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June 12 - June 18, 2018

SMALL NEWS IS BIG NEWS

Volume 12, Issue 562

## P'ville Walk Aims to Bring Hope to Those Suffering From Mental Illness

By Anna Young

About 1,000 people walked through the streets of Pleasantville just before sunrise on Sunday to bring hope to youths and their families who face the complexities and uncertainties of mental illness.

The inaugural Into the Light Walk, sponsored by the Break the Hold Foundation, stepped off from Pleasantville High School at 4:30 a.m. and followed a 2.5-mile route as participants carried candles and remembered a Pleasantville teen who committed suicide earlier this year.

"I just want to honor the memory of my friend and make sure this never happens again," Pleasantville alum Adrianna Fuccillo said. "It just shows how close we are as a community the fact that we all support each other."

Brian Halloran was a 19-year-old freshman at the University of South Carolina when he took his own life on Jan.

23. After the tragedy, his parents, Brian and Jolina Halloran, established the Break the Hold Foundation in honor of their late son to educate the community on mental illness and advocate for those who suffer.

Following the walk, participants congregated at the high school where they erupted into a round of applause. Brian Halloran thanked the community for their ongoing support and for encouraging people to talk about their most pressing issues. He stressed the importance of showing kindness and recognizing the warning signs that could arise for a friend in need.

"We want people to be able to talk, we want to open the conversation and increase the dialogue," Halloran said. "We want connectivity. We want to have people feel comfortable coming up and talking to someone. Each and every day I cry for my

*continued on page 6*

## Changes on Way for Taxi Service at Chappaqua Train Station

By Martin Wilbur

The livery company that provides local taxi service for commuters at the Chappaqua train station will vacate that location at the end of the month.

Leros Point to Point, which has had a contract with the Town of New Castle to have their vehicles in seven prime spaces in front of the station, recently sent a letter to the town and the public that it will discontinue service after June 28.

Its president, Jeff Nyikos, cited competition from Uber and Lyft and the scheduled increases in minimum wage that makes short, local runs impractical to continue.

"At some point when you're driving and doing nine, \$10 jobs in Chappaqua, to justify the increases that are coming



MARTIN WILBUR PHOTO

The taxi stand in front of the Chappaqua train station.

down the pipeline, it's going to have to be \$20, and instead of ruining our reputation and everyone commenting on social media about the most expensive taxi cab company in America, for our sake

*continued on page 2*

## Bringing it Home



ANDY JACOBS PHOTO

Seniors on the Pleasantville High School boys' lacrosse team pose with the championship plaque in front of the school on Saturday evening following the Panthers' 16-2 rout of Penn Yan Academy in the Class D state final earlier in the day at St. John Fisher College. For more details, see pages 28 and 29.

## Mt. Kisco Marketing Campaign Begins With New Logo, Slogan

By Neal Rentz

Mount Kisco officials unveiled its village marketing campaign last week with a logo and tag line to help promote the village.

The Village Board revealed the slogan "The Big Little Village" as part of its logo that was created by the nine-person branding team working on the program. The committee consists of Mayor Gina Picinich, Village Manager Edward Brancati and seven village residents volunteering their time who are marketing industry professionals.

The logo has Mount printed in red and Kisco printed in blue. The colors come from the village's seal and flag, Picinich said.

She said the village's seal will remain



NEAL RENTZ PHOTO

The Mount Kisco Village Board last week unveiled a new logo and tag line. It was created by a nine-member branding team.

unchanged on village stationery and other official documents.

The objective of the campaign,

*continued on page 2*

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# Changes on Way for Taxi Service at Chappaqua Train Station

*continued from page 1*

it makes sense for us to focus on other things that we do in the transportation business," Nyikos said.

The Valhalla-based Leros, the parent company for Greeley Transport

Services and 769 Taxi and employs about 250 drivers, will continue to do its van services throughout the region, corporate transportation and runs to the metropolitan area airports, he said. The

company dedicated about 10 drivers for train station service.

Nyikos said Leros pays its drivers a salary, which will rise to the eventual \$15-an-hour minimum wage over the next few years. Cab companies are also faced with regulatory expenses, such as insurance and payroll taxes and dispatching costs that Uber and Lyft aren't subjected to by transportation network companies, he said.

Although the contract with Leros was scheduled to run through the end of August, the company will pay the town money it is owed for the agreement's final two months, said New Castle Supervisor Robert Greenstein.

Greenstein said the town has sent a Request for Proposal to about 10 taxi companies in hopes of replacing Leros in the near future. The town's preference is to agree to terms with a single company with their cars clearly marked, but if officials have to temporarily contract with individual taxis that can be done as well.

"Having a dispatcher and a whole bunch of cabs with the same company is our number one choice, but the other model that other towns have used is just having individual spots and you may just register with individual cabs and you let them use the spots," Greenstein said.

In Pleasantville, the contract for Leros's 769 Taxi expired on May 31 and there has

been no response from the company in correspondences from the village, said Village Administrator Eric Morrissey.

In the letter that was sent to the public, Nyikos stated that Leros is also ending service at the village's station.

Administrative aide Noreen Regan, who handles this issue for the village, said there has been little to no outcry in Pleasantville over the discontinuation of cab service. Leros had access to three spaces in that location, she said.

The village is looking for another company and has been letting other taxis use the spaces, Regan said.

Nyikos said while Uber and Lyft have hurt the taxi business, there is still a place for traditional transportation companies. For example, about 30 percent of the time a company like Leros will have cheaper rates, with Uber and Lyft charging surge pricing at certain hours. Also, a corporate traveler who needs to leave for the airport at 5 a.m. will have difficulty finding a ride with Uber and Lyft, he said.

Despite the inconvenience, Greenstein said he's not overly concerned with the pending change.

"The residents just want to have cab service," he said. "I think we will get cab coverage but I'd like to replicate what we have now. That's what residents have grown accustomed to."

## Mt. Kisco Marketing Campaign Begins With New Logo, Slogan

*continued from page 1*

Branding Mount Kisco, is to deliver a fresh and dynamic vision for the village in hopes of lifting its image among residents, businesses and visitors, said Gina Bruce, a committee member.

Bruce said the committee wanted to concisely convey that Mount Kisco is a great place to live, shop, eat and participate in activities while being a supportive environment in conducive to people as they age, she said.

Although the village is already a vibrant and much-visited community, Bruce said "there are challenges that affect our ability to attract and retain new residents, businesses and visitors."

"We need to tell our story," she said.

Picinich said aside from creating the logo and motto, the branding team will develop and roll out materials as part of a coordinated communications plan.

The logo and slogan will be used on merchandise, including hats and magnets, the village's website and its social media platforms and for the promotion of village events, she said. It will also appear on printed materials such as flyers and event signage and as part of outreach to businesses, realtors and residents.

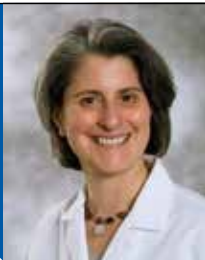
Picinich said the Branding Mount Kisco effort will be publicized through local publications and merchants will be asked to offer occasional targeted marketing materials to their customers.

Deputy Mayor Jean Farber praised the logo and slogan.

"I really love it," Farber said. "It's snazzy. It's sharp and it's playful."

It was also lauded by Trustee Karen Schleimer.

"The tagline is brilliant. I think that's exactly who we are," she said.



## The Pap Test

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#### Q: What does the Pap test show?

**A:** The Pap test (or Pap smear) screens for pre-cancerous cellular abnormalities in a woman's cervix. If abnormalities are found, you can be monitored or treated so you don't develop cervical cancer. A Pap test involves scraping cells from your cervix to examine for pre-cancerous changes in tissue. Depending on your age, history and previous Pap test results, the cells might also be tested for high-risk types of the human papillomavirus (HPV), the most common cause of cervical cancer. Ninety-nine percent of cases of cervical cancer are caused by the human papillomavirus, which is generally sexually transmitted.

#### Q: If my Pap results are abnormal, what are the next steps?

**A:** If your cervical cells appear abnormal and/or you are positive for high-risk HPV, you may undergo a colposcopy, an examination of the cervix under magnification, to find areas most likely to have abnormal cells. If these are found, a biopsy is used to make a definitive diagnosis.

Among women aged 20 to 30 years, cervical cell abnormalities often go away by themselves, so we typically monitor rather than treat these women,

as cervical cancer develops slowly. However, when an older woman receives a positive biopsy report, we more often treat because abnormalities don't always go away on their own. We usually surgically remove the abnormal area.

#### Q: How effective is the Pap test?

**A:** Very. Routine Pap tests have decreased the rate of cervical cancer in the U.S. by 80 percent. Women who get screened for cervical cancer have an extremely low rate of this cancer.

#### Q: At what age should I start and stop having Pap tests?

**A:** Start at 21. Women under 21 have a very low incidence of the type of high-grade abnormalities that will progress to cervical cancer. Screening after age 65 isn't needed if you have a recent history of normal Pap results. If your Pap test and HPV test are negative, you should repeat both tests in three years.

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# Thornwood Biker Rally Focuses on Preventing School Bullying

By Neal Rentz

Motorcycle riders from the metropolitan area and members of the Thornwood Fire Department participated in a rally across the street from Columbus Elementary School last Wednesday to highlight the problem of bullying.

The idea for the event came from Kristen Palamara, a parent of a Columbus Elementary School student who has been a bullying victim. She said she thought of the rally because her son, Joey, a fifth-grader, has been repeatedly terrorized at school as the prevalence of bullying has continued unabated.

"I just wanted my son to realize that he's got a lot of people behind him," Palamara said.

Six motorcyclists and a fire truck from the Thornwood Fire Department parked across the street from the school on Columbus Avenue. Joey Palamara was escorted from the school at the conclusion of the academic day by his mother and one of the bikers.

Palamara, who was joined by other community members, said she has spoken with parents who have been dissatisfied with how district officials have been handling the persistent bullying of their children at school. The school's psychologists and a few of the teachers have been highly receptive, but

response has been lacking, Palamara said.

"They say they're doing something but us as parents don't get to see any consequences," she said.

Her son has not wanted to attend school because of the problem, Palamara said.

"I have to fight with him to go to school some days," she said. "He doesn't want to see kids. Sometimes during lunch, he sits in the nurse's office because he doesn't want to be around these kids."

There are those in the community who do not believe bullying is a problem in the Mount Pleasant School District, Palamara said.

"A lot of people think bullying happens everywhere but here," she said. "It's right in your backyard."

Bullying can have deadly consequences. The 11-year-old son of a friend's friend took his own life because he was bullied, she said.

One of the bikers who participated in last week's rally simply wanted to be identified as Evil.

"We deplore bullying," the Bronx resident said. "Kids have enough trouble as it is growing up in this world. They don't need to be bullied."

Mount Pleasant School District administrators, while not commenting on Palamara's situation, said last week



Bikers from the metropolitan area participated in a rally on Columbus Avenue to raise awareness about bullying, while giving Columbus Elementary School student Joey Palamara a ride from his school on June 6.

they understood the problem. The district has programs in place to prevent and deal with bullying, they said.

Superintendent of Schools Dr. Susan Guiney said while the rally was not a school event, its message was important: bullying is a nationwide concern.

"In our schools we have a number of pieces put into place, a number of different components of what we do with social, emotional learning with our children to help children to be more

empathetic," Guiney said. "Teaching children to have empathy for others is really the best way that we can combat bullying in our schools."

For example, at Columbus Elementary School this year, students are being encouraged to advocate for good behavior and model that behavior for their peers, Guiney said.

Columbus Elementary School Principal Michael Cunzio said although the school wasn't involved with last week's rally, the event can help to highlight the problem.

"I think bullying is a problem facing all schools, whether it's here in Mount Pleasant, Westchester County or across the country," Cunzio said. "Anything that we can do to raise awareness in the community is a good thing."

When school officials learn of a bullying problem, a guidance counselor will work with students, Cunzio said.

"We try to address things proactively by doing a lot of different programs," he said. "If concerns come up, we have to address them as they're presented to us."

Palamara said she hopes the rally will help other students step forward and ask for help if needed.

"I just hope that our message was heard and any other children that are victims of bullying now know it is okay to talk to someone," she said.

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# P'ville Walk Aims to Bring Hope to Those Suffering From Mental Illness

*continued from page 1*

son, but I do see the light and that was the idea for the walk."

Another Pleasantville alum, Terry Singletary, shared how he struggled with mental illness. He explained that tough times, pain and suffering is temporary when you ask for help. While he waited nearly 15 years before seeking help, he said he sought comfort in religion and felt himself emerge from the darkness.

Singletary said his life has improved and he hasn't experienced bad days in almost six years because he realized he had support when needed. While pain can often feel

infinite, he stressed there's always hope and someone close by to help create a path to a healthy solution.

"When I say hang on, pain ends, the pain ends when we ask for help. We're only as sick as our secrets," Singletary said. "One of the hardest things to do and the most courageous things you can do is ask for help. I'm not saying it's easy, but that's the solution."

Brendan Halloran, Brian's older brother, said he intends to speak about his feelings related to his family's struggles and hopes to create a broader dialogue. He noted how many people rush to someone's aid when



ANNA YOUNG PHOTO

Close to 1,000 people walked through the streets of Pleasantville at sunrise Sunday during the Into the Light Walk. The event raised awareness and encouraged those suffering from mental illness and their families that seeking help is the only solution.

they hear of a cancer diagnosis or other physical illness or injury. However, the person suffering from depression is often shunned.

"That's a huge problem. That's a big, big problem. Plain and simple," Brendan Halloran said. "In our society that just needs to change."

Brian Halloran added that the large turnout for the walk was greatly appreciated, providing his family with the strength to move forward to ensure every family receives the proper help and guidance needed should a loved one suffer from mental illness.

Funds raised from the event will be

used to provide resources and educational programming on mental wellness to high school youth and parents in the community. A scholarship will also be established in Brian Halloran's name and will be given to a graduating Pleasantville senior who demonstrates a commitment and passion for mental health advocacy.

"I don't want anything bad happening to anybody's family like what happened to our family," Brian Halloran said. "I care about everybody here and I do not want anyone to suffer the way that we have."

For more information on the Break the Hold Foundation or to donate, visit [www.bthfoundation.org](http://www.bthfoundation.org).

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# P'ville Forum Focuses on Detecting Mental Health Warning Signs

By Anna Young

Talking about mental health is always difficult, but teens and parents gathered at Pleasantville High School last week to learn the warning signs of someone in need and how to provide support.

The forum, organized by Pleasantville STRONG and the Break the Hold Foundation, aimed to equip graduating seniors with critical knowledge and skills for their upcoming transition to newfound independence once they graduate.

Colleen Griffin-Wagner, a former village trustee and residential director at St. Christopher's School in Dobbs Ferry, led the informational forum where she provided the audience with a detailed presentation about the risk factors, preventative measures and the signs and symptoms associated with mental illness.

"Kids are in danger. Kids are suffering. We want families, friends to reach out and understand what they're going through and recognize warning signs," said Brian Halloran, co-founder of the Break the Hold Foundation. "You're not expected to solve all the problems, but we're trying to reduce the stigma, raise the awareness, raise the volume."

With between one in every four to five youths meeting the criteria for a lifetime mental disorder, Griffin-Wagner said warning signs and risk factors could emerge from a traumatic event, ongoing stress and

anxiety, learned behavior, a brain injury, seasonal change or substance misuse.

She advised monitoring the impact of change when they observe a shift in a friend's attitude. A depressed mood, unrealistic activity, low-self-esteem, helplessness, lack of emotion, withdrawal, sleep changes, lack of motivation and hopelessness are possible symptoms that could warrant medical attention.

"If someone says to you that they are helpless or hopeless that should be a huge red flag," Griffin-Wagner said at the June 7 forum. "Somebody writes that, puts it in a letter, posts it on social media, hopeless isn't a word that people use."

She encouraged those in attendance to assess for risk of suicide or harm, listen openly and compassionately, be genuine and respectful, provide reassurance and suggest appropriate help when someone is in need.

"If somebody we care about is hurting, we need to help them," Griffin-Wagner said. "And we may only be the start of the help and that's an important thing to remember too, that you may be the one person who develops the platform by which this person gets all the help they need just by listening or taking them to the nurse."

She also stressed the importance of providing hope, adding that it's something people don't practice enough.

"We've had several tragedies in this little

tiny town and it's not going to go away by itself," she said. "If someone has a mental illness, just like if someone had a heart condition or diabetes, it's not going to go away without help. We look at mental health as a weakness and we really have to change that."

Griffin-Wagner said she wanted attendees to leave knowing that everyone can get better, suicide must never be a secret and there's a vast amount of treatment programs available for those in need.

"There is so much treatment out there

and so much help out there that everyone can get better," Griffin-Wagner said. "What we need to make sure we do is if we see something or we feel something we help them get the help that they need."

For those in need of help, particularly teens and young adults, contact the JED Foundation, a nonprofit organization dedicated to protecting their emotional health and preventing suicide at [www.jedfoundation.org/help](http://www.jedfoundation.org/help). There is also the national suicide hotline at 1-800-273-TALK (8255).

## What's in a Name?

Monroe Mann and a team of Westchester volunteers visited Albany last week to deliver about 5,000 pages of petitions, representing more than 109,000 signatures. The petition asks Gov. Andrew Cuomo to add the name Tappan Zee back into the Governor Mario M. Cuomo Bridge. The petition seeks to support the bill by state Sen. John DeFrancisco to add a hyphen and Tappan Zee to the official bridge name.



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# Chappaqua Boy Who Made Threats Against Student Remains in Jail

By Anna Young

The Chappaqua boy who was arrested last month for threatening a school shooting and transmitting menacing texts to another student has remained at Westchester County Jail until he is placed in a psychiatric facility.

Luke Visser, 16, appeared before Town Justice Denis Timone in Somers Town Court on June 4 where his lawyer, Stephen Riebling, attempted to get him released on bail. Riebling cited a

psychiatric examination reporting that Visser is cognitively and emotionally stable and is not a threat to himself or others.

Visser was arrested on May 12 and charged with making a terroristic threat, a class D felony, and second-degree aggravated harassment, a class A misdemeanor for threatening to initiate a shooting at the Westfield Day School in Armonk where he has been a student.

The North Castle Police Department

and state police learned that Visser had allegedly sent threatening texts that included photographs of him standing with what appeared to be a rifle, a state police spokesman said.

Visser was found at his family's home in Chappaqua and admitted to making the threats. Police also found four rifles in the residence that were legally owned by others in the household. Those firearms were removed by state police.

Riebling said Visser should return

home to a "safe and stable environment" where he can resume his therapeutic treatment and his schooling to ensure he completes his Regents exams. Following exams, Riebling said Visser would be moved to a residential hospital.

However, Timone and the district attorney's office countered that Visser is a threat and should remain incarcerated until he is placed in a secure facility. Timone also questioned why those arrangements haven't been made since Visser's May 14 arraignment.

Riebling said many inpatient facilities don't have available beds and require an in-person interview prior to acceptance. Attorney Marion Walsh, who is working with the Chappaqua Central School District to get Visser placed in an appropriate facility, said there has been contact with hospitals within the area, including Westchester Medical Center.

Timone instructed Visser's family and legal team to work swiftly to get the teen placed in a facility. Upon placement, Timone said he would bring the case back to court to resolve any further issues.

Visser is tentatively scheduled to return to court June 18 unless the case goes before the judge at an earlier date.

## Woman Gets Five Years Probation for Posing as Attorney in P'ville Court

The woman who impersonated an attorney last summer in Pleasantville Village Court was sentenced last Thursday to five years probation.

Delilah Torres of Peekskill was sentenced on one count of first-degree offering a false instrument for filing, a Class E felony, the Westchester County District Attorney's office stated.

Torres first appeared in Pleasantville Village Court on June 26, 2017, identifying herself as a lawyer for a client in a civil matter. After receiving instructions from the court clerk on how to proceed, Torres faxed a series of documents to the court, resulting in the matter being scheduled for a hearing the following day.

When Torres arrived in court on June 27, she provided a notice of appearance

and a notice of motion to the court. In both notices, she claimed to be an attorney.

The matter was adjourned to June 29, where Torres appeared again. After she was questioned by the court about her credentials, Torres stated that she had graduated from Columbia Law School on May 18, 2017, but had not yet taken the bar exam.

She was ordered to return on July 3 with proof she was admitted to practice and that she attended Columbia Law School. Torres never appeared.

Records from the Office of Court Administration, the New York State Board of Law Examiners, and Columbia University confirmed Torres never attended or graduated from Columbia Law School, never took the New York State



Delilah Torres

Bar Exam and had never been admitted to practice law in the state.

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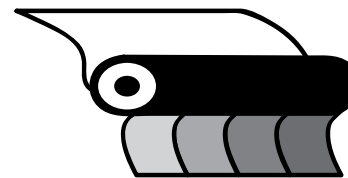
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# Party City Seeks Move to Mount Kisco Modell's Site

By Neal Rentz

The long-vacant portion of the building that houses Modell's Sporting Goods in downtown Mount Kisco may finally have a tenant.

Party City is proposing to move from its current 3 Main St. location to 154-162 E. Main St. after its current lease expires in February. For the plan to move forward, the Planning Board must approve an amended special use permit.

Party City's application is scheduled to be discussed at tonight's (Tuesday) Planning Board meeting at Village Hall at 7:30 p.m.

The applicant is scheduled to move out of its current storefront, which will become a HomeGoods discount home furnishing store. The HomeGoods project was approved by the Planning Board last month.

Modell's is currently occupying 12,794 square feet of the 22,399-square-foot building. Village Planner Jan Johannessen stated in a June 1 memo to the Planning Board that Party City is proposing to move an existing wall that would allow Modell's to occupy 10,078 square feet and have Party City occupy the remaining 11,078 square feet.

The Planning Board provided a special use permit for Modell's in November 2015.

In his memo, Johannessen called for

Party City to submit an interior lighting plan and a business plan that would include hours of operation, the number of employees that would be needed and a schedule of truck deliveries, among other information.

Mayor Gina Picinich said moving

Party City to the vacant portion of the Modell's site would be advantageous for the village.

"Party City is a valued and successful business in our village," she said. "We think it is a great solution to have them move to the space on Main Street. It is a

very visible location with lots of parking available in the Blackeby lot."

Messages left for Johannessen and Party City representatives on Monday were not returned.

## Westchester Raises the Age for Tobacco, e-Cig Purchases to 21

Westchester County last Monday raised the age for the sale of tobacco products from 18 to 21 years old.

The measure has been in the works for the past four years and was passed by a 16-1 Board of Legislators vote. It was signed into law by County Executive George Latimer on June 7.

The new law, which includes the purchase of cigarettes, e-cigarettes and vaping products, goes into effect within 60 days.

Latimer and the lawmakers believed the measure will dramatically reduce the number of new smokers and the likelihood of new addictions to vaping products, some of which the county Health Department claims have a higher nicotine content than cigarettes.

Recently, the Town of New Castle and Rockland County passed a similar law. New York City established 21 as its age limit for tobacco purchases in 2013.

"Somebody today is going to find it harder to get that tobacco product because of this law," Latimer said. "And because it's harder for them to get it now, somewhere 50 years down the road they'll have aged without picking up the habit. People will be living longer lives, and that's why this law is important."

Board Chairman Ben Boykin (D-White Plains) said,

"This measure will protect the health of young people in Westchester, not only those ages 18 to 21 but also younger people who are more likely to have an 18 or 19-year-old willing to buy them tobacco and nicotine products in their social circles. This is especially important with the explosive growth of high-nicotine vaping among middle schoolers and high schoolers today."

Scarsdale High School Senior Jack Waxman attended Latimer's bill signing ceremony.



Westchester County Executive George Latimer signed a bill last Thursday that raises the age for the sale of tobacco products from 18 to 21 years old.

"Because of the Tobacco 21 law, I'm looking forward to paving the way for the younger generation," said Waxman. "For the 12- and 13-year-olds that were thinking of starting to use e-cigarettes, this is putting up a barrier. This is our way of saying we want to protect you, and this is what's best for you."

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# Obituaries

## James Daly

James Clinton Daly, 88, formerly of Pleasantville, passed away in Walpole, Mass. on May 26.

Jim, as he was known, was born Dec. 24, 1929, in Bronxville to Mary Nevins Daly and John Aloysius Daly. He was a graduate of Iona Preparatory School and Georgetown University. After graduating, Daly served in the United States Navy aboard the USS Melvin R. Nawman achieving the rank of lieutenant junior grade.

Daly spent his entire 34-year career with Mobil Oil Corp., retiring as a senior chartering contractor. He was a longtime parishioner of Holy Innocents Roman Catholic Church in Pleasantville where he served for many years on the parish council. He also volunteered with the Boy Scouts and in retirement spent many happy hours at Ward Pound Ridge Reservation monitoring the bluebird population and spending time fishing and bird watching in Sanibel, Fla.

The beloved husband of the late Margaret Daly, he is survived by his children, James Jr. and his wife Isabel, Kathleen Emerson and her husband

Joseph, Kevin and his wife Amy, Patricia Santos and her husband Roniel and Erin O'Mara and her husband Stephen; 17 cherished grandchildren, Ryan, Liam and Kat Daly, Margaret, Kristen and Conor Emerson, Caelan, Cameron and Keegan Daly, Daniel, Aidan, Kieran and Gavin Santos and Devin, William, Colin and Katherine O'Mara; and his brother, Thomas, of Lauderdale by the Sea, Fla. He was predeceased by his son, William, his parents and his brother Spencer.

Visitors will be received by the family at Beecher Flooks Funeral Home in Pleasantville, on Saturday, June 30 from 9 to 10:45 a.m. A funeral Mass will be held across the street at Holy Innocents Roman Catholic Church at 11 a.m. Burial will be private.

In lieu of flowers, memorial donations may be made in Daly's name to Ward Pound Ridge Reservation at [www.friendsoftrailside.org](http://www.friendsoftrailside.org) or the Sanibel-Captiva Conservation Foundation at [www.sccf.org](http://www.sccf.org). For further information, visit [www.beecherflooksflh.com](http://www.beecherflooksflh.com).

## Chris Schenkel

Chris Schenkel of Hawthorne passed away on June 8 surrounded by his loving family at the Grove in Valhalla.

He was 78.

Schenkel was born in Germany on July 20, 1939, to Alfred and Margarita Schenkel. He was the beloved husband of Martha (nee Tsoulos). Professionally, he worked in the interior design business as

an architectural draftsman. He was also a proud United States Army veteran.

Funeral services were scheduled for Tuesday, June 12 at the Greek Orthodox Church of Our Savior in Rye, followed by interment with military honors at Gate of Heaven Cemetery in Hawthorne.

## Antonetta Ponturo

Antonetta Ponturo of Hawthorne died on June 8 at home with her family by her side.

She was 97.

Ponturo was born to Giovanina and Anthony Pennacchio in Guardia Lombardi, Italy. She was predeceased by her husband, Leo, and her daughter and son-in-law, Faye and William Plume. She is survived by her daughter JoAnn (George) Free; granddaughters Jennifer

Fischer and Laura (George) Palmiero; and great-grandchildren Jessica, Julia and Gabriella Fischer and Jenna and George Palmiero.

The family received friends on June 10 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on June 11 at Holy Rosary Church in Hawthorne. Entombment followed immediately at Ferncliff Mausoleum.

## Police Blotter

### County Police/Mount Kisco

**June 4:** A noise complaint was reported on Leonard Street at 10:34 p.m. involving a man who was yelling outside a home. No one was outside when officers arrived on the block. A resident at the house in question said her son had been outside but had come inside for the evening.

**June 5:** Police responded to a Kisco Avenue car dealership at 9:29 a.m. on a report that several dealer license plates were missing from the business. It remains unclear how long the plates were missing.

**June 7:** An officer on patrol intervened when he observed two groups of men engaged in a traffic dispute at Main Street and Carpenter Avenue at 5:47 p.m. The men in one vehicle got out of their car to confront the other after they said they were tailgated. The officer sent both parties on their way separately.

**June 7:** Police conducted a welfare check at a Stewart Place residence at 7:20 p.m. after an out-of-state resident expressed concern for the safety of a friend. Officers spoke with the local resident who reported that she was fine.

**June 8:** At 1:21 p.m., police assisted an elderly man who injured himself in a fall at his home on Diplomat Drive. He was transported by ambulance to Northern Westchester Hospital.

**June 8:** Police issued a summons at 1:35 p.m. to a man who was drinking beer in a parking lot behind a business on the 100 block of East Main Street. After the open container summons was issued, officers escorted the man from the property.

### North Castle Police Department

**June 1:** Report of a dispute on Washington Avenue at 9:42 a.m. The complainant reported that he just served a 72-hour eviction notice on his tenant, who got very upset and damaged property. The tenant left on foot heading south on Washington Avenue toward Virginia Road.

**June 1:** A caller reported a possum carcass on Maple Avenue between Route 22 and Bedford Road at 2:20 p.m. She also reported a raccoon carcass on northbound Route 22 in the area of Cox Avenue. The North Castle Highway Department and the state Department of Transportation were notified.

**June 2:** A Nethermont Avenue resident reported at 9:07 a.m. that another resident at the listed location is spraying what he believes to be a noxious substance inside the house. Responding officers reported an air freshener was apparently sprayed to mask the smell of a party who was smoking inside the house. Matter adjusted.

**June 3:** Report of a larceny of a catalytic converter from a U-Haul vehicle on Virginia Road at 8:21 a.m.

**June 4:** Report of harassment on Nethermont Avenue at 4:32 p.m. A complainant reported being verbally harassed earlier this date while at the Exxon station. She stated that she was confronted by a female, who is a girlfriend of a male party against whom the complainant has an order of protection. The responding officer secured a deposition.

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# Chap Crossing Apartments Opening Celebrated With Ceremony

By Sydney Shulman

Chappaqua Crossing held a ribbon-cutting ceremony last Thursday at the property's signature cupola building that features a mix of more than 60 rental apartments that opened to tenants earlier this year.

While the former Reader's Digest campus continues to undergo construction, most of the apartments with the structure have already been leased.

Within the four-story cupola building, there are a mix of 28 affordable housing units and 10 workforce apartments, which both have maximum income requirements, and 25 market-rate units. Wilder Balter Partners, a Westchester-based developer, was brought in to complete the interior renovation after property owner and developer Summit/Greenfield decided to convert the structure from originally proposed office space to a residence.

In addition to the apartments, there will be 91 market-rate townhouses at the property and 120,000 square feet of retail, including a Whole Foods Market and a Lifetime Fitness gym, which are expected to open this fall. There will also be a collection of smaller businesses, such as a bank, a café, several restaurants and other shops.

"This is a terrific cooperative effort between several levels of government," said County Executive George Latimer

during the ceremony for the apartments. "It's not easy to get to the finish line on a project like this, but a lot of people can be very proud of this accomplishment."

New Castle Supervisor Robert Greenstein said the different types of units within the cupola building represents a project that the community can be proud of. There are 10 market-rate units still vacant while the 28 affordable apartments, whose tenants were required to submit applications and chose through a lottery last September, are full. The workforce housing is prioritized for New Castle municipal employees, Greenstein said.

"All the different kinds of apartments will be mixed together within the building to create a cooperative and integrated community," he said.

Chappaqua Crossing resident Ginny Enright has been a New Castle resident for 54 years. A librarian at the Chappaqua Public Library, Enright lives in a workforce unit.

"The apartment is absolutely beautiful, and the new retailers are very convenient," she said. "Chappaqua Crossing is a wonderful addition to the town, and it's a wonderful way for the Reader's Digest campus to have changed."

The Reader's Digest campus has plenty of historical significance. The Georgian-style brick cupola building was built



William Balter, center, president of Wilder Balter Partners, prepares to cut the ribbon outside the cupola building at Chappaqua Crossing as officials look on. The ceremony commemorated the recent opening of the 63 rental apartments.

in 1939 and served as the company's headquarters for 70 years. Diana Costello, a senior account executive for public relations firm Thompson & Bender, said much of the original architecture and features within the building has been preserved, including the stairwells and

the library.

"With the creative repurposing of the campus, they've really paid beautiful attention to the architectural detail in the restoration," she said.

The Chappaqua Crossing campus is still a work in progress. Lifetime Fitness, accounting for 40,000 square feet, is scheduled to open in October while Whole Foods, also at 40,000 square feet, has a planned opening of Nov. 7.

The 91 townhouses in the portion of the property called the East Village have yet to be built.

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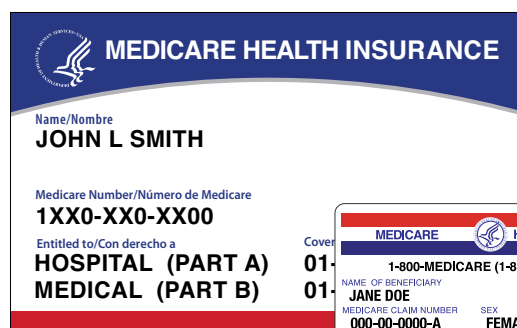
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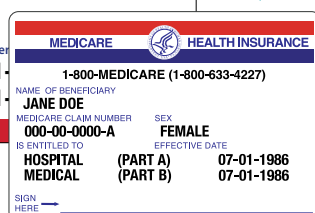
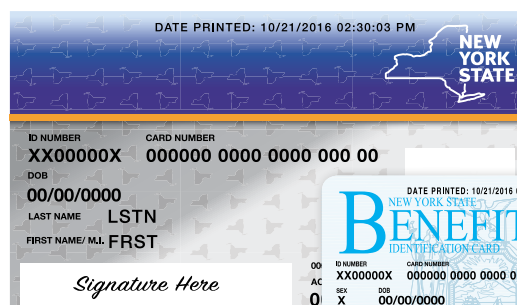


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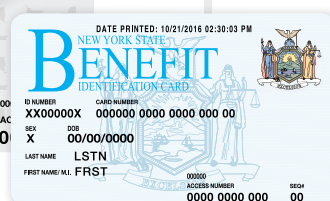
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## Editorial

### Addressing Mental Health Issues More Important Than Ever

Last week provided a stark and shocking reminder that mental illness and suicide isn't confined to the teenager or the young adult under high levels of stress.

When Kate Spade and Anthony Bourdain took their own lives, two celebrities of sorts who seemingly had reached the pinnacle in their respective fields, it highlighted just how serious a problem mental illness is everywhere.

Mental illness doesn't pick and choose those it afflicts based on age, economic standing or religious or ethnic background.

That is why last week's two events in Pleasantville took on even greater importance to help those who are suffering or at risk and their friends and family. Last Thursday evening there

was a forum organized by Pleasantville STRONG and the Break the Hold Foundation, the organization formed by the family of Brian Thomas Halloran to promote youth wellness following the 19-year-old college student's death in January.

On Sunday morning, before the crack of dawn, hundreds of supporters came out to support the Hallorans for the foundation's first Into the Light Walk.

The Pleasantville community has experienced the tragedy of suicide a few times previously in recent years as have other communities, not only in Westchester but around the United States.

Anyone in any community should be commended for bringing this issue to the forefront and helping members

of the general public know how to recognize if something is wrong and how to be of help to a friend, a classmate or a loved one.

However, there is much more to be done. Unlike so many other illnesses or conditions, there remains too much stigma attached to mental illness, preventing perhaps hundreds of thousands of fearful people to reach out for help.

Engaging in public discussion like what happened in Pleasantville last week as well as ongoing public education efforts grow increasingly crucial. It's a subject that must continue to remain in the public's consciousness. Too many lives depend on it.

## Letters to the Editor

### Murphy's Opposition to Reproductive Health Bills Hurts Women

Recently the Trump Administration's Department of Health and Human Services (HHS) proposed implementing a rule which would prohibit doctors from talking with patients about abortion services, even if the patient requests such information. This would effectively gag and restrict not only free speech but the sanctity and privacy of the patient-doctor relationship at clinics that receive Title X (family planning) funding.

Now, a rational person would think that an administration wanting to outlaw abortion would, therefore, want to promote accurate information and easier access to contraception, thus making abortion a rare occurrence. But no. This same administration favors and promotes abstinence-only sex education.

We all know how well that works, right?

With this going on at the federal level, we need New York State to shore up protections for reproductive rights. There have been two bills (the Reproductive Health Act and the Comprehensive Contraception Coverage Act) that would protect both access to abortion and affordable birth control. Both of these bills have been passed at least three times by the Assembly but have been stuck in committee in the state Senate. Our own senator, Terrence Murphy, happens to be on both committees in which these bills are stuck. Sen. Murphy opposes both bills.

If you are sick and tired of men making decisions about women's reproductive options, here's what you can do:

—Make a public comment about the gag rule on the government regulations website: <https://www.regulations.gov/document?D=HHS-OS-2018-0008-0001>.

—Call Sen. Murphy's office at 914-962-2624 to let him know that women can be trusted to make their own decisions about their reproductive health. This will fall on deaf ears, but you can and should voice your opinion.

—Vote Murphy out in November. He has repeatedly demonstrated that he puts his own religious beliefs and the misinformation of his party ahead of the rights of women in his district.

**Celeste Theis**  
Croton-on-Hudson

### There Are Ways to Help Those Suffering From Mental Illness

#### "Richard Cory"

**By Edwin Arlington Robinson**

*Whenever Richard Cory went down town,  
We people on the pavement looked at him:  
He was a gentleman from sole to crown,  
Clean favored, and imperially slim.*

*And he was always quietly arrayed,  
And he was always human when he talked;  
But still he fluttered pulses when he said,  
"Good-morning," and he glittered when he walked.*

*And he was rich—yes, richer than a king—  
And admirably schooled in every grace:  
In fine, we thought that he was everything  
To make us wish that we were in his place.*

*So on we worked, and waited for the light,  
And went without the meat, and cursed the bread;  
And Richard Cory, one calm summer night,  
Went home and put a bullet through his head.*

Richard Cory fought his battle alone. We do not have to be alone. No man is an island unto themselves.

Remember, everyone we meet is fighting some battle and our judgments and opinions can be clouded. Never assume, friendships, a simple hello and a helping hand can change a life.

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**Jodi Baretz**  
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By Martin Wilbur

Jodi Baretz was through striving for perfection. Unrealistic expectations spawned by viewing others' lives through social media, societal expectations of always needing to succeed or the obsession with attaining the perfect body or having the perfect family has led to an abundance of stress and unhappiness.

"It's just an experience," Baretz said. "We don't have to look at everything as good or bad or right or wrong. It's just experiencing life and enhancing it instead of struggling with imperfection."

Between battling her own life's daily struggles or listening to her clients in her integrative psychotherapy and holistic health coach practice at Mount Kisco's The Center for Health and Healing, her experiences led her to write a new book, "Mindful is the New Skinny: 10 Transformational Steps to a Lighter You Inside and Out."

Just because her livelihood has centered on helping people overcome their challenges doesn't inoculate against getting caught up

in bad habits. Baretz said even writing her book – released in print last week – about reducing stress and anxiety caused her too much stress and anxiety. So instead of finishing the book in time for an originally scheduled March release, she took a few extra months.

"I had to regroup and recalculate because when we're not paying attention we go back to our old programs," Baretz said. "We go back on autopilot and I got caught in that. Even though I know all the information, I got caught. I was perfectionistic, I was beating myself up. I was being judgmental. I was not spending time with my family and I realized it."

Baretz's evolution into practicing and supporting mindfulness, as she calls it, started in earnest in 2003. Although she had no symptoms, she was diagnosed with celiac disease. Baretz was forced to change the way she ate and started to pay attention to many things in her life she took for granted.

As a result, Baretz, already a therapist, started counseling clients on gluten-free

diets, but needed to return to school to learn more. She enrolled in the Institute for Integrated Nutrition, which not only helped her to assist people with their diets, but to understand the entire body and how the mind and the body work together. That is when Baretz learned how one's mindset and stress level play a crucial role in their health.

During a mindfulness retreat, she and other attendees were told to meditate for 45 minutes. Essentially, meditation is "a brain-training exercise," she said.

"Never having meditated before I raised my hand and said this was the most torturous experience," recalled Baretz, a 20-year Millwood resident. "I can't believe I signed up for five days of this. By the end of the retreat I was able to discover the benefits of mindfulness."

Baretz spent most of her years growing up in Rockland County, before her family moved to Florida while she was in high school. She graduated from Emory University in Atlanta. Upon graduation, moved back to New York and began her professional career as a social worker, employed in the adolescent inpatient psychiatric ward at Bellevue, before moving on to Beth Israel and other major New York hospitals.

After marrying, she put her career on hold and later turned to counseling. Once



she finished her schooling at the Institute for Integrative Nutrition, that's when Baretz realized a healthy mind and body are linked.

"It just all came together," said Baretz, who has two sons, one in college, the other in high school. "I had the psychotherapy degree. I heard about the institute but I also was always interested in the

mind, so it all came tighter for an integrative approach."

For the past four years, Baretz has been one of a number of counselors who has office space at The Center for Health and Healing. Most of her clients are women, many of whom are stressed, frustrated or anxious, often about weight, but also about the unspoken pressure of striving for perfection, she said.

It's all about changing mindsets. If someone exudes confidence, it usually doesn't matter if they have a few extra pounds.

"So once I began changing their mindset, they were eating to be healthy, exercising to be healthy, to improve themselves because they loved and cared about themselves, not because they had an extra five pounds," Baretz said.

Baretz will be speaking on Tuesday, June 26 at the Chappaqua Public Library at 7 p.m. about her book. It can be purchased at Amazon.com. For more information about her practice, visit [www.jodibaretz.com](http://www.jodibaretz.com).



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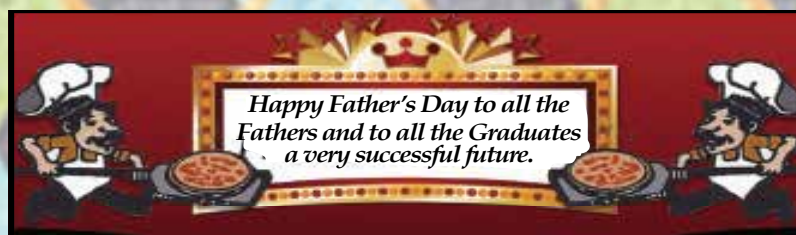


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## Household Scents – Good and Bad – From Hmmm to Pee-Yew!

When it comes time to sell a house, there are many issues to be addressed to make it attractive to prospective buyers, from curb appeal to functionality of all systems. Realtors are eager to provide advice to guide sellers through the process of “getting ready.”

But probably the most sensitive issue to address is unpleasant odor in the house.

Every home has a particular smell. Sometimes it's good and sometimes not. When it's good, we might want to savor it and remember it, but when it's bad, both we and a prospective buyer want to escape it.

When I rented my first apartment, the air quality was very different. I lived in the basement of a private home which was only slightly above grade and faced the north side of the house. It had a musty smell caused by the moisture in the air that was so thick that the walls would sometimes weep from it. Being a



By Bill Primavera

proactive tenant, even as an 18-year-old college student, I petitioned the landlady to buy a dehumidifier for me, and I kept it running day and night to make the air quality acceptable.

The next time I was keenly aware of objectionable house smells was in the apartment of an older woman who had invited me, as an antiques dealer at the time, to buy some of her things. When I entered her apartment, located in an old former hotel in Brooklyn, I was hit with a smell that was very unpleasant and very hard to describe.

The windows were all shrouded in heavy curtains and shades and the furniture was all deeply tufted. I'm embarrassed to admit that I thought the smell was coming from what I had heard described as “old people smell,” but that was a wrong assumption. I was told by the owner of an air quality control service that there is no such thing. Rather, he said, it's the circumstances

of the old person's environment. There may be closed windows and no air flow or it could be their personal habits, how often they bathe and clean their clothes. The odors don't have an opportunity to dissipate.

I learned that the three most common causes of house odor are smoking, pets and mold. Usually no one does anything about the first two – smoking and pets – because people are not aware of those odors when they live with them. They are very aware of mold, however, either because of the smell or allergic reaction, which is something they want to address. Toxic mold produces a chemical called mycotoxins, which can cause serious illnesses that can be fatal.

Pet smell and the odor from smoking may not raise a danger signal as much as toxic mold, but when you think about it, the source of the smoking smell can be very harmful to the one who smokes and the one who breathes in second hand smoke, according to the surgeon general. Pets can be anathema to those who are severely allergic to them. Both smells can be addressed with home remedies when the source moves on, but toxic mold, which is reputed to

have hastened the death of television personality Ed McMahon, should be handled by a professional remediation service. There is just too much at stake, especially in the remediation process, to approach on one's own.

If a house is being readied for sale and the owner is advised to eliminate the smell of smoking or pets, the best cure is good ventilation. The process can be expedited with baking soda, that old standby that we know from our mother placing a box in the refrigerator. Baking soda can be sprinkled on furniture and carpeting that has absorbed smoking or pet odors, and after it sits for several hours, is vacuumed.

The worst thing to do about household odors, in my opinion, is to try to mask them with candles, incense or other odor combating products. The layered smells can be worse than the original offending odor.

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

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# Valhalla Shop to Host Ice Cream Eating Contest for Breast Cancer Research

By Sydney Shulman

If you love eating ice cream and helping others, there's a great opportunity this week to participate in both.

This Thursday, June 14 at 3 p.m., the Village Creamery & Sweet Shop in Valhalla will host an ice cream eating contest where teams of four will compete to see how many scoops of ice cream they can finish in three minutes. Partnering with The Cancer Couch Foundation and Belfor USA, a property restoration company that rebuilds houses after natural disasters, the Village Creamery will be one of six host sites this year across New York and Connecticut for the third annual Scoops Challenge.

## Mega-Yoga Event for Mental Health Returns to White Plains

Westchester's popular outdoor mega-yoga event returns next week. The Mental Health Association of Westchester (MHA) will hold its annual Get on Your Mat for Mental Health on Wednesday, June 20 under the open sky on Court Street in downtown White Plains. This energetic and empowering community event features an hour-long open level yoga class led by renowned teacher Sarah Platt-Finger and raises vital funding and awareness for mental health issues and services. Hailed as "one of the world's most inspiring mega-yoga events" by Well + Good, Get on Your Mat for Mental Health starts at 5:30 p.m. with check-in and registration. Enjoy live music by guitar teacher, musician and composer David Robles while perusing a yoga marketplace and sponsor exhibitors. Attendees can strike their favorite yoga pose in a photo booth and take part in a social media awareness campaign, telling the world why they believe #MentalHealthMatters.

At 6:30 p.m., hundreds of attendees of all ages and levels will get on their mats for Platt-Finger's class, the private yoga teacher of Deepak Chopra and co-founder of ISHTA Yoga with her husband, Yoga Master Alan Finger. "Yoga is often referred to as a physical practice, but it is just as much a practice for the mind as it is for the body," Platt-Finger said.

White Plains Mayor Thomas Roach will welcome the crowd, as well as Westchester County's Deputy Commissioner of Mental Health Joseph Glazer. Get on Your Mat for Mental Health is suitable for all ages and levels. The first 125 registrants will receive a complementary yoga tank top courtesy of White Plains Hospital. For more information and to register, visit [www.mhawestchester.org](http://www.mhawestchester.org). Pre-registration is \$30; children under 12 can register at the "little yogi" rate of \$15.

Proceeds from the event will be donated to The Cancer Couch Foundation, a nonprofit organization founded two years ago that raises money for research for Stage 4 metastatic breast cancer. The foundation has raised nearly \$2 million and it matches 100 percent of the donations received. Dr. Rebecca Timlin-Scalera, who was diagnosed with Stage 4 breast cancer, said she created the foundation because she refused to surrender to the disease. She not only wanted to spread awareness about breast cancer and raise money for research, but also to share her personal

story. "What people don't realize is that 30 percent of breast cancers will metastasize, yet no funding is put towards this Stage 4 cancer," Timlin-Scalera said. The Scoops Challenge started in 2016. Money raised helps fund ongoing research at Memorial Sloan Kettering Cancer Center and the Dana Farber Cancer Institute. It's also an enjoyable and exciting way for children to start off summer and to get the community involved in a special charity event, Timlin-Scalera said.

"The contest is really just a great way for kids to have fun doing something for a good cause," she said. To sign up for the Scoops Challenge at the Village Creamery & Sweet Shop or to learn more about The Cancer Couch Foundation, visit [www.thecancercouch.com](http://www.thecancercouch.com). The Village Creamery is located at 32 Broadway in Valhalla. If you can't participate in the event, you can still make a tax-deductible donation to The Cancer Couch Foundation website, which will be matched by the foundation.



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# Happenings

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

## Tuesday, June 12

**Larry Chance & The Earls and Vito Picone & The Elegants.** The music that helped define rock 'n' roll, the original doo-wop era that put the street corner society onto the national charts. Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford. Dinner at 6:15 p.m. Show at 8 p.m. \$89 per person (plus tax). Show only: \$55 per person (plus tax). Info and tickets: 914-592-2222 or visit [www.broadwaytheatre.com](http://www.broadwaytheatre.com).

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

## Wednesday, June 13

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

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

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

**New Mommy and Daddy Meet-Up.** Whether it's your first child or your fifth, this is a great way to get out of the house,

meet new friends and enjoy time with your baby. World Cup Nursery School, 160 Hunts Lane, Chappaqua. 10:25 to 11:10 a.m. Free. Every Wednesday. Info: 914-238-9267 ext. 20.

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

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

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

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

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

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

8041 or [www.mountkisco.library.org](http://www.mountkisco.library.org).

**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. Info: 914-273-3887 or [www.northcastlelibrary.com](http://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. Info: 914-273-3887.

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

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

**Lego Club.** We provide the Legos, you bring your imagination. A fun-building club for students in grades 2-6. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 6 p.m. Free. Meets the second Wednesday of each month. Registration required. Info and registration: 914-864-8041.

**MPPL Techies Drop-In.** MPPL Techies are local teen volunteers who will be available to assist patrons for drop in-tech help on Wednesdays. Bring your smartphone, tablet or laptop and a volunteer will help you download one of the many services available for Mount Pleasant Public Library cardholders. Be sure to bring in your fully charged device and your Apple App Store, Android Google Play or Kindle Amazon passwords. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4:30 to 5:45 p.m. Free. Every Wednesday. Also Saturdays from 2 to 4 p.m. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Georgia O'Keeffe: Visions of Hawai'i Lecture.** A guest lecture by Victoria Lewis, interpretive specialist at the New York Botanical Garden. Lewis will be

discussing the current exhibit "Georgia O'Keeffe: Visions of Hawai'i" and drawing a correlation between art and botany. Pelham Art Center, 155 Fifth Ave., Pelham. 5:30 to 7:30 p.m. Free. Info: 914-738-2525 or visit [www.pelhamartcenter.org](http://www.pelhamartcenter.org).

**Mount Kisco Arts Council Summer Outdoor Concert Series: Sofia Rei.** A Latin American folkloric group with modern, jazz and classical influences. Fountain Park, 100 E. Main St., Mount Kisco. 6 p.m. Free. Concerts continue on alternating Wednesdays through Sept. 19. Info: Visit [www.mountkiscoarts council.org](http://www.mountkiscoarts council.org).

**Art Series: Horses in Art.** As the fervor from this year's Triple Crown draws to a close, take a look at horses in art from ancient Roman mosaics to Renaissance painting and contemporary sculpture. Almost every society and art genre have various interpretations of not just horses, but a variety of farm and companion animals, representing their various aspects of status and wealth in society. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**"Bag It! Is Your Life Too Plastic?"** Come for a screening of this documentary, which exposes the impact of plastic bags and its effects on land ecosystems, marine life and the human body. Learn about where the bags and other plastics end up. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 7 p.m. Free. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

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

**"3 by Tennessee Williams."** Recovery Rep's production consisting of three one-act plays penned by one of the greatest playwrights of the 20th century. Paramount Hudson Valley, 1008 Brown St., Peekskill. 8 p.m. \$15 and \$25. Also June 14 and 15 at 8 p.m. and June 16 at 2 and 7 p.m. Info and tickets: 914-739-0039 or visit [www.paramounthudsonvalley.com](http://www.paramounthudsonvalley.com).

**Lucy's Laugh Lounge Comedy Night: Frankie Becerra's "Welcome to the Party."** Becerra hosts and produces his first show at the lounge and he is bringing you some of his favorite comedians –

*continued on page 22*



## Zurica Law Bedford Hills

By Martin Wilbur

Buying or selling a house is one of the important transactions in the lives of an overwhelming number of residents, but there isn't an overabundance of real estate attorneys in Westchester.

That has helped open the door for the area's newest residential real estate law practice, Zurica Law, in Bedford Hills.

Anthony Zurica, a Monmouth University and New York Law School graduate, opened his practice in 2007 in his native Staten Island before relocating it to Manhattan in 2013. As a Somers resident with two small children, Zurica wanted to avoid the daily commute into the city. In March, he opened an office on Adams Street, across the street from the Bedford Hills train station.

Zurica has teamed up with his associate, Harper Robinson of counsel, to provide home buyers and sellers throughout northern Westchester with representation and bringing a personal touch while making certain that every client understands their role and

responsibilities.

"Whether it's for a buyer or a seller, you go through line by line each paragraph of that document and making sure they understand this is absolutely what you need to do to effectuate a good closing, and if you don't get me these documents, it's going to delay the closing," said Zurica, who works with people buying and selling as well as condominiums. "It's just little things here and there, explaining everything to our clients in a way for them to understand."

Despite similarities in every deal, each property's sale and purchase has a unique set of issues. Being a small law firm, Zurica said he can work closely with his clients, fielding their calls and answering all their questions, sometimes at odd hours, to make them feel comfortable.

To have the community more familiar with his services, Zurica has spent much of the past several months networking with local business and realtor groups, is sponsoring a youth baseball team



MARTIN WILBURPHOTO

Anthony Zurica, who leads his own real estate law firm, with his associate Harper Robinson, of counsel.

in the area and use previous contacts at his disposal. Since his wife is from Mount Kisco, Zurica is also no stranger to the area, particularly after the couple moved to the area several years ago.

"It's just people knowing us and feeling comfortable and trusting us and giving us the business," he said.

Zurica is assisted by Robinson, a fellow parent at the preschool that their children attended. A former corporate attorney, Robinson was looking to return to work without the difficult hours that resuming her career following a six-year hiatus to start raising her family. She was approached by Zurica to see if she would be interested in working at

his office that he was planning to open.

"He reached out to me and it was just perfect timing somehow," she said. "So this practice is new to me. I did securities law, which is different, and it's perfect for me right now."

Residential real estate accounts for about 90 percent of the firm's clientele, but there is also a small but important piece to Zurica's practice. When he isn't closing on a sale, advising clients or preparing documents, Zurica also practices adoption law, helping clients deal with agencies or the foster care system to start a family of their own.

"A few years ago, when my first son was born, I decided at that time," he said of his decision to add adoptions to his practice. "I was blessed to be able to have my own children but there are children out there, there are families out there that can't have their own. I wanted to see if as a lawyer I could help these families."

Zurica is also a Court Appointed Special Advocate, a volunteer who is appointed by a Family Court judge and supervised by Mental Health Association of Westchester staff, to advocate for children in the foster care system.

Zurica Law is located at 25-27 Adams St. in Bedford Hills. For more information, call 914-481-2896, e-mail [info@zuricalaw.com](mailto:info@zuricalaw.com) or visit [www.zuricalaw.com](http://www.zuricalaw.com).

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# Happenings

*continued from page 20*

George Saltz, Lucie Steiner, Aaron Sabater, Ryan Lakestream and Josh Nasser. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. In advance: \$15. At the door: \$20. Info and advance tickets: Visit [www.lucyslaughs.com](http://www.lucyslaughs.com). Type in the promo code Examiner at the prompt when buying tickets online.

## Thursday, June 14

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

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

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

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

**Royal Opera House Live: "Manon."** A staple of the Royal Ballet's repertory and a touchstone of dramatic dance, this is the tragic story of a penniless young woman who has love but nothing else. Former artistic director Kenneth MacMillan choreographed spectacular ensemble scenes for the whole company, but Manon and her lover's emotional pas de deux, which recalls the intensity of MacMillan's "Romeo and Juliet," makes this one of his most powerful works. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Member: \$20. Non-members: \$30. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

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

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

**Spring Networking Reception.** Connect with the "Who's Who" of Westchester at this exclusive cocktail reception. Ignite ideas and connections, meet and greet and build new, professional relationships. The reception attracts approximately 150 to 200 well-connected and motivated business professionals from the public and private sectors. Whitby Castle at Rye Golf Club, 330 Boston Post Rd., Rye. 5:30 to 7:30 p.m. Westchester County Association members and young professional: \$65. Non-members: \$85. Info and reservations: Visit [www.westchester.org](http://www.westchester.org).

## Opening Reception for "Vivian Maier Revealed: Selections From the Archives."

This exhibit features a selection of more than 30 black and white photographs by American street photographer Vivian Maier (1926-2009), the first exhibit of her photography in Westchester. Unknown during her lifetime, Maier worked as a full-time nanny while pursuing her photography consistently over five decades. Her black and white photographs – mostly from the 1950s and '60s – are indelible images of the architecture and street life of Chicago and New York. Always with a Rolleiflex around her neck, she rarely took more than one frame of each image and concentrated on children, women, the elderly and indigent. She also turned the camera on herself in striking self-portraits. Madelyn Jordon Fine Art, 37 Popham Rd., Scarsdale. 6 to 8 p.m. Free. Exhibit continues through Aug. 11. Gallery hours are Tuesday through Saturday from 10 a.m. to 5:30 p.m. Info: 914-723-8738 or visit [www.madelynjordonfineart.com](http://www.madelynjordonfineart.com).

**Understanding Your Breast Cancer Pathology Report.** This forum will help

participants better understand your breast cancer pathology report. Topics will include: Who is the pathologist and what do they do as a member of the caregiver team? What information do they provide to the other physicians? What points are always included in the report? What prognostic and therapeutic markers are performed? What do all these findings mean? Led by Dr. Thomas E. Higgins, chief of pathology, director of laboratories and director of blood bank & transfusion service at Northern Westchester Hospital. A question-and-answer period will follow. Northern Westchester Hospital, 400 E. Main St., Mount Kisco. 6:30 to 8 p.m. Free. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

**Author Talk.** Former advertising executive and #1 Times best-selling author Laura Schroff will be discussing her latest book "Angels on Earth: Inspiring Stories of Fate, Friendship and the Power of Connections." Schroff is a passionate and compelling voice on the power of mentorship and small acts of kindness. She is committed to inspiring and advocating for others through her books. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Happy Together Tour 2018.** Sing along to the soundtrack of the 1960s and '70s. Starring The Turtles, Chuck Negron (formerly of Three Dog Night), Gary Puckett and The Union Gap, Mark Lindsay (former lead sing of Paul Revere & the Raiders), The Association and The Cowsills. An evening of hit after hit after hit. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$58, \$75, \$78, \$108 and \$128. Info and tickets: Visit [www.tarrytownmusichall.org](http://www.tarrytownmusichall.org).

**"The Dog in the Dressing Room."** A romantic comedy, written by Deborah Savadge and directed by Bram Lewis, where jealousies, games and secrets are uncorked along with the champagne. Starring Estelle Bajou, Gregory Perri and Jack Utrata. Savadge, is the winner of the Playwrights First Award and the Golden Prize for her play "Dark at the Center." Recommended for audiences 13 and up. The Schoolhouse Theater & Arts Center, 3 Owens Rd., North Salem. 8 p.m. \$38. Seniors: \$35. Also June 15, 16, 21, 22, 23, 28, 29 and 30 at 8 p.m. and June 17 and 24 and July 1 at 3 p.m. Info and tickets: 914-277-8477 or visit [www.schoolhousetheater.org](http://www.schoolhousetheater.org).

## Friday, June 15

**Stroller Tours.** The Katonah Museum of Art opens its doors to babies and their new parents and caregivers for an enriching experience. Light refreshments served. Katonah Museum of Art, 134 Jay St., Katonah. 9:30 to 10:30 a.m. Free with admission. Meets the third Friday of each month through June. Info: 914-232-9555

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

**Gold in Your Attic Spring Tag Sale.** Featuring antiques, jewelry, art, decorative pieces, silver, crystal, collectibles, vintage treasures and more. All proceeds benefit the New Castle Historical Society. Horace Greeley House, 100 King St., Chappaqua. 10 a.m. to 4 p.m. Also June 16. Info: 914-238-4666 or visit [www.newcastlehs.org](http://www.newcastlehs.org).

**ZUMBA®** With Amy. Fun cardio dance fitness workout, low-impact approach, easy learning environment. This feel-good workout is exercise in disguise. Free trial class available. Addie-Tude Dance Center, 42 Memorial Plaza, lower level, Pleasantville. 11 a.m. to noon. \$12 drop-in fee. Every Friday. Also Tuesdays from 10 to 11 a.m. Walk-ins welcome. Info: Call or text the instructor at 914-643-6162 or visit [www.amyolin.zumba.com](http://www.amyolin.zumba.com).

**Senior Socials.** Join fellow seniors for an afternoon of art viewing, refreshments and socializing. Katonah Museum of Art, 134 Jay St., Katonah. 1 to 2 p.m. Free with admission. Meets the third Friday of each month through June. Info: 914-232-9555 or visit [www.katonahmuseum.org](http://www.katonahmuseum.org).

**Lucy's Laugh Lounge Comedy Night: Nore Davis.** Davis, Westchester's own, is back with his own show plus a selection of handpicked local comedians. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. In advance: \$15. At the door: \$20. Info and advance tickets: Visit [www.lucyslaughs.com](http://www.lucyslaughs.com). Type in the promo code Examiner at the prompt when buying tickets online.

**Friday Night Film Series: "Dark Horse."** In honor of the third and final leg of this year's Triple Crown at Belmont, the series presents Louise Osmond's inspirational and true story of a group of friends from a working men's club in Wales who decide to take on the elite Sport of Kings and breed themselves a racehorse. This film, the Audience Award winner at Sundance, looks at how everyday people try to beat the oddsmakers themselves in the tremendously competitive world of horse racing. 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 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**"No Spring Chicken."** A staged reading presented by Hudson Stage of Ginna Hoben's autobiographical odyssey. Featuring Hoben and Sheffield Chastain playing a multitude of roles including his real-life role as her husband. A refreshing and heartfelt comedy about one 40-year-old's effort to achieve, survive and without medication complete a healthy pregnancy to fulfill her life's wish to have a child. Following by a Q&A with the audience. Whippoorwill Hall, 19 Whippoorwill Rd. East, Armonk. 7:30 p.m. \$10 suggested donation. Info: 914-271-2811 or visit [www.hudsonstage.org](http://www.hudsonstage.org).

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# Former Foster Children Share Their Stories of Overcoming the Odds

By Conor Sweeney

Tanya Cooper knows firsthand the stacked odds against foster children.

Only 3 percent of youths who age out of the foster care system go to college. The lack of education and success for them is part of what led Cooper, a former foster child herself, to co-found the organization FosterKidsUnite, Inc., which provides non-traditional services to children as they age out of the system.

Abandoned as children by their heroin addict mother, Cooper and her late brother, Robert, grew up in the foster system. She suffered through physical and sexual abuse. Once on her own as an adult, Cooper said she wanted to not only improve the quality of foster care, but ensure the children had opportunities once they were in the world.

When her brother passed away several years ago, she created a scholarship in his name to help foster care children who excelled as students to continue their education.

Last Thursday, FosterKidsUnite held its annual Trauma 2 Transformer National Foster Care Awareness Event at the Mount Kisco Public Library. Adults who had been foster children growing up told their stories of perseverance as the nonprofit organization recognized various individuals with awards and scholarships to those showing excellence

within the foster system. Scholarships were awarded to Kristen Graham, Sasha Simons and Mahawa Silla.

FosterKidsUnite board member Donna Maddox shared her story of struggle. Living as a foster child from 5 to 18 years old, Maddox said that trauma defines the foster system.

"The dramatic occurrence of being ripped from your parents, no matter how neglectful or abusive, is traumatizing," Maddox said.

She stressed that society must help foster children understand and accept their trauma, and that they "don't have to be victims of [their] circumstances."

Maddox introduced Sirrele Steinfeld, another former foster child. Forced to endure a drug abusing mother, then live with physically abusive grandparents, Steinfeld explained his complex story of anger and violence and ultimately overcoming the obstacles.

Despite his family having moved around the country, being homeless, sentenced to a juvenile detention center and suffering abuse at the hands of his grandfather as he tried to defend his brother, Steinfeld became a successful software engineer.

Through an extremely helpful foster aid program in his last years of high school he managed to control his anger, receive a full college scholarship and

study programming.

The software Steinfeld has created is designed to help mental health professionals assist troubled teens. He gave a message to foster children that a kind mentor had once given him.

"The only problem is (if) you don't believe in yourself," Steinfeld said.

Following the remarks, Cooper presented the Citizen of Change awards, in recognition of those who have provided exemplary service to the foster program. The recipients were Schoquilla Coleman of the Foster Services of Westchester and Judith and Lynn Beville.

The Beville sisters are program advocates but the award also honored their late parents, who fostered close to 100 youths starting in 1945. They stressed how much effort their parents had put into ensuring the children did not feel stigmatized, treating them as their own in every way.

Also during the event, Cooper presented Maddox with additional honors from County Executive George Latimer and other members of FosterKidsUnite for the organization's success.

## Love Those Cookies



MARTIN WILBUR PHOTO

Hundreds of Girl Scouts from throughout the Hudson Valley gathered in Valhalla last Saturday morning to ship boxes of the famous Girl Scout cookies to troops stationed at military bases domestically and abroad. The annual effort, Operation Cookie Drop, was started by a single troop in Ardsley, led by current program coordinator Alison Bergman in 2002. Since sending off 100 boxes that first year, the Girl Scouts Heart of the Hudson's effort has continuously grown, with an estimated 107,000 boxes set for shipment this year.

# Happenings

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## Saturday, June 16

**Pleasantville Farmers Market.** Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" from 2014 to 2017. With 55 vendors and seven nearby parking lots, it's a delicious good time. This week, there will be Gardening with Carolyn Ramsey from 9:30 to 11 a.m. and the world fusion group Sundad will be featured in the music series from 10 a.m. to noon. Rain or shine. The market is a dog-free environment. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Nov. 17. Info: Visit [www.pleasantvillefarmersmarket.org](http://www.pleasantvillefarmersmarket.org).

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

**Third Saturday Bird Seed Sale.** The sale supports the local conservation work of the Saw Mill River Audubon. Prun Sanctuary, 275 Millwood Rd., Chappaqua. 9:30 a.m. to 12:30 p.m. Third Saturday of each month. Info (including bird seed descriptions and prices): Visit [www.sawmillriveraudubon.org/seedsale](http://www.sawmillriveraudubon.org/seedsale).

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

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

**"Radical Beauty in Everyday Life."** A public photography exhibition. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. 12 to 4 p.m. Free. Also June 17, 23 and 24. Info: Visit [www.pvillepresby.org](http://www.pvillepresby.org).

**Nature Yoga.** A hike into the preserve and an hourlong vinyasa flow yoga class. All levels welcome. Bring your own mat and water. Cranberry Lake Preserve, Old Orchard Street, North White Plains. 1 to 3 p.m. Free. Pre-registration required by June 13. Info and pre-registration: 914-

428-1005.

**Growing and Aging Series.** Explore questions about entering middle age and growing older. Today, "In Our Prime: The Invention of Middle Age" by Patricia Cohen will be discussed. All welcome. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1:30 to 3:30 p.m. Free. Info: 914-666-8041 or [www.mountkiscoliberal.org](http://www.mountkiscoliberal.org).

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

**Whole Music Recital.** Join Westchester's premier music school and entertainment

company, Whole Music LLC's founder Isaac Raz, for an open house featuring a performance and talk outlining the unique whole music approach, followed by a performance of Whole Music students from seven years old to adult. Featured works will include compositions by Bach, Mozart Beethoven, Rogers and Hart, John Lennon, Henry Mancini and much more. Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 2:30 p.m. Open house: Free. Concert: \$10. Info: 914-618-4951 or visit [www.wholemusicllc.com](http://www.wholemusicllc.com).

**Ballet des Amériques.** The company's ever-evolving repertoire will be performed, including an expanded version of "Lentil Soup." The professional company's program will be introduced by a presentation of the next generation of dancers, the talented students of the ballet conservatory, who will dance "Jeux d'enfants" (Children's Games,) a set of 12 miniatures composed by Georges Bizet in an original choreography by Carole Alexis. "Lentil Soup" is an exploration of human hunger and the quest for spiritual nourishment. A series of Africa-inspired dances to the music of diverse artists suggests how our hunger is satisfied in various ways in communion with nature, with animals, plants, the earth and fire

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# Happenings

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with each other in religious and secular communities and around the dinner table where we share a common meal. Emelin Theatre, 153 Library Lane, Mamaroneck. 3 p.m. \$25, \$40 and \$50. Also June 17. Info and tickets: 914-698-0098 or visit [www.emelin.org](http://www.emelin.org).

**Taconic Opera Annual Chamber Concert: "Vocalise."** Currently in its 20th anniversary season and past recipient of the ArtsWestchester Arts Organization of the Year Award, Taconic Opera will be hosting this annual program. Maestro Jun Nakabayashi, Taconic Opera's conductor and music director, will emerge from the orchestra pit to conduct the concert, which features the Taconic Opera Orchestra and soprano Samia Bahu, a crowd favorite of many of the company's devoted fans. This ambitious program will include works by Gustav Mahler, Giuseppe Verdi, Richard Wagner and Sergei Rachmaninoff. Presbyterian Church of Mount Kisco, 605 Millwood Rd. (Route 133), Mount Kisco. 3 p.m. \$27. Seniors: \$20. Students: \$15. Info and tickets: 855-886-7372 or visit [www.taconicopera.org](http://www.taconicopera.org). Tickets will also be available at the door.

**Friends of John Jay Homestead Second Annual On The Farm Dinner.** The homestead's trustees are committed to bringing agriculture back to the site, already home to chickens and honeybees as well as a teaching garden in which vegetables are propagated. There are plans to expand the farm in the upcoming years. Guests will enjoy seasonal cocktails and farm fresh hors d'oeuvres before sitting down to dinner at a long table in a picturesque meadow. Purdy's Farmer and the Fish will cater the evening; dinner will be served family style. Citigrass, a Brooklyn-based blue grass band, will be providing music for the evening. John Jay Homestead, 400 Jay St. (Route 22), Katonah. 6:30 p.m. \$175 to \$500. Info and tickets: Visit [www.johnjayhomestead.org](http://www.johnjayhomestead.org).

**Ballroom Social.** Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Includes food and snacks, plus raffle tickets. Broadway 26 Dance, 26 Broadway, Hawthorne. 7:30 to 11 p.m. \$18. Third Saturday of each month. Info: 914-579-2228 or visit [www.broadway26dance.com](http://www.broadway26dance.com).

**"Cocktail Hour: The Show."** Reinvents the glamour and excitement of classic entertainment with an original mix of charismatic choreography, intoxicating music and exquisite costume design. This pop-infused performing arts experience combines the magnetism of Hollywood's Golden Age with a sleek 21st century sensibility, capturing the timeless American spirit in a series of lively, sparkling vignettes. It's high-style fun for all ages to enjoy. White Plains Performing Arts Center, 11 City Place, White Plains. 8 p.m. \$27, \$31, \$36,

\$39 and \$46. Info and tickets: 914-328-1600 or visit [www.wppac.com](http://www.wppac.com).

## Sunday, June 17

**The Knights.** Following a family concert, this Brooklyn-based Grammy-nominated orchestral collective features another prominent compositional voice in contemporary percussion music, as lauded steel pan player Andy Akiho performs his own "Fantasy for Steel Pans and Orchestra." Also on the wide-ranging program is a flute concerto by Judd Greenstein written for and performed by Knights member Alex Sopp. Closing out the program is a collection of dances from Leonard Bernstein's "On the Town," in honor of the composer's 100th anniversary of his birth. Caramoor Center for Music and the Arts' Venetian Theater, 149 Girdle Ridge Rd., Katonah. Family concert at 1 p.m. Regular concert at 4 p.m. Family concert: Adults--\$20. Children--\$10. Regular concert: \$30, \$45 and \$65. Garden Listening: \$10. Info and tickets: 914-232-1252 or visit [www.caramoor.org](http://www.caramoor.org).

**Creatures of Woodfrog Pond.** Explore Woodfrog Pond with a naturalist educator. The program starts with an indoor introduction of some of the local pond residents and concludes with a walk to the pond where children will have a chance to dip nets to catch various pond creatures. Please dress accordingly for muddy pond exploration. 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](http://www.greenburghnaturecenter.org).

**Tommy Tune Tonight.** Broadway's tallest tapper takes to the stage to dance, sing and tell tales. The 10-time Tony Award winner takes an autobiographical stroll, celebrating 50-plus years of big-time showmanship. From his arrival in New York City as a fresh-faced kid from Texas, through his most popular roles on stage and screen, to his ascension as one of Broadway's most accomplished director-choreographers. Accompanied by Michael Bigagi, his music director for nearly four decades, the evening features Tune's personal renditions of standards by Irving Berlin, Kurt Weill, Cole Porter, Johnny Mercer, Burt Bacharach, the Gershwins, Carole King, Green Day and more. Paramount Hudson Valley, 1008 Brown St., Peekskill. 2 p.m. \$47, \$57.20 and \$74.30. Info and tickets: 914-739-0039 or visit [www.paramounthudsonvalley.com](http://www.paramounthudsonvalley.com).

**Ballroom Dancing and Dinner.** Dancing followed by a complete dinner. All proceeds to go to the scholarship fund at Fox Lane High School and New York Boys' State. Moses Taylor American Legion Post 136, 1 Legion Way, Mount Kisco. 2:30 to 6:30 p.m. \$18 per person. Third Sunday of every month. Info: 914-241-0136 or contact Commander John A. Graziano at 914-248-7134.

**Third Sunday Walk.** A family friendly walk for adults and children five years old and up. Rain or shine. Pruyn Sanctuary, 275 Saw Mill River Rd., Chappaqua. (Meet at Woodmill Road trails entrance). 3 p.m. Free. Rain or shine. Meets the third Sunday of every month. Info: 914-666-6503 or visit [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).

**Westchester Philharmonic: "Keys, Kegs and 'Que."** Ever since his triumphant Chopin 2nd in 2011, the Philharmonic as been anxious to bring back Orion Weiss. At that time, he had just married the brilliant and acclaimed Mozart interpreter Anna Polonsky. The Mozart "double" is the perfect vehicle for this pianistic power couple. With Jaime Laredo conducting. Followed by a post-concert Father's Day barbecue. The Performing Arts Center at Purchase College, 735 Anderson Hill Rd., Purchase. 3 p.m. Adults: \$25. Children: \$12. Info and tickets: 914-682-3707 or visit [www.artscenter.org](http://www.artscenter.org).

## Monday, June 18

**Morning Bird Walk.** Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve. (Use Sleepy Hollow Road entrance.) 7:30 a.m. Free. Meets the third Monday of each month. Info: Visit [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).

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

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

**Kahoot!** Trivia. Young adults are invited to test their trivia skills. There will be refreshments and prizes will go to the winners. Bring a smartphone, tablet or laptop with you to join the game. For students in grades 5-12. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Registration requested; walk-ins welcome. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Belly Dancing.** Learn this captivating Middle Eastern dance and enrich your cultural knowledge. Whether you want to dance professionally or just have fun and get in shape, this is the place to start. Josie's International School of Dance, 42

Memorial Plaza, Level B, Pleasantville. 7 p.m. \$20. Every Monday. Info: 914-332-8670 or visit [www.josiedance.com](http://www.josiedance.com).

**Lucy's Laugh Lounge Open Comedy Mic.** Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Every Monday. Info and tickets: Visit [www.nomacomedy.com](http://www.nomacomedy.com).

## Tuesday, June 19

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

**Memoir Writing Workshop.** A series of workshops that will help participants record the significant events of their lives in their own voice. Write a one-page, single-spaced memoir on any subject matter that you desire and bring to class. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11:30 a.m. Free. Registration requested. Info and registration: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

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

**Garden Advice, Discussion and Tea.** Join this community discussion group for a lively talk to share tea together, learn from one another's experience with garden techniques and celebrate the joy of having our hands in the soil. Led by Joanne Witmyer. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Simply Diamond/Simply Simon.** The top hits of Neil Diamond and Paul Simon performed by Brian LaBlanc. Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford. Dinner at 6:15 p.m. Show at 8 p.m. \$89 per person (plus tax). Show only: \$55 per person (plus tax). Info and tickets: 914-592-2222 or visit [www.broadwaytheatre.com](http://www.broadwaytheatre.com).

**Nature Book Club: "Birding Without Borders."** The club will be discussing "Birding Without Borders: An Obsession, a Quest, and the Biggest Year in the World." Traveling to 41 countries in 2015 with a backpack and binoculars, Noah Strycker became the first person to see more than half the world's 10,000 species of birds in one year. Come join the discussion whether you've read the book or not. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: Visit [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).



# How to Turn Your Garden Into a Haven for Butterflies

By Louise T. Gantress

When I forsook Manhattan for Armonk I was determined to create a fragrant garden. The yard – a descending rocky slope reaching a stone wall, then falling steeply into mature forest ending in wetland – presented a challenge.

Gardening is a process. Typically, fragrant plants require sunlight, so I set about tracking the sun’s path nearest the house. The rest I left as woodland, with native plants such as jack-in-the-pulpit, ferns and the ubiquitous wild rose.

That decision proved prudent, as it provided diversity of species for the garden and allowed native plants to thrive. In the sunny portion I made amateur terraces with smaller stones piled by large rocks. On the steepest portion I planted ground- hugging plants such as myrtle and installed bleeding hearts in the shade border with natives.

I knew butterflies thrive on milkweed. Their larvae forage on the plant and adults sip its nectar. Goldenrod is another favorite. Native plants attract butterflies better than

exotic ornamentals, since natives developed an interdependency. The presence of natives also makes for a more resilient garden, less susceptible to pests and disease, so easier to maintain without pesticides.

The most often used pesticide is a neonicotinoid. It is lethal because it is systemic: it circulates through the plant and lingers for long-term effect, meaning a pollinator will be affected by toxic pollen and nectar.

In my search for ideas and information I visited the New York Botanical Garden. Butterflies are a member, with moths, of the order Lepidoptera. True butterflies are in the sub-order Papilionoidea. They are holometabolous, an insect that undergoes a complete transformation twice: egg to caterpillar (larval stage) and then chrysalis to winged creature. One needs to identify the

larva so as not to destroy the butterfly. Additionally, larvae require food, because they may exist that way for as long as three years and change their skin up to five times.

The Botanical Garden recommended a mix of annuals, perennials, herbs, shrubs and trees.

As I use herbs for cooking, I planted dill and parsley.

I also planted cleome, violets, snapdragons, hollyhocks and sunflowers, honeysuckle and a lilac bush, butterfly bush and privet hedges.

Pre-existing in the yard were wild mustard and thistle.

These are all “munchies” for larval butterflies.

Accents of yellow and purple in a garden appeals to my sense of a living pallet, and in a serendipity are also the favorite colors of butterflies.

Susan Roos of Bedford intentionally developed her hill with wildflowers to attract all pollinators. She described it

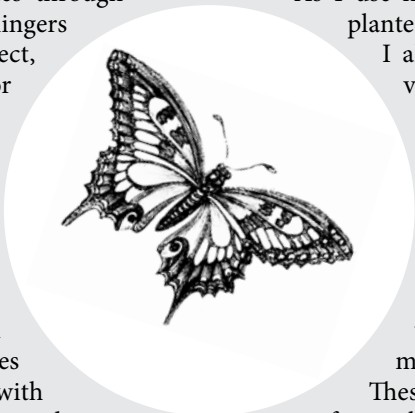
as “a totally ongoing project” to create a habitat. She stressed maintaining a garden is important, as is providing water for the pollinators. Bees and butterflies need water, she noted, and will even sip from a pool. She hopes other gardeners will not use pesticides.

One advantage of a garden planted on a descending slope is that one can survey it from a higher perch. Relaxing on my deck, overlooking my garden, I noticed that not only did butterflies visit my yard, but also bees and hummingbirds. What I took for a large bee was in fact a resting hummingbird. A monarch is easy to identify, as are swallowtails, but some of the smaller ones pose a challenge.

I did learn that the New York State butterfly is the *Limenitis arthemis*, which sports a blue wing with splashes of grey, orange and white. It’s well worth the effort.

For further information, visit [www.beyondpesticides.org](http://www.beyondpesticides.org).

*Louise T. Gantress is a freelance writer and author of the novel “Bitter Tea.” She is a conservation-minded Westchester resident.*



## WHAT A SPORT! By Edward Goralski

**Time for a Cup?** The 21st FIFA Men’s World Cup kicks off on Thursday, June 14 with host nation Russia playing Saudi Arabia. The final will take place on July 15. To get you in the World Cup mood, the quiz this week tests your knowledge of World Cups past and present. Hopefully, you will get a kick out of this quiz.

1. In 1930, which South American nation hosted the first World Cup?  
A) Argentina                      B) Uruguay                      C) Chile
2. In how many Russian cities will World Cup matches take place this year?  
A) 7                                      B) 9                                      C) 11
3. Which country won the last FIFA Men’s World Cup in 2014?  
A) Brazil                              B) Germany                      C) The Netherlands
4. “The Three Lions” is the nickname for which World Cup squad?  
A) England                              B) Nigeria                              C) Iran
5. How many different countries have won the World Cup?  
A) 10                                      B) 9                                      C) 8
6. What company makes the Telstar 18, the official ball for the 2018 World Cup?  
A) Adidas                              B) Puma                              C) Nike
7. Zabivaka, the official mascot of the 2018 World Cup, is what type of animal?  
A) Sable                                      B) Bear                                      C) Wolf
8. What is the title of the official song for this year’s World Cup?  
A) “United By Love “                      B) “Live It Up”                      C) “Colors “

- ANSWERS:
1. B. Uruguay hosted and won the first World Cup
2. C. The final match will be played in Moscow
3. B. Germany won the World Cup for the 4th time
4. A. The Three Lions is also the title of the official anthem of the England team
5. C. Only five teams have won the World Cup more than once
6. A. A Telstar 18 traveled to and from the International Space Station earlier this year
7. C. Zabivaka means “the one who scores”
8. B. “Colors” is the Coca-Cola promotional anthem for the 2018 World Cup



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**NOTICE OF FORMATION OF PRACTICAL SPECIAL FX, LLC.** Arts of Org filed with Secy of State of NY (SSNY) on 02/13/2018. Office loc: Westchester. SSNY designated as agent upon whom process against it may be served and shall mail process to the principal business address: 69 Brook Manor Rd. Pleasantville, NY 10570. Purpose: any lawful acts.

**FORMATION OF NRMHA MANAGEMENT, LLC** filed with the Secy. of State of NY (SSNY) on 4/30/18. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail

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**BUILDER BOYS, LLC** Arts. of org. filed with the SSNY on 04/25/2018. Office: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC **39 Mitchell pl. #11b White Plains NY 10601.** Purpose: Any lawful purpose.

**NOTICE OF FORMATION OF A2E COMMUNICATIONS GROUP, LLC.** Articles of Organization filed with SSNY on 4/03/2018. Office loc: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **Maqsood Khan, 25 Rockledge Road, Apt. 1B, Hartsdale, NY 10530.** Purpose: any lawful purpose.

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# Pondering the Essence of Life – and Your Glass of Wine



By Nick Antonaccio

I frequently ponder, and then expound upon in this column, the wonders of winemaking. Elemental, and always vitally essential, to the success of winemakers

worldwide is the essence of the power and influence of Mother Nature.

This week, my mental wanderings brought me to the subject matter of an earlier column, which is partially reprised herein: that most fragile of earthly elements – water.

It is the essence of life, yet it is in increasingly short supply as human population explodes and agricultural production accelerates to meet its needs. As I jumped from the macro and micro

aspects of water's dominance in our lives, my mind naturally (for me) came full circle to the glass of wine in my hand.

In the oceans, on land, in soil, in plants and in our bodies, water is at the very core of existence. We are taught that 71 percent of the earth's surface is water. But do you

remember that 96.5 percent of the earth's total volume of water is undrinkable? Only 3.5 percent is fresh water, which must sustain the millions of fresh water-dependent species that inhabit our planet, including its 7.3 billion humans.

How is it possible that humans can sustain themselves on such a seemingly meager proportion of fresh water? This fresh water is not readily available to us. Nearly 70 percent is in the form of polar ice caps and glaciers. The remainder, sourced primarily from rivers, lakes, aquifers and runoff, represents less than 1 percent of all the water on earth.

Let's move from the global view to the perspective of the human body, of which 60 percent is composed of water. To sustain this level of water, and optimal health, we rely on several sources. Certainly, the 1 percent of earth's fresh water readily available to us is the major source.

Most plants and vegetables are composed of significant levels of water. And then there are water-based beverages that provide the water needed to sustain our bodies and our lives: coffee, tea, juices and wine.

There it is: the wine connection. It is critical to sustaining the health of our

bodies. Over 85 percent of a glass of wine is water.

If wine is predominantly water, what makes so many wines distinctive from each other? Why is one wine appealing to us while another is off-putting? What influences the taste and aroma in each bottle of wine?

It is the other 15 percent of a glass of wine that entices and sustains us. These components are influenced by many factors, from a) the composition of vineyard soil, carried by the water absorbed by plants, to b) the characteristics embedded in evolving grapes. Each element influences the harvested grape juice and ultimately the end product.

Let's look into each major element.

The 85 percent of water in a bottle of wine has a significant influence on its taste and aroma. As a grapevine matures and subsists over a growing season, it absorbs the minerals and nutrients in soil as its roots penetrate the strata and substrata of soil created over millennia of earth's heaving and seismic activity. One example: in parts of France, especially the Chablis region, the wines have the distinct taste of the minerality of seashells, yet the vineyards are landlocked. In prehistoric times, the Chablis area was a seabed;

today seashells and marine skeletons abound in the soil. The essence of this detritus, absorbed by developing grapes, is evident in each glass of the wine.

The 15 percent of matter in a bottle of wine influences the personality of a particular wine in a manner similar to human physiology. It just takes a few strands of DNA to make each wine distinct and unique.

Each strand of DNA determines the essence of a wine. The chemical composition includes differing levels of tannins, acid and flavor.

There is much to appreciate and be in awe of in Mother Nature and, tangentially, modern wines. They provide for the continuing health of our water-based physiology and enhance our ethereal appreciation of the finer qualities embedded in their essential juice.

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



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**NOTICE OF FORMATION OF J&R WINDOWS LLC.** Art. of Org. filed with the (SSNY) on 04/17/2018. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: 90 State Street, Suite 700 Office 40, Albany, NY 12207. The principal business address of the LLC is: **49 Park Drive, Mount Kisco, NY 10549. Purpose: any lawful act or activity.**

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# ExaminerSports

## Panthers Finally Get Over Their State Semifinal Hurdle

By Andy Jacobs

The biggest hurdle in the Pleasantville lacrosse team's quest for a state championship the last three years turned out to be no obstacle at all last Wednesday afternoon.

After being ousted by Cold Spring Harbor in the Class C state semifinal game in 2015, 2016 and 2017, the Panthers put an emphatic end to the streak, overwhelming a different Long Island champion, this time Mattituck, 20-7 in a Class D semifinal played on a picture-postcard afternoon at Casey Stadium on the campus of SUNY Albany.

Declan McDermott had four goals and two assists, Brian Reda three goals and four assists, Pat Doherty three goals and three assists and James Daniele three goals as the Panthers turned a close game after one quarter into a rout. The Tuckers, from the North Fork, scored the game's first two goals and still led 3-2 after the first period. But Pleasantville responded with nine second-quarter goals and it was apparent the rest of the way the Panthers were Rochester-bound for the state championship game.

"Yeah, it's a relief," said Panthers coach Chris Kear afterwards. "It's something we've been talking about since the day our season ended last year with Cold Spring Harbor. We were so close, yet so far. We felt like we were just one or two bad plays away from being there last year."

"It's definitely new territory for us," said Reda, now Section 1's all-time leading goal scorer. "We've never won this game, so it means a lot to us. It's really special, being that it's our senior year, all the captains. So we definitely wanted to win this one and get over the hump."

But at the start of the contest, the Panthers quickly found themselves playing from behind. Just 37 seconds in, a goal by Ethan Schmidt gave Mattituck the early lead. With 9:05 left in the opening quarter, the Tuckers' advantage



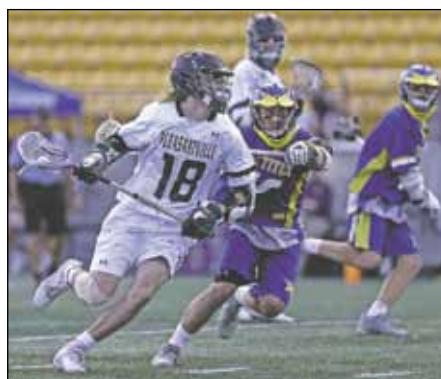
Declan McDermott dodges his way to the cage in Wednesday's state semifinal. He had four goals in the Panthers' win.

grew to 2-0 as Max Kruszeski rose in the air and fired a shot past Jack Fitzgerald.

The Panthers, who never had possession in the game's opening minutes, finally got on the board with 7:10 to go in the quarter as Cullen Dell's takeaway at the defensive end started a Howe-led fast break that ended with McDermott, open on the left, sending a rocket into the back of the cage. But the Tuckers won the ensuing faceoff and soon built a 3-1 lead on a goal by Gregg Hauser, leading to a Panther timeout.

"I was a little concerned, but I also knew we've been in this position before," said Kear. "I think one part of it was it seemed Mattituck was a little more hungry than we expected them to be and we weren't as hungry as we could've been. Once we turned up the intensity a little bit, I think the momentum went back the other way."

With just 7.9 seconds left in the first

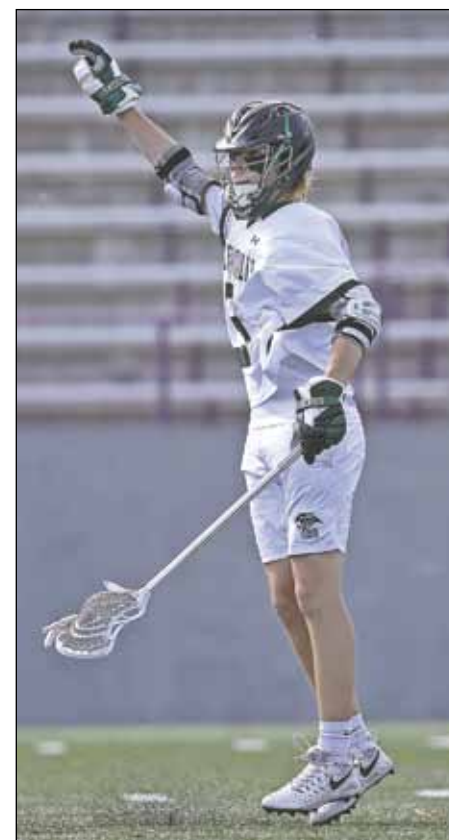


Pleasantville's Jack Howe gets set to fire a shot during last Wednesday's 20-7 rout of Long Island champion Mattituck in the state semifinals.

quarter, Doherty provided a hint of things to come, scoring on a rebound in front of the crease to cut the Tuckers' lead to 3-2. Only 14 seconds into the second period, Daniele tied the game. Almost a minute later, a goal by Howe gave Pleasantville the lead for good. The Panthers' margin grew to 5-3 just 37 seconds later as Jake Coleman converted following a pass from Doherty, who had scooped up a loose ball.

Later in the second quarter, already leading 8-4, the Panthers got scores just 11 seconds apart from Doherty and McDermott to increase their advantage to a half dozen goals. With 1:11 left in the half, Daniele took aim from left of the cage and sent a shot whizzing past goalie Shawn Howell's right shoulder to give P'ville a 10-4 lead. Reda and defenseman Charlie McPhee added goals just eight seconds apart in the final moments and the Panthers walked off the field with a 12-4 cushion.

"We came out a little flat," said Howe about the slow start before the big second-quarter turnaround. "We played



Patrick Doherty of Pleasantville celebrates after scoring a goal in the Panthers' 20-7 rout of Mattituck.

our game, settled down a little bit, and then we got 12 goals going into the half. They had a good goalie and a good faceoff kid. It was definitely big for them. But once the goalie sees so many shots like we gave him today, it's hard for him to stop it."

The intermission wasn't much help for the Tuckers, who returned to a continuing offensive assault from the Panthers. A pair of goals from McDermott, then

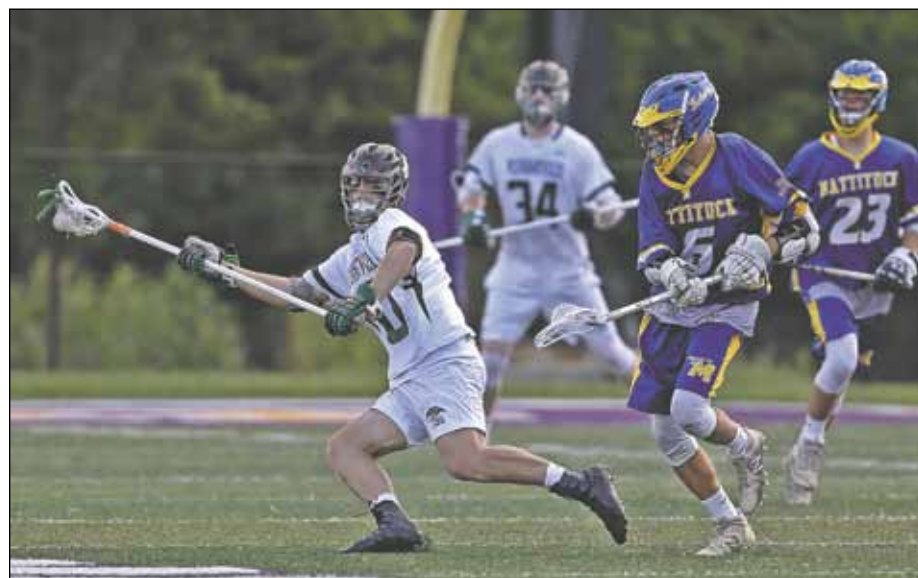
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Pleasantville senior Brian Reda back-pedals away from a double team in the Panthers' rout of Mattituck in the state Class D semifinals at SUNY Albany.



The Panthers' James Daniele tries to dodge his way past Mattituck's Justin Tobin during last week's 20-7 state semifinal win up in Albany.



Pleasantville's Charlie McPhee tries to start the Panthers' transition game in the first half of the state semifinal game against Long Island's Mattituck last Wednesday afternoon.

ANDY JACOBS PHOTOS



# Pleasantville Lacrosse Team Rolls to Victory in the State Championship

By Danny Lopriore

Hundreds of excited fans, friends and family members welcomed the Pleasantville High School boys' lacrosse team back home Saturday evening after the Panthers captured their first-ever New York State Public Schools title with a stunning 16-2 victory over Penn Yan Academy in upstate Rochester.

The high-powered and resilient Panthers, who finished the season with a near-perfect 21-1 record in winning their fourth straight Section 1 title, started slowly and were tied 2-2 before the offense ran off 14 straight goals and the defense shut out the Section 5 champions over the final three quarters to breeze to victory.

Jake Coleman and Jack Howe each scored three goals for the winners in a balanced offense that took over early in the second quarter.

Although the bus ride home and the arrival at the high school ignited a celebration, the team started off the weekend journey with travel woes. The coach bus that was headed to the school Friday to pick the Panthers up for the ride north was unable to cross the closed Mario Cuomo Bridge. So the Panthers boarded a pair of school buses and made a rendezvous at Woodbury Commons. Friday's trip took seven and a half hours, but what followed on Saturday morning made the long ride well worth it.

Panthers coach Chris Kear said his players, 20 of whom were members of the school's football team that won its own Class C state title in November, proved its maturity by winning the Class D lacrosse championship.

"The amount of things these kids have had to overcome as a team, in town, as a group, their ability to overcome adversity, has made them stronger," Kear said. "When they get into big spots in playoff games, whether it was football or lacrosse, they just respond. These players will take that strength into their future lives."

The band of seniors made up eight of the 10 starters who had reached the Class C state semifinals three years

running before finally taking the crown in a realigned Class D. Kear said his team was built on a strong defense and scoring balance and singled out goaltender Jack Fitzgerald for keeping the championship game close early.

"It started with Jack today, making some huge saves in the first half that gave us the ability to build a lead," Kear said. "We can score, but the defense has been our anchor all year. To shut out a team over three quarters in a state championship game is insane. The defense created turnovers, started transition and got us into our style of offense."

Fitzgerald, who made 10 saves in all and anchored the defense, joined defender Charlie McPhee on the lawn in front of the school to greet the crowd. They each understood the significance of the Panthers' title run.

"It's all grit, really," said McPhee, who had to pull away from family and friends to be interviewed. "Our mentality is, we may start slow but teams can't pounce and take it from us. After a goal, we talk, figure out how to be better and make stops. We trust each other."

Fitzgerald said the defense and offense were tied together by trust over several years together.

"Bend, not break, is the mentality," Fitzgerald said. "We know if we go down a goal, we have the offense to come back. Lacrosse is like a microcosm for life. Just because you go down, it doesn't mean you give up. We depend on each other."

Surrounded by dozens of admiring youth lacrosse players who were practicing on the school fields before the championship bus arrived, the Panthers, who had dyed their hair blonde as a sign of unity before the playoffs, reveled in the moment.

"I remember we were just like these young kids, wanting to be like the high school players," McPhee said. "It's great to see them out here. I give credit to all the youth coaches and parents for helping us to get to be champions. We'll never forget the time we had playing as a team."



Members of the state champion Pleasantville lacrosse team pose Saturday evening with the neighborhood kids who hope to someday emulate them.

ANDY JACOBS PHOTOS



Pleasantville lacrosse fans wait for the arrival of the team bus at the high school following the Panthers' 16-2 win Saturday in the Class D state championship game up near Rochester.

## Panthers Finally Get Over Their State Semifinal Hurdle

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a Reda score at the end of another lightning-quick transition stretched the Pleasantville lead to 15-4 just three and a half minutes into the third quarter. When Doherty scored with 2:48 left in the period to give the Panthers an insurmountable 18-4 lead, Kear removed his entire starting unit, except Fitzgerald.

"We definitely started discussing it as a staff in the middle of the third quarter about when to start pulling guys out, when to take Fitzzy out of the goal, when to get our first team onto the sideline and

not risk any injuries," said Kear. "That's always a tricky situation because you don't want to put the backup guys in and have the intensity level drop and they can make a comeback."

The Panthers got a fourth-quarter goal from Justin Lupo and then a final one from senior midfielder Rob Feeney that sent the entire bench into a wild celebration with just over a minute remaining. With the sound of the final horn, the Panthers, in search of their first-ever state lacrosse title, could finally turn their full attention to championship

weekend up at St. John Fisher College.

"It's the only thing they've thought about for basically 12 months," said Kear. "So I think it's a bit of a relief. There was talk about going undefeated at the beginning of the season and I tried to squash that. I said it's not about going undefeated. It's about being prepared in May and June and they've embraced that. I think they're ready. They're as ready as they'll ever be and I think they can get it done."

Reda, chomping at the bit for a chance to play in a state final after missing

the football team's similar run back in November while recovering from knee surgery, had an ominous basic scouting report for whichever unfortunate team the Panthers would be facing up in Rochester.

"Our bread and butter's been fast breaks all year," he said. "So we kind of understand that once we get out in space, once we're running quick and getting our legs underneath us and we're moving the ball, that's when we're the most lethal."

Mattituck sure found that out in the semifinals.



# Westlake's Quest for a State Title Ends in the Semifinals

By Andy Jacobs

It didn't take long on Saturday morning to realize the Westlake Wildcats' first-ever trip to the state final four softball tournament was not going to end the way they wanted it to.

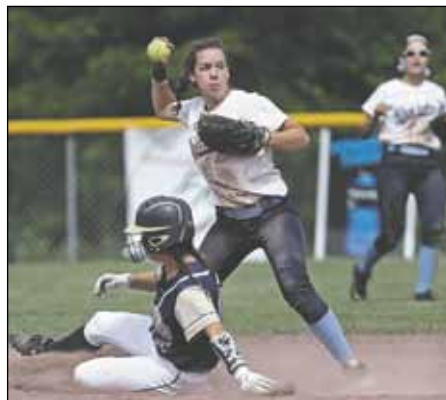
A trio of infield errors in the top of the first inning paved the way to four unearned runs that spurred the Section 4 champion Susquehanna Valley Sabers to a lopsided 10-0 victory over the Wildcats in a Class B semifinal game of the 2018 public school state championships at Moreau Recreational Park in South Glens Falls.

Saber senior ace Sophia Pappas scattered four hits and struck out 12 batters, never allowing the Wildcats to recover from their fateful first inning. Susquehanna Valley scored two runs in the sixth inning and three more in the seventh to all but assure that the best season in Westlake softball history was about to conclude.

"You hate to have an inning like that in a big game like this," said Wildcats head coach Mike D'Angelo after witnessing Susquehanna's lengthy first turn at bat. "But these things happen. When you get in these games, it's about eliminating the mistakes. We made a few early and we kind of dug ourselves a little hole there."

The Wildcats, making their initial appearance on softball's biggest stage after capturing their first Section 1 championship and then coming from behind to win both of their state regional playoff games, quickly found themselves in trouble after two of the first three Saber batters reached on errors.

Susquehanna Valley, the state's top-ranked Class B team, was ultra-aggressive on the base paths and a simple bunt by Madison Tuttle brought home the second and third runs of the game. When



Westlake second baseman Laine Peterson tries to turn a double play during the Wildcats' state semifinal at Moreau Recreational Park in South Glens Falls.

Olivia Parker rapped a two-out single past Antonia Perino at third base, Tuttle trotted home with the Sabers' fourth run of the opening inning.

"I couldn't really tell you what it was," said Westlake starting pitcher Allison Brunetto about the team's shaky first inning. "Not the best time to have a bad day, but it happens. To come out flat, it hurts because we've worked so hard for this. And to just give up runs we shouldn't have, it's frustrating. It happens and you've got to make up for it. Unfortunately, we didn't do so."

Susquehanna Valley's Pappas struck out the side in the bottom of the first, though she did surrender a one-out, line-drive single to center field by Daniella Mulvey, who wound up with two of the Wildcats' four hits in the game. Pappas retired Westlake in order in the second inning, collecting two more strikeouts to move within one of 1000 for her varsity career.

"Yeah, she's a very good pitcher," said D'Angelo. "You give a pitcher like that a four-run spot, it's gonna be tough to get back in, for sure."

In the top of the third, the Sabers,



Third baseman Antonia Perino is poised to make a play during Saturday morning's Class B state semifinal game vs. Susquehanna Valley.

who wound up losing 2-0 to Section 2's Ichabod Crane in the state final, took advantage of a leadoff walk and then another error to add their fifth run of the sunny morning. Michaela Haskell's infield hit brought home Hannah Haskell and Westlake's deficit grew a bit larger.

Mulvey led off the bottom of the fourth inning by beating out a grounder to deep short for her second hit of the day. Unfortunately for the Wildcats, Pappas then went over the 1000-strikeout plateau, whiffing both Jamie Perfito and Kelly Pierce swinging and Angelina Guarnieri looking.

Susquehanna threatened again in the fifth inning after Brunetto retired the first two batters. Michaela Haskell singled past the diving Laine Peterson at second base, then Parker singled into left, just past the diving Perino at third and Perfito at



Westlake pitcher Allison Brunetto reflects on the end of the Wildcats' quest for a state title in the seventh inning of Saturday's game.

short. But the inning ended with Mulvey in center field running down Alyssa Lezotte's long fly ball.

Perino opened the Wildcats' half of the fifth with a single to left and soon moved to second base on a bunt by Nicole Dragonetti. But she was stranded there as Pappas ended the inning with two more strikeouts. When the Sabers came to bat moments later in the top of the sixth, they all but sealed the outcome.

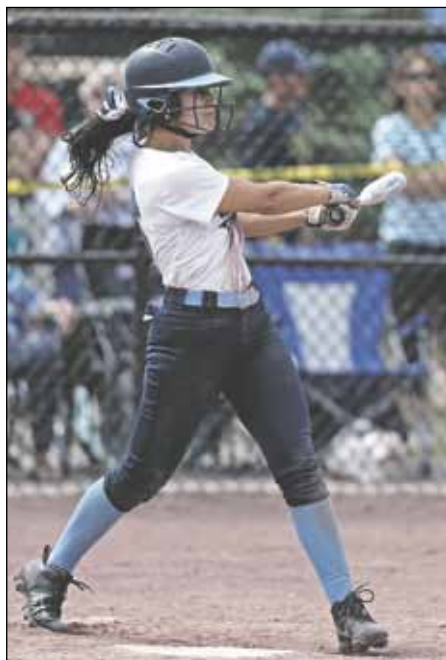
Hallie Martin led off by lining Brunetto's first pitch into center for a single. Shawna Zawiski reached on a bunt hit. One run soon scored on a ground ball to short and another came in two batters later on a bloop hit to right that fell just in front of Kristin Pierce. The Wildcats came to bat in the bottom of the sixth now trailing 7-0.

If one inning epitomized the Wildcats' futile battle to get back in the game, it had to be the sixth. Peterson led off by bunting the ball, but a third of the way down the line she fell face first on the infield dirt and was easily thrown out. Mulvey then had a long battle with Pappas, fouling off several pitches. She eventually struck out swinging and the inning ended with a Perfito fly ball to center.

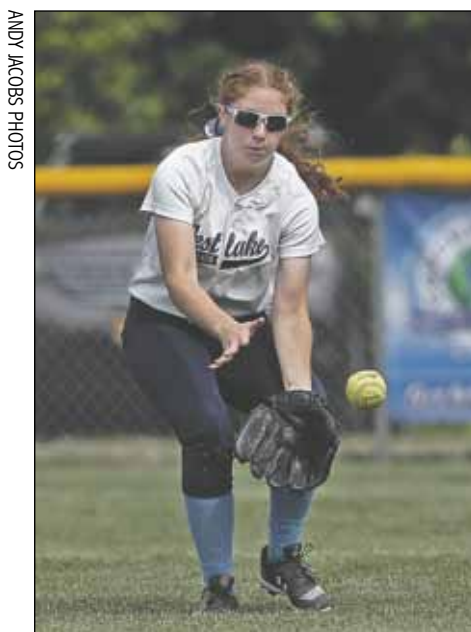
"It's definitely frustrating to feel like everything's going against you," said Brunetto. "But even if things do feel like they're going against you, you've got to finish. That was the goal, to finish, and really celebrate what we've done instead of focusing on the fact that we were down and this was likely going to be the end."

Susquehanna Valley didn't let up, though, and in the seventh scored three more times, getting an RBI single from Ava Spottek and a two-run double by Alexandra Deeter. In their final turn at the plate this season, the Wildcats got a one-out single to center field by Guarnieri before Pappas ended the game by retiring Perino on a grounder to second and

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Daniella Mulvey swings the bat in Saturday's game vs. the Sabers. She had two of Westlake's four hits.



Westlake right fielder Kristin Pierce fields a bloop single in Saturday's Wildcat loss to Section 4's Susquehanna Valley in the state semifinals.



Angelina Guarnieri of Westlake bats during Saturday's Class B state semifinal game up in South Glens Falls.





Westlake junior Jamie Perfito hits a foul ball down the left-field line in the Class B state semifinal game.

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striking out Dragonetti.

"The only thing I can think about right now," said Mulvey, one of seven talented seniors in the Wildcats' starting lineup, "is I couldn't have asked for a better season with better people. Senior year is supposed to be special, and everyone knew that senior year's like your last season. It's gonna be special. But the girls I've played with this year, and the journey we went on, made it 10 times more special. I couldn't have asked for anything else."

Brunetto, the standout southpaw who pitched four consecutive shutouts in the Wildcats' march to the sectional championship, was overcome with emotion as she walked off the field for the final time in a Westlake uniform.



Dejected Westlake players stand along the first-base line during the brief awards ceremony following their loss to Susquehanna Valley in the state semifinals.

"Definitely you're going to remember coming here, you're gonna remember the region, you're gonna remember the section. But I'm gonna remember these people more than anything," she said, her voice breaking and tears rolling down her cheeks. "We've played together since we were seven years old. To look around and see the same faces for 12 years of my life, the titles don't matter at the end of the day. It's what we've accomplished together."

When the final out ended the one-sided contest, Brunetto, who had to overcome a hip ailment to achieve what she did this season, was on the receiving end of some words from her coach.

"I told her right after the game I'm so proud of her," said D'Angelo. "She's all heart and there's not an ounce of quit in that kid. She'll go out there and she'll give you everything she's got no matter what it is. Whatever she's got, she's gonna give it to you. She's been great for this team."

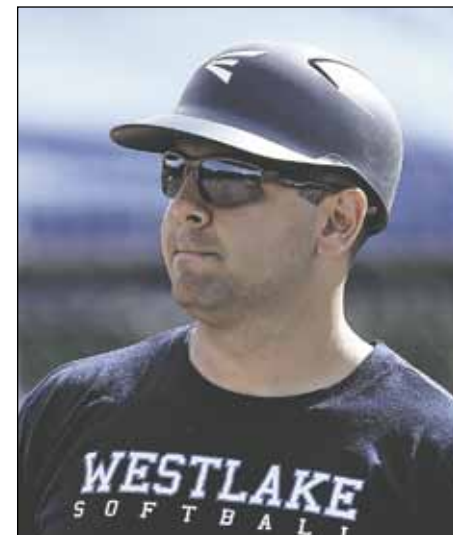
Despite the disappointing finish, D'Angelo's first season at the Wildcats'



Westlake catcher Kelly Pierce throws to first base after fielding a bunt in the Class B state semifinal against Susquehanna Valley.

helm turned out to be one he won't soon forget.

"It's been an awesome ride for me," he said. "For them, I can only imagine. But, for me, it's been an awesome ride to sit here and watch them do so much



Westlake head coach Mike D'Angelo looks on as the Wildcats' quest for a state title ends with a loss to Susquehanna Valley.

and come so far and step over so many hurdles and do it with class and really do it the right way."



ANDY JACOBS PHOTOS



Wildcat second baseman Laine Peterson fields a late throw to first on a sacrifice bunt in Saturday morning's state semifinal loss to the Sabers of Section 4.



The Wildcats' Allison Brunetto delivers a pitch in the Class B state semifinal game against the Susquehanna Valley Sabers.

Westlake senior first baseman Nicole Dragonetti awaits a pitch as she bats in the state semifinals on Saturday.



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