her athletic and healthy physique growing up, she wanted to meet with a nutritionist again but her parents told her she didn't need one.

Rifkin spent her first year at the University of Connecticut as a psychology

major, but quickly realized that field wasn't for her. After graduating with a degree in dietetics, she completed a rigorous internship at New York Presbyterian Hospital, and eventually earned her master's in clinical nutrition at New York University. She is also certified in weight management and oncology.

Moved by her mother's breast cancer diagnosis, Rifkin began working in the oncology and surgery ward at Montefiore. Rifkin said she switched to bariatrics after the work began to take an emotional toll. The change also helped her meet her fiancé.

Over the years, Rifkin has grown a following through social media as a coach on Rise, a weight loss application where she helps clients meet goals by providing tips through photos of food. She manages the social media platform handle on Instagram for Rise, as well as her own Instagram page, Confession of a Dietitian. She also has her own website where she shares recipes.

Rifkin said she sought Instagram to highlight the nutritional benefits of each meal and share her extensive education. She believes that embodying a healthy lifestyle encompasses eating nutritious



foods, exercising and balancing mental well-being.

"I really want to be a role model to these people and someone they look up to and use what I'm teaching to implement into their own lifestyle," Rifkin said. "It's totally intimidating to think that many people are looking at me, but I hope to encourage others and hope everyone can benefit from tweaking their dietary lifestyle and to improve it."

Rifkin also works to promote kindness through her social media platform, expressing how looks don't define someone, nobody is perfect and everyone has struggles they face every day.

With dietary studies and information changing rapidly, Rifkin acknowledged how difficult it can be to ask for help, but wants to help pave the road to success.

"None of our diets are perfect. None of us look perfect, but they can trust me not to judge them," Rifkin said. "I'm just here to help you and be encouraging to you. Nothing more."

To learn more about Rifkin or to contact her, visit www.melissarifkinnutrition.com/ or follow her on Instagram @confessionofadietitian.







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Tuesday, Feb. 6

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.

Friends of John Jay Homestead 2018 Scholars Lecture Series. Hugh B. Price presents his lecture entitled "This African American Life." Price traces his descent from soldiers at Valley Forge, enslaved people, songwriters and inventors and his own dramatic story, from boyhood in segregated Washington, D.C. to positions as an editorial writer for The New York Times, head of production at WNET/Thirteen, vice president of the Rockefeller Foundation and president and CEO of the National Urban League. Followed by a book signing. John Jay Homestead State Historic Site, 400 Jay St. (Route 22), Katonah. Registration and refreshments at 6:30 p.m. Lecture at 7 p.m. \$25. Members: \$20. Info: 914-232-8119, e-mail friends@johnjayhomestead.org; or visit www.johnjayhomestead.org.

Nature Book Club. Discuss fascinating books about nature. This month, the featured book is "The Invention of Nature: Alexander von Humboldt's New World" by Andrea Wulf. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: Visit www.sawmillriveraudubon.org.

Author Talk. "The Woman in the Window" by A.J. Finn will be discussed. Finn, a debut author, will discuss his highly anticipated psychological thriller that is described as a "twisting, twisted odyssey inside one woman's mind." Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Wednesday, Feb. 7

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 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 (except Feb. 19). Info: 914-769-0548 or 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 or www.mountpleasantlibrary.org.

Ambassadors for Successful Aging. Are you aware of the benefits available to you as a Westchester County senior? Information can be provided to you on housing, home care, transportation options, counseling options, memory care, nutrition, vision and dental services along with SNAP, HEAP, EPIC and STAR and other programs that can save you money and help you plan for the future. Feel free to discuss a Westchester County "ambassador." No appointment necessary. North Castle Public Library, 19 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 (except Feb. 19). 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.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday (except Feb. 19). Info: 914-769-0548 or www.mountpleasantlibrary.org.

Senior Benefits Information Center. Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and

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

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Feb. 19). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whippoorwill Rd., East, Armonk. 12:15 p.m. Free. Every Wednesday (except Feb. 21). Info: 914-273-3887 or www.northcastlelibrary.com.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Every Wednesday (except Feb. 21). Info: 914-273-3887.

Mind Games. A fun way for seniors to help stimulate their minds and improve cognitive functioning (memory, visual recall, problem solving, focus and speed and spatial reasoning) by playing group games. Phelps Hospital's boardroom, 701 N. Broadway, Sleepy Hollow. 2 to 3:30 p.m. Free. (Park behind the hospital and enter through the auditorium entrance. Then take the elevator to the C-Level and turn left when you exit.) Registration required. Info and registration: 914-366-3937.

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.

Paint With Me. All painting supplies are provided along with step-by-step instructions from a professional artist and experienced teacher. You will be walked through the process, brushstroke by brushstroke. No experience needed, just a sense of humor and a willingness to try. Must be 55 or up or attend with someone of that age. Clinton Street Center, 1A Clinton St., Pleasantville. 3 to 5 p.m. \$25. Info and registration: 914-769-2021.

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.org.

Sherlock Holmes Film Series: "Young Sherlock Holmes." When assorted people start having inexplicable delusions leading to their deaths, a teenage Sherlock Holmes decides to investigate. The second part of this monthly series. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Art Series: Kachina Dolls. Georgia O'Keefe spent part of every year from 1929 to 1949 in New Mexico as her art became steeped in the style and culture of the American Southwest. Her exposure to the Hopi Kachina dolls occurred during this period as well, and this exposure left an indelible mark on her work. In addition to the connection to O'Keefe's work, explore the history and purpose behind on kachina as well as the importance of Native American blankets. 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 or e-mail info@thealignedcenter.com.

Separation/Divorce Support Group. A new group for men and women

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Lucy's Laugh Lounge Brings Comedy to the Community

By Martin Wilbur

There are venues throughout Westchester to listen to live music on a regular basis, but comedy fans have usually been faced with the inconvenience and expense of trekking to a Manhattan club to be entertained.

That has now changed. Thornwood native and Comedy North of Manhattan (NOMA) co-founder Frank Pellegrino and Lucy's Lounge have teamed up to present weekly comedy shows at the Pleasantville nightspot.

The recently started series, Lucy's Laugh Lounge, is at the corner bar and restaurant on Bedford Road and Wheeler Avenue known for hosting bands in the front of the house. It is now able to transform its party space in the rear into a small comedy club.

"That was it for me, bringing comedy to the community," said Pellegrino, of his motivation to start booking comedy shows in 2013 and to do the series. "That's still it. That's always been it. This is an opportunity I'm really grateful to have. It's not just one show a month. It's doing the right thing for the people coming to the shows."

For now, Lucy's Laugh Lounge is featuring one 90-minute show a week that's typically on a Friday or Saturday evening. Down the road, there could be two or three shows a week, he said. There is an opening act followed by the headliner. Most shows start at about 7:30 or 8 p.m., in time to clear out for the live music in the main part of

the establishment.

There is a \$20 cover charge but there are no drink minimums or other mandatory expenses like the Manhattan clubs, Pellegrino said. Patrons are free to order food and drinks before or after the show and stay for the musical performance to just to schmooze.

Pellegrino has booked most weekends into April. Having scheduled shows through NOMA for close to five years, he has a directory of 50 to 60 working comedians living in Westchester and Putnam. Many are regularly featured at clubs in the city and jump at the chance to perform close by when available.

This Friday night Paul Virzi will be featured, followed by Neko White and Regina DeCicco on Feb. 16 and 24, respectively. Other headliners booked for March and early April include Tommy Gooch and Yorktown's Tom Grossi, plus a Not Moms Comedy Show featuring women comics Maryelle Turner, Chrissie Mayr and Tara Cannistraci.

"There are so many here that it's criminal that there is not a quality comedy club that's doing stuff for the community with a free open mic," Pellegrino said.

So far, the space at Lucy's has worked well, he said. About 50 chairs are set up in rows in front of the stage. There's also a balcony overlooking the room that fits about 20 standing patrons, making for an intimate and fun atmosphere.



The party room at Lucy's Lounge in Pleasantville has been turned into a comedy club at least once a week.

"It's kind of a great scene where they don't need us, they have their private parties, but when they don't have one we're going to put on a show," Pellegrino said.

He had thought about reaching out to Lucy's because the venue was the sight of two of NOMA's earliest shows and were quite successful. However, Rob Catalano, who recently took over as Lucy's general manager, beat Pellegrino to the punch.

Catalano recalled how much he enjoyed the NOMA shows and was looking to diversify Lucy's clientele. He contacted Pellegrino and they devised the idea for a regular comedy series.

"If people are coming in here to see music all the time, then you don't have music on a certain night or they don't like the band,

they're not coming," Catalano explained. "So my thing is how do we get some people in here for something different? To me, comedy seemed like a perfect match because there's really nothing like that around here."

Pellegrino said along with having multiple weekly shows in the future he plans to schedule comedy classes for aspiring comedians. Comedy coaches will be brought in to instruct budding comics in a working space.

For more information, including tickets and the lineup for Lucy's Laugh Lounge, visit www.nomacomedy.com. It will soon have its own website at www.lucyslaugh.com.

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A graduate of the Johns Hopkins School of Medicine, Dr. Wang completed fellowships in cardiology and clinical cardiac electrophysiology at Columbia University Medical Center, where he also received his postdoctoral training.

He will see patients in his office at 170 Maple Avenue in White Plains. To schedule an appointment, call (914) 849-2690.

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Westchester Chordsmen Offer Special Kind of Valentine's Gift

By Anna Young

Instead of buying roses or chocolates for Valentine's Day, have the Westchester Chordsmen serenade that special someone with a singing valentine.

Quartets from the barbershop chorus will make their annual rounds to homes, hospitals, nursing homes and businesses throughout Westchester, Putnam, Rockland and Western Fairfield counties on Tuesday, Feb. 13 and Wednesday, Feb. 14 to surprise recipients with an unforgettable gift.

For \$65, a spouse or significant other, friend or family member can be serenaded with two love songs, a rose and a valentine's card that can be redeemed for two tickets to the Westchester Chordsmen's spring show.

Packages go up to \$125. Reservations can be made by phone or online but must be completed by this Saturday, Feb. 10.

Longtime chorus member Stephen Bartell, who has been part of the singing valentines for nearly two decades, said the annual tradition is an incredible experience. The recipients are always surprised and thrilled when they see a group of men, donned in tuxedos with red bowties and vests, delivering an unusual gift from the person they love.

"It's a wonderful experience for our recipients and the people who buy it are absolutely thrilled. And we get the biggest kick in the world and it's a true joy," Bartell said. "It's pretty remarkable."



One of the Westchester Chordsmen quartets with Gov. Andrew Cuomo.

Those who order can choose from several standard love songs, including "Let Me Call You Sweetheart," "Love Me Tender" and "Heart of My Heart."

The White Plains-based Westchester Chordsmen, which formed in 1953, has offered singing valentines for more than

25 years. This year, about 10 quartets have formed from the ranks of the roughly 60-member chorus.

Bartell added how some experiences have stayed with him over the years. He choked up sharing an anecdote about a house visit his quartet made where they sang to an older Irish couple. He said the couple was holding hands as their family surrounded them crying and the quartet sang "Wild Irish Roses." Later he learned the older woman's name was Rose.

"It was so special," he said.

For reservations or more information, call 914-298-7464 or visit www.chordsmen.org/singing-valentines.

Celebrating Love in Countries Around the Globe



By Joanne Witmyer

On Valentine's Day, our country has its own traditions that couples make their own as they celebrate love. It's interesting to get inspired by customs in other countries and cultures.

Finland

The holiday is referred to as Friend's Day, and it focuses on appreciating friendships, not necessarily romantic love.

Denmark

People send white flowers called Snowdrops to their friends and significant others.

Italy

Sweethearts show their love throughout the year, and on La Festa Degli Innamorati (The Feast of Lovers) couples attach padlocks to railings or bridges, then throw the key away.

Costa Rica

Individuals perform acts of kindness for their friends as expressions of their appreciation.

Japan

Women typically give men chocolates to convey feelings of love, courtesy or social obligation. A month later on White Day, men present women with white chocolate, white clothing or lingerie or white flowers.

Nourish

Perhaps you will try some of these ideas with your loved ones next week.

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

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LEGAL NOTICES

NOTICE OF FORMATION OF MAN ON FIRE PRODUCTIONS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on October 20th, 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: **Joel Fendelman, 8 Fox Hill Road Pound Ridge, NY 10576. Purpose: Film Production.**

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 APPLICATION OF AUTHORITY OF DIVERSITY MARKETING AND COMMUNICATIONS LLC, a foreign limited liability company (LLC), Application of Authority filed 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.**

The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday February 26 2018, 8:00pm prevailing time, 80 Wheeler Avenue, Pleasantville, NY to hear comments as it pertains to a Local Law amending Chapter 182 "Wetlands" of the Village Code as follows:

Chapter 182. Wetlands

182-1. Statement of purpose.

A. The Village Board of Trustees hereby finds and declares that the public interest and general welfare of the residents of Pleasantville will be served through the creation of procedures for the preservation, proper maintenance and utilization of natural resources within the Village of Pleasantville and for the protection of said natural resources from encroachment upon, spoiling, pollution or elimination resulting from population growth attended by commercial development, housing, roads and other construction.

B. The preservation and maintenance of wetlands and watercourses in an undisturbed and natural condition will protect important physical, ecological, social, aesthetic, recreational and economic assets necessary to promote the health, safety and general welfare of present and future residents of the Village and of downstream drainage areas.

C. The protection of wetlands and watercourses will retain for the people of Pleasantville the many and multiple benefits derived from wetlands, to wit:

- (1) Control of floods and storms by the hydrologic absorption and storage capacity of freshwater wetlands.
- (2) Wildlife habitats which provide breeding, nesting and feeding grounds and predator escape cover for many forms of wildlife, wildfowl and shorebirds, including migratory wildfowl and rare species.
- (3) Protection of subsurface water resources, providing valuable watersheds and recharging groundwater supplies.
- (4) Recreation provided by areas for fishing, boating, hiking, bird-watching, photography, camping and other uses.
- (5) Pollution treatment in basins for biological and chemical oxidation.
- (6) Erosion control provided by sedi-

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mentation areas and filtering basins which absorb silt and organic matter.
(7) Opportunity for education and scientific research provided by readily accessible outdoor biophysical laboratories, living classrooms and education resources.
(8) Open space and opportunities for aesthetic appreciation.
(9) Sources of nutrients in freshwater food cycles and the nursery ground and sanctuary for fish.

D. It is therefore the intent of this chapter to promote the public purposes identified in this section by providing for the protection, proper maintenance and use of the wetlands and watercourses located within the Village by preventing or minimizing erosion due to flooding and stormwater runoff; maintaining the natural groundwater supplies; protecting subsurface water resources and providing valuable watersheds; preserving and protecting the purity, utility, water-retention capability, ecological functions, recreational usefulness and natural beauty of all wetlands, watercourses and other related natural features of the terrain.

182-2. Applicability.
This chapter shall affect such land within the Village of Pleasantville and activities conducted thereon as are set forth and defined hereafter and shall be binding upon all departments, boards and official acts of the Village of Pleasantville.

182-3. Definitions.
As used in this chapter, the following terms shall have the meanings indicated:

BUILDING DEPARTMENT
The Building Department of the Village of Pleasantville, New York.
CONSERVATION ADVISORY COUNCIL
The Conservation Advisory Council of Pleasantville, New York.

DEPOSIT
To fill, place, eject, discharge or dump any material, but not including stormwater.

MATERIALS
Soil, sand, gravel, clay, bog, peat, mud, debris and refuse or any other organic or inorganic substance, whether liquid, solid or gaseous, or any combination thereof.

PERSON
Any individual, firm, partnership, association, trust, corporation, company, organization or legal entity of any kind, including municipal corporations, gov-

ernmental agencies or subdivisions thereof.

PLANNING COMMISSION
The Planning Commission of the Village of Pleasantville, New York.

VILLAGE BOARD
The Village Board of Trustees of the Village of Pleasantville, New York.

VILLAGE ENGINEER
The Engineer of the Village of Pleasantville, New York.

VILLAGE LEGAL DEPARTMENT
The Legal Department of the Village of Pleasantville, New York.

WATERCOURSE
Any water body, natural or artificial, such as but not limited to a pond, reservoir, lake, river, stream or brook.

WETLANDS
A. Includes all lands and submerged lands known as “bogs,” “marshes,” “swamps,” “fresh meadows” and estuarine areas having types of soils such as Alden or Sun of glacial till origin, Carlisle or Palms muck or alluvial soils (fluvaquental), including adjacent and peripheral land with vegetation evidencing the same habitat, whether inundated at any given time or not, and shall more specifically mean and include:

(1) **FLOODPLAINS**
Flat, low-lying areas bordering a watercourse which are seasonally flooded to the limits expected in a five-hundred-year flood and areas of special flood hazard as defined by the Federal Emergency Management Agency on the latest Flood Insurance Study Maps prepared for the Village of Pleasantville.

(2) **FRESH MEADOWS**
Waterlogged soil containing such vegetation as sedges, rushes, grasses and various broad-leaved plants.

(3) **SHALLOW FRESH MARSHES**
Areas bordering on lakes, ponds, deep marshes and wet areas of a depth of six inches, with vegetation such as cattails or hybrids thereof, bulrushes or hybrids thereof and arrowheads or other species of sagitaria.

(4) **DEEP FRESH MARSHES**
Area covered with water of depths from six inches to three feet with such vegetation as cattails or hybrids thereof, reeds or other species of sparganium, wild rice and bulrushes.

(5) **SHRUB SWAMPS**
Waterlogged soil with vegetation such as

alders, buttonbush and dogwoods.
(6) **WOODED SWAMPS**
Waterlogged soil with vegetation such as red maple and elm.

(7) **BOGS**
Usually waterlogged, acid soil with both woody and herbaceous plants in the heath family, as well as sedges and sphagnum mosses.

B. Notwithstanding definitions of wetlands based on vegetation [Subsection A(1) through (7) above], wetlands in general shall be defined by types of soil, when such information is available.

WETLANDS CONTROL DISTRICT
Any area designated by the Conservation Advisory Council as containing a wetland or watercourse.

WETLANDS CONTROL DISTRICT MAP
The map of Pleasantville prepared by the Conservation Advisory Council and now on file in the Village Office which shows all Wetlands Control Districts within the Village. This map shall serve as a guide to the approximate boundaries of wetlands and watercourses, but shall not, in itself, define the boundaries (see § 182-7).

ZONING BOARD OF APPEALS
The Zoning Board of Appeals of the Village of Pleasantville, New York.

182-4. Nonregulated activities.
The following activities may be carried out within or adjacent to a Wetland Control District as a matter of right except where the Village Board of Trustees may determine that the activity violates or threatens to violate the intent of this chapter.

A. Outdoor recreation, including use of existing play and sporting areas; the use of existing field trails for nature study, hiking or horseback riding; and swimming, skin diving, boating, trapping, hunting or fishing where otherwise legally permitted.

B. Maintenance of existing roads, lawns, plantings and walls without an increase in dimensions.

C. Conduct of agricultural operations such as grazing, farming, gardening and harvesting of crops where otherwise permitted, including prudent and legal use of chemicals [see § 182-5A(5)].

D. Operation and maintenance of such dams, retaining walls, terraces, sluices, culverts or other water control struc-

tures or devices as were in existence on the effective date of this chapter or were later approved under other provisions of this chapter.

E. Removal of debris or refuse.
G. Any action taken by a legally empowered public body to preserve and protect the public health and well-being.

182-5. Regulated activities.
A. Activities requiring Village Engineer approval. The following activities are permitted in, upon or within 100 feet of any wetland, water body or watercourse situated in a Wetland Control District only if conducted pursuant to terms and conditions approved by the Village Engineer and upon application to the Building Department pursuant to the procedure set forth in § 182-8A, except that the Village Engineer approval shall not be required where the activity is conducted pursuant to terms and conditions of an application approved by the Planning Commission.

(1) Removal of water-deposited silt, sand or other material in order to restore the preexisting elevations, provided that the total quantity removed does not exceed 15 cubic yards of material.

(2) Restoration of elevations that have been altered by erosion or storm drainage.

(3) The construction, expansion or improvement of private or public recreation facilities, as otherwise legally permitted, provided that the amount of material removed or added does not exceed 15 cubic yards.

(4) The construction of driveways where alternative means of access are proven to be impractical, provided that the amount of material to be deposited or reggraded in connection with such construction does not exceed 100 cubic yards and they do not restrict flood flows and provide for normal flows.

(5) The use of chemicals, dyes, fertilizers, herbicides or other similar materials for use in the nonregulated activities of § 182-4, provided that approval shall be given only after consultation with or pursuant to the guidelines of the Conservation Advisory Council. Such approvals must be in accord with applicable county, state and federal laws.

(6) Any activity requiring Planning Commission approval by the terms of the law which the Commission refers to the Village Engineer for disposition or

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an advisory recommendation.

B. Activities requiring Planning Commission approval. The following activities are permitted in, upon or within 100 feet of any wetland, water body or watercourse situated in a Wetland Control District only after approval by and subject to the terms and conditions specified by the Planning Commission as a part of a subdivision application, a site development plan application, a special permit application or certain application submitted pursuant to the procedure set forth in 182-8A. Such Planning Commission approval, terms and conditions are to be given and imposed so as to enhance or cause the least possible damage, encroachment or interference with the natural resources or functions of the wetland, water body or watercourse, consistent with the purpose of the law.

(1) Any activity listed in Subsection A, but involving a scale of operation beyond that which the Village Engineer is empowered to approve.

(2) Any activity normally nonregulated as set forth in § 182-4 or normally requiring Village Engineer approval as set forth in Subsection A, where the Village Board of Trustees may determine that the activity violates or threatens to violate the purpose of this chapter.

(3) The construction of roads where alternative means of access are proven to be impractical, provided that they do not impede flood flows and provide for normal flows.

(4) The construction of facilities for municipal or utility uses, such as water supply facilities, park and recreation facilities sewage treatment facilities, which involve any alteration of existing conditions.

(5) Installation of any service lines or cable conduits.

(6) Clear cutting of any area of trees. Removal or cutting of any vegetation.

(7) The introduction of any form of pollution, including but not limited to the installation of a septic tank, the running of a sewer outfall, or the discharging of sewage treatment effluent or other liquid wastes into or so as to drain into a wetland.

(8) Any other activity that would affect the environment that is not specifically covered by § 182-4A above or § 182-6.

(9) The construction of an addition to

an existing residential structure, provided that the existing structure was completed prior to the effective date of the Wetlands Control Law.

182-6. Prohibited activities.

A. Except as provided in §§ 182-4, 182-5 and 182-9, the following activities shall be prohibited and unlawful:

(1) To deposit directly or indirectly or permit to be deposited any material into, upon or within 100 feet of the edge of any wetland, water body or watercourse situated in a Wetland Control District.

(2) To remove or permit to be removed any material (other than debris or refuse) from any wetland or watercourse which is situated in a Wetland Control District or from the land within 100 feet of the edge of any such wetland or watercourse.

(3) To construct or permit to be constructed any building or structure of any kind within, upon or within 100 feet of the edge of any wetland or watercourse situated in a Wetland Control District.

(4) To drain or alter any wetland or watercourse or alter the velocity or volume of any wetland or watercourse except as specified in 182-4 and 182-5.

B. Additions to residential structures within the regulated area as shown on the Wetlands Control Map shall for purposes of this chapter be considered a regulated activity, not a prohibited activity, provided that such existing residential structure was completed before the effective date of the Wetlands Control Law.

182-7. Wetlands Control District Map.

General boundaries of Wetlands Control Districts are shown on the Pleasantville Wetlands Control District Map. Exact boundaries will be interpreted by the Planning Commission when necessary, according to the definitions of "wetlands" and "watercourse" in § 182-3. Exact boundaries shall be interpreted after appropriate field survey work by qualified staff members of the United States Department of Agriculture Soil Conservation Service assigned to the Westchester County Soil and Water Conservation District or the New York State Department of Environmental Conservation, subject to recommendations submitted by the Conservation Advisory Council.

182-8. Permits.

A. Applications. Application for permits to conduct activities controlled under § 182-5A or B shall be submitted in triplicate to the Building Department. Applications submitted under Subsec-

tion A will be processed by the Building Department. Applications submitted under Subsection B will be referred to the Planning Commission. The Building Department shall file one copy of the application with the Village Clerk, and if the wetland in question is located partially outside of Pleasantville, then one copy of the application shall be filed with the Clerk of the governmental unit responsible for that area. Applications shall include the following information:

(1) The name and address of the owner and the name and address of the applicant and whether the applicant is the owner, lessee, licensee, etc. If the applicant is not the owner of record, the written consent of the owner must be attached. The application should state the purpose of the application and relief sought and should include a detailed description of the proposed activity and a map showing the area of the wetland directly affected, with the location of the proposed activity thereon. The scale of the map must be acceptable to the Building Department.

(2) It may be required that the applicant furnish any topographical and perimeter surveys, profiles, hydrological computations, engineering studies and other factual or scientific data and reports as deemed necessary by the approving authority (the Planning Commission or the Village Engineer) to permit it to arrive at a proper determination.

(3) Applications affecting water-retention capability, water flow or other drainage characteristics of any wetland, water body or watercourse shall include a statement of the area of upstream and downstream watersheds, detailed map of the wetland incursion area, impact analysis and information as to rainfall intensity in the vicinity for both two-year and one-hundred-year, twenty-four-hour storms, together with approximate runoff coefficients to determine the capacity and size of any channel sections, pipes or waterway openings, together with plans for necessary bridges, culverts, stormwater or pipe drains that, in the opinion of the approving authority, are needed to arrive at a proper determination on the application, consistent with the purposes of this chapter. In addition, the applicant will provide a wetland mitigation plan, including native plants, and to include, if appropriate, the creation of replacement wetlands that recreate as nearly as possible the original wetlands in terms of type, functions and setting, and this larger by a ratio of at least 1.5 than the original wetlands.

(4) An application fee as set forth in Subsection E. [Added 5-23-1994 by L.L.

No. 12-1994]

B. Referral to Conservation Advisory Council. When a recommendation is desired from the Conservation Advisory Council on any application submitted pursuant to this chapter, the Planning Commission or the Village Engineer shall refer the application to the Conservation Advisory Council specifying a period of not less than 30 days for delivery of a report. The report period may be extended with the agreement of the applicant, the Conservation Advisory Council and the referring agent.

C. Public hearings and time periods.

(1) The Planning Commission shall schedule a public hearing on applications for approval of activities listed under § 182-5B which involve a significant impact. The procedure for the scheduling of a public hearing before the Planning Commission shall be as set forth in § 185-50F(4) of the Pleasantville Code.

(2) The Planning Commission may, at its discretion, dispense with such a hearing for activities not involving a significant impact or major effect on a wetland, water body or watercourse. When the Planning Commission finds that a hearing is not necessary, it shall publish this decision setting forth reasons therefor, which shall be a matter of public record and shall be mailed to all adjacent local governments where any part of the proposed work is located. Notice of a waiver of hearing shall be carried out in the same manner as a notice of public hearing.

(a) All public hearings to be held by the Planning Commission shall commence within 62 days after the receipt of an application with all requested supplementary information and receipt of the report of the Conservation Advisory Council.

[Amended 4-28-1997 by L.L. No. 4-1997]

(b) The Planning Commission shall cause a notice of the hearing to be published in the official newspaper not fewer than 15 days before the date set for the hearing.

(c) Notices of the hearing shall be sent by the applicant to adjacent property owners, known claimants to water rights and other adjacent parties by certified mail. The applicant shall file receipts and an affidavit of service by mail not less than 14 days before the hearing.



continued on next page

EXAMINER MEDIA ⁰²⁰⁶¹⁸ Classifieds

continued from previous page —————

(d) All applications, maps and documents relating to this hearing shall be open for public inspection in the office of the Village Engineer.

(e) Within 62 days of the public hearing or, if no hearing is required, within 62 days of the receipt of an application, the Planning Commission shall render a decision to approve, approve with modifications or disapprove the issuance of a permit for the proposed activity, unless a longer time period is specified in other Village laws. Reasons for the decision shall be included.

[Amended 4-28-1997 by L.L. No. 4-1997]

(f) The time period for consideration of and requirements for public hearings to be conducted in connection with any application for permission to carry on any activity under § 182-5B of this chapter which is made in conjunction with a subdivision application, site development plan application or special permit application shall be the same as the time period for consideration of and requirements for a public hearing of the subdivision or site development plan application or special permit application with which it is associated (Chapter 159, Subdivision of Land, Article II).

(g) At all times, the applicant will have the responsibility and burden of proving the project complies with the Wetlands Control Law.

D. Conditions and time limit. In approving any application submitted pursuant to the requirements of this chapter, the approving authority may impose such conditions on the proposed activity as are necessary to assure compliance with this chapter. The approving authority may fix a reasonable time within which any operations must be completed and may also require the filing with the Village Board of Trustees of cash or a surety company performance bond in

such amount and form as determined necessary by the approving authority to ensure compliance with the approved permit.

E. Fee. There shall be a fee for each application as set forth by resolution of the Village Board of Trustees in the Master Fee Schedule, which may be amended from time to time.

[Added 5-23-1994 by L.L. No. 12-1994]

182-9. Adjustment of regulations.

Where the Planning Commission finds that, because of the special circumstances of a particular case, extraordinary hardship may result from strict compliance with the provisions of this chapter, it may adjust, upon request of the applicant, the provisions of §§ 182-4, 182-5 and 182-6 so that substantial justice may be done and the public interest secured; provided, however, that any such adjustment will implement the spirit and intent of this chapter. In permitting any such adjustment, the Planning Commission shall attach such conditions as are, in its judgment, necessary to secure substantially the objectives of the standard or requirement so adjusted. For purposes of this section, construction of additions to existing residential structures within the regulated area as delineated on the Wetlands Control Map, provided that such existing structure was completed prior to the effective date of the Wetlands Control Law, is to be considered a regulated activity and thus eligible for review and consideration by the Planning Commission pursuant to the procedures of this section. Notwithstanding this section, only the Zoning Board of Appeals is empowered to grant variances to the stipulations of Chapter 185, Zoning. In all cases where a wetland or watercourse is the basis for considering the granting of a variance, the Zoning Board of Appeals shall refer the matter to the Conservation Advisory Council and other agencies it deems appropriate for review and report.

182-10. Appeals.

All appeals to this chapter shall be carried out according to the Municipal Code of the Village of Pleasantville, which provides for appeal first to the Zoning Board of Appeals, then to the Village Board of Trustees and then to the Supreme Court, Westchester County.

182-11. Penalties for offenses.

[Amended 4-28-1997 by L.L. No. 4-1997]

Any person, as defined herein in § 182-3, who violates or is an accessory to the violation of any provision of this chapter or who fails to comply with any of the requirements thereof shall be liable for the penalties set forth in § 71-2303 of the Environmental Conservation Law. Each offense shall be a separate and distinct offense, and, in the case of a continuing offense, each day's continuance thereof shall be deemed a separate and distinct offense. Whenever a violation of this chapter is alleged, any person may file a complaint in regard thereto. All such complaints must be in writing and shall be filed with the Building Department, which shall record such complaints and immediately investigate and report thereon to the Village Board of Trustees, which shall refer such complaints to the Village Legal Department.

182-12. Interpretations.

In their interpretation and application, the provisions of this chapter shall be held to be the minimum requirements adopted for the promotion of the public health, safety, general welfare and for the preservation, proper maintenance and utilization of natural resources. Whenever the requirements of this chapter are at variance with the requirements of any other lawfully adopted rules, regulations or ordinances, the most restrictive or that imposing the highest standards shall govern.

182-13. Amendments.

This chapter or any part thereof, including the Wetlands Control District Map, may be amended, supplemented or repealed from time to time by the Village Board of Trustees on its own motion or on petition as provided in the Village Law. Every such proposed amendment shall be referred by the Village Board of Trustees to the Planning Commission and the Conservation Advisory Council for written reports before any public hearing which may be held by the Village Board of Trustees pursuant to the Village Law. The Village Board of Trustees shall not take action on any such amendment without such reports from the Planning Commission and Conservation Advisory Council unless such Commission or Council shall fail to report within 30 days after its regu-

larly scheduled meeting next following the receipt of such referral, but in no case later than within 45 days after the receipt of such referral by the Village Board of Trustees.

182-14. Effective date.

This chapter shall become effective 60 days after it and its associated Wetlands Control District Map are adopted by the Village Board of Trustees, as provided by the Environmental Conservation Law, Article 24, Title 5, § 24-0501, Paragraph 6.

—Judith Weintraub

Village Clerk,

Village of Pleasantville,

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5 Allen Street, Valhalla
114 Antler Ridge, Ossining
32 Astor Avenue, Hawthorne
2 Augusta Place, White Plains
134 Bainbridge Avenue, Thornwood
8 Barrett Road, Katonah
150 Bedford Road #E6, Chappaqua
211 Bedford Road, Pleasantville
390 Bedford Rd #2, Pleasantville
478 Bedford Road, Pleasantville
600 Bedford Road #11, Pleasantville
176 Benic Place, Hawthorne
15 Blenis Place, Valhalla
4 Bobolink, Craryville
1648A Bogarat Avenue, Bronx
37 Briar Court, Cross River
15 Briarwood Lane, Pleasantville
71 Bridle Path Road, Ossining
245 Brighton Avenue, Hawthorne
56 Broad Street, Hawthorne
10 N. Broadway, Unit #6A, White Plains
89 N. Broadway #201, White Plains
185 Bryant Avenue Unit G, White Plains
175 Canterbury Road, White Plains
14 Caren Court, Mt. Kisco
38 Carlton Drive, Mt. Kisco
24 Carthart Avenue, 319E, White Plains
183 Cedar Lane, Ossining
904 Charlotte Place, Thornwood
71 Charter Circle #LB, Ossining
45 Circular Drive #2, Thornwood
157 Columbus Avenue, Valhalla
171 Columbus Avenue #1B, W. Harrison
193 Columbus Avenue, #1N, W. Harrison
205 Columbus Avenue, Valhalla
345 Columbus Avenue, Valhalla
229 Commerce Street, Hawthorne
331 Commerce Street, Hawthorne
10 Cottage Place, White Plains
403 Covington Green, Patterson
48 Crotona Avenue #2, Harrison
37 Custis Avenue, White Plains
3 Dalewood Lane, Valhalla

11 Dogwood Lane, Ossining
5 Douglas Drive, Pleasantville
485 E. Lincoln Avenue #301, Mt. Vernon
58 East Livingston Street, Valhalla
95 Eastview Drive, Valhalla
22 E. Oxford Street, Valhalla
1 Edgepark Road, White Plains
91 Edgewood Avenue, Thornwood
171 Edgewood Avenue, Thornwood
15 Entrance Way, Valhalla
1 Far Hill Lane, Pleasantville
6 Fieldstone Blvd, Wappingers Falls
23 Fieldstone Drive #165, Hartsdale
170 Foshay Avenue, Pleasantville
5 Foxwood Unit #4, Pleasantville
60 Foxwood Drive #7, Pleasantville
68-3 Foxwood Drive, Pleasantville
1946 Glenrock Street, Yorktown
9 Granada Crescent #8, White Plains
50 Grand Blvd, Valhalla
54 Grand Street, New City
53 Greenmeadow Lane, Pleasantville
57 Greenwood Lane, Valhalla
60 Greenwood Lane, Valhalla
2641 Gregory Street, Yorktown Heights
404 Half Moon Bay Drive, Croton
710 Half Moon Bay Drive, Croton
6 Hayhurst Avenue, Valhalla
426C Heritage Hills, Somers
710 Half Moon Bay Drive, Croton
1408 Half Moon Bay Drive, Croton
40 Hayhurst Avenue, Valhalla
103 Hillcrest Road, Mt. Vernon
44 Howard Avenue, Valhalla
20 Hudson View Hill, Ossining
15 Jackson Place, White Plains
1213 Keeler Avenue, Mamaroneck
70 Lake Road, Peekskill
15 Lakeland Avenue, Mohegan Lake
123 Lakeview Avenue, Valhalla
160 Lakeview Avenue, Valhalla
2 Lawrence Drive #B, White Plains
5 Lawrence Drive #C, White Plains
16 Lawrence Drive #A, White Plains
7 Leroy Avenue, Valhalla

20 Leroy Avenue, Valhalla
51 Lincoln Avenue, White Plains
579 Linda Avenue, Thornwood
660 Linda Avenue, Thornwood
860 Linda Avenue, Thornwood
59 Livingston Avenue, Valhalla
25 Lochland Road, Valhalla
38 Longview Avenue, White Plains
134 Longview Avenue, White Plains
233 Macy Road, Briarcliff Manor
28 Madison Avenue #A, Pleasantville
28 Madison Avenue #B, Pleasantville
300 Mamaroneck Avenue #411, White Plains
290 Manville Road #N4, Pleasantville
291 Manville Road #2E, #2F, Pleasantville
310 Manville Road, #S-24, Pleasantville
2395 Maple Avenue, Cortlandt Manor
6 Maple Hill Road, Valhalla
20 Meadowbrook Road, Pleasantville
7 Mellis Place, Valhalla
1300 Midland Avenue #A23, Yonkers
46 Mount Hope Road, Hastings
285 Nanny Hagen, Thornwood
2 Nottingham Circle, Peekskill
20 Oak Lane, Pelham
10 Old Jackson Avenue #23, Hastings
10 Old Jackson Avenue #32, Hastings
10 Old Jackson Avenue #38, Hastings
650 Old Kensico Road, Thornwood
467 Old Sleepy Hollow Road, Pleasantville
3 Parr Road, Valhalla
3358 Peter Lane, Yorktown Heights
11 Pine Road, Valhalla
2469 Pine Grove Court, Yorktown
104 Pinewood #1E, Hartsdale
190 Pinewood Road #79, Hartsdale
110 Pleasantville Road, Pleasantville
8 Pond View Lane, Ossining
120 Pythian Avenue, Hawthorne
434 Pythian Avenue, Hawthorne
2 Ridge Street, Thornwood
16 Rockledge #2M, Ossining
16 Robin Street, Ossining
11 Rock Cliff Place, White Plains
40 Rogers Lane, Yorktown Heights

127 Rolling Hills Road, Thornwood
14 Rutledge Road, Valhalla
22A Rutledge Road, Valhalla
76 Salem Road, White Plains
714 Saw Mill River Road #5, Yorktown
1 Schuman Road, Millwood
7 Seneca Drive, Chappaqua
12 Seneca Road, Ossining
527 Sherman Avenue, Hawthorne
121 South Highland Ave, #4H, Ossining
6 Southview Road, Chappaqua
39 Sterling Avenue #1, White Plains
35 Stewart Place #409, Mt. Kisco
1615 Strawberry Road, Mohegan Lake
211 Strawtown Road, W. Nyack
108 Sutton Plance, Mt. Kisco
3 Suzanne Lane, Pleasantville
462 Swanson Drive, Thornwood
423 Trump Park, Shrub Oak
309 Tuxedo Place, Hawthorne
154 Underhill Lane, Peekskill
1625 Urban Street, Mamaroneck
232 Warren Avenue, Hawthorne
503 Warren Avenue, Hawthorne
570 Warren Avenue, Hawthorne
855 Warren Avenue, Hawthorne
101 Washington Avenue #305, Pleasantville
320 Washington Avenue, Pleasantville
17 Waverly Place, Valhalla
34 Weed Avenue, Hawthorne
15 West Oxford Street, Valhalla
22 West George Street, Pearl River
236 Westchester Avenue, Thornwood
270 Westchester Avenue, Thornwood
272 Westchester Avenue, Thornwood
59 Westlake Drive, Thornwood
66 Westlake Drive, Thornwood
68 Westlake Drive, Thornwood
14 Wildwood Road, Scarsdale
262 Willis Avenue, Hawthorne
353 Willis Avenue, Hawthorne
791 Wildwood Court, Yorktown Heights
208 Woodhampton Drive, White Plains
4 Wyndover Woods Lane #16, White Plains
62 Wyoming Place, Thornwood

Happenings

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

"Ram Dass: Going Home." 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 "Be Here Now," Dass 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. Followed by a conversation with Krishna Dass and a reception. Opening night of the Meditative Life Series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$15. Non-members: \$20. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Feb. 8

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

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

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

Osteoporosis Support and Education. A monthly group program for individuals

with osteoporosis, providing education on nutrition, exercise (weight-bearing, strengthening and balance) and activities of daily living. Phelps Hospital Boardroom (C Level), 701 N. Broadway, Sleepy Hollow. 10:45 to 11:30 a.m. Free. Registration required. Info and registration: 914-366-2270.

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

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

Berkshire Farm Foster Care Information. Berkshire Farm Center and Services for Youth, one of New York's leading nonprofit child welfare agencies, conducts this information session on how to become a foster or adoptive parent. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2 to 5 p.m. Free. Second Thursday of each month. Info: Contact Judith Liu at 516-406-1853 or e-mail judithliu@berkshirefarm.com.

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.mountkisco library.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.

Author Talk. "Angels on Earth" by Laura Schroff will be discussed. Schroff, a former advertising executive and the best-selling author of "An Invisible Thread," is a passionate and compelling voice on the power of mentorship and small acts of kindness. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info:

914-238-4779 or www.chappaquaulibrary.org.

"For Ahkeem." This film follows the life of Daje Shelton, a 17-year-old black girl living in North St. Louis. After being expelled from her public school, Shelton is given one final chance to graduate by attending an alternative program at the Innovative Concept Academy. Over the course of two years, watch as she attempts to adjust to her much stricter new school while also balancing a tumultuous relationship with her mother and an intense first love. Coloring Shelton's maturation into adulthood is the death of Michael Brown at the hands of police in nearby Ferguson, Mo. and the resulting protests. Followed by a Q&A with filmmaker Landon Van Soest and ACLU Racial Justice Program Director Dennis Parker and moderated by Creative Culture Fellow Crystal Kayiza. Part of the REMIX: The Black Experience in Film, Media and Art series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Joan Osborne's Dylanology. Joan Osborne brings her full band featuring special guests Jackie Greene, Amy Helm and Robert Randolph. Continuing her all-Dylan set lists in support of her recent "Songs of Bob Dylan" album on her own Womanly Hips Records, Osborne looks to take advantage of the added power of her band and guests with the infinite power of Dylan's songs to dive into expanded arrangements and really the musicians play. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$38, \$48 and \$58. Also Feb. 9. Info and tickets: Visit www.tarrytownmusichall.org.

Friday, Feb. 9

Alzheimer's Caregivers Support Group. Receive the emotional, educational and social support needed to successfully care for someone with dementia. Sponsored by Phelps, The Alzheimer's Association and the Visiting Nurse Association of the Hudson Valley. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. 10 a.m. to noon. Free. Registration required. Info and registration: 914-366-3937 or e-mail ewoods@pmhc.us.

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.

Magic Maple Tales: Why Does it Take So Long to Turn Sap into Syrup? There will be sweet stories and old-timey tunes

for all with tales of maple-sugaring, riddles and skits. There will also be live music with food served. For families and children 6 to 13 years old. Part of a new children's storytelling series by Westmoreland Sanctuary Nature Center and Wildlife Preserve and the Bedford Hills Free Library. Westmoreland Sanctuary, 260 Chestnut Ridge Rd., Mount Kisco. 4:30 to 6:30 p.m. Free. Registration required. Info and registration: 914-666-8448 or visit www.WestmorelandSanctuary.org.

Girls Night Out. One of the best kept secrets in Westchester, the WMC Health Network's Girls Night Out is a fun-filled evening that will warm your heart. Eat, drink, shop and laugh with friends and then settle back for a meaningful and moving program led by award-winning WCBS-TV anchor Mary Calvi. Dedicated to raising awareness for women's heart health, the evening features the stories of brave women who overcame the odds in their battle against heart disease. Cocktails and hors d'oeuvre and shopping at specialty boutiques, followed by dinner, a raffle and silent auction. Proceeds go to WMCHealth's Heart and Vascular Institute. Red attire welcome. Westchester Marriott, 670 White Plains Rd., Tarrytown. 6 p.m. Info and registration: 914-493-5368 or e-mail Taylor.Armstrong@wmchealth.org.

Friday Night Cinema: "The French Minister." This 2013 political comedy from French director Bertrand Tavernier explores the experiences of a political speech writer trying to get ahead in his career while navigating the shark-infested waters of French politics. In French with English subtitles. 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.

Hoff-Barthelson Music School's Faculty Concert Series: Musical Treasures. Faculty perform an eclectic mix of works for multiple pianos, voice, cello, violin and chamber ensembles. The program includes Bolcom's "Garden of Eden, (Four Rags for Piano)," Schubert's "Der Hirt auf dem Felsen (Shepherd on the Rock), D. 965," Mozart's "Sonata for Four Hands in D major, K. 381; Poulenc's Cello Sonata, PF 143," Ravel's "Piano Trio in A minor" and Rachmaninov's rarely heard "Waltz and Romance for Six Hands in A Major." Featuring soprano Laura Green; pianists Hélène Jeanney, Benita Meshulam, Gerald Robbins and Eleonora Rotshteyn; violinist Gary Kosloski; and cellist Peter Seidenberg. The second of four faculty concerts. Hoff-Barthelson Music School's Behrens Bergman Auditorium, 25 School Lane, Scarsdale. 7:30 p.m. \$20. Seniors (65 and up): \$15. Students: Free. Info and tickets: 914-723-1169, visitwww.hbms.org. or e-mail hb@hbms.org.

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Turning Your New Year's Resolutions Into Lifestyle Changes

Incorporating regular exercise into a daily routine is one of the most common New Year's resolutions for many people. New year, fresh start. It makes sense to start anew and focus on becoming a better version of you.

However, now that we are several weeks into the new year, has your resolution become a lifestyle change? Research performed by the University of Scranton has found that only 8 percent of people who make New Year's resolutions are actually successful. The better question is: How can you be one of them?

Anyone and everyone can exercise, but busy lifestyles, injuries and medical conditions can interfere, especially for anyone who is attempting to start exercising for the first time. If you have been unsuccessful in fulfilling your New Year's resolution and we are barely a month into 2018, now may be the time to regroup.

The list of benefits one can experience from regular exercise continues to grow; improved cardiovascular health, decreased risk of diabetes, heart attack and cancer are just some. With this in mind, the timing of when we start exercising is less important than whether we start at all. Here are a few tips on how to safely turn exercise into a part of your life that you look forward to for its many physical and psychological benefits.

Preparation/Planning is Key. Research

on establishing lifestyle change has found that the planning phase of establishing a new habit is important for it to be successfully incorporated into your life. Creating short-term, realistic exercise goals is essential. This will help you measure progress and avoid discouragement while also preventing injury.

Based on your goals, you should consider whether or not to purchase a membership to a gym or any specialized equipment to begin your regimen. Will you be exercising alone or as a group?

You should also determine how many days per week you will need to exercise in order to achieve your goals. The American College of Sports Medicine (ACSM) guidelines recommend 30 minutes of exercise five times a week as the minimum effective dose to experience the benefits of exercise. Most of the time you will need to explore several options to determine which form of exercise works for you.

Start Slow. Progression is key to any exercise program. If your friend who exercises regularly invites you to an intense/advanced, hour-long indoor cycling class and you have never clipped into a bike or exercised before, this is probably not the best way to start your journey. While exercising with friends is great and encouraging, it might be better to start a different routine together

first. Gyms and studios offer beginners' classes for a reason. It is important to begin with the basics. Focusing on form and proper biomechanics will help you get the most out of your workout and avoid injury.

Most group fitness classes encourage participants to take as many beginners' classes as they need before advancing to avoid injury.

Once you have a strong foundation, then you can incrementally increase either the frequency or intensity of the exercise. This will help you see results.

Listen to Your Body. Recovery and cross-training should be part of any well-balanced exercise routine. Pushing your body to the limit and beyond is a recipe for injury and feeling defeated. When exercising, you may feel sore for 24 to 48 hours post-workout, which is completely normal. If soreness persists greater than that time period, then it is definitely time to give your body a break. Establishing a regular rest day or an active rest day that emphasizes more restorative forms of exercise including stretching, walking or yoga will help you stay on the right path and avoid injury.

If establishing an exercise routine for



Dr. Maria Cuomo

yourself has not produced the results you expected, then you may consider the assistance of a qualified healthcare or fitness professional. An assessment provided by your local physical therapist can help identify any muscular and biomechanical imbalances that may be resulting in pain or predisposing you to injury.

If appropriate, physical therapists can create a plan individualized to your needs and prescribe therapeutic exercises that you may need to incorporate into your exercise routine. Physical therapy is intended to be a short-term, medical necessity-based program that will educate you and transition you to exercise independently. After discharge from a physical therapy program, you may also be recommended to consult a personal trainer and/or nutritionist to achieve your fitness goals.

Let's make changes in 2018 that will lead to a healthier life!

Dr. Maria Cuomo is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Armonk. She can be reached at 914-202-0700. For more information, visit www.ProClinix.com.

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Happenings

continued from page 28

Lucy's Laugh Lounge Comedy Night.

Enjoy great comedy with some of the metropolitan area's best comedic talent. This week, Paul Virzi headlines the show. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$20. Info and tickets: Visit www.nomacomedy.com. Type in the promo code Examiner at the prompt when buying tickets online to receive discount.

Axial Theatre's Twisted Valentine's Festival. Axial Theatre of Pleasantville showcases six original one-act plays that offer an offbeat take on February's celebration of love and lovers. The plays, delving into love and lust from sublime to steamy, are: a probe into the true meaning of love is blind. St. John's Episcopal Church, 8 Sunnyside Ave., Pleasantville. 8 p.m. \$27.50 Seniors and students: \$22.50. Also Feb. 10 and 17 at 3 and 8 p.m. Feb. 11 and 18 at 4 p.m. and Feb. 16 at 8 p.m. Info and tickets: 914-286-7680 or visit www.brownpapertickets.com/event/3205973.

Saturday, Feb. 10

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.

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.

"A Plastic Ocean." A screening of this documentary featuring journalist Craig Leeson, searching for the elusive blue whale, discovers plastic waste in what should be pristine ocean. Leeson teams up with free diver Tanya Streeter and an international team of scientists and researchers and they travel to 20 locations around the world over the next four years to explore the fragile state of our oceans. They uncover alarming truths about plastic pollution, and reveal working solutions that can be put into immediate effect. North Castle Public Library's Whippoorwill Hall, 19 Whippoorwill Rd. East, Armonk. 11 a.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Adult Salsa Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Free. \$12. Every Saturday. Also

Wednesdays from 6:30 to 7:30 p.m. Info: 917-215-1720 or visit www.addie-tude.com.

Chinese New Year Celebration. Come celebrate the Year of the Dog as the Chinese New Year returns with family-friendly activities. Members of Kwan's Kung Fu from Peekskill will perform a traditional Lion Dance, believed in Chinese culture to scare away evil spirits and to bring good luck. There will also be a paper-cutting workshop led by Lida Zimmerman where participants can make and take home little paper dogs and traditional Chinese New Year's lanterns. Open to all ages. Pelham Art Center, 155 Fifth Ave., Pelham. 1:30 to 3:30 p.m. Free. Info: 914-728-2525 or visit www.pelhamartcenter.org.

Reception for Lauren Cotton Exhibit. A solo exhibition by former Bullseye New York Gallery resident artist Lauren Cotton. Driven by the unexpected, this Connecticut-based artist's work combines vibrant color, expressive mark-making and geometric patterns. During Cotton's residency last year she brought her exploratory practice to kiln glass, creating a prolific number of highly patterned sheets of glass that were then cut, rearranged and fused together. Bullseye Resource Center New York Gallery, 115 Hoyt Ave., Mamaroneck. 3 to 5 p.m. Free. Exhibit continues through June 9. Gallery hours are Tuesday through Friday 10 a.m. to 6 p.m. and Saturdays 10 a.m. to 5 p.m. Info: 914-835-3794 or visit www.bullesyeglass.com.

PJ and Pasta Party. Parents and children are invited to come for yummy pasta and sing and dance with special guest musician Booby Doowah. Everyone will join together for a beautiful Havdalah prayer at the end of the evening. Please wear PJs. Ideal for children for up to eight years old but all are welcome. Greenburgh Hebrew Center, 513 Broadway, Dobbs Ferry. 5:30 to 7 p.m. Free. RSVP required. Info and RSVP: E-mail Stacey at pjlibrary@g-h-c.org.

wild Up. A modern music collective, wild Up is an adventurous chamber orchestra and a group of Los Angeles-based musicians committed to creating visceral, thought-provoking happenings. Their programs are eclectic studies of people, places and ideas. The group believes that music is a catalyst for shared experiences and that the concert venue is a place for challenging, exciting and igniting the community around us. Purchase College's PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 8 p.m. \$27.50, \$37.50 and \$47.50. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Sunday, Feb. 11

Jazz Concert. This special Valentine's Day weekend concert, featuring American jazz and blues singer Antoinette Montague, embraces the power of jazz history while maintaining the excitement of the present. Montague's repertoire of swing,

blues, bebop, storytelling and explosive excitement promises to entertain and captivate everyone. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 12:30 p.m. Adults: \$20. Students and seniors: \$10. Children (13 and under): \$5. Maximum family donation is \$45. Info and tickets: 914-946-1660 ext. 6 or e-mail concert@cucwp.org.

Eyes on Owls. Did you know that owls cannot move their eyes but they can turn their heads up to 270 degrees? Get to know the resident owls and uncover the secrets of these mysterious night dwellers. Learn about their eating habits by dissecting owl pellets, then complete the bone puzzle to discover exactly what was on the menu for dinner last night. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: \$5. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Hoff-Barthelson Music School Master Class Series. Internationally renowned cellist Peter Stumpf performs and coaches the school's cello students. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 2 p.m. Free. Info: 914-723-1169 or visit www.hbms.org or e-mail hb@hbms.org.

Sing Sing Prison: The Sparta Connection. Sparta is one of Ossining's most historic and little-known neighborhoods, but it was once its most notorious. Join Ossining Village Historian Dana White reveal, in images and words, the fascinating and surprising ways in which Sing Sing Prison and Sparta intersect. Briarcliff Public Library, 1 Library Rd., Briarcliff Manor. 2 p.m. Free. Reservations required. Info and reservations: Contact Shelly Glick at 914-941-7072 or e-mail Sglick@wlsmail.org or the Briarcliff Manor-Scarbrough Historical Society at 914-941-4393 or mail@briarcliffhistory.org.

The Phil's Friends and Family Concert. The Westchester Philharmonic hosts this event featuring Kelly Hall-Tompkins, violin, the soloist for the acclaimed Broadway revival of "Fiddler on the Roof." Conducted by Ted Sperling. Preceded by an instrument petting zoo. Purchase College Concert Hall, 735 Anderson Hill Rd., Purchase. Instrument petting zoo at 2 p.m. Concert at 3 p.m. \$36, \$76 and \$98. Children attend free with a paying adult. Info and tickets: 914-251-6200 or visit www.artscenter.org.

The First Ladies Coalition. Wildly extraordinary lives of the past become part of our own lives today – in the sewing shop of Colleen McCracken. Mysteries and secrets are unveiled – hers and theirs – and with deep delight, mimicry and subtle impersonations, Colleen seamlessly transports us into the life and times of these iconic women. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3:30 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Klezmer Music Concert. Director Kenny Green of the Westchester Klezmer Program brings together kids, teens and adults to share this joyful traditional Jewish dance music. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 3 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Al Stewart Year of the Cat Tour. Stewart came to stardom as part of the legendary British folk revival in the 1960s and '70s and developed the combination of folk-rock songs with delicately woven talks of the great characters and events from history. Stewart has 19 studio albums between "Bedsitter Images" in 1967 and "Sparks of Ancient Light" in 2008 and continues to tour extensively around the U.S. and Europe. He is perhaps best known for his hits "Year of the Cat" from the Platinum album of the same name and the Platinum follow up album "Time Passages." Paramount Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. \$35, \$45 and \$55. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

Monday, Feb. 12

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

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

Foreign Policy Discussion Group: U.S.-Russia Today. Guest speaker, through Skype, Regina Smyth is an associate professor of political science at Indiana University. Her primary research interest is in the dynamics of state-society relations in transitional and electoral authoritarian regimes. She has also written extensively on post-Soviet political development in the Russian Federation. Discussion led by Tyler Beebe. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 10 a.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

A Swirling Controversy is Bubbling Up in Champagne Circles



By Nick Antonaccio

In today's society of instantaneous social media, opinions take on the specter of fact, facts bear the cloak of someone's alternative facts and minutiae may grandstand as omnipotent

provocation.

These circumstances are no longer limited to politics and ideology. Who knows what the future holds for the sanctuary of fact-based knowledge.

The Bacchusphere of all-things wine is no exception. Studies reporting the benefits of moderate wine consumption clash with those denouncing wine as a health-threatening alcohol. Claims of organic wine practices are regularly dismissed as marketing and advertising deceptions.

This week, with my effort firmly focused on fair and balanced reporting, I present the latest controversy, however minor, amongst wine cognoscenti.

The topic? Champagne. However, the focus is upon a seemingly obvious component of enjoying Champagne. What is the proper shape of the glass to be lifted when enjoying Champagne?

As far back as the 17th century, a

uniquely distinct glass shape became all-important in military circles as well as noble aristocratic courts as a celebratory vessel. Here are two quotes to emphasize its allure and inherent pleasure-giving attributes.

When Napoleon reigned as the emperor of France he often quipped, "I drink Champagne when I win, to celebrate; and I drink Champagne when I lose, to console myself."

Madame Jacques Bollinger, head of the eponymous Champagne house after World War II, when asked when she indulged in Champagne, she famously replied, "I only drink champagne when I'm happy, and when I'm sad. Sometimes I drink it when I'm alone. When I have company, I consider it obligatory. I trifle with it if I am not hungry and drink it when I am. Otherwise I never touch it – unless I'm thirsty."

For many years the vessel of choice was a shallow bowl with a broad diameter. Legend has it that it was shaped to the breast of Marie Antoinette. History tells us it was invented hundreds of years before the Queen assumed the throne. The concept behind the shape? The relatively large surface area caused (at the time) the unsightly and undesirable foam to dissipate quickly.

When it later became fashionable to

delight in the foam and in the countless bubbles that created an atmosphere of celebration, the shape of the glass changed – radically. In the late 19th century, Russian aristocrats commissioned what has become today's Champagne flute, a narrow, nearly straight-walled, tall glass. The rest of the world began to adopt this shape in the mid to late 20th century. This shape still holds court today as the shape of choice among connoisseurs and cognoscenti.

Why?

The shape allows the bottle carbonation to continue in the glass, allowing us the visual pleasure of a continuous stream of bubbles. The narrow top directs the bubbles to the tip of the tongue and the delicate aromas to the nose. It is these seemingly infinite bubbles that carry the aromas of the Champagne. As they rise to the top they burst, releasing the aromas just as they reach our noses, thus influencing our sense of smell. It has been estimated that a fine crystal flute will form as many as 10 million bubbles in a single glass. The logic is simple: more bubbles, more aromatics.

Case closed. Until a new generation of winemakers and sommeliers came along a few decades ago. A small but growing

number of Champagne lovers have been reverting to a tulip-shaped glass and, in certain instances, a classic white wine glass shape.

Why? The theory is that the true aromatics of Champagne require a broader surface area than that afforded by the flute. With a broader surface in a tall glass, more bubbles will burst, thereby driving more aromatics to the surface of the glass and to our olfactory senses.

I encourage you to experiment on your own. Numerous drinking vessels are available. Engage in a side-by-side comparison.

Your self-focus will provide the objective answer for your individual palate. Which is much better than any information or opinions you will encounter in social media.

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

You Heard It Through the Grapevine

WHAT A SPORT! By Edward Goralski

Let the Games Begin! The XXIII Olympic Winter Games get underway this week in PyeongChang, Republic of Korea. Lasting 17 days, the Games will feature 102 gold medal events, the most ever contested at an Olympic Winter Games. The quiz this week will see if your Olympic Winter Games knowledge is worthy of a gold medal.

1. What country hosted the first Olympic Winter Games in 1924?
A) France B) Sweden C) Italy
2. Which winter sport is nicknamed "the roaring game?"
A) Biathlon B) Luge C) Curling
3. Soohorang, the official 2018 Winter Olympics mascot, took its motif from what animal?
A) White Tiger B) Eurasian Lynx C) Pungsan dog
4. How many medals did the USA win at the 2014 Olympic Winter Games?
A) 33 B) 28 C) 17
5. Which winter sport was originally contested at the Olympic Summer Games?
A) Ice hockey B) Figure skating C) Ice dancing
6. The 2002 Olympic Winter Games were held in which U.S. State?
A) Utah B) New York C) California
7. The Nordic Combined event consists of cross-country skiing and what other sport?
A) Snow shoeing B) Downhill skiing C) Ski jumping
8. What country will host the Olympic Winter Games in 2022?
A) Norway B) Kazakhstan C) China

ANSWERS:

5. B. Figure skating was a sport at the 1908 and 1920 Olympic Summer Games
6. A. Salt Lake City hosted 77 nations for the 2002 Olympic Winter Games
7. C. The Nordic Combined has featured in every Olympic Winter Games
8. C. The White Tiger is considered Korea's guardian animal
4. B. The USA won 9 gold medals, 7 silver, and 12 bronze
1. A. In Chamonix, France, 258 athletes (247 men, 11 women) competed in the first Games
2. C. The nickname comes from the rumbling sounds the 44 pound granite stones make traveling over the ice.
3. A. The White Tiger is considered Korea's guard-ian animal
8. C. Beijing beat out Almaty, Kazakhstan, and Oslo, Norway to host in 2022



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