

Community Sentiment Split Over Proposed Valhalla Group Home

By Neal Rentz

A proposed Valhalla group home for six residents with intellectual and developmental disabilities drew passionate comments from supporters and opponents during an occasionally emotional Mount Pleasant Town Board meeting last Thursday.

YAI/Seeing Beyond Disability is proposing to operate the 4,000-square-foot, five-bedroom single-family house at 5 Halsey Place. Current plans call for YAI to add another bedroom and remove the backyard swimming pool. Sandra Speiser, vice president for the agency, said the young female adults who would move to the home are currently Westchester residents living with their families.

Speiser said YAI, not the state, would own and operate the home. The nonprofit agency provides permanent housing for more than 700 people, including 136 in Westchester, she said.



NEAL RENTZ PHOTO

Mount Pleasant resident Curtis Au, whose daughter would live in a group home being proposed for Halsey Place in Valhalla, addressed the Town Board last week.

Residents have autism, Down syndrome and cerebral palsy.

"They're looking to move on to the

next phase of their lives," Speiser said.

YAI, established more than 60 years ago, would seek a property tax exemption which would cost the town and school district \$17,000 a year, Speiser said.

Town Attorney Darius Chafizadeh said the state Office for People With Developmental Disabilities has recommended the group home proposal. Under state law, the Town Board may approve the recommendation or look to challenge the plan based on saturation of similar facilities in the area.

Attorney Michael Grace, speaking on behalf of some of the neighboring Halsey Place residents, said many have expressed concerns about the project.

He said municipalities can "go broke" if they have an excessive number of properties that are exempt from taxes. Mount Pleasant has exceeded its responsibilities of hosting nonprofit facilities, he contended.

Grace called for there to be more time to provide information to residents about its proposal and allow residents to continue to express their concerns. Residents have proposed alternative sites for YAI to consider. The 40-day state-imposed deadline for the town to make a decision should be extended, Grace said. YAI submitted its letter of intent to the town, which started the clock in November.

"The timeframe has been an issue for us," Supervisor Carl Fulgenzi stated. "We did not have a lot of time to digest this."

Michael Carey, who identified himself as a civil rights and disability rights advocate and founder of the Jonathan Carey Foundation, named after his son who had autism, said the public should be informed about "the dangers of these facilities." His son was killed by a state employee in a residential care facility.

continued on page 2

Study: Manville Road, Memorial Plaza Projects Won't Hurt Traffic

By Anna Young

As Pleasantville officials eagerly look forward to revitalizing downtown, a traffic study revealed last month that plans associated with two projects will improve pedestrian safety and have no negative impact on vehicular traffic.

Representatives from HVEA Engineers informed officials that traffic along Manville Road, Memorial Plaza and Grant Street would not deteriorate by the removal of the right-hand slip lane from Memorial Plaza onto Manville Road.

Village officials are aiming to redevelop a roughly half-acre parcel on the west end of Memorial Plaza as a public gathering place which would result in the elimination of the slip lane. The village is also looking at a Manville Road streetscape to make the area more accessible to pedestrians.

Rich Williams of Insite Engineering Surveying & Landscape Architecture added that the two projects will focus on making the village more user friendly and safer for pedestrians.

"We've heard loud and clear that the village is concerned about traffic," Williams said. "This isn't what I would consider a traffic congestion project but one about pedestrian safety and maintaining the current levels of service."

Along with removing the turn lane, all curbs and ramps on Manville Road will be made ADA compliant; a median will be created along Manville Road between Grant Street and Vanderbilt Avenue; lane width will be widened to 15 feet; the curb line will be pulled back to increase sidewalk width; lanes will be formalized with designated markings; and a right turn lane will be created at the intersection

of Memorial Plaza and Manville Road.

"We're going to start to rectify that (driver confusion) by formalizing some of the lanes," Williams said. "That results in the need to create some curbed islands which will help funnel the traffic as well as create pedestrian refuges."

Crosswalks will also be added at Vanderbilt Avenue and Manville Road, he said. Crosswalks on Manville Road, Washington Avenue, Wheeler Avenue and Tompkins Avenue will be shortened to create a series of curbed peninsulas. Williams cited pedestrian safety as the catalyst for the change, adding that the peninsulas will help funnel traffic into demarcated lanes.

With two traffic lights in quick succession facing southbound drivers on Manville Road at Washington Avenue and a short distance later opposite Wheeler

Avenue, board members are advocating the state Department of Transportation (DOT) remove the second light because of safety concerns.

"It's a tough spot," Mayor Peter Scherer said. "We have definitely put it front and center in front of DOT."

Representatives from HVEA agreed that the double traffic lights are a unique situation. Williams said he would investigate the issue with DOT, describing the light placement as awkward and dangerous.

While the traffic study showed no discernable change to traffic delays, HVEA representatives suggested the village pay close attention to traffic along Grant Street as a result of the arrival of evening Metro-North trains and exiting vehicles from the commuter parking lots.

continued on page 4

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continued from page 1

Incidents of abuse and neglect are self-reported by mental health facilities and group homes, which do not provide an accurate picture of the problems, Carey charged. He said the top cause of death among group home residents with developmental disabilities is staff failing to call 911 in time for someone in medical distress.

According to an investigation done by his foundation on some of the group homes in the state, there have been 80 convicted Level Two and Level Three sex offenders who have worked in group homes.

All YAI staff must submit to criminal background checks, Speiser responded.

Kathy Schiau, a member of the YAI Hudson Valley Board of Directors, told Carey that YAI uses the video he made about his son's death as part of its mandatory staff training. If a staff member provides a resident with medication late it can be reported as abuse, Schiau said.

No YAI resident has died as the result of actions by a staff member, she noted.

Curtis Au, whose 23-year-old daughter, Emily, would be one of the residents at the Valhalla home, said it's challenging when these young adults try to exercise independence but require



NEAL RENTZ PHOTO

YAI/Seeing Beyond Disabilities Vice President Sandra Speiser discussed her agency's proposal for a group home on Halsey Place in Valhalla during the Dec. 27 Mount Pleasant Town Board meeting.

support from others in the community.

"I came here because this is good news. This is a wonderful opportunity for this community to have a home," Au said. "We're talking here tonight about one single home. Please keep that in mind. That home is going to be where these young ladies will live

together; they will grow old together, God willing. And they will be part of this community."

Former Mount Pleasant Councilman Denis McCarthy said Carey's work has changed the residential treatment model for the better. However, group homes such as the one proposed by YAI are not residential treatment facilities similar to the embattled Cottage School or Hawthorne Cedar Knolls, he said.

Negative tax impact fails to qualify as a reason for the state to deny a group home application, McCarthy said, and there isn't an oversaturation of facilities in town similar to the one YAI is proposing.

"There is a lot of misinformation," he said. "What I see happening in the social media world is a divided community and I think this is a great community."

Councilwoman-elect Francesca Hagadus-McHale said the YAI facility on Brentwood Drive in Pleasantville, the same street where she lives, has posed no problems.

"They have been my neighbors for 15 years," she said. "My property values have increased."

While Fulgenzi said the Town Board would continue to discuss the plan following last week's discussion, he read a statement that tried to temper

previous comments made regarding the proposal. However, he again raised the tax challenges facing Mount Pleasant.

"We are home to many facilities like the one being presented," Fulgenzi said. "I admit my initial focus was not on the individuals slated to be living in the proposed home or their needs. I was mainly thinking of our community collectively and how another tax-exempt property could impact our tax base. Individually, one home does not make a significant impact. It is the over 30 percent of the properties in the Town of Mount Pleasant already tax-exempt added to."

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Q: What is a mobile-bearing partial knee?

A: Key to the durable nature and natural feel of the mobile-bearing knee is a plastic bearing that glides freely throughout the knee's range of motion, hence the name "mobile-bearing." Similar to the ball bearings that "bear the weight" and allow a wheel to turn freely, a mobile bearing allows your knee to move more naturally. In other partial knees, known as "fixed-bearing," the bearing does not move.

Q: What advantages does it have over a total knee replacement or fixed-bearing partial knee?

A: The main advantages are faster recovery time and less pain. Total knee replacement is major surgery involving the removal of a substantial portion of bone in the knee and half the supporting ligaments. The less invasive partial knee replacement preserves all the ligaments and two-thirds of the healthy knee. Patients can often go home the same day and recovery time is cut in half.

Q: Why do some doctors recommend a total knee replacement even if the problem can be fixed with a partial knee?

A: Historically, physicians have favored total knee replacements over partial for almost all patients with severe osteoarthritis because they last longer than fixed-bearing partial knees.

But statistics show that the mobile-bearing knee is comparable to a total knee replacement in terms of durability. Twenty years post-implant, the mobile-bearing knee is still viable in 91 percent of patients. The comparable figure for total knee replacements is 93 percent.

Q: How do I know if a mobile-bearing is right for me?

A: Knee replacements are done only for people whose osteoarthritis is severe or "end-stage." Your doctor will determine which type of replacement you need based on a physical exam and x-rays. In about 30 to 40 percent of patients, the osteoarthritis is contained only on the medial or inner part of the joint. If the rest of the knee is healthy, you might be a candidate for a partial knee replacement with the mobile-bearing device, whereas someone with arthritis throughout the knee or a torn ligament is not.

No. Castle Environmental Leader Betsy Sluder Dies at 98

By Martin Wilbur

Longtime Armonk resident Elizabeth (Betsy) Cabot Sluder, responsible for fighting for most of North Castle's existing environmental laws, was praised last week as a fierce protector of the town's natural resources and for her many roles as a volunteer.

Sluder passed away on Dec. 11 in Concord, Mass., where she moved to in 2001 after living in Armonk for 49 years. She was 98.

"She established excellent relationships with the town supervisor, the county, Environmental Management Council, the Soil and Water Board," recalled former North Castle Conservation Board chairman John Fava, who served with her on the board for about 25 years. "She was really forward-looking and the rest of us tried to follow her and get these laws to work."

It was Sluder who elevated the importance of protecting the environment in town by forming the Conservation Advisory Committee, the forerunner to the Conservation Board, Fava said. She was the board's first chair, serving from the time of its establishment in 1975 until she moved out of town.

About 75 acres in Armonk, then known

as Whippoorwill Park, was slated for development, but she organized a drive to buy the land and keep it as open space, he said. The park, which has since grown to roughly 100 acres, was later renamed the Betsy Sluder Nature Preserve. Fava said a list of all those who contributed to buying the property is somewhere in the town's records.

While the environment was Sluder's first passion, it was one of her many interests. Sluder, an expert gardener, was an officer of the Herb Society of America, helped found the League of Women Voters in North Castle and served on the library board.

Armonk resident Larry Nokes, who also served with Sluder on the Conservation Board, said she would support anyone who was on the side of good.

"She was just a phenomenal person to know," Nokes said. "She was warm and welcoming. She had people to her house. She was just very accepting of a wide variety of people from the very top socioeconomic tiers all the way down."

Born and raised in Boston, Sluder attended Vassar College and completed her undergraduate degree at Radcliffe after marrying John Sluder in 1943. After living several places in different parts of



Elizabeth (Betsy) Sluder established the North Castle Conservation Board in the 1970s, one of her many civic contributions. The Betsy Sluder Nature Preserve in Armonk was named in honor of her work.

the country, she settled with her family in Armonk in the early 1950s.

Another former Conservation Board member, Peter Limburg, said in addition to a love for the environment, she had a sense of duty for what she believed in.

"She could be forbidding at first sight but she was very warm-hearted and she could be a lot of fun and had a good sense of humor," Limburg said.

Fava mentioned that although Sluder came from a family of prominence in Boston, she was always down to earth.

"She put on boots and jeans for these treks downhill and through the wetlands through all of North Castle and she was a swimmer," Fava said. "She swam laps every day all summer long in her own pool. Just a great lady."

After she moved to Concord, she continued her civic and conservation efforts, receiving the National Park Service Conservation Hero Award in 2008 for local river conservation.

She is survived by her children, Greenfield, Godfrey and Eleanor (and their spouses Pat, Rie and Richard, respectively); five grandchildren; five great-grandchildren; her brother, John Bradley; and her sister, Hannah Henderson.

A memorial service will be planned for late spring. Donations in her memory can be made to any chapter of the League of Women Voters.

Arrangements were handled by Dee Funeral Home & Cremation Service in Concord, Mass.

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Cuomo Vetoes Toll Payer Protection Act Citing Enforcement Issues

On Dec. 28, Gov. Andrew Cuomo vetoed the Toll Payer Protection Act promoted by Assemblyman Thomas Abinanti (D-Pleasantville) and state Sen. David Carlucci (D-Clarkstown), author of the state Senate version of the bill.

The two lawmakers had called on the governor to sign the law to protect the public from what they described as outlandish fees and penalties forced on drivers who are sent toll bills by mail. The lawmakers view the problem as becoming increasingly pervasive as cashless tolling increases throughout New York State.

It was announced last month that cash-

less tolling would be installed on I-95 in New Rochelle.

"This bill makes a number of substantial and systematically problematic changes to the capability of toll authorities to both collect tolls and enforce toll violations in the state of New York," Cuomo wrote in his veto.

He concluded in his message that he will propose enhancements to benefit the public in the next fiscal year's executive budget that is due to be released shortly.

The Toll Payer Protection Act would have established a user-friendly process to ensure that motorists receive timely

notices and could easily pay their toll bills. It also would ban the practices of suspending vehicle registrations and imposing exorbitant fines and penalties on vehicle owners.

However, Cuomo said the bill would facilitate greater toll evasion by lowering to the point of insignificance any penalty that would be charged for nonpayment of a toll bill. Also, prohibiting registration suspension for nonpayment would hamstring the state's ability to enforce toll collection.

According to Abinanti and Carlucci, the cashless tolling systems are not specifically authorized by New York State law and are of questionable legality.

On average, toll-by-mail bills make the Thruway Authority about a \$1 million a month in revenue.

In their argument for the legislation, Abinanti and Carlucci said many vehicle owners claimed they never received their toll bills in the mail or were already sent to collections by the time they realized they had an outstanding bill.

Both lawmakers noted that if the current system were working on behalf of drivers then fines would not exceed actual toll fares collected by the state.

Cashless tolling began in April 2016 and the Thruway Authority collected more in fines than in fares from July 2017 to January 2018.

"We are disappointed the Governor



Gov. Andrew Cuomo

vetoed the Toll Payer Protection Act," Abinanti and Carlucci said in a joint statement last Friday following the veto. "Now drivers are left vulnerable to an unfair cashless toll system. As a result, drivers will still not get timely bills, they will face exorbitant penalties, and they could be victimized by vehicle registration suspensions. We welcome discussions with the Governor to fix the cashless toll billing system."

Study: Manville Road, Memorial Plaza Projects Won't Hurt Traffic

continued from page 1

They also recommended officials discuss with DOT traffic signal coordination on Route 117 as part of the project, including a signal on Wheeler Avenue.

Additionally, HVEA encouraged the village to evaluate its parking lots because the Memorial Plaza civic space project will result in a loss of roughly 45 parking spots. Scherer said the board enlisted BFJ Planning, the consultant for the village's Comprehensive Plan, to evaluate parking throughout Pleasantville.

Village Administrator Eric Morrissey said they would have more information on parking in January.

"A big piece of this is to say we're trying to make the streets safer for pedestrians," Scherer said. "I think anyone who has traveled along Manville Road when the trains are letting out or when people are going to and from the theater, it is quite clear there is a significant pedestrian-vehicular conflict, and our goal here is to improve safety but assist in creating a more pedestrian-friendly environment."



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Columbus Ave. Pedestrian Safety Measures Dedicated in Valhalla

By Neal Rentz

Mount Pleasant officials made good on a pledge to bring a positive out of a tragedy that took place more than three years ago at the Columbus Avenue intersection outside Pat's Deli in Valhalla.

On Saturday, officials held a ceremony unveiling new safety lights and a crosswalk that have been installed by the town on the busy intersection in front of the popular deli where Britany Mastropolo was hit by a car on Sept. 11, 2015. She was walking to the deli from the Easter Seals Child Care Center, where she worked. Mastropolo died a short time after the accident.

Police Chief Paul Oliva said the Town Board has been instrumental in installing the new safety measures on Columbus Avenue. The board "is trying to make Valhalla and Mount Pleasant in general a safer place to work and live," Oliva said.

Since the Sept. 11, 2001 terrorist attacks, traffic on Columbus Avenue has increased because the Kensico Dam Bridge was closed. State Sen. Terrence Murphy obtained funding for electronic speed monitoring signs for Columbus Avenue. Those have helped slow traffic for the past year because drivers see how fast they are traveling, Oliva said.



One of the two new safety lights that were dedicated on Dec. 29 in front of Pat's Deli on Columbus Avenue in Valhalla.

The latest safety measure for the road is the installation of Rapid Flashing Beacons, which the chief described as "a crosswalk assist device."

To cross, a pedestrian would press a button on either side of the street. A signal is sent to activate flashing amber lights on both sides of the road to alert drivers that someone wants to cross, Oliva said. The devices were recently



Town officials held a ceremony to dedicate new safety lights and a crosswalk on Columbus Avenue. Pictured, from left, are Mount Pleasant Councilman Anthony Amiano, Councilwoman Laurie Smalley and Police Chief Paul Oliva.

installed by town employees.

Among those attending the dedication ceremony were Mastropolo's parents, Carmine and Maryann.

"There's not a day that goes by that you

all here don't think about her," Oliva said.

Councilwoman Laurie Smalley said she lives in the area and was approached by her neighbors to make Columbus Avenue safer for pedestrians. Many local students walk to school in that area and it's also a popular location for residents to walk their dogs, she said.

Smalley said many of her neighbors spoke up and urged the board to make the street safer.

"Out of something bad came something good," said Smalley, who worked for many years as a school nurse at the Easter Seals Child Care Center.

Councilman Anthony Amiano said he also lives nearby.

"Not a day goes by where I pass this intersection and I don't recall the tragedy that happened," he said. "This is a small but fitting tribute."

Following the ceremony, Carmine Mastropolo said he hoped the safety devices would protect pedestrians.

"It's a tragedy. It's my daughter. I miss her every day," he said. "But I'm glad it's here. If it saves anyone from getting injured in any way it's a great thing. And I'm sure Britany would have been happy that something good came here. She loved this place. She loved Easter Seals."

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Workshop Preserving Holocaust Survivors' Stories Coming to Mt. Kisco

By Anna Young

The Holocaust & Human Rights Education Center (HHREC) in White Plains will expand its effort to provide the children and grandchildren of Holocaust survivors an outlet to preserve and share their family's story of horror and survival.

As the number of Holocaust survivors continue to dwindle, the HHREC has made it a priority to ensure the survivors' stories continue to live on through their family.

"Since the survivors are getting on in years, it's going to come to a point where they won't be available to tell their stories," said the center's Executive Director Millie Jasper. "We felt very strongly that the second and third generation should learn how to preserve their family's Holocaust story to tell their story."

The organization's 18-week Safekeeping Stories Workshop, which will begin Jan. 8, comes to Mount Kisco for the first time at Bet Torah. It will give the attendees the necessary support, comfort and education to share their experiences.

With the organization focused on sending speakers to nearly every public and private school in Westchester, Jasper emphasized how important it is to ensure history is kept alive and students know that the Holocaust really happened.

"It's important that we tell these stories to kids and put a face to it so when they're older they can say they heard a survivor's story

and know that it's true," Jasper said. "We're trying to do something that's impactful for many years to come."

With the workshop producing more than two dozen graduates from Larchmont Temple, where the program has been held since its inception, the HHREC will kick off the new year expanding its efforts to Bet Torah and the Jewish Community Center (JCC) in Tarrytown.

The workshop consists of 90-minute sessions where professionals teach participants how to save their family's Holocaust history using the practice of "story keeping," a method that makes it easy chronicle. Jasper said participants receive valuable insight from workshop discussions and learn how to assemble fragments and slices of their family's past into one coherent story.

Their family's story can then be preserved for this and future generations, she noted.

Jasper said the first 12 weeks are dedicated to sharing, sifting through facts and events to discover the stories that matter most and learning how to effectively write and compile them. Participants will then spend the last six weeks of the program presenting and perfecting their story to share with others.

While the workshop ensures history won't be forgotten, Jasper said it also helps create relationships with those who have had a similar experience living with a

Holocaust survivor.

"The people who join the workshop have all grown up with a Holocaust survivor and they find they have a lot in common with each other and strong bonds are made," Jasper said. "They learn more about their parents' stories because there's a lot of overlap. This is a wonderful way to get together to talk, to meet, to learn and to share."

Jasper added that regular meetings with survivors and their family members are also held outside these workshops by the HHREC. She said sharing their stories has allowed those to overcome their own

difficulties and trauma.

"It's inspiring that they could survive so much," Jasper said. "It's inspirational."

The Safekeeping Stories Workshop will be held most Tuesdays starting next week through June 4 at Bet Torah, located at 60 Smith Ave. in Mount Kisco from 7:30 to 9 p.m. Enrollment will be opened at the Jewish Community Center in Tarrytown at the end of January. The fee to participate is \$360.

For more information, visit www.hhrecny.org/ or contact Millie Jasper at mjasper@hhrecny.org.

Show of Support

County Executive George Latimer paid a visit to Westchester Airport on Dec. 26 to boost the morale of federal TSA workers as the partial shutdown of the federal government dragged through its first week and now into a second. "They work hard for us, and I want them to know that Westchester County supports them," Latimer said. "County government can't do much in this situation, but we can be supportive, along with a thank you and a handshake." Workers received \$15 vouchers for food at the airport as a token of appreciation.



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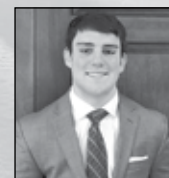
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Obituaries

Margaret Alfieri

Margaret Alfieri (nee DeVito) passed away peacefully at Calvary Hospital in the Bronx on Dec. 23.

She was 88.

After the sudden passing of her beloved husband Gerald in 1966, Alfieri's devotion was to raising her cherished children Lawrence, Robert and Donna. She worked tirelessly to provide them a Catholic education and instill the values and a respect for themselves and others. Immediate and extended family was a focal point to Alfieri. She ensured her children understood the lineage and traditions of both her and Gerald's families. This was reflected in the many gatherings of her immediate and their extended families.

In addition to being devoted to her children and later her grandchildren, Alfieri had a successful career. As a working mother, Alfieri was employed as an administrative assistant. She embraced this role as a professional and the ability to continue raising her children.

After retiring, Alfieri volunteered her time at Accents on Antiques. She had the ability to easily make friends. Individuals actively sought advice and guidance from her on personal and professional matters. She was well-respected and viewed as a pillar of strength and support to others.

Throughout her life, Alfieri had a keen interest in traveling and learning about other cultures. She also loved to cook. This passion has been passed on to all three of her children.

Alfieri was predeceased by her beloved husband, Gerald; her parents, Theresa



Margaret Alfieri

and Joseph; and siblings Rose and Pat. She is survived by her two sons, both of Mount Pleasant, Lawrence (Elizabeth) Alfieri and Robert (Lois) Alfieri; grandchildren Gerald, Gregory and Natalie; daughter Donna (Alfieri) and her husband, Michael Timmes, of Fort Lee, N.J.; her sisters, Jody (Vito) and Ann; and her numerous godchildren, nieces, nephews and friends.

Visitation was at Pleasant Manor Funeral Home, Inc. in Thornwood on Dec. 28. A Mass of Christian Burial was celebrated at Our Lady Queen Peace of Chapel at Gate of Heaven Cemetery on Dec. 29, officiated by Monsignor Barry of Holy Rosary Church. Interment followed in her family plot at Gate of Heaven Cemetery in Hawthorne.

Cortlandt Snyder

Cortlandt J. Snyder of Mount Kisco and formerly of Brooklyn died Dec. 21 at the age of 81.

Snyder was the son of Lillian Brophy Snyder and Cortlandt (Jack) Snyder. Cort is survived by his wife of 58 years, Gwen (nee King); his daughter, Virginia S. Johnson, and her husband, Stephen T. Johnson, of Waccabuc; and grandchildren Genevieve C. Johnson and Stephen T. Johnson, Jr.

Snyder had a long career in the

international wood pulp and paper sales business.

The family received friends at Beecher Flocks Funeral Home in Pleasantville on Dec. 27. A Mass of Christian Burial was celebrated on Dec. 28 at The Church of Saint John and Saint Mary Church (Upper Church) in Chappaqua. Burial followed at Gate of Heaven Cemetery in Hawthorne.

In lieu of flowers, please donate to a charity of your choice that serves the hungry and homeless.

Police Blotter

North Castle Police Department

Dec. 21: At 7:10 a.m., a caller reported having run over a tree limb on the Rye Lake Bridge and required assistance. The responding officer reported the driver ran over a tree limb near 630 N. Broadway. He stated he removed the limb to the side of the roadway. He then proceeded northbound and became disabled at the listed location. The operator requested a tow and Empire Towing was dispatched. No damage was visible. The vehicle may have sustained damage to the front undercarriage.

Dec. 21: A party turned herself in at

police headquarters at 9:04 a.m. because of a bench warrant that was issued on Oct. 26, 2018, for failing to appear. The party was processed, arraigned before Judge Martino and released on \$500 bail.

Dec. 21: A caller reported at 3:30 p.m. that an elderly male fell and is disoriented near the front door of DeCicco's on Maple Avenue. Armonk Ambulance responded.

Dec. 26: A citizen needed assistance on Blair Road at 10:33 p.m. The caller reported that he apparently put handcuffs on himself and subsequently lost the keys. The responding officer reported that the party was successfully assisted and the handcuffs were removed.

Rehearsals Scheduled for Taghkanic Chorale Singers

The Taghkanic Chorale invites area singers to join them and learn from acclaimed music director Jason Tramm as the chorale rehearses Orff's "Carmina Burana" plus Ives' "Psalm 90," Barber's "Reincarnations" and Dello Joio's "Jubilant Song." Spring season rehearsals start Tuesday, Jan. 8 for performances on May 4 and 5.

The chorale rehearses Tuesday nights

from 7:30 to 10 p.m. at the Korean SDA Church, located at 1243 White Hill Rd. in Yorktown Heights. Prospective members may attend rehearsals during the month of January before making a decision whether to join.

For information for singers and concertgoers, call 914-440-3596 or visit www.taghkanicchorale.org.



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Metro-North Initiates Positive Train Control on Mid-Hudson Line

Metro-North Railroad has begun commissioning a new safety system, Positive Train Control on the segment of the Hudson line between Tarrytown and Croton-Harmon. The eight-mile stretch of tracks became the first segment of the MTA's commuter railroads to begin limited passenger service testing on Wednesday, Nov. 21.

Positive Train Control enhances train safety behind the scenes by eliminating the potential for human error to contribute to train-to-train collisions or derailments caused by a train traveling too fast into a curve or into a misaligned switch. It also prevents trains from traveling into zones where railroad employees are working on tracks, a potentially grave situation that since 2014 has been eliminated on Metro-North through the establishment of the railroad's Enhanced Employee Protection System. It gives track workers in the field the ability to confirm which tracks are taken out of service for maintenance and prevents entry of trains.

Positive Train Control uses a network of computers on trains and alongside the tracks that are in communication with a central control hub, sharing data on rail conditions in real time. Like roads, every stretch of track has a speed limit; lights at the railroad's equivalent of intersections flash red and green to indicate when a train must stop or can proceed. If the Positive Train Control system detects that a train is operating too fast for a given stretch of track or is at risk of passing a stop signal, the system automatically steps in to slow or stop the train while alerting the train's engineer that it is doing so.

The enhancement builds upon existing Metro-North systems such as in-cab signaling with Automatic Train Control, systemwide automatic civil speed enforcement and the Enhanced Employee Protection System,

which already offer some of the most substantial functions of Positive Train Control.

"Safety is a core value of Metro-North and we are very pleased to build on our existing safety measures as we roll out this important new system," said Metro-North Railroad President Catherine Rinaldi. "We overcame numerous challenging obstacles to reach this milestone. We will continue to work unceasingly to ensure this rollout takes place as quickly as possible, and we will continue to aggressively look for

new and better ways to improve safety throughout the railroad."

"While no single technology can eliminate all risk, the introduction of PTC dramatically reduces the risk of train accidents," said MTA Chief Safety Officer Patrick Warren. "The MTA remains steadfast in its drive to sustain and improve safety measures in all aspects of the operation of its railroads."

Metro-North Railroad and the Long Island Rail Road are adhering to an aggressive segment-by-segment implementation schedule that puts

them on paths to complete the rollout of Positive Train Control across their entire networks before the federal deadline of Dec. 31, 2020.

For a video explaining how Positive Train Control works, visit the MTA's YouTube Channel at [YouTube.com/MTAInfo](https://www.youtube.com/MTAInfo). Searching for the phrase Positive Train Control will bring up a three -minute video at https://www.youtube.com/watch?v=bIX9wWlY_wg.

This article was submitted for publication by Metro-North Railroad.

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Soundview Prep Searches for Host Family for International Student

By Martin Wilbur

Soundview Preparatory School in Yorktown Heights is looking for a host family in the area for one of its new international students that will be starting their studies later this month.

At the start of this school year, Soundview launched its international student program where they received its first two students from China.

For the second half of the school year, which starts Jan. 22, there are two more Chinese students arriving but one of them, a ninth-grade girl from Shanghai, does not yet have a host family, said Director of Admissions Allyson Montana. Montana hopes the school can receive interest from at least a few families and interview them over the next couple of weeks so the student is settled when her studies begin.

The school, located at 370 Underhill Ave., does not have housing on campus.

"We were surprised that we got these two students for January. We were very pleased and when we were starting this off, we were hoping for a couple of (more) students for next year," Montana said. "But the fact that our presentations went well and we had two people to sign right away, so we hadn't done our homework quite yet. So that's why we are in a rush to find a family."

Families will be required to transport the student to and from the school each day,



MARTIN WILBUR PHOTO

Soundview Preparatory School in Yorktown hopes to find a suitable host family for one of its students from China in the next couple of weeks. The student, a ninth-grader, will begin her studies on Jan. 22.

have an available bedroom for them with preferably their own bathroom, provide meals for them and include the student in many of their activities as possible, Montana said. It is also preferred that the family has a child fairly close in age to the student.

She said the students speak and understand English. They go home to their native land between the school years.

Soundview will offer compensation of about \$1,200 a month.

Families don't have to live in Yorktown but should be within reasonable commuting distance, Montana said. The two international students who arrived in time for the start the school year have been hosted by Soundview's Head of School Dr. Ken Cotrone and also its head of guidance. The other student who will begin later this month, an eighth-grade boy, will be housed by a family in Greenwich.

Soundview, which was established in 1989, introduced its international program

this year, Montana said. She mentioned that Cotrone thought that having students from abroad was in keeping with the school's mission.

Recruitment started last year for the first students, two 17-year-olds. This fall, Montana, who is fluent in Chinese, visited the country when there were additional students who were also interested.

Montana said the experience will not only assist the visiting student but the host family and their children as well.

"There are plenty of studies out there showing that if students have a relationship with a student from another country, they are more likely to learn another language, more likely to travel, and most important, they are more likely to be open-minded and accepting of other cultures," she said. "That's why we chose to embark on getting an international program. It's well-aligned with our mission but for families it really brings a lot."

Soundview is planning to add more international students to its student body next year from a different region of the world. Montana said by next year free transportation will be provided for host families that live within 15 miles of the school.

For families that are interested in hosting an international student, contact Allyson Montana at 914-962-2780.

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT OF THE STATE OF NEW YORK, WESTCHESTER COUNTY, THE BOARD OF MANAGERS OF FOXWOOD CONDOMINIUM, ON BEHALF OF ALL UNIT OWNERS, Plaintiff v. MICHAEL CASARELLA and CHRISTINA CASARELLA, Defendant, Index no. 54254/2018. Pursuant to a Judgment of Foreclosure and Sale dated November 20, 2018, and entered in the above-entitled action on November 27, 2018 (the "Judgment"), I the undersigned Referee in said Judgment named, will sell at public auction to the highest bidder at the Lobby of the Westchester County Courthouse, 111 Dr. Martin Luther King Jr., Blvd., White Plains, New York 10601, the premises directed by said Judgment to be sold. The premises will be offered for sale, as one parcel, on Thursday, January 31, 2019, at 10:30 a.m. The premises therein is described as being in the County of Westchester and State of New York, and designated as Tax Lot no. 2.121, Block 2, Section 69, Sheet 51 and commonly known as 121 Foxwood Circle, Mt. Kisco, New York 10549. The premises is more particularly described as follows:

THE land area of the Property is described as follows:

The Unit is designated as Lot 2.121, Block 2, Section 69, Sheet 51, on the Tax Map of the Town and Village of Mount Kisco and further described as follows: The unit ("UNIT") designated and described as Unit No. 121 in the Declaration (the "Declaration") establishing a plan for condominium ownership of the land (the "Land") and buildings (the "Buildings") comprising Foxwood Condominium (collectively the "Property") made by the Granter under Article 9 -

B of the New York Real Property Law, dated November 27, 1985 and recorded in the Office of the County Clerk of Westchester County on December 5, 1985, in Liber 8286 cp 59. Being further designated and shown on the floor plans certified by Jack P. Fermery, A.I.A., filed in the Office of the County Clerk of Westchester County, Division of Land Records, on December 5, 1985 as Map #22143. The Land is comprised of all that certain lot, piece or parcel of land situate, lying and being in the Village and Town of Mt. Kisco, County of Westchester, and State of New York and more particularly bounded and described in herein. Together with an undivided .8686 percent interest in the Common Elements.

The premises will be sold subject to the provisions of the filed Judgment, Index No. 54254/2018 the Terms of Sale, and an assigned mortgage held in the principal sum of \$331,550.00, with interest thereon.

The approximate amount of the Judgment, for the property referred to therein, is \$14,737.91, plus interest and costs, as provided in the Judgment. The successful bidder will be required to deposit 10% of the bid by certified or official bank check, unendorsed, made payable to the Referee in accordance with the terms of sale.

Robert A. Hufjay, Esquire, Referee. (914) 664-8400
Ansell Grimm & Aaron, P.C., Attorneys for Plaintiff,
365 Rifle Camp Road, Woodland Park, New Jersey 07424
(973) 925-7343
Attention: Stacey R. Patterson, Esq.

Dual Stream Recycling Makes Return to New Castle, No. Castle

By Martin Wilbur

Now that the calendar has turned to 2019, that means the end of single stream recycling in North Castle and New Castle.

In the past several weeks, officials in both municipalities have circulated word through mailings, e-mails and website posts about the change starting Jan. 1. The change was made necessary in towns across the United States after China, which in recent years accepted much of the country's recyclable materials, has imposed new restrictions on the items it takes.

In North Castle, the biggest concerns are making sure residents put out the correct items each week since the town will be alternating the different types of recyclables that will be picked up, said Town Clerk Alison Simon. Starting this week, cardboard and paper will be taken with the trash. Next week glass, cans and plastics are due to be put out. There is no deviation in that schedule throughout 2019, according to the recycling calendar on the town's website.

"Most people have no problem with the changes, they're just calling with more information to make sure they have it right and they know what to put out each week," said Simon.

There are at least as many questions regarding backdoor pickup, she said. Suburban Carting, the company that the

town has contracted for their trash service, is increasing its monthly cost for residents to have their trash and recyclables hauled away if they place it by the back door or their garage door.

The costs have gone up to \$75 a month this year, \$85 a month next year and \$95 a month for 2021, Simon said. The increase in costs are necessary because the company usually must send a smaller truck for that service, she said.

Meanwhile, the dual stream recycling pickup in New Castle will require residents to place paper and cardboard in one container and glass, metal and plastics that are numbered 1-6 in another receptacle in order for it to be picked up at the curbside. That rule is also in effect for any resident using the town's recycling center, said Supervisor Robert Greenstein.

All items in New Castle, however, will be picked up each week.

There is concern that if customers aren't careful in separating the different types of recycling, the paper and cardboard could be contaminated and companies will be forced to send those items to the incinerator. If that's the case, the weight of the trash could increase, thereby hiking costs because the amount that is paid to a hauler is generally determined by the ton.

New Castle residents should have received materials from SaniPro informing them of the guidelines along with stickers

to identify the two different types of recyclables that are to be put out for curbside pickup.

For more information on the rules regarding the pickup of recyclables, North Castle residents should visit www.northcastleny.com.

In New Castle, visit www.mynewcastle.org and go to the Sustainability Advisory Board (SAB) page by clicking on "Town Government" and then Board and Committees to find the SAB.

Get Up and Dance



Aszmara Sherry, an acclaimed Middle Eastern dance expert, recently performed for the residents of The Bristal at Armonk. Throughout her more than three-decade career, Sherry has danced a range of performance styles from cabaret entertainment to full stage productions. She was one of the founders and principal dancers of Oriental Images, an award-winning Middle Eastern dance company and was also co-founder and co-director of SaZ Dance Theater, a multicultural woman's dance company.

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Local Resident's Hoops Clinic Brings Holiday Joy to Teens

By Martin Wilbur

When David Simon was a teenager, he would go nearly anywhere to find a basketball court and have a place to play ball.

The Armonk resident wanted to make sure during last week's holiday break from school, teenagers from the Family Services of Westchester in White Plains had a constructive activity for part of their time off.

Simon organized a three-day co-ed basketball clinic at the North White Plains Community last Wednesday, Thursday and Friday, teaching roughly a dozen youngsters some of the sport's fundamentals. All of the teens, ranging from grades 8-12, are from White Plains, some of whom live in group homes.

"It goes back to the stuff I've been through. I remember being of this age and having no place to go Christmas week and you didn't want to hang out in the streets," said Simon. "So I called up the folks (at Family Services of Westchester) and said 'Let's find a place.'"

He and Family Services split the cost of renting the facility and brought in pizza for lunch for the kids each of the three days.

Simon has been finding ways to give back to kids facing long odds. He's held football clinics before his sons went off to college, softball games and even theater workshops.

This time, however, the connection for Simon was more personal. A former high school and college basketball player, it was the first time he led a clinic that featured his favorite sport.

With the help of Gyorgy Goloman of the Westchester Knicks during the Thursday session and James Fallon, the captain of the varsity basketball



MARTIN WILBUR PHOTOS

Shooting drills were part of the holiday week basketball clinic for teens from Family Services of Westchester. High school player James Fallon, left, one of the clinic's instructors, oversees the drill.

team at EF Academy in Thornwood during the three days, the teens learned basic basketball skills, such as how to shoot, take layups, pivot and use their teammates by passing. In the final hour on Friday, they played three-on-three games.

During lunch each day and near the end of the three-day clinic, Simon sought to encourage the youngsters with positive messages that helped him growing up.

"The reason why I do it, I remember what it was like not to have a father, to be quite candid, and my grandfather was my father and my basketball friends were my family," said Simon.

Que Coleman, the recreational and educational coordinator for Family Services of Westchester, said students who wanted to be part of the voluntary clinic signed up in advance. She said she was happy that it gave them an opportunity to be active and engaged with their peers rather than staying home with no place to go for the week.



Armonk resident David Simon, center, speaks to teenagers from Family Services of Westchester during a three-day basketball ball clinic he organized with the nonprofit agency's assistance at the North White Plains Community Center last week.

"This is the first time and I'm hoping this is something that can be a tradition for us and we can do it every year, or at least again next year," Coleman said.

Participants looked forward to having a fun experience with their peers. Maylyn Pittalugh, a senior at Rochambeau Alternative High School in White Plains, said while she is familiar with basketball, the clinic was rewarding.

"The coach, like he helps you, he's always very positive and motivational," she said. "I think it helps because of the coach that we have. So it makes it fun and like a learning experience."

Andre Washington, a senior at White

Plains High School, added that it was good to be with new people for a few days.

Simon is hopeful that the clinic will become an annual holiday week fixture for him and the Family Services of Westchester.

During lunch and before the clinic ended on Friday, Simon told the youngsters that basketball is more than a game; it provided him with purpose and camaraderie when he was their age.

"I just loved basketball and I made it my exit plan with people to interact and I always have loved that," said Simon.

Celebrating Success



NEAL RENTZ PHOTO

The Westlake High School softball and lacrosse teams were honored with certificates of achievement at the Dec. 27 Mount Pleasant Town Board meeting. The 2018 softball team won the state Class B Section 1 championship and the regional championship and was a semifinalist in the state tournament. The 2017 lacrosse team was Class B Section 1 champions, regional champions and went to the finals of the state tournament.

New Program Offered to Support Teens With OCD

Cognitive Behavioral Consultants (CBC) has announced an intensive program this winter to help students with obsessive compulsive disorder (OCD). The program is headed by Dr. Constance Dekis and Dr. Lata K. McGinn and is available for students between 12 and 18 years old. The program includes motivation building, goal setting, cognitive restructuring and response prevention in a concentrated format.

Research findings show that intensive treatment enhances gains for individuals with OCD. CBC offers youth group intensive programs in winter and summer to help teens make rapid gains in overcoming OCD symptoms and impairment so they achieve overall success in school and social situations.

The program, which will take place at the CBC facility at 1 North Broadway

in White Plains, involves group and individual treatment in a fun, supportive environment. It is recommended as an intensive booster in addition to ongoing weekly treatment. A parent night will take place one week before the program starts and parents will be invited back on the last day.

Early sign-up is open for students now. A parent orientation and training night is scheduled for Thursday, Jan. 10 from 6:30 to 8:30 p.m. Students should attend all sessions on the following dates and times: Friday, Jan. 18, from 3:30 to 7:30 p.m.; Saturday, Jan. 19 and Sunday, Jan. 20 from 11 a.m. to 4:45 p.m.; and Monday, Jan. 21 from 10 a.m. to 3:30 p.m.

For more information, call Dr. Michelle Greenberg 914-385-1150, Option 1.

Academic Affiliation Established Between Dental College, WIHD

The Hawthorne-based Touro College of Dental Medicine and the Westchester Institute for Human Development (WIHD) announced an academic affiliation designating WIHD as a teaching site for Touro's students.

Dental students will conduct weekly rotations in WIHD's dental department, which provides oral health care to more than 4,000 adults and children with special needs each year throughout the

Hudson Valley. As part of the program, students will assist WIHD's dental department in the provision of care at its facility on the New York Medical College campus as well as travel in WIHD's mobile dental van to its multiple site locations throughout the region.

Students will also observe oral procedures conducted under general anesthesia in the operating room at Westchester Medical Center's

MidHudson Regional Hospital.

"This partnership provides our students with a unique educational opportunity that can drastically impact how and to whom they will provide care in the future," said Dr. Ronnie Myers, Touro College of Dental Medicine's dean. "Through observing and assisting patients with special needs, their families and caregivers, our students will gain a new level of comfort and confidence while learning behavioral modification techniques for successful dental visits."

"WIHD is pleased to partner with Touro College of Dental Medicine to help train these future dental professionals," said Susan Fox, president and CEO of WIHD. "A well-trained dental workforce, with experience in working with individuals with severe disabilities, is essential to assure that these individuals have access to proper and regular dental care in the community."

To support good oral hygiene between dental visits, WIHD is currently working on software to engage people with intellectual and developmental disabilities around the importance of oral health and the tools and techniques to clean their teeth regularly. TCDM students will have the opportunity to participate in demonstrations of this software and help administer a new



Dr. Pat Seagriff-Curtin, left, provides dental care at the Westchester Institute for Human Development with Touro College of Dental Medicine students assisting her. The two organizations recently announced a partnership.

patient engagement program that will help collect patient feedback about their experiences at WIHD.

The affiliation between the two organizations is the first such partnership to be established since Touro's creation in 2016. It was spearheaded by Dr. Jay Goldsmith, the school's founding dean, in collaboration with Dr. Pat Seagriff-Curtin, former director of dental services at WIHD. The school is actively engaged in the development of several additional affiliations that will enhance the educational training of its students.

Applications Being Accepted for Student Albany Conference

High school students at least 16 years old are invited to apply for the Students Inside Albany Conference, an annual interactive event in Albany that is led and chaperoned by the League of Women Voters of New York State. It is scheduled for May 19-22.

Students can experience the new state legislature at work, meet students from throughout the state, learn how voters' interests are processed and shadow legislators. Applicants must be residents of Mount Kisco, Bedford, Lewisboro, North Salem or Pound Ridge, turn 16 no later than May and have parental

approval, school nomination and references.

There is no cost to students who are selected. The trip includes train transportation, a three-night stay at Hampton Inn & Suites and a tour of the Capitol.

For more information and for applications, contact the League of Women Voters of North East Westchester's SIA Coordinator Barbara A. Dodds at 914-244-0239 or badodds@optonline.net or your social studies adviser or librarian.

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Editorial

Time to Polish Off the Crystal Ball and See What's in Store for 2019

Now that everyone has finished the eggnog and survived another waist-busting holiday season, it's time to welcome the new year and see what lies ahead over the next 12 months.

There is certainly no shortage of issues to look out for – development, traffic and taxes, to name a few – and there will certainly be plenty of others to keep an eye on in the weeks and months ahead.

So, in keeping with The Examiner's nearly annual tradition, we take the crystal ball out of storage and look at what may be down the road in 2019. If just a handful of these come true, it will be a very happy new year.

Mount Kisco officials successfully complete the Comprehensive Plan update eventually leading to a reduced downtown commercial vacancy rate.

For Mount Pleasant to wrap up its work on the Comprehensive Plan and that everyone's dreams for vibrant hamlets come true.

Chappaqua's streetscape project is completed and downtown merchants enjoy the fruits of their patience and the town's hard work.

For Pleasantville to settle on a Memorial Plaza design that everyone likes and that the village can afford.

That local residents manage to avoid getting hit hard with the new limits on the state and local income tax deductions.

For Congress to agree on a sane immigration policy that a majority of citizens can support.

Peace and quiet for the residents who live in the busy flight paths near Westchester Airport.

Now that Whole Foods is open and Life Time Fitness will soon follow, manageable traffic around the Chappaqua Crossing site.

Somehow for there to be an easier trip through downtown Mount Kisco during peak hours.

That the New Castle Town Board starts the public portion of its meetings on time – at least most of the time.

No mass shootings.

For Westchester officials to pass a countywide plastic bag ban so there isn't a hodgepodge of different laws.

For North Castle to move forward with renovations at the North White Plains Community Center.

That state legislators think about more than just the dollar signs when weighing whether to legalize marijuana.

Ample and reasonably convenient parking for customers in every downtown.

For Con Edison to be prepared the next time a major storm hits the area.

For the entire Saw Mill River Parkway to continue to remain open during significant rainstorms.

Dry weather for Pleasantville Music

Festival day.

No new fare increases for Metro-North Railroad commuters.

That the state DOT finally completes and shares its findings on how it can make problematic grade crossings safer after it has failed to produce a report called for by the legislature and the governor.

Progress with some development at the old lumberyard site in Armonk.

No more unfounded fears during discussions of proposed group homes.

A conclusion to the case involving Will Wedge, the Chappaqua man arrested last January after he used a curse word at a New Castle Planning Board meeting.

That the Bedford School District's revised guidelines for its Dual Language Bilingual Education program achieves its mission.

Other New York area sports teams besides the Yankees have a winning year.

Nothing but success for all of the area's youth and high school athletes.

For all first-responders, both the professionals and the volunteers, to know how much they are appreciated. They make the area a better place to live.

To all the volunteers who give so much time and effort to improve their home communities.

And to all our readers, advertisers and supporters everywhere, a happy, healthy and prosperous 2019.

Mt. Pleasant Should Unite Community By Accepting Group Home

By Denis McCarthy

The public meeting held at Mount Pleasant Town Hall on Dec. 27 regarding the proposed residence for six young women with developmental and intellectual disabilities on Halsey Place had widespread support from many residents who attended. Many spoke eloquently to the facts of the proposal – countering several misunderstandings and mistruths that this residence will have an adverse impact on the community and town.

It is unfortunate that the Town Board's communications incited a frenzy of fear and division among some residents within the community by stating the following in its Dec. 4 release: "Please be assured that the Town Board is protecting our community as our residents are top priority."

This noxious assertion implies these six young women would be a threat to our community. Even more alarming, this divisive statement implies a lack of equal protection and representation will be afforded to these individuals versus other residents within our town, which violates their rights under the state and the United States constitutions.

This statement violates both precepts of the 14th Amendment of the U.S.

Constitution: "no state shall deprive any person of life, liberty, or property without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws."

The town supervisor tried defending this error, with another fallacious and contradictory statement, stating concerns of "how another tax-exempt property could impact our tax base," before conceding "Individually one home does not make a significant impact." He then tried to further obfuscate this application by stating that 30 percent of properties in this town that are tax exempt.

First, that is not the question at hand for consideration before the Town Board, as per the Padavan Law. Secondly, the Town Board knows full well that the many cemeteries in our town make up the largest tax-exempt parcels, in addition to Westchester Medical Center, Phelps Hospital, New York Medical College, Pace University, the Boy Scouts and Girl Scouts of America and our houses of worship. All these tax-free entities provide a purpose within a community and are tax exempt under federal and state laws, which are not within the purview of town government.

Lastly, the Town Board passed the

2019 budget just two weeks ago, boasting the largest fund balance ever recorded in town history. Is the truth of this matter relative to what the Town Board members feel or based upon facts?

It was equally disconcerting that the supervisor would handpick the first two speakers who were neither residents nor local business owners. These "out-of-towners" made deleterious attempts to confuse this single-family residence with the plagued institutional residential facility model that has been outlawed by the Supreme Court's Olmstead decision, the U.S. Department of Justice and New York State, which have recently been scaled back at Hawthorne Cedar Knolls.

While I am disappointed at the Town Board's initial handling of this issue, I do have faith that the board now has significant data to prove this one residence will not have any adverse impact upon the town's tax base, housing values or the safety of residents within our community.

During my service as councilman, I tried to adhere to the service principle "To whom much is given much is required." I pray your decision reflects the values of our community.

Denis McCarthy served as Mount Pleasant councilman from 2014 to 2017.

Art, Film Lover Cherishes Bringing Weekly Talks to No. Castle Library

By Martin Wilbur

Since childhood, Valerie Franco has had a healthy passion for the arts. Her parents made sure of that, regularly taking the family to museums and plays.

Therefore, it's not particularly surprising that you can find Franco at the North Castle Public Library in Armonk most Wednesday and Friday nights, the two evenings where her passion and her profession collide.

On Wednesdays, she leads a discussion group about the art world, discussing painters, sculptors, perhaps a particular period of a country's art history or a particular theme during the hour-long sessions. On Fridays, Franco switches to films, which can be art-related or tie into that week's art discussion, while other times she'll show something for pure fun and entertainment, such as "Blazing Saddles."

"In Westchester, it's always had this really rich cultural offering for people," said Franco, who spent most of her formative years in Yonkers, where she once again lives. "You don't have to spend a lot of money, you can go to free galleries, you can go to free events like what the library does here. It has wonderful, wonderful opportunities. (My parents) were always doing something, always. I'm very lucky in

that way."

It may be the group of 15 to 20 Wednesday evening regulars or semi-regulars or the film buffs who show up on Fridays that are the lucky ones. They get to hear what this enthusiastic college professor – Franco has taught at Pace and Westchester Community College and is currently teaching at Long Island University – has to offer a short trip from home for free.

The Wednesday evening before Christmas she split time discussing aspects of Pablo Picasso's career and the Swedish painter Hilma af Klint. The latter's career is shrouded in a bit of mystery, but in the decades since her death in 1944, af Klint has been recognized as one of the world's first abstract artists, Franco said.

Longtime Armonk resident Luisa Ciardullo, one of the regulars of the group, said she wished that she had a professor in college like Franco.

"She's every enthusiastic, very energetic," Ciardullo said. "She's passionate about art. She's always got new artists, sculptors. She'll meet you in the city, if you want to meet in the city and go to museums."

Actually, it was Franco's initial career in production and voiceover work along with some acting auditions after college that unpredictably led her to lecturing



MARTIN WILBUR PHOTO

Valerie Franco, who leads weekly art discussions and film screenings, speaks to a group during one of her sessions last month.

and academia. Franco, who had moved to Los Angeles for about 15 years, discovered how prevalent stereotyping was in the entertainment industry.

She was asked by a friend at Sarah Lawrence College to talk about the issue, which led to additional speaking engagements. She has become a sought-after lecturer on the topic, whether it was about stereotyping Italians in the industry, women or various minority or ethnic groups. While there have been improvements, particularly with the explosion of different entertainment

outlets, Franco said the problem still exists.

"Why are those stereotypes still in existence when so much is changing and so many other groups are demanding a fairer representation?" Franco asked. "So that's what really started it, the stereotyping of Italians."

Those in the group praise her for the little-known facts she manages to unearth and for her willingness to elicit participation.

"She's very thorough," said Armonk resident Jean Lestingi. "She just flushes everything out. Everything is presented in detail and in a thorough manner."

Franco, who is currently working on her doctorate, said one of the key elements to having a successful group discussion is to spur feedback. In the upcoming weeks and months, Franco hopes to include more guest speakers whether live or via Skype.

After seven years of weekly presentations, her enthusiasm on the topics she loves never wanes.

"So it's nice when something interests them and I can bring that to everybody as well," Franco said.

The Wednesday evening art discussions and the Friday evening film screenings and discussion begin at 7 p.m. The North Castle Public Library is located at 19 Whippoorwill Rd. East in Armonk.

What a Clown! Local Actor Finds Spotlight in the Circus Rings

By Anna Young

Mark Gindick grew up with a deep admiration for legendary physical comedic visionaries Buster Keaton and Charlie Chaplin. He never thought that would lead to him performing center stage at the circus.

When the Croton-on-Hudson resident attended Purchase College to study filmmaking, he wanted to make films reflective of those of his idols. While Gindick, 42, was producing one of his student films, he thought taking lessons on how to act like a clown would elevate his movie if he could perfect some of the physical techniques.

What Gindick didn't expect when he attended the Ringling Bros. Clown College was to finally discover what he was meant to do.

"I never wanted to be a performer but once I went to clown college it just felt right," Gindick said. "I fell in love. There was this nagging feeling in my head telling me this is what I was supposed to be doing."

Now the accomplished and gifted physical comedian has made history as the first and only clown to have worked the three big circuses – Big Apple Circus, Ringling Bros. and Barnum & Bailey and Cirque du Soleil. Gindick is once again starring as the featured clown in his seventh season with the Big Apple Circus now playing at Lincoln Center through Jan. 27.

Growing up in Scarsdale, Gindick said his love for physical comedy stemmed from his father's affinity for the pivotal movies and



Croton-on-Hudson's Mark Gindick has performed in the biggest circuses throughout his career after he enrolled in Ringling Bros. Clown College to help him with acting in a college film he had produced.

stars of the early days of Hollywood. With his father's influence inspiring Gindick to appreciate the art and magic of comedy, he eventually asked his dad to take him to the circus.

"I always had my dad take me to the Big Apple Circus," Gindick said. "I grew up watching the show and now I'm in it."

Graduating clown college after three months led him to take time off from school to go on tour with Ringling Bros. Gindick traveled the country performing two to three shows a day during his first year, fashioning his style as a clown and playing off of the audience.

"As a young person, Ringling Bros. made me work hard and gave me a strong work ethic and made me realize what I wanted to do," Gindick said. "Ringling (was) a special venue, but I wanted to do more."

When the tour ended, Gindick returned to Purchase and graduated with a degree in



drama and film studies. With a penchant for the circus still coursing through his veins, Gindick partnered with circus pals Matthew Morgan and Ambrose Martos to create the critically acclaimed hit, "The Comedy Trio Happy Hour." The threesome traveled the world entertaining crowds.

"This was where I found my true voice as an artist and as a clown," Gindick said.

His talent led him to the Big Apple Circus, where he served as the understudy to the featured clown. Gindick soon found himself center stage when he was asked to create his own character. Gindick said his character was an extension of himself – a short, neurotic clown named Mark who is shy around women.

In this year's performances, his character is a normal guy who stumbles into the circus in amazement and wonder.

Along with his circus routines, Gindick has been featured on "The Late Show with



David Letterman," "Late Night with Conan O'Brien" and the PBS miniseries "Circus" and has appeared in movies, including "Julie & Julia." Gindick also wrote in and starred in theater productions "How to Be a Man" and "Wing-Man," a silent one-man show that paid homage to Chaplin's classic film "Modern Times."

"Wing-Man I built as a necessity," Gindick said. "The great thing about clowns is we get to make our own material."

With Gindick recently concluding an international tour with Cirque Du Soleil, where he reworked the clown storylines and routines, he said he's happy to be back at home juggling his day-to-day life with his family during the Big Apple Circus engagement in the city. He loves entertaining the raucous crowd he used to be part of.

"It's so great, it's the best gig," Gindick said. "I feel like I'm back at home."

A Busy Year Concludes for the Pleasantville Fire Department

This was a busy year for the Pleasantville Volunteer Fire Department. As of Dec. 3, the alarm count stood at 462, placing 500 alarms for the year within reach. That would make 2018 the department's busiest year in terms of response to alarms.

During November and December, Pleasantville fought a house fire with the aid of the Thornwood, Hawthorne, Chappaqua, Briarcliff and Pocantico Hills fire departments. The Pleasantville Volunteer Ambulance Corps was on hand during the incident to provide medical aid.

The Pleasantville Volunteer Fire Department was also dispatched out of district to stand by the Briarcliff Department in their headquarters for six hours while that department fought a house fire. While there, the Pleasantville crew responded to and extinguished a brush fire.



Len Balducci, a dedicated volunteer with the department's Junior Corps.

The department looks forward to 2019, which will mark its 125th year of service to Pleasantville.

This Month's Firefighter Profile

The featured department member this month is Len Balducci, a lieutenant in the Junior Corps. He is a junior at Pleasantville High School, captain of the school's varsity wrestling team and is one of the highest ranked wrestlers in the state in his weight class. The wrestling team has a lot of underclassman that Balducci mentors.

He also played on the Panthers football team this year. His hobbies are fishing, camping and spending time outdoors. His career goal is to be a professional firefighter.

Balducci responded to 165 alarms in 2018



Families from the community joined Santa Claus at the Pleasantville Volunteer Fire Department's annual holiday party on Dec. 9.

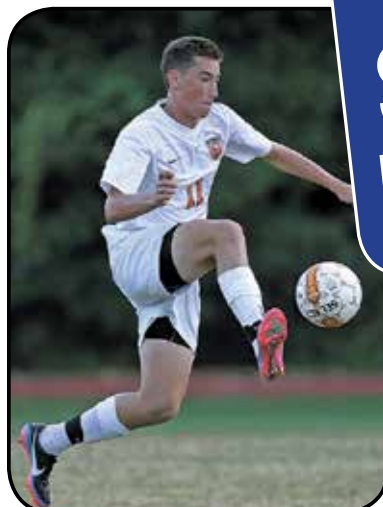
Children's Holiday Party

On Sunday, Dec. 9, the Pleasantville Volunteer Fire Department hosted its annual children's holiday party. Santa arrived at headquarters at 1 p.m. riding on Engine 90 and took toy orders for about 150 children over the next two hours. Children received a gift and then headed downstairs to the apparatus floor for cookies, cupcakes, hot chocolate and other goodies. The Pleasantville High School band played holiday music and children toured the trucks

as of mid-December. He has impressed the entire department with his commitment and drive to do the best he can in all that he does.

The Junior Corps consists of young firefighters between 16 and 18 years old. At 18, a Junior Corps member can transfer to a senior company. While Junior Corps members do not enter the "hot zone" at a fire scene, they help supply water, set up rest stations, replace air packs and perform other valuable duties. They also take courses at the fire training center in Valhalla.

Anyone interested in joining the Pleasantville Volunteer Fire Department, can stop by headquarters at 75 Washington Ave. most Monday nights when drills, meetings and equipment maintenance occur. If you see members inside, they will make time to talk to you or call at 914-769-2336. (It will be a recording but someone will get back to you.) The department always need a few good neighbors in its ranks. For more information, visit www.pleasantvillefire.org.



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Strength Training in Your Exercise Routine Shouldn't Be Overlooked

For many people, improving one's health is a common New Year's resolution. Two essential ways to achieve this goal is by starting a new exercise routine or revamping an existing one.

Adding regular physical activity to your weekly routine will improve physical and mental health, help prevent chronic diseases, improve cardiovascular health and decrease risk of heart attack, diabetes and cancer, just to name a few diseases. For some, an exercise routine mainly consists of aerobic activities such as walking, jogging or treadmill work.

What is often overlooked is the value of strength-building exercises. Adding strength training helps create a more well-rounded program that will add additional health benefits along with maintaining an independent lifestyle as we age.

Strength training, also known as resistance training, are exercises that require you to resist against an opposing force. Strength training exercises are designed to engage one or more major muscle groups in your legs, hips, back, core, chest, shoulders and/or arms.

Using machines, free weights, resistance bands, kettlebells, vests or by simply using your own body weight (like when performing squats or pushups) are all forms of resistance training exercises. Whichever type of resistance you decide

to use, the most important factor is maintaining good form. Focusing on form and biomechanics will help you get the most out of your workout, avoid injury and help to build a strong and necessary foundation for progression.

What are the benefits? Strength training becomes more critical as we age. An article from Harvard Medical School states that as we enter our fifties, strength-building exercises are essential in preserving our ability to perform daily activities, allowing us to maintain an active and independent lifestyle. Other benefits include strengthening of bones and muscles; improving balance; controlling blood sugar; boosting cardiovascular fitness; improving cholesterol levels; helping maintain a healthy weight; and helping relieve pain associated with arthritis.

How often should one incorporate strength training? The American College of Sports Medicine's guidelines recommend 30 minutes of exercise five times week as the minimum effective level to experience the benefits of exercise. Furthermore, 150 to 250 minutes per week of moderate to intense exercise will yield more health benefits and weight loss.

If you're going for the full five days a week of either 30 minutes or an hour of work, three days should focus on

strength training, two days for cardiovascular training and two days of rest. Active rest days are just as important to help your body recover, build new muscle, restore energy systems and prevent injury.

All workouts, whether aerobic or strength focused, should also include a five-to 10-minute warm up of dynamic stretches and activities that get the body ready for exercise and a cool down, which consists of stretching and/or foam roller work.

Determining the appropriate amount of repetitions, sets and resistance/weight can be a little bit of trial and error. Generally, strength training routines will consist of two to three sets of eight to 12 repetitions of several different exercises, with a brief rest in between. The trick can be choosing the appropriate amount of resistance and weight. You know you have the right resistance if you can complete a set with effort that wasn't to the point of needing to hold your breath with excessive strain or with compensation of form.

When you are ready to start, begin slowly and listen to your body. A beginner's strength training workout



By Rachel Amarosa

can be as little as 20 minutes. Remember, when instituting a strength training routine, good form (slow and steady motions) and working within your means is paramount. After four to eight weeks, you will experience noticeable gains in strength and performance.

If you haven't produced the results you expected by that two-month mark, then you may need to consider the assistance of a qualified healthcare or fitness professional such as a physical therapist, personal trainer or nutritionist for additional help.

We hear it all the time, "new year, new you." I say accept that challenge and up the ante by saying "new year, better you." In 2019, work toward that better you by investing your time and effort into your health and fitness and get the results you want to see!

Rachel Amarosa is a certified athletic trainer at ProClinix Sports Physical Therapy & Chiropractic in Armonk. For more information about this article or about ProClinix, she can be reached at 914-202-0700 or at ramarosa@proclinix.com. You may also visit www.ProClinix.com.

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LEGAL NOTICES

NOTICE OF FORMATION OF SU-JEAN STUDIO LLC filed with Secretary of State NY on 11/14/2018. Office location: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **33 Windmill Rd., Armonk NY 10504. Purpose: Any lawful activity.**

NOTICE OF FORMATION OF SECOND MOUSE CHEESE, LLC. Articles of Organization were filed with the SSNY on 10/18/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **SECOND MOUSE CHEESE, LLC, 351 Manville Road, Pleasantville, NY 10570. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF KABATCHNICK ENTERPRISE HOLDINGS LLC Arts of Org filed with Secy of State of NY (SSNY) on 12/7/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **18 Belmont St., White Plains, NY 10605. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF ROMANOFF ELEMENTS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/25/2018. Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **Carol Romanoff 55 Byram Ridge Road, Armonk NY 10504 Purpose: Any lawful purpose.**

Articles of Organization (DOM-PROF. LLC). Erica O'Connor PT PLLC filed with the Secy. of State of NY (SSNY) 11/6/18. Office loc.: Westchester County. SSNY is designated as agent of DOM-PROF.LLC upon whom process against it may be served. The address SSNY shall mail copy of process to **c/o Schecter, 153 W. Main St., Mount Kisco, NY 10549. Purpose: The practice of Physical Therapy.**

NOTICE OF PUBLIC HEARING The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday January 14, 2019 at 80 Wheeler Avenue, Pleasantville, NY, at 8:00pm to accept comments on the Manville Road Corridor Improvement Project and Memorial Plaza Civic Space Project. Information about the projects is available on the Village's website www.pleasantville-ny.gov. **Noreen Regan, Deputy Village Clerk, Village of Pleasantville**



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Sampling the Sweet Spot for Tempranillo Wines – Rioja



By Nick Antonaccio

In last week's column our virtual travel transported us to the Ebro River Valley, a hotbed of exciting developments in Spanish wines. Here the Tempranillo grape reigns supreme. This grape is rarely grown outside of Spain and Portugal (I'm starting to see a bit coming out of Argentina, California and even Texas), but within Spain it thrives as the unabashed answer to France's Cabernet Sauvignon and Pinot Noir. Different for sure but with favorable components of each of those two illustrious and legendary grapes.

In the Tempranillo grape, the Spaniards have the thick skin, complex characteristics and deep color of the Cabernet Sauvignon with the subtleties and unique fruit and herb aromas of the Pinot Noir. The result is a bold wine redolent with berry aromas, a hint of vanilla and spices and a whiff of leather.

To confuse matters, this grape is known by different names across Spain: Cencibel, Tinto, Tinto de Toro and Tinto Fino, among others. The two most respected locales of this grape are Rioja and Ribera del Duero (we'll focus on this region in a future

column). But don't be confused; it's the same grape, just grown in unique locales.

Having just described the unique characteristics of the Tempranillo, be aware that, just as with French winemakers, most Spanish winemakers are not content to allow the grape to rest on its laurels. The French art of blending is pursued vigorously by the Spaniards. Through winemakers' masterful crafting with other grapes, principally Graciano and Garnacha, a very American-style wine has surfaced: medium bodied, medium alcohol, fruit-forward, mild acidity and very aromatic.

There is a plethora of Tempranillo-based Rioja wines coming into the United States market, in multiple price ranges and different styles. They are excellent accompaniments to most tapas-style foods as well as traditional Mexican dishes. Experiment with Italian tomato-based pastas and meats. And don't forget grilled meats; the char and smoke of steak or ribs pair well with the rich aromas of an inexpensive Tempranillo.

Here is a sampling of the current releases of the most prevalent offerings and a few to be sought out. The wines are available at many of the wine retailers in The Examiner distribution area. These dedicated proprietors all strive to meet customers' preferences and requests. Stop in and try one, you may discover your

newest favorite wine.

1. Sierra Cantabria Crianza 2015 (\$15): Plum flavors, good ripeness and concentration.
2. Sierra Cantabria Cosecha (\$15): Dark color, black cherries, medium bodied, very rich.
3. Sierra Cantabria (\$12): The third Cantabria offering recommended. Lovely red fruits, perfectly balanced.
4. Marques de Caceres (\$10): Black fruit, discreet touch of oak.
5. Osoti Crianza (\$13): Organically grown, vibrant fruit and oaky notes.
6. Allende Estate (\$39): Layers of fruit, ripe tannin and excellent balance.
7. Campo Viejo Crianza (\$13): Soft and fruit-forward, not oak driven.
8. Campo Viejo Reserva (\$16): Aged for three years, well balanced.
9. Marques de Vitorio Gran Reserva (\$32): Aged five years, huge wine at a great price.
10. Conde de Jauregui Crianza (\$13): Long finish, vanilla notes.
11. Marques Vitoria Crianza (\$11): Compare and contrast to the top bottling above, rich bouquet of berries and spice, creamy oak.

*You Heard It
Through the
Grapevine*

12. Abel Mendoza Seleccion Personal (\$49): Single vineyard, 100 percent Tempranillo, opaque purple, berries galore.
13. El Coto Crianza (\$10): Superb concentration of fruity flavors.
14. Marques Murrieta Reserva (\$20): Plenty of fruit, 25 months in oak, will evolve even more with age.
15. Bodegas Muga Reserva (\$15): Mid-priced offering from this top producer, layers of flavor, lengthy finish.
16. El Pundito (\$55): Notes of dark raspberry and oak, creamy body, great complexity.
17. Marques de Riscal Reserva (\$14): Oaky vanilla and spices, soft tannins.

From the Ebro River region to the Duero River region; our adventures in Spain continue next week.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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continued from previous page

ESTOPPEL NOTICE On November 26, 2018, the Board of Trustees of the Village of Pleasantville, Westchester County, New York (the "Village") adopted a Bond Resolution, a summary of which is published herewith, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Village is not authorized to expend money or the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the New York State Constitution. Summary of Bond Resolution 1. **Class of Objects or Purposes** – the purchase of machinery and apparatus to be used for constructing, reconstructing, repairing or maintaining Village improvements, including a dump truck to be used by the Department of Public Works, the cost of each item of which is \$30,000 or more. 2. **Period of Probable Usefulness** – fifteen (15) years. 3. **Maximum Amount of Obligations to be Issued** – the maximum amount of obligations to be issued for the objects or purposes described above is \$225,000. The Bond Resolution

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herein summarized shall be available for public inspection during normal business hours for twenty (20) days following the date of publication of this notice at the office of the Village Clerk of the Village of Pleasantville, Westchester County, New York. **Noreen Regan, Deputy Village Clerk, Village of Pleasantville, Westchester County, New York**

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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.

Wednesday, Jan. 2

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 (except Jan. 21). 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 (except Jan. 18 and 21). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Jan. 18 and 21). 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.

Meditation Series: Midday Mind

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

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

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

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

Light-o-Rama Christmas Light Show. The Serratore Family is pleased to announce that their humble Light-o-Rama Christmas light show is now running. The show is 22 minutes long and can be enjoyed from the privacy of your vehicle by tuning into 88.1 FM. Happy holidays! 22 Pine St., Mount Kisco. Dusk until 9 p.m. (The show runs in a continuous loop.) Daily through Jan. 6.

Mount Kisco Democratic Meeting. All Democrats are welcome. Dinner is provided. 118 N. Bedford Rd., Suite 100, Mount Kisco. 6:30 p.m. Free. Meetings are held the first Wednesday of each month.

"Antony and Cleopatra." Caesar and his assassins are dead and General Mark Antony and Egyptian Queen Cleopatra have fallen in love. Ralph Fiennes and Sophie Okonedo play the famously ill-fated couple in this hotly anticipated production. Director Simon Godwin sees Shakespeare's great tragedy of politics, passion and power as both love story and political theater. A rebroadcast of this production from National Theatre in London. Jacob Burns Film Center, 364 Manville Rd.,

Pleasantville. 6:30 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Art Series: Wine and Bacchus in Art. Hangovers are on the mend as we look at the history of wine in art and representations of Bacchus, God of wine and revelry, throughout the ages. With special guest lecturer and wine tasting off premises. 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.

Thursday, Jan. 3

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 (except Jan. 21). 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.

Bagels & Books. "Judas" by Amos Oz will be discussed. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 10:30 a.m. Free. Continues the first Thursday of each month through March. 914-669-5161 or www.keelerlibrary.org.

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

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

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.mountkiscoliberalry.org.

Friday, Jan. 4

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.

Teen Movie and Pizza Night: "Crazy Rich Asians." For students in grades 5-12. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6 p.m. Free. Registration suggested. Info and registration: E-mail paulsen.cathy@gmail.com.

Country Line Dance. Dancing followed by a complete dinner. All proceeds to go to the scholarship fund at Fox Lane High School and New York Boys' State. Moses Taylor American Legion Post 136, 1 Legion Way, Mount Kisco. 7 to 11 p.m. \$15 per person. First Friday of every month. Info: 914-241-0136.

"The Fifth Element." In the 23rd century, New York City cabbie Korben Dallas (Bruce Willis) finds the fate of the world in his hands when a mysterious young woman, Leeloo (Milla Jovovich), falls into his cab. Dallas soon learns that a Great Evil is approaching and the remarkable Leeloo is the key to preventing world destruction. Together with Father Vito Cornelius (Ian Holm) and zany broadcaster Ruby Rhod (Chris Tucker), Dallas must race against time and the wicked industrialist Zorg (Gary Oldman) to save humanity. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 10 p.m. Members: \$9. Non-member: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Saturday, Jan. 5

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" from 2014 to 2018. With nearly 40 vendors participating in the Indoor Market, the delicious good time continues each week. The farmers market is a dog-free environment. There will be seasonal vendors throughout December. Pleasantville Middle School cafeteria, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Mar. 30, 2019. 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. First Congregational Church of Chappaqua, 210 Orchard Ridge Rd.,
continued on page 22

Garnishing is a Great Way to Add Zest to Your Food



By Joanne Witmyer

Similar to how bows and cards adorning wrapped gifts add to the sense of festivity, food garnishes can enhance the pleasure of cooking and enjoying meals.

Visualize a delicious piece of baked cod on a colorful serving platter: the contrast of the white fish and the decorative plate is a first step toward pleasing food presentation. However, consider taking this a step further by creatively experimenting with colorful sprigs of parsley or bright citrus zest atop the piece of white fish. Both the artistic approach to garnishing and the end result of how the meal looks are beneficial.

Easy garnishes to try – either on or nestled around – the food may include green herbs, sprinkles of spices, slices of fruit, edible flowers and ribbons of dark chocolate.

Here are two recipes for you to try. As you prepare these, notice what you think about how the food appears before and after garnishes are added.

Citrus Cod (makes four servings)

Ingredients

4 cod fillets (4 ounces each)
2 tablespoons of extra virgin olive oil
1 teaspoon grated orange zest
1/3 cup freshly squeezed orange juice
1 tablespoon freshly squeezed lemon juice
1/8 teaspoon freshly ground black pepper
1 tablespoon minced fresh parsley

Directions

Preheat oven to 375 degrees and place fillets in a baking dish that is coated with cooking spray.

Mix olive oil, orange zest and citrus juices in a bowl, then drizzle over fish.

Bake uncovered until fish just begins to flake easily with a fork, usually after 15 to 20 minutes.

Sprinkle with black pepper and parsley.

Chocolate Mousse (usually makes one serving, depending on how much you love chocolate)

Ingredients

1 cup chocolate chips (milk, bittersweet or dark)
1 cup whipping cream

1 teaspoon orange extract
3 leaves of fresh mint
3 fresh berries of your choice
A sprinkle of ground cinnamon

Ingredients

Melt chocolate in a saucepan on the stovetop, using low heat and stirring frequently.

In a large bowl, beat the whipping cream until soft peaks form using a hand-mixer.

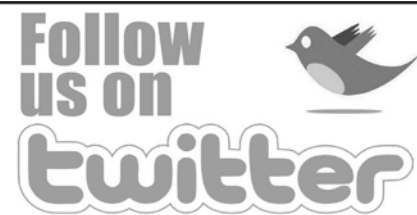
Pour the orange extract and melted chocolate into the whipping cream and beat until all are thoroughly mixed together.

Spoon into serving cups, arrange garnishes on top of the mousse

and enjoy immediately. Or chill in the refrigerator for a firmer set of mousse.

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

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Happenings

continued from page 20

Chappaqua. 9 a.m. to 1 p.m. First and third Saturdays of each month through March. Info: Visit www.chappaquafarmersmarket.org.

Winter Wolves. Winter offers families a unique opportunity to visit the wolves during their favorite time of year. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as their maturing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially behold the critically endangered red wolves and Mexican gray wolves. Guests will enjoy hot beverages in the woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$15. Children (under 12): \$12. Also Jan. 6, 13, 19 and 20 at 2 p.m., Jan. 12 and 27 at 1 p.m. and Jan. 21 and 26 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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.

Winter Wolves for Kids. This is the best introduction to wolves for families with young children. Children will learn about the mythology surrounding wolves and the important role of wolves in the natural world. This is an exciting time for wolves; they're out searching for prey as their growing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially behold the critically endangered red wolves and Mexican gray wolves. Guests will enjoy hot beverages in the woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$15. Children (under 12): \$12. Also Jan. 6, 13 and 20 at 11 a.m. and Jan. 26 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Open Art Studio. All supplies are provided to create your own artwork. For children four years old and up; with parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11 a.m. to 1 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Origami. Join Westchester Origami Workers, a regional group of Origami, USA to share models and techniques. Open to all adults. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 3 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Sunday, Jan. 6

Music and Munchies. Come for stories, songs and yummy sweets and healthy treats. This event features fun interactive sing-alongs with Tkiya (the Jewish community music initiative). Ideal for children up to six years old and their families. All welcome. Shames JCC on the Hudson, 371 S. Broadway, Tarrytown. 3 to 4 p.m. Free. RSVP requested. Info and RSVP: E-mail Stacey at PJLibrary@g-h-c.org.

Sunday Cinema: "Inquiring Nuns." A 50th anniversary screening of one of the earliest examples of Kartemquin co-founders Gordon Quinn and Gerald Temaner's exploration into the world of cinema verité. This film captures the attitudes, fears and dreams of everyday Chicagoans, giving audiences and researchers insight into the political and social climate of 1960s Chicago. The film's music is composed by Philip Glass in his first credited film score. The Picture House, 175 Wolfs Lane, Pelham. 8 p.m. \$12. Seniors, students and members: \$10. Also Jan. 20. Info and tickets: Visit www.thepicturehouse.org.

Monday, Jan. 7

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.

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 (except Jan. 21). Info: 914-666-8041 or www.mountkiscoliberalry.org.

Afternoon Storytime and DIY Button Fish. Escape the cold and join us for an afternoon storytime followed by creating an imaginary picture of fish using buttons and other materials. For children five to 10 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:15 to 5:30 p.m. Free. Info: 914-666-8041 or www.mountkiscoliberalry.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.

Lucy's Laugh Lounge Open Comedy

Mic. Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Every Monday. Info and tickets: Visit www.nomacomedy.com.

Telephone Support Group for Women With Metastatic Breast Cancer. This Support Connection group offers the opportunity to share information and experiences with women across the country who are living with breast cancer. Share information and experiences. Confidentially discuss concerns and gain support from others who understand from the comfort of home. Open to women nationwide living with recurrent, advanced stage or metastatic breast cancer. 8 p.m. Free. Typically, the first Monday of each month. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

Tuesday, Jan. 8

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

Senior Afternoon Cinema: "The Visitor." A stodgy college professor drags himself from Connecticut to New York City to attend a conference. When he arrives at his old apartment, where he rarely goes anymore, he finds a vibrant young couple – a Syrian musician and a Senegalese street vendor – living there. An unlikely friendship follows. Richard Jenkins, who stars in the film, was nominated for an Academy Award for best actor. Part of the Jacob Burns Film Center's Senior Afternoon Cinema series. Sponsored by The Knolls – A Bethel community. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 p.m. Members: \$9. Senior non-members: \$11. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Drop in for Tech Help. Receive help with any of your technology devices. PC, Google and Microsoft savvy volunteers will help with troubleshooting, downloading, Overdrive, Freegal, Hoopla or any other online service. First-come, first-served. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 3 to 4:30 p.m. Free. Every Tuesday. 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.

DIY Winter Tree Painting. Create a snowy winter scene using paint, your fingers or q-tips. For children three to 10 years old. Children under five years old

must have a caregiver present. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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

Current Affairs Book Club. "The Soul of America: The Battle for Our Better Angels" by Jon Meacham will be discussed. Led by Daniel Vock. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Women Reading Women Book Club. "My Cousin Rachel" by Daphne Du Maurier will be discussed. Copies of the book available at the circulation desk. New members welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7:30 p.m. Free. Info: 914-769-9018.

History and Biography Book Club. "King Leopold's Ghost" by Adam Hochschild will be discussed. Extra copies of the book are available for checkout. Drop-ins are welcome. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 7:30 p.m. Free. Also meets the second Tuesday in February. Info: 914-669-5161 or www.keelerlibrary.org.

Wednesday, Jan. 9

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

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

Art Series: Glassblowing Crafts. Heat up the new year with a look at California-born master glassblower Dante Marioni and master Italian glassblowing craftsman Pino Signoretto. Your impression of the art and craft of glassblowing as practiced in Italy for centuries will never be the same. 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.

ExaminerSports



Brian Reda hoists the championship plaque shortly after the Pleasantville lacrosse team won its fourth straight sectional title.



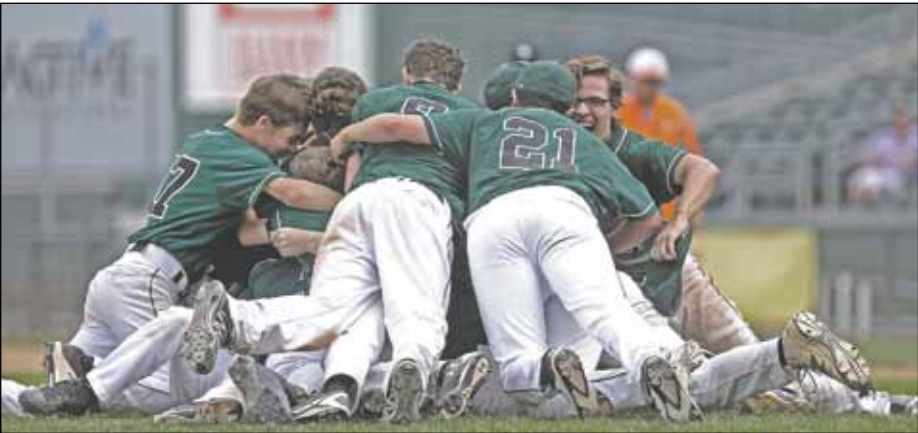
The Westlake softball team begins its postgame celebration following the last out of the sectional final against Rye Neck.



Tucker Wexler and the rest of the Briarcliff basketball team had plenty to shout about on the way to the state semifinals.



Valhalla volleyball players react after winning a point on their way to defeating Haldane in the sectional final.



The Pleasantville baseball team celebrates its victory over Briarcliff for the sectional championship at Palisades Credit Union Park in Pomona.

2018 YEAR IN PHOTOS



Briarcliff's Matt Sturman celebrates after scoring the only goal in the Bears' 1-0 soccer victory in the state semifinals.



Greeley's Liam Whitehouse controls the puck at center ice in a game at the Brewster Ice Arena.



Maddie Plank of Briarcliff scores two of her 39 points in the sectional championship game.



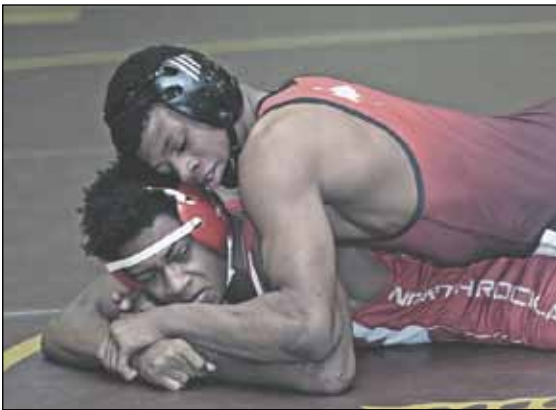
Spencer McCann helped the Briarcliff Bears recapture the sectional championship and nearly reach the state final.



Natalie Pence of Fox Lane gets set to pass the ball after winning a battle for possession near midcourt.



Pleasantville wrestler Victor Perllleshi won the sectional championship.



Fox Lane's Quincy Downes has the upper hand in a wrestling match against North Rockland.

IMAGES 2018



Senior forward Greg Karr shoots the ball in Greeley's home playoff victory over Suffern.



Horace Greeley's Ryan Renzulli, skating past a pair of Mahopac players, helped lead the Quakers to the sectional final.



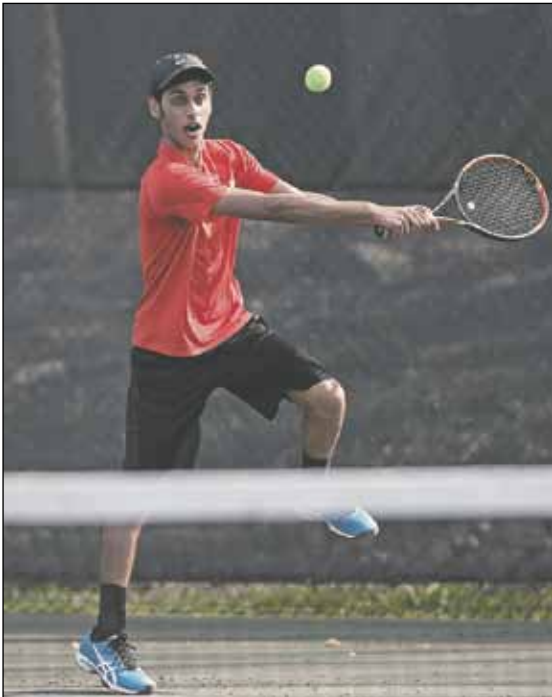
Skylar Sinon, the all-time leading scorer at Byram Hills, shoots the ball during a Bobcat home game.



In his final game wearing a Westlake uniform, Rob DiNota sits dejectedly on the field as time runs out on the Wildcats' lacrosse title hopes.



Pleasantville's Matt Satriale scores one of the Panthers' 10 runs in the sixth inning of the Class B title game as Briarcliff's Matt Juvelier dejectedly looks on.



Fox Lane tennis star Sachin Ganesh rises in the air to hit a backhand return.



Alden Iaconis of Pleasantville competes in the 100 hurdles at the state qualifying meet.



Greeley's Hailey Rosenthal gets set to fire a shot at the cage in a Quaker lacrosse win over the Wappingers Warriors.



Pleasantville's James Daniele heads for the cage in a regional playoff win over Mattituck by the Panthers, who later captured the state title.



Marissa Serena of Valhalla hits the ball to right field in a game at Westlake.



Horace Greeley infielder Greg Murray tracks a pop fly during the Quakers' playoff loss to Mahopac.



Fox Lane's Antonio Chousa races around the bases after hitting a triple in a game against the John Jay Indians.



Westlake soccer players line up for the playing of the national anthem before a home game against the Croton-Harmon Tigers.

IMAGES 2018



Briarcliff's Jason Oppong pursues the ball in the sectional final. He scored all of the Bears' goals in the 3-1 win over Blind Brook.



Byram Hills quarterback Jack Kenny picks up big yardage after breaking a tackle in the Bobcats' home win over Fox Lane.



Jude Safieh comes to the aid of quarterback Jack Howe as the Pleasantville football team's reign as state champions comes to an end with a playoff loss to Putnam Valley.



Westlake's Nick Martinez (20) and Tom Iazzetta combine to break up a pass thrown to Ardsley's Jalen Leonard-Osbourne early in the season.



Soccer standout Izzy Tola of Briarcliff pleads for a call from the officials after a scoring chance is thwarted during the sectional playoffs.



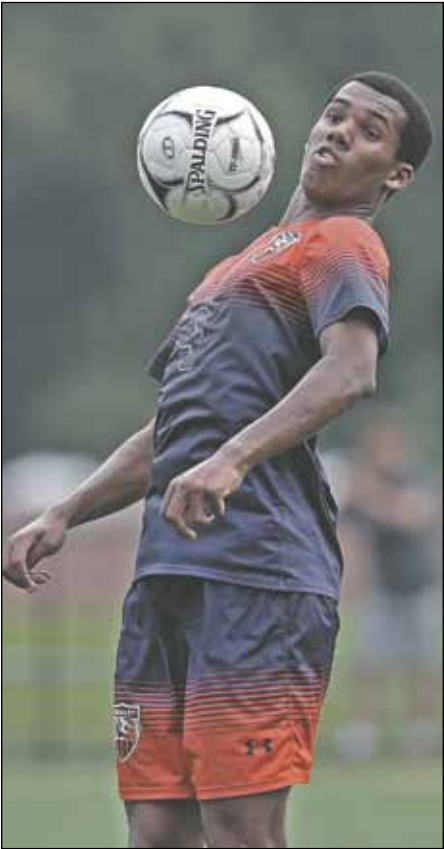
Valhalla's Jasmine Grant soars in the air to put the ball away during the Vikings' victory over Haldane in the sectional final.



Horace Greeley field hockey players celebrate after scoring a goal in a playoff win at Clarkstown North. The Quakers reached the sectional final for the second straight year.



Westlake pitcher Allison Brunetto takes a moment to collect her thoughts on the mound as the Wildcats' state title hopes fade up in Glens Falls.



Greeley's Aidan Curtis settles the ball during a Quaker home game on the school's new turf field.



Maeve Luparello of Fox Lane sends the ball up the field in the Foxes' win over host Pleasantville in the inaugural Autism Awareness Field Hockey Tournament.



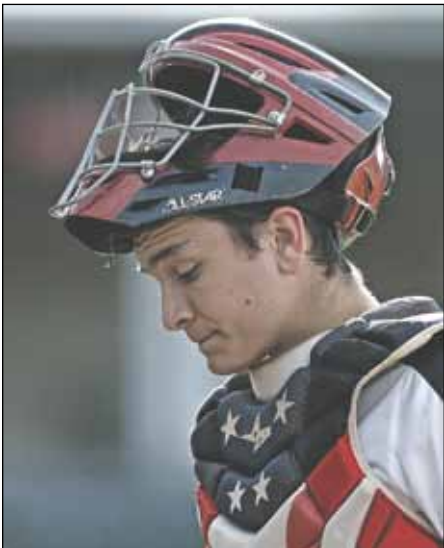
Fox Lane and Horace Greeley cross country runners are bunched together at the start of the league championship meet at Croton Point Park.



Byram Hills lineman Daniel Vataj watches his teammates roll to an easy victory at Sleepy Hollow early in the season.



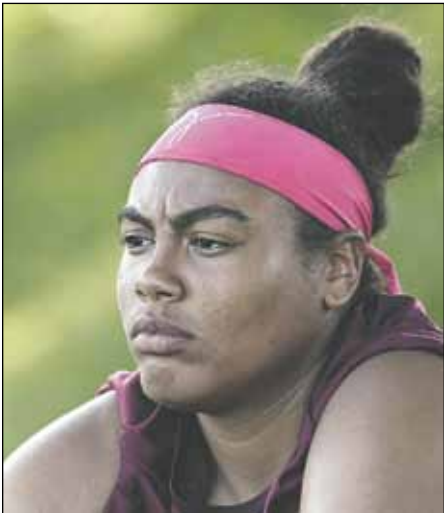
Briarcliff's Rebecca Lim blasts a forehand during a Bear home tennis match. She wound up reaching the state semifinals.



Byram Hills catcher Garrett Boekel walks back behind the plate after a mound meeting in the sectional title game against Lakeland.



Pleasantville QB Jack Howe listens to the Panther coaches during a quick team meeting following the season-opening game against Ardsley.



Valhalla track star Sam Morillo dominated the competition in both the discus and shot put.

ANDY JACOBS PHOTOS

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