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September 18 - September 24, 2018

SMALL NEWS IS BIG NEWS

Volume 12, Issue 576

Sidewalks, Curbing for Downtown Chappaqua Delayed Until Spring

By Anna Young

New Castle officials were discouraged after recently learning that curbing and sidewalk work for the downtown infrastructure and streetscape project would be delayed until next spring.

Steve Boswell, of Boswell Engineering, said last Wednesday that he anticipates storm drainage improvements will be completed by the end of the month and repaving will be finished by Thanksgiving. However, the onset of winter would delay the sidewalk and curb repair.

Originally, the target date for project completion was late this year in time for the holiday season, although certain minor items weren't likely to be done until spring 2019.

"From a practical standpoint you don't want to be pouring concrete in December anyway," said John Kazawic,

the project manager overseeing the work. "You don't want to pour the concrete until you finish the drainage."

Kazawic said the delay would also provide Con Edison time to remove utility poles that are on sidewalks and that the work would resume in early spring. Boswell noted that Con Ed still has more work to do.

"The job is going well but it never goes as fast as anyone wants," Kazawic added. "You really don't want to do the sidewalks except in areas where the poles have already been removed because otherwise it's a bad job and we want to give you a good job."

Boswell noted that the installation of a traffic signal at South Greeley and King Street would also be delayed until after the repaving has been completed.

Last week, Town Board members

continued on page 2

Harckham Survives Dem Primary; Turns Attention to Murphy

By David Propper and Martin Wilbur

Former Westchester County legislator Pete Harckham declared victory over first-time candidate Robert Kesten late last Thursday night in a closely-contested Democratic primary for the 40th state Senate District seat.

With about 90 percent of the district reporting and ahead with 52 percent of the vote, Harckham quickly turned his attention to his general election opponent, Republican incumbent Terrence Murphy. He blasted Murphy for his support of President Donald Trump and said it was time for voters to select someone who would fight for "Hudson Valley values."

Harckham said the days of "fear and demagoguery" that he believes Murphy pushes are over.



DAVID PROPPER PHOTO

Former county legislator Peter Harckham addresses supporters at his campaign headquarters in Mount Kisco near midnight last Thursday after defeating Robert Kesten for the Democratic nomination in the 40th state Senate District.

"We're going to be fighting for Hudson Valley values and not Donald Trump

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Community Spirit



MARTIN WILBUR PHOTO

The Chappaqua Rotary Club held its annual Community Day last Saturday as crowds gathered on a beautiful September day to take advantage of the weather and the fun. For more photos from the event, see page 11.

Mt. Pleasant Highway Garage Roof Replacement \$800G Over Projection

By Neal Rentz

The roof replacement project for the Mount Pleasant Highway Department garage is expected to cost about \$800,000 more than originally estimated because of structural deficiencies that have been discovered in the building.

Supervisor Carl Fulgenzi said the anticipated cost for the work on the Columbus Avenue facility has risen to \$2.1 million after it was found that footings and columns need to be installed to provide additional support for the structure and new roof.

Fulgenzi said a new roof has been needed for several years. It will be a pitched roof, which was preferred by town officials to match what was previously placed on the rear garage building. Along

with a better appearance, it will have a longer lifespan, Fulgenzi said.

"We are looking forward to starting the work as soon as the materials are delivered and interior footings and columns are completed," he said.

The current flat roof "has been a constant headache over the years" and can no longer be patched, he said.

"The roof is really super bad," Councilman Thomas Sialiano said.

The Town Board voted unanimously last week to accept the bid from Millwood-based Abbott & Price for \$2.1 million. The board also agreed to increase the bond for the project from \$1.5 million to up to \$2.5 million as a result of the new estimate.

Fulgenzi said the board has been

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Sidewalks, Curbing for Downtown Chappaqua Delayed Until Spring

continued from page 1

requested an updated schedule on the project after receiving numerous questions and complaints from

residents. Town Administrator Jill Shapiro said officials want to give notice to residents and merchants on what to expect but are struggling to provide

accurate information.

Boswell and Kazawic agreed to submit a project update, but Shapiro questioned if the sidewalks could start next month if Con Edison removed all of its poles. She said residents would be excited to see some sidewalks completed so they have an idea of what the final project will look like.

Kazawic said if Con Edison worked swiftly they could repair some of the curbing and sidewalks before winter.

Supervisor Robert Greenstein added that the public is tired of the construction plates and bumpy roads

downtown. He agreed residents would be happier if they saw some movement on the sidewalk and curbing project before the end of the year.

Kazawic said most of the project, including the underground drainage and sewer lines, is done even if the downtown still looks like a construction zone.

"The majority of the work has been completed but they (residents) don't see any of it," Kazawic said. "The good stuff comes last."

Bears in Your Backyard Lecture Monday at Chappaqua Library

Join Budd Veverka for an in-depth look this Monday, Sept. 24 at the Chappaqua Public Library at the new arrival to backyards – black bears.

From walking your dog to feeding the birds, learn how to peacefully co-exist with these large charismatic mammals. Discover the research being conducted by Mianus River Gorge and their regional partners to map black bear occurrences and movements in Westchester, Putnam and Fairfield counties. Get an understanding of black bear biology and why black bears are moving into our area.

Budd is the preserve manager and staff biologist at Mianus River Gorge, Inc. He has a bachelor's degree in wildlife from Unity College in Maine and a masters in biology from Eastern Kentucky University as well as experience with black bears and black bear research in Pennsylvania, Maine, West Virginia,



A bear that was spotted in the vicinity of Beverly Road in Mount Kisco last Saturday.

Kentucky and Indiana.

The program, co-sponsored by the New Castle Police Department, the Chappaqua Public Library and the New Castle Conservation Board, is scheduled to start at 7 p.m. The Chappaqua Public Library is located at 195 S. Greeley Ave. in Chappaqua.

Mt. Pleasant Highway Garage Roof Replacement \$800G Over Projection

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working on the estimate for more than a year, trying to find the best materials, design and procedures to accomplish the required work most efficiently.

The project is not expected to cause a major inconvenience to the Highway Department. Certain bays will be required to be vacated during construction but the majority of the work will be completed without disruptions, Fulgenzi said.

Also included in the project will be new and more efficient garage heaters. Additionally, single-pane windows will

be replaced with more energy-efficient windows and there will be upgrades to the building's offices.

"The work on this building as with all the other work we are doing in town and on our buildings has been put off for many years due to economic reasons," Fulgenzi said. "The improvements in the economy along with the positive development we have seen over the past few years enables us to make these improvements while maintaining and working within the tax cap and a tight rein on the budget."

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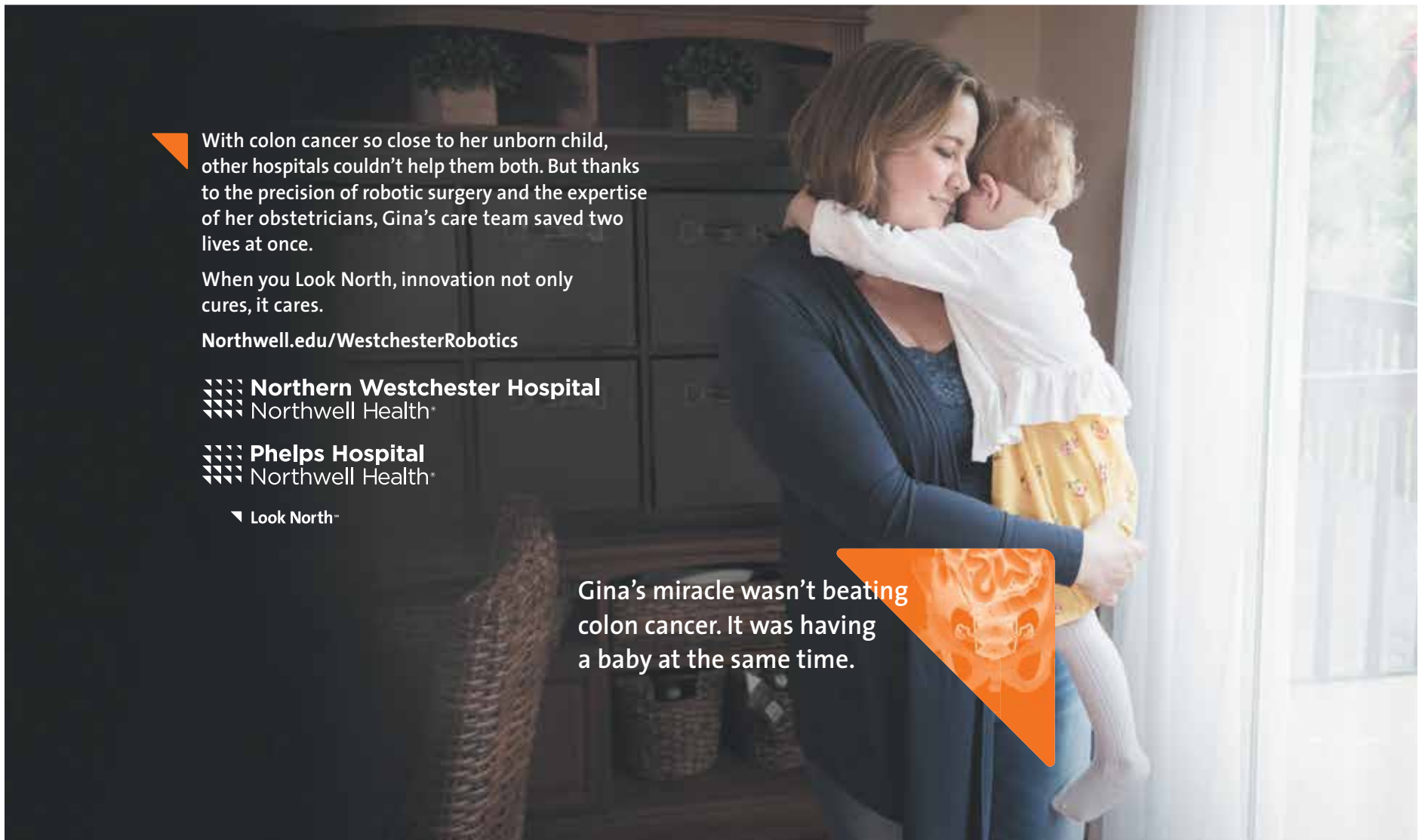
Northwell.edu/WestchesterRobotics

Northern Westchester Hospital
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Look North

Gina's miracle wasn't beating colon cancer. It was having a baby at the same time.



Proposed Payments in Lieu of Parking for Downtown Armonk Weighed

By Martin Wilbur

The Town of North Castle is considering a local law that would allow the Planning Board to charge applicants a fee in lieu of some or all of their required parking in Armonk's commercial business zone.

Supervisor Michael Schiliro said the proposed law would provide the town the flexibility to approve a project that it deems would be beneficial to the community but would come up short on the requisite parking. It would also create a fund to help pay for or partially offset the costs to build additional parking.

"So the idea being we can start a fund, accept payment and that would be used toward additional parking and identifying sites in the future," said Director of Planning Adam Kaufman.

Under the current proposal, the payment would be \$12,000 for each parking space the applicant falls short of complying with the code, Kaufman said. That number is still subject to change, he said.

Officials are only considering the commercial zones (CB and CB-A) and the RO zone in Armonk because potential sites for additional parking have already been identified, Kaufman

said. New parking sites have not been targeted yet for Banksville and North White Plains.

Possible locations for additional parking in Armonk include Wampus Park South, the Verizon or Citibank properties or Kent Place, although the latter would require work in the wetlands buffer. Kaufman said that the town could also extend the newly expanded parking area behind Hergenhan Recreation Center.

"The more parking that we can build, that we can have the better it can be for downtown," Schiliro said.

The tentative \$12,000 payment per space is based on estimates the town has made for projected costs on building more parking, he said. Schiliro said the cost to build additional parking generally averages between \$10,000 and \$15,000 a space.

Last week, the Town Board opened the public hearing but immediately adjourned it until it receives an advisory opinion from the Planning Board. The Planning Board has not had all five of its members on hand for the past couple of meetings.

Kaufman said the it is expected that the Planning Board will discuss the matter at one of its October meetings.

Fitness and Fun at Armonk's Cider and Donut Festival This Sunday



Pie-eating contests and the Run for Love, a 5K race, are two of the many attractions at the annual Armonk Chamber of Commerce Cider and Donut Festival, scheduled for this Sunday at Wampus Brook Park in Armonk.

The Armonk Chamber of Commerce's Cider and Donut Festival will be held this Sunday, Sept. 23 from 9:15 a.m. to 2 p.m. at Wampus Brook Park on Maple Avenue in Armonk. The festival is the chamber's biggest event of the year and is packed with fun for the whole family.

It includes the 5K Run for Love and two children's races, with t-shirts, goody bags and snacks for the runners. Registration is open at www.armonkchamberofcommerce.com.

There is also the Byram Hills Pre-School Association Carnival featuring fun rides, attractions and games. At the festival, local merchants will offer kid-friendly activities and giveaways; food trucks, barbecue and ice cream; hot donuts by Beascakes and fresh apple cider; fun fall activities, including pie-eating contests and donut fishing; and live music by Vinyl Countdown.



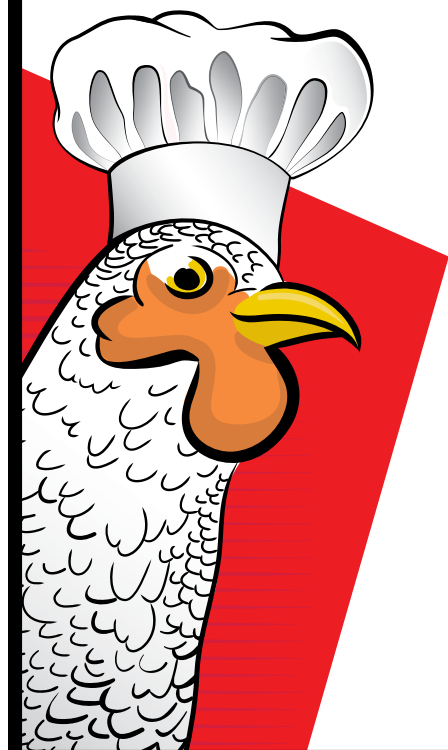
The Donut Dash, for children two to eight years old, gets underway at 9:15 a.m. followed by the McIntosh Mile for children of all ages at 9:25 a.m. The 5K Run/Walk starts at 9:45 a.m.

The Byram Hills Pre-School Association Carnival and the Cider and Donut Festival is open from 10 a.m. to 2 p.m.

Fresh apples and cider are an Armonk tradition, dating back to 1951, when Ed and Mary Schultz opened their renowned cider mill in town. In 1965, they added hot donuts, and that recipe has endured, even after the mill closed in 2002. Locals still hunger for those memories and get to relive them at the annual fall festival.

Net proceeds from the event benefit children's programs at the North Castle Public Library, the Byram Hills Pre-School Association and the Armonk Chamber of Commerce.

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Harckham Survives Dem Primary; Turns Attention to Murphy

continued from page 1

values," Harckham said.

He said he wants to expand voting rights, enact stronger gun safety legislation, codify abortion rights and pass the Child Victims Act.

Harckham, who entered the race late after a couple of other Democrats decided against a run, touted his experience as a former Westchester County lawmaker, serving as majority leader for four years, and as a former staffer in Gov. Andrew Cuomo's administration.

Arguing he had the best chance to beat Murphy in November, Harckham thanked supporters and those who endorsed him, including Westchester County Executive

George Latimer, Assemblywoman Sandy Galef, Assemblyman Thomas Abinanti and former congressman John Hall.

Even with the slate of endorsements and strong name recognition, Harckham said his campaign was still "racing against the clock" against Kesten, who had been campaigning for more than a year.

"We knew we had a lot of ground to make up and we just wondered if we had enough time," he said. "And we did."

Kesten delayed his concession Thursday night, saying that the margin was close enough to make sure all votes were counted. Kesten said he spoke with Harckham the following morning and planned to support him in the general election.

He announced his candidacy late last summer and for many months was the only Democrat in the race, although at least two others in the district toyed with running. However, in May, Cuomo asked Harckham to enter the race and the complexion of the race changed drastically.

Kesten said there may have been a few things he could have done differently but didn't know whether anything would have changed the results once Cuomo involved himself in the campaign.

"I think that we could have never eliminated the role the governor played and the impact that his position had eliciting support of other elected officials and the endorsements," he said. "There was almost nothing we could have done to counteract that."

He said it was encouraging to see six of the eight ICD Democrats lose their primaries, but that there needed to be wholesale changes in the system, most notably the outsized role that money plays in campaigns.

With a relatively short turnaround between the primary and Election Day, Harckham said it was time to immediately get back into campaign mode.

"We've got a lot more work to do," Harckham added.

Some of that work includes drawing in Kesten's supporters who are part of several grassroots organizations and are generally

further to the left on the political spectrum. Harckham asked for their support and pledged to his voters who might feel disenfranchised by the Democratic Party he would be accountable to them.

"Your message is valid and we do hear you," Harckham said.

Murphy's campaign was quick to send out a statement last Thursday night, acknowledging Harckham as his opponent even before he declared victory.

"After an underwhelming primary Senator Murphy is looking forward to putting his stellar record up against an opponent who spent nearly every nickel to survive Thursday's primary, who's (sic) last known job was Governor Cuomo's bagman," part of the campaign statement read. "If the future of New York State wasn't at stake it would be laughable."

Following his remarks to his supporters, Harckham called Murphy a "buffoon" for allowing his campaign to send out such a statement. From the outset, Harckham said Murphy's campaign has been divisive and that he won't get into the gutter with him, instead focusing on the issues.

"He should be ashamed for putting stuff out like that," Harckham said. "A sitting New York state senator should be ashamed of the crap that comes out of his office and people want a different tone and that's what we're going to be bringing to this race."

Armonk's St. Stephen's Youth Program Benefit This Friday

"Reelin' In the Years," a lively and fun evening of dancing and dance music from the 1960s through the '90s, will be held on Friday, Sept. 21 from 7 to 10 p.m. in the Quaker Meeting House at the Smith's Tavern Historic Complex, located at 440 Bedford Rd. in Armonk. The evening also includes hearty hors d'oeuvres, beer, wine and non-alcoholic beverages.

A minimum donation of \$50 per person or \$100 per family (middle school-aged children and up) is suggested. Proceeds benefit community youth programs associated with St. Stephen's Episcopal Church in Armonk. Tickets are available at www.ststephensarmonk.org/events or at the door the night of the event.

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Rubeo Routs Duffy in Mount Pleasant GOP Town Justice Primary

By Neal Rentz

Mark Rubeo has spent many years in service to Mount Pleasant, including time on the Town Board and Planning Board. Starting Jan. 1, Rubeo will continue in his latest role as town justice.

On Thursday, Rubeo routed Michael Duffy by a more than 2-1 margin in the Republican primary for the seat. Unofficial results from the Westchester County Board of Elections late Thursday night showed Rubeo leading 571-239.

Rubeo, 47, an attorney with a general practice in town, will be unopposed in

November. He will also appear on the Conservative, Independence and Reform party lines while no Democrat entered the race.

"I'm just grateful to the citizens of Mount Pleasant," said Rubeo who spent eight years on the Town Board and five years on the Planning Board.

Rubeo was appointed interim justice by the Town Board to replace Nicholas Maselli, who resigned last spring. Rubeo was sworn in June 2 to complete the final year of Maselli's term, which ends Dec. 31.

Duffy said he was disappointed by the

large margin of defeat but was unable to overcome the support of the Republican establishment. Plus, Rubeo's "been a town fixture forever."

"He had the Republican Committee machine behind him," Duffy said.

Despite his defeat Duffy, 66, said he planned to stay active in local politics. He said his decision to challenge Rubeo should be a message to the town Republican Committee that there are party members who are willing to challenge the status quo.



Interim Town Justice Mark Rubeo defeated his challenger, Michael Duffy, last week in the Republican primary. Rubeo is unopposed in November.

Help for Teens with Social Anxiety, Executive Functioning Skills

Cognitive Behavioral Consultants (CBC), which provides an array of clinical and wellness services for individuals, parents, teens and schools, has announced two fall groups for high school students. The first group, which focuses on executive functioning skills, will begin Monday, Oct. 1 and the second group focusing on social anxiety, will start on Wednesday, Oct. 3. The groups will be held at CBC's offices at 1 N. Broadway in White Plains.

The executive functioning skills group will run Monday evenings for 10 sessions from 5:30 to 7 p.m. This group is for students who could benefit from:

- Creating, prioritizing and maintaining a calendar of appointments, responsibilities

and deadlines.

- Organizing papers, notebooks, living space and e-mails.
- Learning how to get started on assignments/projects and work to completion.
- Breaking down large projects into component parts with an action plan.
- Developing strategies for reducing procrastination, minimizing distractions and troubleshooting challenges.
- Study and essay writing skills.

The social anxiety group will run Wednesday evenings for 12 sessions from 5 to 6:30 p.m. This group is for students who would benefit from:

- Reducing anxiety in social settings

through practice and real-life activities.

- Developing strategies for challenging worry thoughts experienced in social situations.
- Enhancing their conversational skills including starting, maintaining and ending conversations.
- Assertiveness skills and learning to say no effectively.

The cost of each group session is \$125 per session or \$115 per session for those attending both groups. More information can be obtained by contacting Dr. Michelle Greenberg at 914-385-1150 (option 1).

For more information, visit www.cbc-psychology.com/wp-content/uploads/2018/09/Fall-EF-SA-2018-2.pdf.

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Workshop Helps Mt. Kisco Seniors Write the Story of Their Lives

By Martin Wilbur

When a group of 15 seniors signed up to participate in an eight-week Life Stories Writing Workshop at Mount Kisco's Fox Senior Center earlier this year, most had never been asked to share personal details of their lives, much less express them on paper.

But the group of 14 women and one man, encouraged by workshop leader Cindy Beer-Fouhy, ignored whatever hesitations they may have had and combined for more than 90 pages of sometimes sad, sometimes hilarious, oftentimes inspirational but always fascinating stories from their life experiences.

Last Wednesday, each one of the participants shared a sample of what they had written with the group and a roomful of their peers at the senior center. Some fought back tears as they or Beer-Fouhy read their selection.

"So many cultures, so many different lives, yet there's one recurring theme, which is what's all over the world – family, love fear," workshop participant Leila Dabby said.

The workshop was part of Lifetime Arts' Creative Aging in Westchester County initiative and was funded through a grant from the Westchester Community Foundation.

Beer-Fouhy said she recalled what she asked of the seniors to put their minds at ease – write from your heart and your

memory.

"I say to them write what you remember. I said I remember this quote I heard: Memory is not what necessarily happened, it's what you remember happening and so you're going to have a chance to create your version of what happened in your life," Beer-Fouhy explained. "Everyone just relax. No one is going to hear what your sister is going to say. Let her write her own version."

The stories were riveting, focusing on the joys and the heartbreaks Bok Ahn read her story of how as a child her family was on the run during the first days of the Korean War. Merle Winokur retold the story of how she met her husband, married, divorced and in his final days said the three words she had waited to hear from him for 50 years while Frank Browne wrote of how he met his wife because he quit smoking and despite being slowed by a stroke six years ago, how lucky he has been.

Lisa Gorn said the class rekindled her love of writing. As a child Gorn would often write but as years went by she stopped. She loved the opportunity to share some of her memories, and at her age, there's no embarrassment.

"At 84, there's nothing that I've done that other people haven't done, so it doesn't matter," Gorn said.

Yvonne Orr said when her husband, a photographer at the United Nations, passed away six years ago she saw how important it was to keep memories alive.



MARTIN WILBUR PHOTO

Cindy Beer-Fouhy, standing, who led the group of 15 seniors in a writing workshop, was surrounded by most of the participants during last week's reading of their pieces at the Fox Senior Center in Mount Kisco.

"It was so wonderful to have his stories after he passed," said Orr, who sometimes drove down from her second home in Massachusetts for the workshop. "So I thought my kids and my grandkids would appreciate it, and not only that, but the funny thing is it made me remember so many things."

Liz Dieter, recreation director for the senior center, said she was grateful that the center was selected as one of six facilities in the county to receive the grant. She was impressed with how adventurous the workshop participants were once they

received direction and encouragement.

Dieter believes that having the write their experiences, which were put together into a collaborative book handed out at last week's reading, has improved their lives.

"What I hoped is it would give people another avenue to be creative," said Dieter, who mentioned that the next workshop begins in October. "The most amazing thing about these seniors in Mount Kisco is they will try anything. Sometimes you just need to try something to really change your life for the better."



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EX-18

Mt. Kisco Gym Helps Patients Take the Fight to Parkinson's

By Martin Wilbur

There may not yet be a cure for Parkinson's but an increasingly popular program at Mount Kisco's Lexington Avenue Gym has been helping area residents stave off many of the effects of the debilitating disease.

Since 2016, the facility has been offering Rock Steady Boxing classes, a 75-minute session that meets three times a week focusing on motor skills, hand-eye coordination and balance of its participants.

There are warmups and cool-downs like at any gym, but the program is geared toward teaching some of the same skills fighters need in a boxing ring to evade an opponent, albeit with no contact.

Trainer Percy Thomas said the regimen also works on posture, flexibility and stepping over and around objects.

"Then you get to the fight part where you're running, you're getting in shape, using your cardio, using your built-in muscles, learning how to fight the disease," Thomas said. "You're boxing but you're also learning how to fight the disease."

While those with Parkinson's are usually prescribed medication, exercise is an important component to ward off many of the disease's effects, said Nicole Prisco, an advancement officer for the Michael J. Fox Foundation, which has



MARTIN WILBUR PHOTO

Trainer Percy Thomas, right, hands out a medal to one of the participants in Lexington Avenue Gym's Rock Steady Boxing, a program designed to help people with Parkinson's disease.

contributed more than \$800 million in global research to help find a cure.

She said the Rock Steady Boxing, a national program with currently 694 locations throughout the United States, has been recognized as an important part of keeping Parkinson's sufferers healthy and independent.

"It helps with the hand-eye coordination," Prisco said. "Hopefully, it will reduce falls and help with your balance. These are all good things that medication will not necessarily handle. It's very important to keep up with it."

Rock Steady has won over the participants at Lexington Avenue Gym, some of whom began training with some skepticism. At the outset two and a half years ago, there were classes of five participants, said Nina Preizler, the owner of the gym. Today, classes typically see more than 25 patients in a session, she said.

Lexington Avenue Gym is one of only two facilities in Westchester that offers Rock Steady Boxing (the other is in White Plains), so as its benefits become more widely known, so is the demand.

"My original Rock Steady members are still with me and they've been there to witness the growth of this program," Preizler said. "Our classes are an important element in their treatment regimes and seeing them improve their abilities every week is extremely fulfilling."

Linda Golay, who started taking the classes about a year ago, said she has noticed an improvement in her strength, balance and flexibility.

"It's been a very pleasant experience for me," Golay said. "I think we can all benefit from this program. I just wish there were more of them and not so far away, so everyone can take advantage of the program."

Another participant, Elena Rodriguez, said the classes have helped her physically but also with her self-confidence. She had

worked hard at concealing her shaking hand and other symptoms associated with Parkinson's, but that was doing more harm than good.

In addition to exercise, socialization and healthy eating habits are essential to maintaining good health with Parkinson's.

"I don't know how Nina did it, but my attitude, because of Rock Steady gym, the fighter in me came out in me," Rodriguez said.

Last Friday, the gym, representatives of The Michael J. Fox Foundation and Northern Westchester Hospital recognized the Rock Steady class members for their commitment. Patient advocate Gary Rafaloff, who was diagnosed in 2012 with Parkinson's and is a Rock Steady Boxing participant, urged others to participate in clinical trials to help speed research and the race for a cure.

Rafaloff said that while money is always one obstacle, the biggest challenge is that 85 percent of the trials are delayed or canceled because of a lack of participation.

Trainer Kris Geier said he's often amazed at the participants' strength. He and his colleagues work the classes hard but it provides camaraderie.

"It's fun, it's got to be fun, it's fitness, so it's just a fantastic experience if you get an opportunity," he said. "I would say you've got to give it a try."

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Pair of Rockettes Spend Time With Children in Chappaqua

By Martin Wilbur

It may still feel a bit like summer, but it's only a couple of months before shoppers drive themselves ragged looking for all the right gifts and start hanging their holiday decorations.

Last Wednesday, there were two visitors at the Chappaqua Public Library who were already in the swing of the holiday season.

Natalie Reid and Mindy Moeller, two Radio City Rockettes, helped children and their parents with an arts and crafts project as part of a community outreach effort by Radio City Music Hall and the world-famous dancers. This year, The Rockettes were guests at six metropolitan area libraries, including Chappaqua, before rehearsals start at the end of the month for their signature show, The Christmas Spectacular.

"It's just kind of an outreach we do before the Christmas season starts, to get in the community," said Reid, who is in her eighth season as a Rockette. "This year we did some arts and crafts with the kids and really get to interact with our young and our old fans."

Dressed in their "12 Days of Christmas" red, white and green outfits they wear in the show, Reid and Moeller spent more than an hour assisting the children build a small glass with white holiday lights. Some of the adults joined in the activity as well.

Children looked in on in awe. After all,

everyone knows about The Rockettes. The Christmas Spectacular, which made its debut in 1933, has been one of the annual traditions that has linked the generations, Reid said.

"It's timeless. It is a show unlike any other," she said. "It just transforms Radio City Music hall into this Christmas wonderland. But I think the most important thing is who you're seeing the show with. I think that's the coolest thing to seem, is these moments that are made and the traditions that are formed year after year, from grandparents who are now

bringing their grandkids because their parents took them years ago."

The visit to Chappaqua comes just before The Rockettes will begin their grueling schedule in preparation for this year's show. Starting Sept. 29, the 80-member dance company will rehearse six hours a day, six times a week. In every show, there are 36 dancers on the line. The Christmas Spectacular opens Nov. 9 and runs through Jan. 1.

"It makes our job even more special to be able to have these interactions," Reid said.



MARTIN WILBUR PHOTO

Radio City Rockette Natalie Reid helps children build a holiday-themed arts and crafts project last week as part of an outreach effort before the dancers begin rehearsals for The Christmas Spectacular.

Search for Seven Bridges Middle School Principal, Assistant Underway

By Anna Young

The Chappaqua School District is kicking off the new school year in search of a new principal and assistant principal for Seven Bridges Middle School.

Assistant Superintendent for Human Resources and Leadership Tony Sinanis said the search for an assistant principal is already underway. He said the district received more than 100 applications for the position. The screening process started last week.

"We're excited because the assistant principal pool was great," Sinanis said at the Sept. 12 Board of Education meeting. "A lot of sitting assistant principals are looking to be part of our community, which is a

wonderful thing."

Longtime educator Lis Kor was appointed interim assistant principal at Seven Bridges last month. Kor replaced Gregory Stiefel after he was named principal of Tuckahoe Middle School.

Applicants will undergo an extensive interview process and site visits with administrators. Several committees are also active in providing input, Sinanis said. He anticipates there will be an applicant for the administration and Board of Education to consider by the end of October.

While district officials are handling the process to fill the Seven Bridges assistant principal position, they hired a firm to advertise and screen applicants

for the school's principal vacancy. The firm will hold focus groups with students and faculty to get a sense of the type of leadership sought. Afterward, candidates will be presented to the administration for interviews.

Linda Langiulli was appointed interim principal last month to fill the vacancy created by Andrew Corsilla. Corsilla was recently chosen as the principal of Horace Greeley High School, following Robert Rhodes' sudden departure in June.

Sinanis anticipates a candidate will be appointed in November.

"We're excited about the work that is coming," Sinanis said.

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Police Blotter

North Castle Police Department

Sept. 7: A party arrived at headquarters at 10:57 a.m. to report a missing front license plate (NY registration HRV 3862). Report taken and the party received a completed MV-78B form to provide to the Department of Motor Vehicles.

Sept. 8: Report of highway debris on Washington Place East at 2:21 p.m. The responding officer arrived at the location pertaining to a refrigerator on the side of the roadway. Matter adjusted.

Sept. 9: Report of an 11-year-old boy

with a fractured wrist on Tripp Lane at 12:59 p.m. The responding officer reported the party was transported to White Plains Hospital.

Sept. 9: A complainant arrived at headquarters at 1:42 p.m. to report a subject had left the scene of a motor vehicle accident that occurred in the past at the Townhouse Diner on North Broadway.

Sept. 10: State police transferred a 911 call at 10:49 p.m. with a female party coughing on the line and a male party heavily slurring his words. Police were unable to get the location of the parties or nature of the call before

being disconnected. A longitude and latitude search revealed the parties were calling from Niles Avenue. The responding officers reported there was a party occurring at the listed location. The homeowner was on the scene and Alcoholic Beverage Control law violations were issued. A subject was transported to Northern Westchester Hospital.

Pleasantville Police Department

Sept. 7: A 41-year-old Pleasantville man was arrested at 8:48 a.m. outside Mavis Discount Tire on Marble Avenue

after attempting to steal a tire. He was processed and released.

Sept. 10: Police are currently investigating a matter of sexual harassment after a resident filed a complaint at 11:40 a.m.

Sept. 15: An arrest was made at 8:31 p.m. following a domestic dispute. Police would not provide additional information.

Sept. 16: A 24-year-old Waterbury, Conn. man was arrested at 1:27 a.m. on Manville Road for driving with a suspended license following a traffic stop. He was processed and released.

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Dutchess Man Pleads Guilty in Briarcliff Road Rage Fatal Stabbing

A Dutchess County man pleaded guilty Monday to first-degree manslaughter in Westchester County Court in a fatal road rage stabbing last year of another motorist on the Taconic Parkway near the Briarcliff Manor exit.

Christian Walczyk, 22, of Lagrangeville, was arrested following the May 27, 2017, incident. At about 10:25 p.m., he was traveling southbound in his BMW sedan on the Taconic when at some point he pulled directly in

front of an Acura SUV, according to the Westchester County district attorney's office. The driver of the SUV, Daniel Siino, who was accompanied by his wife, was forced to brake suddenly.

Siino then tried to pass Walczyk's car but was unable to do so. Shortly afterward, both drivers pulled their cars onto the shoulder just north of the Briarcliff Manor exit, authorities said. Siino walked toward Walczyk's car, which prompted Walczyk to get out of

his car, brandishing a fake badge while concealing a folding knife behind his back.

While the two were face to face, Walczyk stabbed Siino twice in the chest. Siino got back to his car, and his wife sped off while calling 911. He later died from his wounds.

Walczyk was indicted by a grand jury last October. He faces up to 25 years in prison when he is sentenced on Nov. 18.

—Martin Wilbur

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A Day of Community Fun for Chappaqua



It was a busy scene on Saturday near the Chappaqua train station. That was where the Rotary Club of Chappaqua held its annual Community Day, a chance for residents to mingle with friends and neighbors, have the kids participate in one of several activities, including pony rides, buy a snack, listen to some live music and learn about a variety of service organizations. The Rotary also held a community blood drive, where much-needed donations were welcomed. It was a day where community spirit shined brightly.



MARTIN WILBUR PHOTOS



ATTENTION! Is Back Pain Limiting Your Daily Activities or Exercise? If so, READ BELOW!

By: Joseph Rendina, PT, DPT, OCS



It's bothersome that people believe pain medication, rest, and lack of activity is their only option for pain relief. Because IT'S NOT. All these modalities do is mask the pain you are feeling. Therefore, it is important to be an informed consumer and not just listen to the words of others.

I want to educate you so you can take action to relieve pain. I will get you back to a life you enjoy, without the use of pain medication or masking modalities!

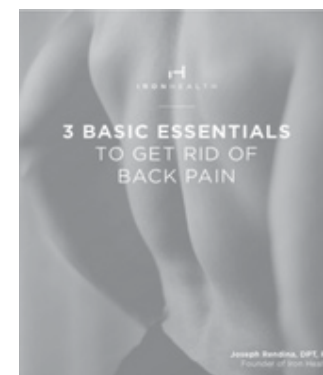
Were you ever told that back pain is one of those things that will never go away? And as we age, back pain becomes a normal part of your day-to-day life? Or even worse, has a doctor told you there is no remedy to your back pain; that medication and rest are your only options for relief?

If you're aged 35+ and answered "YES" to any of those questions, then pay close attention to what I am about to tell you. It will restore your family life, get you back to exercise, and allow you to return to everyday life without limitations! If you're not the one suffering from back pain but know someone who is, then please read on because this valuable information will benefit you and them!

In my report, I explain 3 drills that will help you manage and rid your back pain. Allow me to help you get back to the active lifestyle you love! Read my report,

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Column

What Every Senior and Caregiver Should Know to Reduce Falls

By Sonia Rapaport

If you care for someone over 65 years old who is looking to age safely and independently at home, I am sure you have thought about – maybe even agonized over – their risk of falling.

And with good reason. Falls are the leading cause of unintentional injury among senior citizens and the result of more than 2.8 million emergency room visits, according to the U.S. Centers for Disease Control and Prevention.

Those odds may sound scary but falls are not an inevitable or natural part of aging, and can be significantly reduced – and even prevented – by implementing some practical lifestyle adjustments.

One lifestyle change, used by one-quarter of senior citizens in America, is the addition of an assistive mobility device into one's daily routine. Assistive devices run the gamut, from simple canes and rollators (a rolling walker or walker with a seat) to sophisticated scooters. If used properly, it can help aging loved ones live mobile, independent lives.

However, without proper device education for users and caregivers, assistive devices could increase the likelihood of falls.

To commemorate Healthy Aging Month (September) and National Falls Prevention Week (Sept. 22-28), here

are some helpful tips related to mobility devices for clinicians, home health aides and family caregivers.

Find the appropriate device for your needs. Walkers, canes and rollators come in a variety of styles and sizes for people who need increased stability and support. If shopping for a cane, ask yourself does it have a sturdy, comfortable grip? Is it a good length, with or without my regular walking shoes on? These details will prove critical in ensuring safety.

Don't forget that needs change over time. As people heal from injury or grow frailer with age, their mobility – and with that, their recommended device – changes. For example, if a patient who normally uses a rollator is experiencing increasing balance issues, a home health aide or nurse care manager assessing the situation would likely switch them to a standard walker, trading in slightly less mobility for more overall stability.

Consider your environments. It is not uncommon for people to change the devices they use in different situations. For example, one of my clients uses a two-wheeled walker (with slit tennis balls on the back legs) to get around the house, but switches to a four-wheeled rollator for neighborhood strolls. While his rollator expends less energy than his walker, allowing him to cover more

ground more quickly outside, the large device is much too unwieldy for him to use inside his apartment.

Don't let comfort override safety: Whenever possible, people should be able to maintain a natural gait when using a mobility device. For devices that offer seating, users should exercise caution. For example, rollator users need to engage brakes before sitting and reach behind the seat to ensure it is firmly in place before sitting down. Caregivers should never push or pull the walker when someone is seated.

Thoroughly review guidelines. A mobility device can be dangerous if both the user and caregiver do not understand how it works. Elements that vary from device to device, such as brake and safety use and collapsibility, will require close supervision of the caregiver. Speak to a device company professional, clinician or trained pharmacist to have the device properly fitted to the patient and for a review of best practices.

Sonia Rapaport is a physical therapist and rehabilitation instructor with the Visiting Nurse Service of New York and its private pay affiliate Partners in Care. For more information, call 212-609-7700 or visit www.PartnersinCareNY.org or www.VNSNY.org.

Is Your Dinner Contributing to Plastic Pollution in the Ocean?

Did you know that the choices your local grocery store makes can have a global impact on the environment? From the types and brands of seafood sold to the way foods are packaged and carried out of the store, oceans worldwide are affected by the operations of grocers near you.

Fortunately, supermarkets across the country have made significant progress over the last 10 years when it comes to providing sustainable seafood options to customers, according to a new Greenpeace report, "Carting Away the Oceans."

From advocacy and transparency initiatives to addressing illegal fishing, many major retailers nationwide are improving. Overall, 90 percent of the retailers profiled in the report received passing scores, 10 years after every single retailer failed Greenpeace's first assessment. However, experts say that

the momentum of this positive trend should be applied to other areas of sustainability, too.

"It's time to put the same energy into tackling the unaddressed issues facing seafood workers and our oceans," said Greenpeace oceans campaigner David Pinsky. "It's not truly sustainable seafood if it's produced by forced labor and then wrapped in throwaway plastic packaging. Supermarkets can use their brands, buying power and influence to do what is right for our oceans and for future generations."

As Greenpeace points out, the equivalent of a garbage truck of plastic enters oceans every minute, and with plastic production set to double in the next 20 years – largely for packaging – threats to ocean biodiversity and seafood supply chains are increasing. According to the report, none of the retailers profiled currently have a

comprehensive policy to reduce and ultimately phase out their reliance on single-use plastics.

As a customer, you can make a difference by carrying your own tote bag on shopping trips and by asking your local supermarket what steps are being taken to reduce plastic use. Consumers can also show their support for brands doing the right thing by shopping only for seafood that's produced sustainably and ethically. To learn more, visit greenpeace.org/usa/carting-away-the-oceans.

The next time you shop for groceries, take note of both the foods you are buying and the way items are packaged. Experts say that when you eat seafood from ethical, sustainable producers and limit single-use plastic packaging, oceans worldwide will benefit.

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P'ville's Our Lady of Pompeii Church to Celebrate Centennial on Sunday

There will be a celebration this Sunday morning commemorating the 100th anniversary of Our Lady of Pompeii Church in Pleasantville. There will be a Rosary Procession and Benediction immediately following the 10 a.m. Mass. After the procession, stay for activities

on Saratoga Avenue between Columbus and Garrigan avenues, including Italian food, wine, music, crafts and spin art. There will also be a slide show featuring interviews of parishioners at the church. The public is invited to join the festivities.

Murphy Blasts Cuomo for Convicted Sex Offenders Voting at Schools

By Anna Young

State Sen. Terrence Murphy (R-Yorktown) was joined by local police and school officials last Wednesday blasting Gov. Andrew Cuomo for signing an executive order that allows convicted sex offenders to vote at school polling places.

Cuomo signed an executive order in April that would provide conditional pardons to more than 25,000 felons who have completed their jail sentence but remain on parole. Prior to Cuomo's order, those who had been convicted of a felony and served time in prison were restricted from voting until they completed their sentence and parole.

The pardon restores the parolees' ability to vote in primary and general elections only after 7 p.m.

But what rankled local police and school officials was learning that the polling place for a Level 3 sex offender, who was convicted in 1987 for raping and sodomizing a five-year-old girl, is Hawthorne Elementary School.

"These dangerous sex offenders who are serving their time on parole can now enter elementary schools to vote," Murphy said at a press conference at the Mount Pleasant Police Department. "Where is that fair? This is outrageous."

There are more than 450 Level 2 and 3 sex offenders living in Westchester, according to the county's sex offender registry.

Murphy and other officials shared their disgust, adding that Cuomo signed the executive order without feedback from elected officials, law enforcement, the Board of Elections and school districts and none were notified before the pardon.

Mount Pleasant Town Supervisor Carl Fulgenzi said officials never received notification of the executive order. He learned about the law after reading a newspaper article last week.

"If there was communication, he (Cuomo) would have known it's Back to School night at Hawthorne Elementary (Thursday night)," Murphy said. "If we communicated, I don't think we would be standing here today. This is a massive problem. It isn't fair."

Mount Pleasant Police Chief Paul Oliva said a police officer would be assigned to each polling station during Thursday's primary election. He said he wasn't aware of the executive order until Murphy brought it to his attention, asserting that his department would ensure the safety of children and voters.

Chappaqua Superintendent of Schools Dr. Christine Ackerman announced during Wednesday's Board of Education meeting that there is additional securing at school polling stations on Thursday. She said local school superintendents are advocating for polling stations to be removed from school property to guard against safety issues.

At the press conference, Westchester County Board of Elections Republican Commissioner Douglas Colte said commissioners throughout the state have proposed legislation requesting all schools be closed on Election Day. While Colte said he believes Cuomo is more concerned with protecting criminals than children, he is optimistic the legislation will pass.

Under the current law, registered sex offenders are allowed on school grounds and government offices with written permission from their parole officer and the school superintendent.

They can only enter school grounds after 7 p.m. on when polls are open and must leave the school once they finish voting.

"To my knowledge, and I have checked with other superintendents, no one has sought permission from a superintendent to vote," said Lakeland Superintendent Dr. George Stone. "These are folks that have already demonstrated that they don't follow the rules, so I would certainly not be looking for a large number of requests coming in the next few hours before the vote will take place."



ANNA YOUNG PHOTO

State Sen. Terrence Murphy was joined by local police and school officials in Mount Pleasant last week to lambast Gov. Andrew Cuomo for signing an order that allows convicted sex offenders on parole to vote at school polling places.



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Cast Relishes Roles in Upcoming 'Forbidden' Arc Stages Production

By Martin Wilbur

Buy a ticket to a musical comedy and the expectation is for side-splitting laughter, toe-tapping tunes and an overall enjoyable evening.

All the components are in place for that level of entertainment and more for three weekends starting Sept. 28 when Arc Stages in Pleasantville will present seven performances of Gerard Alessandrini's "Forbidden Broadway." The four-member cast in the uproarious production pokes fun at some of the best-known and beloved musicals from the mid-20th century to today.

"We thought what better show to do than a funny sort of tribute to Broadway, a cynical tribute to Broadway, if you could even call it a tribute," said Adam Cohen, Arc Stages' artistic director. "It's just song after song and the antics of this show are spectacular and there's impressions, there's styles, there's dance, it's just a fun show and funny, and not every show is this hilarious."

Cohen was able to secure William Shelby to direct, someone who likely has more experience with this show than anyone since it was written more than 30 years ago. This is the 19th time that Shelby has been involved in a production of "Forbidden Broadway" – and it still makes him laugh every time, including at the cast's recent rehearsals,

he said.

The four actors featured in the production, all from various theatrical backgrounds, are Stephanie Maloney, Lauren Singerman, John Maddaloni and Erik Schark. The key to pulling off the multiple characters that each must play is versatility, Shelby said.

"The four of them impress me so much that when Adam and I knew it was going to be these four actors, we said, 'Cross your fingers. If each one of them says yes, we're going to have a great show,'" Shelby said.

The diverse acting backgrounds of the cast helps. Schark said he had experience in an Off Broadway show once where he had to play seven or eight characters and was part of a production of "Avenue Q," which covered three or four.

"It's like musical sketch comedy and you're in a completely different world from song to song," he said. "So it's not only changing the characterizations but it's also, you're in totally different styles, you're in a totally different show. You're in the world of "Hamilton," then you're in the world of "Les Mis."

Familiarity with the shows they're lampooning helped Maloney. A self-described nerd growing up, she loved musical theater and has some awareness of all the parodies of the shows used in



William Shelby, center, director of Arc Stages' latest production "Forbidden Broadway," with the cast member. Also pictured, from left, are Stephanie Maloney, Erik Schark, Lauren Singerman and John Maddaloni.

"Forbidden Broadway." She even has the advantage of having been part of the traveling tour of "Chicago."

"I'm really looking forward to singing some music that I don't really think I will ever really be able to sing again in a more traditional music setting," explained Maloney of why she's looking forward to opening night. "I don't know, I probably won't ever be in 'Hamilton,' just being honest with myself. So it's going to be really fun to be able to do

that here and to have fun with it."

For Singerman, who has participated in roles from regular theater to Shakespeare, said because "Forbidden Broadway" is so different from what she has previously done, that will be her greatest challenge.

"It's a special challenge because we're juggling impressions of the characters and that we're playing along with impressions for 75 minutes straight and songs that are packed to the brim with lyrics," Singerman said.

Maddaloni, who has done voiceover work and sketch comedy, said while the show is fun you also have to guard against having it fall into schtick.

Selby said he can promise that audiences will have a great time.

"I really believe this show is going to be top-notch, so come and see it," he said. "Everybody should come and see it because it's going to be really good."

Following its Sept. 28 opening, there will be performances on Sept. 29, Oct. 5, 6, 7, 12 and 13. All shows are at 8 p.m. except a 2 p.m. matinee on Oct. 7. Tickets are \$36 for adults and \$28 for seniors and students. For tickets and more information, call 914-747-6206 or visit www.arcstages.org.

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SeptemberFest Draws Crowds to Downtown Mount Kisco

By Martin Wilbur

Combine outstanding weather with a carnival and the chance to hunt for some bargains, it's no wonder why downtown Mount Kisco was teeming with visitors last weekend.

Mount Kisco's inaugural SeptemberFest drew hundreds to participate in last weekend's festivities, a greatly enhanced version of the longtime Chamber of Commerce's Sidewalk Sales Days.

While the vendors and merchants were stationed along South Moger Avenue and Main Street as they had been in years past, there was a fun vibe throughout the downtown.

"It's outstanding," said Mount Kisco resident Rob Pickard. "Great for the kids, great for the families and we've got beautiful weather."

Rachel Kleiner, whose business, No Place Like Home Pet Services, had a table at the event, brought her son to SeptemberFest to take in the carnival. She stopped for a bite to eat at the food court around lunchtime on Saturday.

"It's very nice to see the town thriving today and yesterday," she said.

Village Trustee Karen Schleimer, spotted along South Moger Avenue after she bought a rug from a merchant, said



MARTIN WILBUR PHOTOS

The carnival at SeptemberFest was a big attraction for families last weekend.

she was impressed with the turnout. Next year, the village will probably have to consider handling the parking more effectively because the carnival located in Shoppers Park parking lot, creating a crunch on spaces.

"We may have to think a little more about all the people who want to come, which is a great problem to have," Schleimer said.

Another vendor, Andrea Cohen of



Mount Kisco's SeptemberFest had plenty of merchants and vendors at the sidewalk sales portion of the event.

Custom Candles of Bedford Hills, said she would suggest that the village have the sidewalk sales on Saturday and Sunday and eliminate Friday. Most of the people who came to downtown late Friday afternoon and into the evening were there toting kids to the carnival,

not to buy merchandise.

"People are working, getting their kids home from school, that kind of thing and to stay here until eight o'clock really didn't make sense because it's dark out at seven," Cohen said.

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County to Plan Memorial for Victims of 9/11-Related Illnesses

By Martin Wilbur

Westchester County is planning a permanent tribute at Kensico Dam Plaza to residents who have died from 9/11-related illnesses after having worked at Ground Zero in lower Manhattan in the months following the terrorist attacks.

County Executive George Latimer, who made the announcement last Tuesday after the annual 9/11 memorial ceremony, said over the next few months the families of those who have died from illnesses, along with county officials, will be asked for their ideas on what would be an appropriate way to honor those lost during the past 17 years.

"We're going to find a suitable way to try and recognize them at the site as well, and their families, to recognize the contributions they made because the people who served that day and who served all the rest of the days are Westchester residents who gave their life for us," Latimer said.

He said whatever form that any monument will take will be coordinated

with Westchester's 9/11 memorial, The Rising, which includes engraved panels on a circular base with the names of all 111 county residents who perished on Sept. 11, 2001. The structure, designed by architect Frederic Schwartz, features steel rods extend from the base and rising toward the sky.

During Tuesday's ceremony, the names of 15 Westchester residents who have so far been identified as having passed away from 9/11-related illnesses were read following the reading of the names of the victims of the attacks.

Latimer said a challenge for the second memorial is that additional people who are now battling illnesses due to their exposure to toxins at Ground Zero are going to die from these diseases.

"We're going to work through the specifics of it," he said. "We know this is the right location for it. We wanted it to be suitable and appropriate and we're going to have a wide amount of input of what it would look like and work with the families themselves to try and find something that's appropriate and



MARTIN WILBUR PHOTO

County Executive George Latimer announced last Tuesday that there will be a memorial at Kensico Dam Plaza for Westchester residents who have died from illnesses contracted from having worked at Ground Zero.

dignified."

While there is no deadline for designing and constructing a memorial, Latimer said he hopes there will be consensus by the end of the year.

Any family that had a relative who died from a 9/11-related illness are encouraged to reach out to county officials to make sure they are accounted for, Latimer said.

REMEMBERING THE LIVES LOST ON 9/11



Ceremonies were held last week on the 17th anniversary of the Sept. 11 terrorist attacks to honor the memories of the nearly 3,000 people who perished that day, including 123 county residents. Westchester held its annual ceremony at Kensico Dam Plaza in Valhalla with remembrances, music and prayers. Tributes were also paid to the first-responders who raced to help at the World Trade Center and those that spent months at Ground Zero, putting their own safety at risk. Many communities throughout Westchester also scheduled local ceremonies recalling those lives cut short.



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Michael Balkind
Sports Mystery Author, Katonah

By Martin Wilbur

One of the lowest points of Michael Balkind's life served as the catalyst for him to realize a longtime dream.

For decades Balkind had hoped to write a novel, ever since he read Robert Ludlum's "The Bourne Identity," which solidified his love of mysteries. But he never really knew what he wanted to write about or how to go about it. Even if he would have known what to do, it's not like he had much time while raising a family and working in several careers and businesses.

About 15 years ago, Balkind partnered with several other investors to launch a remote electronic security business when the products were in their infancy. But an unscrupulous partner fleeced everyone in the venture, including Balkind. He had trouble sleeping and more time on his hands than he cared to acknowledge.

Late one night, Balkind was watching golf and the idea for what turned out to be his first novel, "Sudden Death," was sparked.

"So the thought of 'Sudden Death,' when the leader of the tour gets a death threat, hit

me and I just started writing like a banshee and realized that prior to that not knowing what to write was my issue," Balkind recalled. "Not knowing what to write, not having the time, but all of a sudden I had the time. It was one, two, three, four in the morning when I couldn't sleep and that's when I started to write."

A month and a half later, Balkind had a rough draft, which he would continue to refine and eventually shopped it to book publishers.

"Sudden Death" was published by Sterling House in 2007, the first of four sports mysteries Balkind has authored. "Sudden Death" was followed by "Dead Ball" in 2009, "Gold Medal Threat" in 2013, which is geared toward young adults, and "The Fix," which he co-authored with NBC Sports and Golf Channel personality Ryan Burr.

He has the manuscripts completed for two more sports mysteries, "Stealing Gold," an Olympic ski mystery set in the French Alps, and a still unnamed sixth novel.

For roughly the past decade, Balkind,

57, who currently sells solar energy systems for his day job, has been able to successfully wed two of his favorite passions into his writing career – sports and mysteries.

Balkind, was a high school and college lacrosse player who competed at Syracuse where he graduated with an economics degree. From as young as he can remember, he's also been an avid skier. Just don't expect him to be glued to the television all weekend.

"I've been heavy duty into sports my whole life, always loved them," said Balkind, a 30-year Katonah resident with three grown children. "(But) I'd say my wife is not a football widow. I'm not in front of the TV all the time watching football or any sport. I watch. I'm a New York fan. I'm a Syracuse Orangemen fan."

While sports and suspense are what lights a fire under Balkind, these days that combination probably appeals to only a narrow slice of the population, he said.

"Most sports fans don't read fiction, and most fiction readers don't like sports," Balkind said. "There's a lot of non-sports stuff in the books."

For "Sudden Death," Balkind was fortunate to make connections which opened doors. After its completion, he attended a book expo where authors look



to pitch their works to publishers and he signed with Sterling House. After he and Sterling House parted ways, Balkind's last two books have been published by Telemachus Press.

He also sought out several well-known authors, including Westchester resident James Patterson and Clive Cussler to read "Sudden Death" and they

wrote glowing comments for the book jacket.

"I got his (Patterson's) endorsement, which helped me get a lot of recognition for my first book," Balkind said. "James Patterson opened the door for me with the marketing of the first book in a big, big way. More marketing, as far as I'm concerned, than that first book deserved."

It also got him recognized by Burr who supplied the idea for "The Fix," about a college quarterback and a referee embroiled in a gambling scandal.

Sales have done reasonably well and earlier this summer the audio version of "The Fix" was released. Now Balkind wants to keep on doing what he loves most.

"While I don't make a fortune from it, it's a passion, so I'm not going to stop now," Balkind said. "I'm still hoping for the brass ring."

For more information, visit www.balkindbooks.com.



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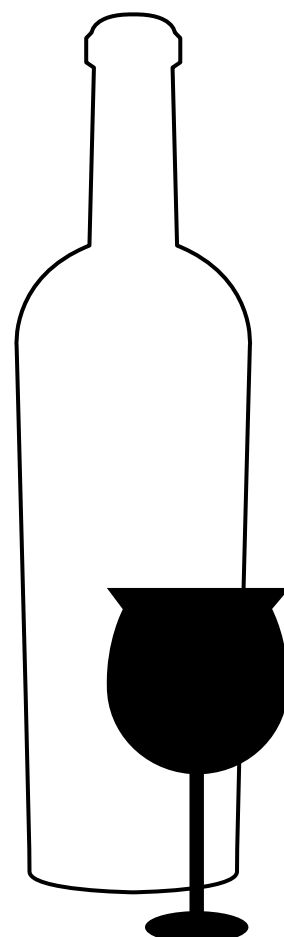
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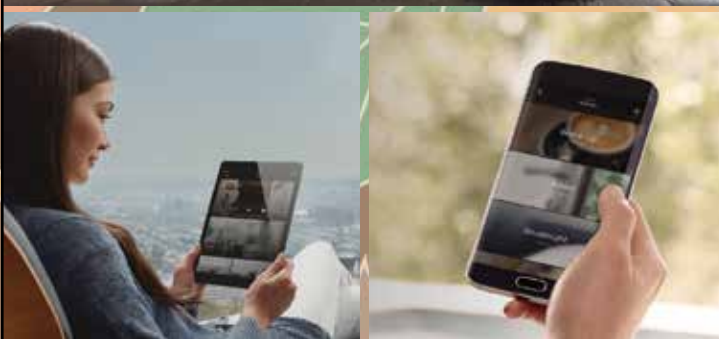
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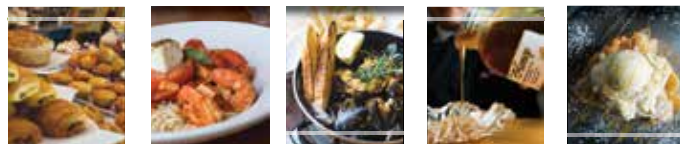


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Everything You Need to Know About the Kitchen Sink

When you're at the kitchen sink cleaning lettuce or rinsing dishes in preparation for the dishwasher, do you ever wonder about the origins of this trusty staple in the heart of your home? Or did you ever wonder where the expression "everything but the kitchen sink" originated?

The answer to the latter question has a short history. The idiomatic expression developed at the onset of World War II when everything made of metal was collected, melted down and re-used for the war arsenal. The only objects omitted were porcelain kitchen sinks.

History tells us that the dishwasher was invented by a woman in Illinois in the 1880s, but nobody in my middle-class Philadelphia neighborhood had a dishwasher when I was a kid. Those were the days when children shared the chores of washing dishes over a kitchen sink that somehow seemed higher than necessary.

But then, since I was the youngest of three, I never really had to wash the dishes. I only dried them and my older sister and brother, who were tall enough to actually reach into the sink, did the washing. Then, of course, my



By Bill Primavera

mother probably trusted their coordination better than mine. I prided myself on drying the best dish and best glass, leaving no tell-tale drops or streaks.

My mother never had a dishwasher until she won one at an appliance store when I was nine. I remember the great joy in learning that the new appliance in the house, which significantly diminished the open space in our eat-in kitchen (we had no dining room), both washed and dried the dishes. It was convenient, yes, but the dishwasher's bottom line

effect was that my siblings and I probably spent less time together after its arrival.

Kitchen sinks probably have the longest history of all, starting with the Neanderthals. The first sink was simply a large rock that had eroded into a concave shape from centuries of rain. There was not much progress through the ages until the time that households included rooms designated as kitchens. For centuries, most kitchen functions were performed around the cooking hearth or, for wealthier families, in a separate building, to reduce the chance of household fires.

During the early 1800s, our first kitchen sinks involved a process of pumping water from supply tanks or wells and collecting it in bowls, which were placed into dry sinks made of metal troughs and built into wooden cabinets. Copper and nickel silver, an alloy of zinc, copper and nickel, were among the first materials used for butler sinks, usually found only in wealthy homes.

In the 1920s, indoor plumbing created the need for sturdy sinks, made of manganese silicon, carbon and iron, and since World War II, porcelain.

With the convenience of the dishwasher, homeowners spend less time toiling at the kitchen sink today, yet it has greater potential than ever as a decorative element, equal in interest to homeowners and decorators as is the countertop and backsplash.

With less rigorous use, today's bowls come in a wide range of materials from the expected porcelain to the newest kind of granite composite. There is also a return to copper, which I think is the most interesting material of all in that it develops its own patina with age and proper care.

Kitchen sinks are always best installed from below the countertop and at a lower level so that water and waste materials can be easily scooped from the counter into the bowl. More sinks are now

available with the drains strategically placed at the back of the bowl so that there is more front storage space in the cabinet below.

More and more, I am seeing installations of the farmhouse kitchen sink, which features an apron that extends an inch or two from the countertop to show the full depth of the bowl. It is offered in a variety of stones, including granite, soapstone or limestone. They are also manufactured in cast iron, stainless steel, copper or fireclay, which has the finish of china.

Currently, the wisdom of attaching a waste disposal unit to the kitchen sink is being questioned. Sentiment now is that it is not the greenest way to dispose of kitchen waste.

While there are many options for the kitchen sink, there is a general sense about locating it directly under a window, to avoid a claustrophobic feeling and to enjoy the beauty of the great outdoors as we perform our chores.

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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Berlin is Where History, Culture and Decadence Thrive

When I was a kid growing up in Brooklyn and learned about the Holocaust, I could not have imagined ever going to Berlin. I remember asking my parents, "Where was God?"

The first time I dared to travel to Berlin was during Hanukkah, where I visited the historic Brandenburg Gate. At one time this very impressive monument was covered in swastikas, but when I first went it had a large Menorah in front while snow fell from the skies. Tears rolled down my face.

Surprisingly, I found the Germans delightful yet remorseful about their history. The natives seemed more like Americans than any other country.

Berlin is Europe's most vibrant and bubbling city, with gourmet restaurants, innovative nightclubs, inventive bars, edgy fashion shops, avant-garde art galleries and the most outrageous techno clubs. There's an incredible upbeat, contagious atmosphere everywhere you go in Berlin.

Significantly, the delicious decadence of the 1920s, which Hitler banned as degenerate, is back and booming. To get

an overview of this one-of-a-kind city take a Hop-on Hop-off bus tour and be sure to pick up a Take a Walk Map. The latter includes fabulous walks of most neighborhoods and the most informative map of Berlin. They're free and you'll find them in most Airbnb rental units and Uber cars or visit www.TakeaWalk.in.

Berlin's must-see attractions include "Checkpoint Charlie," the dividing point between East and West Berlin during the Cold War where you can see the last remnants of the wall which separated the city for 35 years. Head to the Reichstag, Berlin's most historic building or the spectacular Jewish Museum.

Visit the Memorial to the Murdered Jews of Europe, an entire block covered with stone slabs with a powerful and moving Holocaust museum beneath it. There's the DDR Museum with its interactive exhibits where you can experience what it was like to live in East Berlin or go to the former Gestapo headquarters.

Museum Island, a complex of internationally significant museums, is also worth a visit or take the S-Ban train to Sachsenhausen concentration camp

and notice the sign on the front gate that reads "Arbeit macht frei." (Work makes you free.)

My favorite neighborhood is Kreuzberg, a very artsy, colorful slice of Berlin. Stroll and eat your way through the Turkish Market.

There is also the Fernsehturm Television Tower built in 1965, once a symbol of communist power in East Berlin and at one time the tallest building in Europe. Also, don't forget about the Berlin Zoo.

Berlin's Airbnbs are usually disappointing, so stay in one of the charming boutique hotels. My favorite is the historic Hotel Adlon Kempinski across from the Brandenburg Gate. It's one of Europe's finest hotels with every luxurious amenity possible. It's where world leaders, movie stars and the rich and famous have stayed. Splurge, life is short. Reserve a room with a breathtaking view of the Brandenburg Gate, which is illuminated at night.

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By Richard Levy

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

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You Can't Always Blame Nature for a Disappointing Harvest



By Nick Antonaccio

I've been exploring the relationship of winemakers and nature for a number of years. The accelerated development of new technology and techniques in the growing, cultivation and processing of wine grapes has imbued a sense of invincibility on man's growing dominance over nature. That is, of course, until nature wields her powerful hand and strikes a vineyard with a sometimes subtle, sometimes bold calamity.

It may be slow and debilitating weather patterns such as drought, prolonged rain spells or excessive heat. Or it may be sudden, such as hailstorms, lightning or frost.

As much as these seemingly random weather phenomena are disheartening to stalwart winemakers, the vicious acts perpetrated by those intent on disrupting the orderly realm of winemaking and distribution are equally upsetting. I've reported on incidents of destruction of

wine by disgruntled employees, dissident local winemakers and their ilk.

But last week, I read of an egregious act suffered by a winery in Virginia. And this time it wasn't nature.

Wineries along the East Coast have always struggled to produce fine wine. The vagaries of weather mentioned above seem particularly daunting to those intent on eliciting the best of the unique land and climate that influence their vineyards.

From Thomas Jefferson to Donald Trump, nature's dominance has been daunting in their attempts to produce fine wine in Virginia. Recently, a number of wineries from Maryland, south to Virginia, the Carolinas and even Georgia have been able to coexist with nature and are producing the best wines to come from these states.

The 2018 growing season in Virginia has been promising. A number of the 250-plus wineries are in the throes of harvesting their crops. This is the most exciting,

albeit tenuous, time of year in the growing cycle of a vineyard. The nurturing of the vineyards during the months-long season comes down to a key decision: when is the ideal day to harvest the grape crop. The goal is to pick the grapes at the precise moment

of full ripeness. Too soon and the ultimate wine may be bitter or thin. Too late and the wine may be too high in alcohol with an off-putting fruit juice characteristic.

Such was the case at the small family-run Firefly Hills Vineyards near the Blue Ridge Mountains in Virginia. Begun 12 years ago, the vineyard is owned, tended and harvested by the Dunkenberger family. Each year David Dunkenberger, his wife Allison, their daughters, his father and several friends, at the precise moment of grape ripeness, head to the vineyards. The harvest typically requires eight people working 12 hours over several days to pick the 2.5 tons of grapes from 2,500 grapevines.

Last Sunday, the decision was made to begin the harvesting early Tuesday morning. Allison checked the vineyard one more time on Monday in preparation of harvest day.

But the harvest never happened.

When David came to the vineyard on Tuesday morning, he was shocked. The grapevines were bare. During the night thieves had picked and carted off the entire crop of ripe grapes. No vines were destroyed or damaged. The bird netting covering the vines had been moved for picking the grapes and then put back in place.

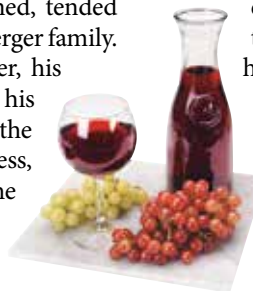
"I can handle losing a crop to Mother

Nature, but to come in and take my crop in the middle of the night and steal what we've worked for for eight months, that's disheartening," David said.

In the span of one night, Firefly Hill's entire crop disappeared. For the equivalent of 150 to 200 cases of wine lost, Allison estimated the value to be close to \$50,000. The Dunkenbergers have been forced to close the winery and are waiting anxiously for the next cycle of grape growing to begin in the spring. In the future, dealing with the vagaries of nature will be much more palatable.

The thieves had to be familiar with the winery and its operations. The local sheriff has asked that anyone with information contact him. My uninformed starting point for him: seek out former employees or someone with a known grudge. Stay tuned for updates.

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 antonaccio@theexaminernews.com or on Twitter @sharingwine.



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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.

Tuesday, Sept. 18

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

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

Italian Language and Culture. Mara De Matteo, born and raised in Italy and passionate about her native language, combines lively conversation with grammatical instruction in her classes. She creates interactive lessons on the richness of Italian culture, past and present. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Wednesday, Sept. 19

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing,

awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 9 a.m. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 960-4097.

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

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

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one

to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

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

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

Cup Stacking Afternoon. For children seven to 12 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2 to 5 p.m. Free. Info: 914-666-8041 or www.mountkiscoliberalry.org.

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.mountkiscoliberalry.org.

R&F Mixed Media Encaustic Demo. R&F mixed media demos are designed to give interested artists a brief taste of what's possible when using R&F's two distinct paint lines: classic wax-based encaustic paint and linseed oil-based Pigment Sticks®. Both traditional and alternative approaches with a focus on the variety of surface applications will be demoed and

discussed. Topics will include equipment and tools, supports and grounds, layering and fusing methods, health and safety, surface effects, color line information, mono-printing, transfers, mark making and collage. Led by Kelly McGrath. For teens and adults. Pelham Art Center, 155 Fifth Ave., Pelham. 6 to 8 p.m. Suggested donation \$5. Info: 914-738-2525 or visit www.pelhamartcenter.org.

Mount Kisco Arts Council Summer Outdoor Concert Series: Sun Kings. A Beatles tribute band. Fountain Park, 100 E. Main St., Mount Kisco. 6:30 p.m. Free. Info: Visit www.mountkiscoartscouncil.org.

Art Series: Vincent van Gogh, Part I. In preparation for the Armonk Outdoor Art Show, this is the first of two sessions looking at one of the most prolific, groundbreaking and beloved Dutch artists of all time. Famous for his use of bold colors and dramatic brushwork, van Gogh accomplished so much in his turbulent, talented 37 years. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Lucy's Laugh Lounge Open Comedy Mic. Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Also Sept. 24. Info and tickets: Visit www.nomacomedy.com.

"Enough Said." Eva (Julia Louis-Dreyfus) is a divorced single parent who worries about her daughter's impending departure for college. Romance blossoms when she meets Albert (James Galdofini in his penultimate role), a sweet, funny and like-minded man also facing an empty nest. Eva also befriends Marianne (Catherine Keener), a beautiful poet with a tendency to denigrate her ex-husband. As she learns the truth about Marianne's ex, Eva finds herself doubting her own relationship with Albert. Nicole Holofcener's biggest commercial success expertly captures the myriad complications and intricacies of middle-aged romance.

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WCC Foundation's Great Chef Series Begins Oct. 1

The Westchester Community College Foundation is presenting its annual Great Chefs Series of wine tastings, cooking demonstrations and three-course dinners in October.

These tantalizing events, co-sponsored by DeCicco & Sons and Wine Enthusiast, will be held in the college's state-of-the-art instructional kitchens and culinary dining room on the Valhalla campus. All funds raised from the series will benefit the foundation's scholarship fund and the college's on-campus food pantry.

Host Chef Philip McGrath, curriculum chair of the college's Culinary Arts and Hospitality Management Program and former chef and owner of Iron Horse Grill in Pleasantville, has assembled a stellar cast of local culinary celebrities who will create epicurean delights and teach you how to dazzle future dinner guests. The chefs will be assisted by the college's Culinary Arts and Hospitality Management students.

The evenings begin with an exclusive wine tasting reception with specialists from Wine Enthusiast. Chefs will then demonstrate the how-to's of each meal. Guests will enjoy the chefs' creations paired with an accompanying wine, beer or cocktail. Each guest will leave with a goody bag, recipes for dinner and beverage pairing information.

Attendance at the Great Chefs series will help support student scholarships and special programs that provide students



Philip McGrath, second from left, curriculum chair of the Culinary Arts and Hospitality Management Program at Westchester Community College, pictured last year with some of the students in the program. He will be the host chef for this year's renewal of the Great Chefs Series.

with critical services. The foundation raises resources to meet student and college needs not met by public funds and has awarded more than \$20 million in scholarships to over 17,000 students since 1969.

Support for tuition alone is not enough to help the students. For some, everyday needs are not being met, including adequate food. The college's food pantry was established in 2014. In 2017, it provided meals and non-perishable food items for more than 1,000 students and their families and the Great Chefs series raised funds to distribute 120 Thanksgiving dinners to students in need.

Additional funds from this series created the Great Chefs Scholarship, an annual

award for culinary students of excellence. The Culinary Arts and Hospitality Management curriculum leads students to careers in restaurants and commercial, on-site and institutional establishments. Course work includes culinary arts, business management, work experience and a basic liberal arts core. Culinary arts and management graduates move into positions in the field or transfer to four-year colleges to continue their studies.

Here is the lineup of featured chefs from Westchester restaurants for the series. Each event starts at 6 p.m.

Monday, Oct. 1. L'Inizio (Ardsley). Join Executive Chef and co-owner Scott

Fratangelo as he shares his passion for using locally sourced ingredients and techniques to make handmade pasta. Come hear why Executive Pastry Chef and co-owner Heather Fratangelo's motto is "life is short, so eat dessert first" as she prepares one of her creations. Beverage pairing will be provided by StilltheOne Distillery Two and Wine Express.

Monday, Oct. 15. Mediterraneo (White Plains). Chef Albert DeAngelis will share his techniques and recipes for cooking shellfish and other crustaceans. Beverage pairing provided by Midway Wine & Liquors and Wine Express.

Monday Oct. 22. Fortina (Armonk/Yonkers/Rye Brook/Stamford). Learn the secret of making the perfect pasta e patate from Chef Christian Petroni. Beverage pairing provided by DeCicco & Sons and Wine Express.

Monday, Oct. 29. Fin & Brew (Peekskill). Witness Chef Mike Anastacio's enthusiasm and skill as he prepares seafood and other seasonal cuisine with clear and purposeful instruction. It will leave you feeling confident to call yourself chef. Beverage pairing provided by River Outpost Brewing Co. and Wine Express.

Tickets for each event are \$150. For details, please visit www.sunywcc.edu/greatchefs. For more information, contact Sue Mackey at 914-606-6558 or e-mail sue.mackey@sunywcc.edu.

Legal Notice

SUPPLEMENTAL SUMMONS AND NOTICE OF OBJECT OF ACTION SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF WESTCHESTER ACTION TO FORECLOSE A MORTGAGE Index #: 53628/2018 U.S. Bank Trust, N.A., As Trustee For LSF9 Master Participation Trust, Plaintiff, vs Troy Manning Individually And As Surviving Joint Tenant With Rights Of Survivorship Of Delores Manning If Living, And If He/She Be Dead, Any And All Persons Unknown To Plaintiff, Claiming, Or Who May Claim To Have An Interest In, Or General Or Specific Lien Upon The Real Property Described In This Action; Such Unknown Persons Being Herein Generally Described And Intended To Be Included In Wife, Widow, Husband, Widower, Heirs At Law, Next Of Kin, Descendants, Executors, Administrators, Devisees, Legatees, Creditors, Trustees, Committees, Lienors, And Assignees Of Such Deceased, Any And All Persons Deriving Interest In Or Lien Upon, Or Title To Said Real Property By, Through Or Under Them, Or Either Of Them, And Their Respective Wives, Widows, Husbands, Widowers, Heirs At Law, Next Of Kin, Descendants, Executors, Administrators, Devisees, Legatees, Creditors, Trustees, Committees, Lienors, And Assigns, All Of Whom And Whose Names, Except

As Stated, Are Unknown To Plaintiff, Hudson Valley Federal Credit Union, People Of The State Of New York, United States Of America Acting Through The IRS, John Doe (Those unknown tenants, occupants, persons or corporations or their heirs, distributees, executors, administrators, trustees, guardians, assignees, creditors or successors claiming an interest in the mortgaged premises.) Defendant(s). Mortgaged Premises: 143 North Street Cortlandt Manor, NY 10567 SBL #: 23.16 - 3 - 17 To the Above named Defendant: You are hereby summoned to answer the Complaint in this action, and to serve a copy of your answer, or, if the Complaint is not served with this Supplemental Summons, to serve a notice of appearance, on the Plaintiff(s) attorney(s) within twenty days after the service of this Supplemental Summons, exclusive of the day of service (or within 30 days after the service is complete if this Supplemental Summons is not personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorney for Plaintiff has an office for business in the County of Erie. Trial to be held in the County of Westchester. The basis of the venue designated above is the location of the Mortgaged Premises. TO Troy Man-

ning Defendant In this Action. The foregoing Supplemental Summons is served upon you by publication, pursuant to an order of HON. David F. Everett of the Supreme Court Of The State Of New York, dated the Fifth day of September, 2018 and filed with the Complaint in the Office of the Clerk of the County of Westchester, in the City of White Plains. The object of this action is to foreclose a mortgage upon the premises described below, dated September 21, 2004, executed by Delores Manning (who died on February 12, 2006, a resident of the county of Westchester, State of New York) and Troy Manning to secure the sum of \$235,000.00. The Mortgage was recorded at Instrument Number 442960978 in the Office of the Westchester County Clerk on December 30, 2004. The mortgage was subsequently assigned by an assignment executed July 26, 2011 and recorded on August 23, 2011, in the Office of the Westchester County Clerk at Instrument Number 512293200. The mortgage was subsequently assigned by an assignment executed February 18, 2014 and recorded on February 25, 2014, in the Office of the Westchester County Clerk at Instrument Number 540493428. The mortgage was subsequently modified on July 5, 2016. The mortgage was subsequently assigned by an assignment executed December 9, 2016 and record-

ed on January 30, 2017, in the Office of the Westchester County Clerk at Instrument Number 570233573. The property in question is described as follows: 143 NORTH STREET, CORTLANDT MANOR, NY 10567 NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. **YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: September 10, 2018 Gross Polowy, LLC Attorney(s) For Plaintiff(s) 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 The law firm of Gross Polowy, LLC and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 57435**

Happenings

continued from page 24

Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Sept. 20

Third Thursdays Bird Walk. Join naturalist Tait Johansson at this local migration hotspot for the second in a new series of bird walks. A great way to hone your birding skills and mark the passing of the seasons and birds. Maple Avenue, Katonah. 7:30 to 9:30 a.m. Free. Registration required. Info and registration: Contact Susan at 914-302-9713 or e-mail info@bedforddubon.org.

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

Knitting Circle. This group is open to everyone who has an interest in knitting. Live, love, laugh, learn and have fun together during these creative journeys. Come share patterns and ideas and celebrate creative spirits together while enjoying the ancient art of knitting. North Castle Public Library, 19 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.

Life Line Theater Music Program. An outlet for unlocking the potential of children and adults with special needs through integrated arts and life skills programs. Drop in anytime and join founder Billy Ayres as he uses singing, dancing, creating plays, artwork and gardening to help participants realize their strengths and potential contributions to their communities. Ayres has created a technique called improvisational integrated music/drama. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to 2 p.m. Free. Every Thursday and Friday. Info: Visit www.lifelinetheaterinc.org/index.html.

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.org.

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.org.

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

"Andrei Rublev." With this towering epic, Andrei Tarkovsky waded deep into the past and emerged with a visionary masterwork. It traces the renowned icon painter Andrei Rublev through the harsh realities of 15th century Russian life, vividly conjuring the dark and otherworldly atmosphere of the time. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 and 7 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

An American in Paris: The Musical. After an American GI's chance encounter with a beautiful young dancer, Paris becomes the backdrop to a sensuous, modern romance filled with art, friendship and love in the aftermath of war. This breathtakingly beautiful Tony® Award-winning musical, inspired by the beloved, Oscar-winning MGM film, tells the impassioned story of discovering love in the City of Light and features the music and lyrics of George and Ira Gershwin, stunning design, and show-stopping choreography by director Christopher Wheeldon. Part of the World Stage on Screen series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

"Love, Gilda." Gilda's Club Westchester will screen this acclaimed documentary about the award-winning comedian's life story with the help of rare home movies, newly found audiotapes and her personal journals read by the comedians she inspired. Produced and directed by first-time feature filmmaker Lisa D'Apolito. Immediately following the film, Bedford Playhouse founder John Farr will host a Q&A with Saturday Night Live writer Alan Zweibel, one of the film's executive producers. Bedford Playhouse/Clive Davis Arts Center, 633 Old Post Rd., Bedford. Cocktail reception at 6 p.m. Screening at 7 p.m. \$30. Info and tickets: Visit www.bedfordplayhouse.org.

"Wajib." This film has brought home more than a dozen awards at film festivals from Dubai to London to Locarno and cemented Annemarie Jacir's reputation as a filmmaker to watch. Local Palestinian custom dictates that a bride's male relatives must hand-deliver her wedding invitations, and so a father and his estranged son

(played by an actual father and son) come together, get in the car and do their duty. Shot in the biblical city of Nazareth, this whip-smart family comedy-drama represents the third time Jacir's work was chosen as Palestine's submission for the Best Foreign Language Oscar. Followed by a Q&A with Jacir via Skype and a reception. Opening night of the Arab Contemporary Cinema series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info: Visit www.burnsfilmcenter.org.

Friday, Sept. 21

"Frankenstein." The Aquila Theatre Company presents this classic, the first true science fiction novel. Years ahead of its time, the story has since become the inspiration for countless film and stage adaptations. Aquila Theatre's production will be bold and thrilling while paying homage to the original, frightening writing of Mary Shelley. White Plains Performing Arts Center, 11 City Place, White Plains. 11 a.m. and 8 p.m. Matinee: \$14. Evening performance: \$25 to \$35. Also Sept. 22 at 8 p.m. Info and tickets: 914-328-1600 or visit www.wppac.com.

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

Gayle K. Lee Health Awareness Luncheon. The Cancer Support Team will host this 20th annual event. Keynote speaker, Dr. Wendy Chung, a clinical and molecular geneticist and the Kennedy Family professor of pediatrics and medicine at Columbia University, will discuss "What's New in Genetic Testing and Cancer." Chung directs NIH-funded research programs on human genetics of breast cancer, pulmonary hypertension, autism, neurodevelopment disorders and birth defects. Scarsdale Golf Club, Club Way, Hartsdale. 11:30 a.m. \$125. Info and reservations: 914-777-2777 or visit www.cancersupportteam.org.

"The History of Hemp." Following the screening of this documentary, a discussion will be led by Carol Wertheim and Ellen Fried, former attorney with New York State Attorney General's office, Consumer Affairs. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Friday Night Film Series: "Wonder." Starring Julia Roberts and Owen Wilson, this wonderfully inspiring film, based on The New York Times bestseller by R.J. Palacio, tells the story of August Pullman, a

boy with facial differences who enters fifth grade attending a mainstream elementary school for the first time. 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.

"Reelin' in the Years." A lively and fun evening of dancing and dance music from the 1960s through the '90s. Listen and dance to your favorite music from those years. The evening also includes hearty hors d'oeuvres, beer, wine and non-alcoholic beverages. Proceeds benefit community youth programs associated with Armonk's St. Stephen's Episcopal Church. Quaker Meeting House at the Smith's Tavern Historic Complex, 440 Bedford Rd., Armonk. 7 to 10 p.m. Minimum donation: \$50 per person or \$100 per family (middle school-aged children and up). Info and tickets: Visit www.ststephensarmonk.org/events. Tickets are also available at the door.

Lucy's Laugh Lounge Comedy Night: Raymond the Amish Comic. The Westchester debut of Raymond the Amish Comic, who has been performing stand-up for the past 23 years. He recently performed at Comic Strip Live in New York City, Mohegan Sun Casino and Valley Forge Casino. He's a regular guest on the WZZO (95.1 FM) morning show with the Bearman and Keith in the Lehigh Valley. He's also been on the Miserable Men Show on Howard 101 and Opie and Anthony on Sirius Satellite as well as their comedy radio channel. Raymond has developed a cult-like following selling out small theater's, halls, comedy clubs and fundraising events. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$22. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Bernstein Bash: Late Night With Leonard Bernstein. Merestead kicks off 2018-19 season with the first of four concerts celebrating the recent 100th anniversary of Bernstein's birth. Tonight, this glittering intimate journey into the life of the charismatic conductor and composer will be hosted by his daughter, Jamie, and feature acclaimed soprano Amy Burton and pianists John Musto and Michael Boriskin. This multimedia cabaret is an affectionate portrait of Bernstein, sampling his most intimate works as well as his favorite music, including Aaron Copland, Zez Confrey, Noel Coward, Raymond Scott, Franz Schubert and Edvard Grieg. The evening also includes personal stories and rare archival audio and film clips of the maestro himself. Followed by a dessert reception and book signing by Jamie Bernstein of her best-selling memoir "Famous Father Girl: Growing Up Bernstein." Copland House

continued on next page

A Medicaid Trust is the Best Way to Protect an Older Homeowner's House

Salvatore M. Di Costanzo, Esq.

While your house is generally considered an exempt asset for purposes of Medicaid eligibility, it is not insulated from Medicaid coming after it later.

Once granted eligibility, Medicaid can file a lien against your house to preserve their right to recover benefits paid on your behalf once the house is sold. Even if a lien is not filed, another method of recourse is for Medicaid to file a claim against your estate after your death.

In my experience, recovery efforts are becoming more aggressive. Thus, planning for your house is a necessity. That does not mean you should transfer your house to your children, however. Instead, transferring your house to a Medicaid trust is more appropriate and offers better protection.

When you make an outright transfer of your house to your children, there are unforeseen pitfalls. For instance, you will not be entitled to the STAR exemption or to deduct the real estate taxes paid on the house. If your child dies, the house might be lost to an in-law.

Often overlooked are the creditor issues. If your child has debts or judgments, they may become

liens on the property. One of the biggest creditors of a child is a divorced spouse. If a divorce proceeding is commenced, it is possible that the house could become the subject of an equitable distribution award.

From a tax perspective, there are adverse capital gains consequences. To illustrate, assume you purchased the house for \$150,000 and made \$100,000 of capital improvements. Your cost basis is \$250,000. If you, as the owner, sell the house for \$750,000, there would be a \$500,000 capital gain. If you meet certain use and ownership requirements, the tax law allows you to exclude all or a portion of that gain.

When you make an outright transfer of the house to a child, the child's basis is the same as yours – \$250,000 using the example above. Unfortunately, a child is likely not entitled to exclude any of the capital gain. Thus, if a child sold the house for the same \$750,000, they would be subject to a \$500,000 capital gain and would have to pay taxes on that amount.

Another shortsighted planning technique is the life estate deed. So often we see non-elder law

attorneys advising their clients to transfer their house to their children while retaining the right to live in the house. While this was a popular planning technique prior to 2005, it is no longer the proper way to protect your house.

In 2005, the laws changed and the irrevocable Medicaid trust became more popular because of the many benefits it offers as opposed to a life estate deed. The differences between a life estate deed and Medicaid trust are too technical to discuss in this article, but I am willing to meet with you to discuss the issue.

A Medicaid trust is the proper vehicle for protecting your house. You can read more about the benefits of a Medicaid trust at www.plantodayfortomorrow.com.

Salvatore M. Di Costanzo is a partner with Maker, Fragale & Di Costanzo, LLP in Rye and Yorktown Heights. He is an attorney and accountant whose main area of practice is elder law and special needs planning. Di Costanzo can be reached at 914-925-1010 or at smd@mfd-law.com. Also visit www.plantodayfortomorrow.com.

Happenings

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at Merestead, 455 Byram Lake Rd., Mount Kisco. 9 p.m. \$50. Friends of Copland House: \$40. Students (with ID): \$10. Info and tickets: 914-788-4659 or visit www.coplandhouse.org.

Saturday, Sept. 22

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" from 2014 to 2018. With 56 vendors and seven nearby parking lots, it's a delicious good time. This week, there's a cooking class for kids with Suzy Scherr from 9:30 to 11 a.m., the music series will feature the sitar and tabla duo The Biryani Boys from 10 a.m. to noon and Nutrition Bits and Bites: The Power of Protein from 8:30 a.m. to 12:30 p.m. Also, pre-registration is open at the managers tent for the Oct. 6 Pie Crust Workshop and the Oct. Phelps Annual Apple Pie Contest. Rain or shine. The market is a dog-free environment. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Nov. 17. Info: Visit www.pleasantvillefarmersmarket.org.

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

Go "Jay Walking" With Us. Join the Native Plant Center on a field walk at the

John Jay Homestead. Experienced guides Missy Fabel and Dawn Orza will lead you around the gardens, meadow and woodlands. The event will be canceled in heavy rain. John Jay Homestead parking lot, 400 Jay St. (Route 22), Katonah. 9 to 10 a.m. Free. Info: 914-606-7870 or visit www.nativeplantcenter.org.

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

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

Pond Exploration. Take a hike to South Pond to get up close and personal with aquatic critters. Cranberry Lake Preserve, Old Orchard St., North White Plains. 1 to 2 p.m. Free. Info: 914-428-1005.

Dare to Paint: A Whirlwind Workshop. In this three-session workshop, students will work on executing a particular idea and turning it into a painting. Students may work in either oils or acrylics. Bring several

ideas on paper to the first session, along with a canvas and your painting supplies. A supply list is available from the office. For teens and adults. Pelham Art Center, 155 Fifth Ave., Pelham. 1 to 4 p.m. \$149. Members: \$134. Sessions continue on Sept. 29 and Oct. 6. Info and registration: Visit www.pelhamartcenter.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.

Healing Power of Reflexology Talk. Most people do not know of or have experienced the healing benefits from a session with a trained reflexologist. In this informative talk, Westchester resident and nationally certified reflexologist Christine Knowlton will discuss its origins, what makes this complementary therapy unique from other bodywork practices

and some different techniques for the best results. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 3 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Andaz Kyon ho Purana. Sound of My Music presents a contemporary tribute to contemporary music directors. A fundraiser for pediatric cancer research. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. Doors open at 4:30 p.m. VIP: \$30. General admission: \$20. Children (10 and under): \$10. Info: 914-873-0857 or e-mail sris007@gmail.com. Tickets: Visit www.akhp.bpt.me.

Cool Music/Hot Night. The first of a three-concert benefit series during the 2018-19 season. This show will feature Brooklyn's Kenny Young and the Egplants, who have been described as what would happen if Tom Petty was the lead singer of the Violent Femmes and sang songs about animals and other objects that can speak. Also appearing are four local acts: Party Faithful, James John Wilson, Tumbleweed Mile (featuring Chris Merola with Marc Jacoby and Mike Levine) and Mood FM. Between sets, the crowd will be treated to music videos from artists with a local connection. The event will benefit the Friends of the Irvington Town Hall Theater. Irvington Town Hall Theater, 85 Main St., Irvington. 7:30 p.m. \$20. Info and tickets: Visit www.irvingtontheater.com.

Lucy's Laugh Lounge Comedy Night: A Good Old-Fashioned Comedy Show.

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Happenings

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Bill Cannon and Andrew Bayroff host an impressive lineup of some of the best comics working today. Includes Erin Maguire, Marcus Givan, Dave Britton, Maeve Press and Joanna Briley. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$15 in advance online \$20 at the door. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Classic Deep Purple Live Performed by Glenn Hughes. The former bassist and singer of Deep Purple, known to millions as the "Voice of Rock" and the current front man for rock super group Black Country Communion, will be performing Deep Purple material only in this show. The concert promises to be dynamic, a turn-back-the-clock, two-hour live extravaganza homage to his tenure in the band. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$35, \$45 and \$55. Info and tickets: Visit www.tarrytownmusichall.org.

Ensemble Español Dance Theater. Pride, elegance, passion, lively tacaneo (footwork), castanets and hypnotic rhythms are hallmarks of Spanish dance. This world-renowned Spanish dance company shares the rich traditions of the dance, music, literature and culture of Spain through contemporary and classical Spanish dance accompanied by guitar and percussion. For more than 40 years, this ensemble has shared the history and contemporary importance of culturally specific art. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 8 p.m. \$24. Students: \$22. Children (under 13): \$18. Info and tickets: 914-606-6262 or visit www.sunywcc.edu/smartarts.

Sloan Wainwright in Concert. Defying standard categorization, singer/songwriter Sloan Wainwright consistently demonstrates her easy command of a variety of American musical styles – pop, folk, jazz and blues – held together by the melodious tone of her rich contralto, with the end result being a unique and soulful hybrid. With Rebecca Haviland. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 8 p.m. \$36 to \$72. Info and tickets: Visit www.chappaquapac.org.

Sunday, Sept. 23

Animal Forensics. It's no secret that young children love animals. In this fun and exciting program, children will be brought closer to nature and they will have a better understanding of the way the animal kingdom lives, eats and plays. 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.

"Wild Life: Carnivores of Rockefeller State Park Preserve." From coyotes to owls,

bobcats to snakes and eagles to praying mantids, carnivores play a vital role in the ecosystem, keeping it healthy, balanced and alive. Learn about the diversity and ecological roles of native carnivores in Rockefeller State Park Preserve. The multimedia exhibit features dramatic photographs by 10 photographers, trail camera images, lifelike mounted animals courtesy of True Life Taxidermy and a touch table. Rockefeller State Park Preserve gallery, 125 Phelps Way, Pleasantville. 1 to 3 p.m. Free. Exhibit continues until Nov. 11. The gallery is open daily from 9 a.m. to 4:30 p.m. Info: 914-631-1470.

Waldheim and the Speyers of Scarborough. Alex Vastola, a former Briarcliff Manor-Scarborough Historical Society trustee will give a presentation on the Speyers' estate. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 2 p.m. Free. Limited seating; come early. Info: Contact Shelly Glick at 914-941-7072 or e-mail sglick@wlsmail.org.

Reception for Fine Art Photography Exhibit. The Focus Group presents this exhibit of a group of Armonk artists with a different focus or point of view. Photographers June Greenspan, Karen Johnson, Howard Phillips and Ilene Africk find their focus in a different space. Examiner each group of images and explore and expand your personal vision. North Castle Public Library's Friends Gallery, 19 Whipoorwill Rd. East, Armonk. 2 to 4 p.m. Free. Exhibit continues through Oct. 13. Open daily during library hours. Info: 914-273-3887 or www.northcastlelibrary.org.

Bernstein Bash: Theater in Disguise. This concert explores the ever-inquisitive master's intima voice through his finely-wrought, often surprising chamber music. Given his natural tendency for big, bold thinking, he wrote relatively few works for small ensembles, but those compositions captured his most introspective, nuanced thoughts. The program features works from both ends of his illustrious career, from precocious youngster to wizened complex thinker. Copland House at Merestead, 455 Byram Lake Rd., Mount Kisco. 3 p.m. \$25. Friends of Copland House: \$20. Students (with ID): \$10. Info and tickets: 914-788-4659 or visit www.coplandhouse.org.

Chappaqua Orchestra Chamber Series: Nina Berman and Steven Beck. Versatile soprano and recording artist Nina Berman performs 19th and early 20th century art songs with acclaimed pianist Steven Beck. Program includes Mendelssohn, Schumann, Wolf and Debussy. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 3 p.m. \$15. Info: 914-273-3887 or visit www.northcastlelibrary.org or www.chappaquaorchestra.org.

Jonathan Demme's Rarely Seen Cinema: "Stormy Weather." A relaunch of this series in honor of Demme's joyful and

generous spirit of communal experience. Kicking off the new and re-imagined series will be with Jenny Lumet, a close, longtime friend of Demme's and a world-renowned American actress and screenwriter. Followed by a Q&A with Lumet. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 5 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

An Evening With Nils Lofgren Acoustic Duo. Lofgren is a legendary, world-renowned singer, songwriter, multi-instrumentalist and recent Rock & Roll Hall of Fame inductee as a member of the E Street Band. He has been touring and recording his own music for 46 years. Starting with his early band Grin, through years of highly praised solo works, his 10-disc retrospective called "Face the Music" released in 2014 continues to receive rave reviews. Long known for his stellar live performances, featuring great improve guitar soloing on acoustic and electric in addition to his unique voice and great selection of songs including "Shine Silently," "No Mercy," "Keith Don't Go," "Back it Up" and many more. Paramount Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. \$40, \$55, \$65 and \$75. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

The Jayhawks in Concert. The incredible harmonies and distinctive arrangements of The Jayhawks set them apart from the rest of the Minneapolis music scene that emerged in the 1980s. By the early '90s, they became a driving force and inspiration behind the growing Americana movement. Combining the talents of singer-songwriters Gary Louris and Mark Olson, The Jayhawks released their major label debut, the acclaimed "Hollywood Town Hall," in 1992. This was followed by "Tomorrow the Green Grass" in 1995, which produced the alternative radio hit single "Blue." When Olson left the band to pursue a solo career, Louris singularly took over the songwriting, creating the band's endearing sound on some of their best-selling and well-received albums, including "Smile" and "Rainy Day Music." Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. \$38, \$48, \$55, \$68 and \$78. Info and tickets: Visit www.tarrytownmusichall.org.

Monday, Sept. 24

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

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

z "An Abduction" by Tessa Hadley will be discussed. Copies are available at the Chappaqua Public Library information desk. New Castle Town Hall Conference Room A&B, 200 S. Greeley Ave., Chappaqua. 10 a.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Kevin Young: A Reading and Conversation. Young serves as director of the Schomburg Center for Research in Black Culture at the New York Public Library and as poetry editor of The New Yorker. As the author of 12 poetry and non-fiction books, he has been a finalist for the National Book Award and the National Book Critics Circle Award. He has been named Purchase College's 2018-19 Roy and Shirley Durst Distinguished Chair in Literature and will be featured in a series of events at the college. Purchase College's Humanities Lecture Hall, 735 Anderson Hill Rd., Purchase. 4:30 p.m. Free. Info: 914-251-6550 or visit www.purchase.edu.

Aromatherapy Basics: Essential Things to Know About Essential Oils. Susan Allison-Dean, a board certified advanced holistic nurse and certified clinical aromatherapy professional leads this one-hour programs that will welcome attendees to the fascinating world of essential oils, what they do, key safety tips when using essential oils and where they can be obtained. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.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.

Bears in Your Backyard. Join Budd Veverka of the Mianus River Gorge for an in-depth look at the arrival of black bears in our backyards. Learn how to peacefully co-exist with these large charismatic mammals and discover the research being conducted by Mianus River Gorge and its regional partners to map black bear occurrences and movements in Westchester, Putnam and Fairfield counties. Budd is the preserve manager and staff biologist at Mianus River Gorge. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Arab Cinema Series Brings a Different World to Burns Audiences

By Neal Rentz

Lina Matta has programmed every Contemporary Arab Cinema series at the Jacob Burns Film Center in Pleasantville since its inception in 2012.

She pitched the idea for the series to Programming Director Brian Ackerman, who gave the go-ahead. She's been programming it ever since.

Matta, a Lebanese-American based in Dubai, is the director of the Middle East Broadcasting Center (MBC) Group's channels 2, 4, Max and Variety. She will introduce all 12 films in this year's series.

"I believe in context. As someone who is not an art connoisseur, when I wander around a modern art gallery I'll glance at a piece, like or dislike it, then move on," Matta said. "But when I read the blurb or listen to an expert explain the period, the history, the influences on the artist, a whole set of layers are uncovered. That is also why having the director or an actor join for a Q&A adds so much more to the richness of the viewing experience."

Matta said she programmed the series to emphasize the diversity of Arab cinema. The series covers a vast region rich with history, its people and their stories. As the curator, she tries to touch on as many different subjects, issues and genres as possible.

The opening night film is "Wajib" and

directed by Annemarie Jacir. Although the Middle East is going through turbulent and dark, filmmakers tell the stories of the lives deeply affected by the chaos, the daily disruptions of conflicts and foreign ideologies, Matta said. It makes for intense viewing.

For opening night, however, Matta sought to strike a lighter tone.

"Wajib's plot is that of a father and son driving around town handing out wedding invites to their friends and neighbors," Matta said. "What may seem as a deceptively simple plot is a rich portrayal of a unique city (Nazareth) and its inhabitants and a journey deep into the coils of an estranged family," Matta said.

Following the screening, Matta will conduct a question-and-answer session with Jacir via Skype. A reception will also be held.

The weeklong series highlights the diversity in Arab cinema. "Wajib," The Man Behind the Microphone, which is scheduled for a Sept. 22 screening, and "Heaven Without People" on Sept. 23 tackle the subject of dysfunctional families. "Les Petits Chats" (Sept. 21) is about the "Beatles of Egypt" while "Investigating Paradise" (Sept. 24) and "The Journey" (Sept. 25) look at fundamental Islam.

Matta said she understands the



JACOB BURNS FILM CENTER PHOTO

Contemporary Arab Cinema 2018 will open on Thursday at the Jacob Burns Film Center in Pleasantville with a screening of "Wajib," directed by Annemarie Jacir. Shown above are Mohammed Bakri, left, and Saleh Bakri in a scene from "Wajib." The weeklong series concludes Sept. 27.

popularity of the series over the past six years.

"For me, watching movies is the beginning of the conversation, the opener," she said. "After that I want to meet up with my fellow viewers and dissect the film. All the films in the series merit hours of debate and heated conversations after the lights come up."

The series prompted Matta to start a tradition of meeting regular audience

members and the directors for drinks or dinner. Over the years, the dinners have given her and audience members a chance to catch up with each other.

"So you could say it's 50 percent the movies and 50 percent the social aspect," Matta said.

The Jacob Burns Film Center is located at 364 Manville Rd. in Pleasantville. For tickets and information, call 914-747-5555 or visit www.burnsfilmcenter.org.

THERE'S A WORD FOR IT

A vocabulary-building quiz

By Edward Goralski

Back in School. School is back in session, so the quiz this week is based on words from "The American Heritage Dictionary Define-A-Thon for the High School Graduate." The book "offers students and parents a fun way to get to know a broad range of words" essential to academic success. Perhaps a few these words will graduate into your vocabulary.

1. **quash** (v.)

A) to set aside B) divide equally C) take from
2. **innuendo** (n.)

A) a new idea B) slight knowledge C) an indirect hint
3. **mollify** (v.)

A) to make modern B) placate C) work hard
4. **consonance** (n.)

A) an assembly B) a brief synopsis C) harmony
5. **phlegmatic** (adj.)

A) unemotional B) unwell C) prolific
6. **obtrude** (v.)

A) to make unnecessary B) impose ideas upon another C) watch carefully
7. **sobriquet** (n.)

A) a sentimental story B) the quality of being solemn C) a humorous nickname
8. **didactic** (adj.)

A) intended to instruct B) strongly determined C) hard to do

- ANSWERS:
1. A. In law, to set aside or annul

2. C. An indirect hint or suggestion, usually intended to hurt the good name of someone; an insinuation

3. B. To lessen the anger of; placate

4. C. Agreement or harmony; accord

5. A. Having or suggesting a clam, sluggish tem-

6. B. To force ideas or opinions upon another

7. C. A humorous nickname without invitation

8. A. Intended to instruct

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LEGAL NOTICES

NOTICE OF FORMATION OF THE DESIGNER REALTY GROUP, LLC. Arts. of Org. filed with SSNY on 6/1/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to **760 White Plains Rd, Scarsdale, NY 10583. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF BRONX BASKETBALL, LLC. Arts. of Org. filed with the Secy of State of NY (SSNY) on April 13, 2018. Office Loc.: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The address to which the SSNY shall mail a copy to is: **The LLC, 43 Seacord Rd, New Rochelle, NY 10804. Purpose: Any lawful act.**

NOTICE OF FORMATION of MAR Sweet Homes LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/6/18. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **United States Corporation Agents, INC, 7014 13th Avenue, Suite 202, Brooklyn NY 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF YONKERS MANAGEMENT SERVICES, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/13/18. Location: Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail a copy of process to **185 Briggs Avenue, Yonkers, NY 10701. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF HF SERVICES LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 08/07/2018. Office Location: Westchester. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal business address: **54 Lawrence Drive, Apt A, White Plains, NY 10603. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF SHED-EZIGNS2 LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on June 14, 2018. Office location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: **The**

LLC, 11 Field Street, Peekskill, New York 10566. Purpose: For any lawful purpose.

NOTICE OF FORMATION OF FELINE VETERINARY MEDICAL CENTER, PLLC, Arts of Org filed with Sec. of State of NY (SSNY) 8/2/18. Office: Westchester County. SSNY has been designated for service of process & shall mail process to **10 Brady Lane, Somers, NY 10589. Purpose: Veterinary Medicine.**

NOTICE OF FORMATION OF EVOLUTION LOCKSMITH, LLC a domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of NY on August 08, 2018. The office of this LLC is located in Westchester County. Secretary of state is designated as agent of the LLC upon whom process against it may be served. Secretary of State shall mail a copy of any process against the LLC to **90 Stratford Ave., White Plains, NY 10605. The purpose of the LLC is to engage in any lawful act or activity.**

MARK WHALING being a natural person of at least eighteen years of age and acting as the organizer of the limited liability company formed under Section 203 of the Limited Liability Company Law of the State of New York certifies that the name of the limited liability company is Whaleshark, LLC. The Articles of Organization were filed with the State on August 31, 2018. The purpose of the limited liability company is to engage in any lawful act or activity within the purposes for which limited liability company companies may be organized pursuant to Limited Liability Company Law. The office of the limited liability company is to be located in Westchester County. The address of the limited liability company is **10 Ormond Place, Rye, NY 10580. The Secretary of State has been designated as agent of the LLC upon whom process against it may be served.**

NOTICE OF FORMATION OF SHAKER WAY LLC. Articles of Organization were filed with the SSNY on 9/12/18. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **SHAKER WAY LLC 4 New King Street, Suite 140, White Plains, NY 10604. Purpose: Any lawful act or activity.**

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A World of Wellness – Without Leaving Your Seat

A dimly lit room sets the scene for today's session. A sense of calm washes over the packed room as the instructor hands each yogi a cotton ball dabbed with aromatic essential oils.

Today's scent is a combination of myrrh and frankincense, both used to enhance emotional well-being. Shoes are kicked off, eyes are closed, and the group takes deep breaths in unison as the instructor creates a sacred space for spiritual awakening. Her final touch is playing the most soothing music you've ever heard. Not bad for a Monday morning.

In this yoga studio there are no mats, you don't need to bend like a pretzel and you certainly don't need to be able to stand on your head. The asana, or poses, are done while seated in a chair.

Toni Russo, a holistic nurse at Northern Westchester Hospital (NWH), leads a yoga class for seniors each week at the Bedford Community House. Chair yoga is a way to bring the mental, physical, emotional and spiritual benefits of yoga to a wide range of people, especially to those who can't enjoy them through traditional practice.

"It's a safe, simple and comprehensive practice that brings the transformative power of mat yoga onto the chair," Russo said. "But yoga is only part of the story.

Taking my lead from the seniors, I've added many self-care modalities to the class."

A Nutritional Component

At the start of each class, Russo incorporates a nutritional component. The group learns that grocery items like sugar, fried foods and foods high in fat, stimulate the generation of free radicals, the oxygen molecules known to damage the cells lining our blood vessels and organs. The class is excited to learn, however, that black coffee contains a rich dose of antioxidants.

Tap Your Stress Away

The class next practices what Russo calls tapping, an Emotional Freedom Technique that can help anyone manage their body's emotional response to stress.

"Notice what's happening inside your body," she said in a soothing tone.

Following her lead, the group taps the outside of their hands. "Pick one thing that's happening that's getting in the way of you having the best day ever. Rate it from zero to 10 and feel it in your body."

The group taps the space between their eyebrows, their temples, then underneath their eyes. "Now say to yourself, 'Even though I have this problem, I still love and accept myself completely.'" Russo notes that tapping is scientifically proven



There are many health and emotional benefits to chair yoga for older adults.

to bring down the intensity of stress to a more manageable level.

Reduce Joint Pain

Once the group has reduced their stress levels, it's time for the chair yoga session to begin. The yogis are impressive – mastering sun salutations, mountain poses, and pigeon poses from their chairs. These movements help the seniors keep their joints lubricated and make movement less painful.

"When I wake up, every joint in my body hurts," said Ellen Cundari. "But when I leave here, my body moves better. Who knew I'd be doing yoga at age 90!"

Benefits

According to the National Institutes of Health, the benefits of chair yoga include

improved core strength, balance, muscle tone and flexibility, deeper and fuller breathing, increased oxygen intake and positive feelings.

Russo's class empowers seniors at a time in their lives when many feel they're losing control. Senior yogi Margaret McHugh, who had knee replacement surgery, agreed.

"Before my surgery, I couldn't do the things I loved doing. I felt myself aging," she said. "Thanks to the surgery and this class, I feel empowered. I left my home in Ireland when I was 18 and now I'm going back at age 81 feeling better than ever."

Russo and the Bedford seniors agree that the most important benefit of the class is the one that's most understated – the sense of community, friendship and trust/

A relaxed group of seniors slips shoes back on and together exits the Bedford Community House. Some head home, others congregate in the meeting area for healthy treats and another cup of antioxidant-rich coffee.

For more information on chair yoga, contact Grace O'Shaughnessy, director of community health education and outreach at Northern Westchester Hospital at goshaughne@northwell.edu.

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ExaminerSports

Quakers Lose to Walter Panas on Homecoming Night

By Andy Jacobs

The Horace Greeley football team discovered on Friday evening how difficult a comeback can be if the defensive unit can't be counted on to provide a little timely help.

Once in each half, a Greeley touchdown that seemingly put the Quakers right back in the game was answered immediately by a long and deflating TD from the visiting Walter Panas Panthers, who went on to a 28-14 victory. The loss was the third in succession for the Quakers and disappointed a large, enthusiastic home crowd that filled the bleachers on Homecoming Night.

Panas, now 1-2 this season, jumped out to a 7-0 lead just over three and a half minutes into the contest as quarterback Lucas Feliciano, on a third-and-13 play, tossed a screen pass to running back David Louis, who quickly turned it into a 64-yard touchdown.

The Quakers got their first big opportunity of the night late in the first quarter as senior cornerback Max Brickman intercepted a pass near midfield. But three plays into the second period, a Greeley fourth-and-two try for a first down on a fake punt was stopped short. Panas proceeded to keep the ball for nearly six minutes, marching 60 yards in 10 plays and scoring on Feliciano's keeper from a yard out.

Greeley, now trailing 14-0, managed to respond with an eight-play, 76-yard drive highlighted by a 32-yard pass from Seth Brail to Jacob Rose that set the stage for Brail's 13-yard touchdown toss to Danny Meringolo with just 50 seconds left in the half. The point-after kick by Thomas Brennan narrowed the Panas lead to just



The Quakers' Jacob Rose tries to run past Sean Laukaitis of Panas during Friday's Homecoming game.

seven points.

But just when it seemed the Quakers would have all the momentum at halftime, Panas replied by going 65 yards in just two plays, the last 62 coming on a screen pass to Sean Laukaitis, who raced past the stunned Quakers to stretch the Panthers' lead to 21-7 at intermission.

The Quakers began the second half by quickly going three and out, but on their second possession of the third quarter they kept the ball for exactly five minutes, moving it 80 yards in 12 plays and scoring on Brail's second touchdown pass to Meringolo, this one for 10 yards. The PAT moved Greeley to within 21-14 with 3:42 still to play in the third quarter.

But just like late in the first half, the Greeley defense was unable to sustain the sudden Quaker momentum. Panas silenced the revitalized home fans with a



Horace Greeley's Danny Meringolo makes one of his two touchdown receptions in the Quakers' home game under the lights vs. Walter Panas.

four-play, 58-yard scoring drive capped off by Louis again, who high-stepped through the line of scrimmage, then bolted up the middle of the field for a 36-yard touchdown. The point-after with just over a minute remaining in the period increased the Panthers' lead to 14 points again.

The Quakers' last gasp came midway through the fourth quarter when Brail connected on a 26-yard pass play to, once again, Meringolo down to the Panas 17-yard line. But that's as far as they could advance. A third-and-10 pass toward the left sideline to Meringolo was knocked away and the Panthers soon took over on downs with the outcome no longer in doubt.

With all three of their losses this year coming on their own home turf, the Quakers will seek to reverse their fortunes when they travel to Eastchester this Saturday for a 1:30 kickoff.



Mike Meringolo of Greeley finds some running room up the right side of the field in the 28-14 loss to Panas.



The Greeley defensive unit converges to bring down Sean Laukaitis of Panas in Friday's game, won by the visiting Panthers.



Quarterback Seth Brail throws the football in the second half of Greeley's game against Panas.

ANDY JACOBS PHOTOS



Greeley quarterback Seth Brail scrambles for some yardage in Friday night's game vs. Walter Panas.



Ethan Samkoff of Greeley carries the football near midfield in Friday night's Quaker Homecoming game.

Ardsley's Sizzling Second Half is Too Much for Westlake

By Sean Browne

Saturday's matchup between the Westlake Wildcats and the Ardsley Panthers was a tale of two halves as the Panthers overcame a 14-point first-half deficit to win 35-21.

"You've got to come and play four full quarters and we only showed up for two," said Westlake head coach John Castellano. "Ardsley is a good, resilient football team. They got punched in the mouth in the first half and they punched back in the second."

The Wildcats were in complete control in the first half running the ball at will and making key plays on defense, the first of them coming when linebacker Dylan Ahern intercepted Ardsley Quarterback Frankie Belarge, setting up the Wildcats with starting field position at midfield.

Westlake looked to set up the run game early with some big runs by quarterback Thomas Carpenter and halfback Andrew DeBiase. On the Wildcats' second possession, DeBiase continued his impressive start as the 5'11 senior took the ball from midfield and scored, giving Westlake a 7-0 lead to end the first quarter.

Building on the momentum from DeBiase, on the next possession Carpenter took a quarterback keep 48 yards down the left sideline to the end zone, stretching the Wildcats' advantage to 13-0.

But Ardsley soon responded, thanks to Belarge connecting with receiver Vincent Manzi over the middle for a 33-yard touchdown completion with 5:17 left in the half.

The Wildcats' DeBiase, however, wasn't done running. He again took off from midfield, scoring another touchdown to give the Wildcats a 21-7 halftime lead.

But once the third quarter was underway, the Ardsley offense flipped the switch, led by Belarge, who would finish the day 16 of 28 passing for 233 yards and four touchdowns. Westlake defensive end



Gianni Garritano of Westlake returns a kickoff in the second half of Saturday's game.

Jack Simon suffered a shoulder injury on the Panthers' first possession that sidelined him for the rest of the game.

Belarge was able to capitalize on that injury as he was throwing from a clean pocket for the rest of the game. Later in the opening drive of the third quarter, he connected with his tight end, Henry Bretts, for a touchdown, shrinking the Wildcat lead to just seven points.

According to the Wildcats' Castellano, injuries to his defensive unit made it difficult to stop the Ardsley offense. "We really had some key defensive injuries in the second half to two of our best players," he said.

The Wildcats couldn't capitalize on their next possession, but the same couldn't be said about Ardsley as Belarge tossed his third touchdown pass of the afternoon, connecting again to Manzi on a 45-yard play. All of a sudden, the game was tied at 21-21.

Needing to get some momentum back, the Wildcats once again turned to their run game led by DeBiase, who spent a lot of time shedding multiple Panther tacklers as he powered his way through the line. Nearing the end zone, DeBiase got the ball again, but this carry proved to



Westlake's Nick Martinez carries the ball on a kick return during the Wildcats' home game vs. Ardsley.



Westlake running back Tom Iazzetta tries to elude Ardsley's Brett Loccisano while carrying the ball on Saturday afternoon.



Fullback Andrew DeBiase breaks through the line of scrimmage as he runs with the football in Westlake's 35-21 loss to Ardsley.

be one too many as the Panthers knocked the ball away from him as he fought for extra yards and recovered on the 17-yard line.

"We drove the ball right in there, you know it and I know it, but you just can't fumble," Castellano said. "We were gonna make it a 28-21 game, but you just can't turn the ball over."

The Panthers made them pay as Belarge found his favorite target, Manzi, for the third time and took a 28-21 lead as Westlake had no answer for the Ardsley passing game.

The Panthers all but sealed their come-from-behind victory when running back Jalen Leonard-Osbourne, who wound up with 125 yards on carries, bolted 36 yards for another touchdown with 3:33 left in the game.

"You've gotta understand that it's a four-quarter game," said Castellano, whose team had won its first two games this season. "You can't take any plays off and that is what we did."



Westlake's Nick Martinez (20) and Tom Iazzetta break up a pass intended for Ardsley's Jalen Leonard-Osbourne late in the first half.



Westlake quarterback Tom Carpenter searches for an open receiver in Saturday's Wildcat home game.



Quarterback Tom Carpenter of Westlake holds the ball aloft after scoring a first-half touchdown vs. visiting Ardsley on Saturday.

ANDY JACOBS PHOTOS



Sebastien Sampere passes the ball in Byram Hills' 1-0 victory over visiting Beacon on Friday.



Chloe Bernstein of Byram Hills smacks a forehand in her match at second singles on Friday afternoon vs. visiting Pelham.



Aidan Curtis of Greeley moves the ball up the field in the Quakers' 3-0 home victory over Pearl River on Thursday afternoon.

SPORTS SCENE



Byram Hills third-singles player Lauren Selkin hits a backhand return during the Bobcats' home match vs. Pelham on Friday afternoon.



Allison Portera of Pleasantville moves the ball across the field in the Panthers' 2-1 loss to Magnus on Saturday afternoon.



Jack Rifkin of the Greeley Quakers prepares to settle the approaching ball during the first half of Thursday's game vs. Pearl River.



Pleasantville goalkeeper Lila Donohue makes a save during Saturday's home game vs. Albertus Magnus.



Berdj Stepanian of Byram Hills goes airborne as he tries to gain control for the Bobcats in their home win over Beacon on Friday.



Byram Hills' Alyssa Margolin prepares to hit a backhand slice in her match at first singles vs. Pelham on the Bobcats' home courts.



Horace Greeley senior Ryan Bergin takes the ball down the left sideline in the first half of Thursday's 3-0 win over visiting Pearl River.



Horace Greeley's Benjamin Cannon dribbles up the middle of the field in the Quakers' home win on Thursday.



Pleasantville's Lyndsey Minerva boots the ball with her left foot in the second half of Saturday's home game vs. Albertus Magnus.



Fox Lane first-singles player Leah Tuluca lines up a forehand during her match vs. Roy C. Ketcham on Thursday afternoon.



Spencer Weinhoff of Byram Hills gets set to pass the ball in Friday afternoon's home win over the Beacon Bulldogs.



Greeley's Brianna Gadaleta controls the ball in the second half of the Quakers' home win over Clarkstown South on Thursday.



Byram Hills junior Jake Shamus rises in the air to head the ball in the Bobcats' victory over visiting Beacon on Friday.



Horace Greeley junior Lindsay Schwartz moves the ball ahead during Thursday's game on the Quakers' brand new turf field.



Allesandra Brittis-Tannenbaum of Fox Lane prepares to smack a forehand return in her match at second singles against visiting Ketcham.



Jordan Troob of Greeley races up the field with the ball in the Quakers' 1-0 win Thursday over visiting Clarkstown South.



Fox Lane's Ally Waldman follows through on a forehand en route to winning her match at third singles on Thursday against the Ketcham Indians.



Horace Greeley's Ally Forster has her scoring chance thwarted late in the second half of Thursday afternoon's home win over Clarkstown South.



Greeley senior captain Rebecca Putnam dribbles the ball up the field during Thursday's home win.



Benjamin Hammond of Byram Hills moves the ball toward midfield in the second half of Friday's home game.

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