

P'ville Schools Mobilize Response in Wake of High School Swastikas

By Abby Luby

The Pleasantville School District reacted swiftly last week following the discovery of two swastikas found in different parts of the high school.

Last Thursday, after the end of the school day, a Pleasantville High School student discovered a swastika drawn with a pencil on the door of a bathroom stall. On Friday, a second swastika was found etched onto the bottom of the kickplate of a door on the ground floor near the school's basement.

On both occasions Pleasantville High School Principal Joseph Palumbo immediately notified the Pleasantville Police Department and a district-wide letter was sent out. The student who discovered

the swastika on Thursday had reported it immediately, Palumbo said.

"He was upset and told us he had never seen any vandalism like it in the bathroom," he said. "But he had a strong sense of right and wrong and that's what we're looking for in our students. If there was anything good that came of this incident it was that a student had the good conscience to notify us."

Palumbo added that the student's parents were called to "make sure they recognized how much we appreciated his help."

On Friday afternoon, Pleasantville Police Lt. Jesse Wollman said that school officials and the police department were working together to find the offender. There was

continued on page 2



MARTIN WILBUR PHOTO

Bragging Rights

The Pleasantville Farmers Market last Saturday held its annual Apple Pie Contest, awarding medals and gift baskets to four winners in three categories. Laurianne Perritt, left, of Pleasantville, was judged to have the best All-From-Scratch 2-crust pie; Michael Coppola of Pleasantville won the best All-From-Scratch 1-crust apple tart, crumb or crisp; Maya and Ella Siegel Barter of Briarcliff Manor took top honors for the junior chef category; and Pleasantville's Eli Neilson-Papish, left, won honorable mention. All of the more than two dozen pies were cut up and slices were sold. The money raised was for the market's scholarship fund.

Congresswoman Lowey Won't Seek Re-election in 2020 After 32 Years

By Martin Wilbur

Congresswoman Nita Lowey will not run for re-election next year, ending her 32-year congressional career representing parts of Westchester and Rockland counties.

Lowey, 82, a Harrison Democrat who represents New York's 17th congressional district, made the surprise announcement last Thursday morning.

"After serving in the United States Congress for 31 years, I have decided not to seek re-election next year," Lowey said in a prepared statement. "It is my deep honor and privilege to serve my community and my country, and I will always be grateful to the people who have entrusted me to represent them."

When the Democrats took control of the House of Representatives following the 2018 mid-term elections, Lowey rose to

continued on page 4



Rep. Nita Lowey made the surprise announcement last week that she is retiring from Congress at the end of her term next year.

Buchwald Announces Run for Congress to Succeed Lowey

By Martin Wilbur

Assemblyman David Buchwald officially became the second Democrat to announce his candidacy for the 17th Congressional District on Sunday, ready to pursue the seat Rep. Nita Lowey will be retiring from at the end of next year.

Buchwald, 40, in his fourth term representing the 93rd Assembly District, acknowledged in his announcement video that it will be a battle to win the party's nomination and the seat, but that he is prepared for the challenge.

"This won't be an easy election but I've never shied away from a fight," said Buchwald, a White Plains resident who previously served as a councilman. "I ran against an incumbent Republican assemblyman and I won."

Buchwald defeated former assemblyman Robert Castelli in 2012.

continued on page 4



Assemblyman David Buchwald became the second Democrat to officially enter the race for the 17th Congressional District on Sunday.

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P'ville Schools Mobilize Response in Wake of High School Swastikas

continued from page 1

no new information to share and the investigation is ongoing, he said.

"We have a heightened awareness of these types of incidences now," Superintendent of Schools Mary Fox-Alter said. "Our initial observation of the second discovery was that it most probably didn't follow what happened on Thursday. But that doesn't lessen the severity of the incident."

The district has been partnering with the Anti-Defamation League (ADL) and the Holocaust and Human Rights Education Center (HHREC), both in White Plains, in an educational project that focuses on combatting hate actions and crimes. Palumbo said he met with Steve Goldberg, co-director of Education at the HHREC, who designed an interdisciplinary Holocaust curriculum for middle and high schools.

Palumbo said the district has been working with both organizations for the last few months.

"This kind of project takes a while to put in place because we want to do it right, we want to do it well," he said.

Goldberg suggested to Palumbo that anti-bias training be introduced. Scheduled for the weeks of Oct. 21 and Nov. 4, the ADL will hold training for a group of students chosen last year to be part of a leadership team focused on inclusion.

The organization is also set to work with faculty at the high school and middle school on Nov. 5. The HHREC will be working with the English and Social Studies departments to infuse lessons into the curriculum.



MARTIN WILBUR PHOTO

Two swastikas were found in separate areas of Pleasantville High School last week, prompting district officials to intensify their efforts to engage in educational projects to combat hate.

"All of these educational initiatives, whether in the high school or in the region, are opportunities to learn and to educate," Fox-Alter said. "We have a comprehensive plan for this school year and we are looking forward to engaging with our students and community at large in this important work."

After the difficult week, district officials were praised by a local rabbi for their actions following discovery of the two swastikas.

"I really do commend Joe and Mary for their well-rounded, thoughtful approach and outstanding work," said Rabbi Maura Linzer, associate rabbi-educator at Temple Beth El of Northern Westchester in Chappaqua. "They are not just responding to these two incidents, but laying a foundation in a holistic manner that teaches students to be much more tolerant and accepting."

The situation at Pleasantville High School

wasn't the only high-profile anti-Semitic incident last week. Last Tuesday, on the eve of Yom Kippur, the holiest day on the Jewish calendar, anti-Semitic stickers and posters were discovered at a Holocaust memorial at the Garden of Remembrance in White Plains. Graffiti was found inside the park and anti-Semitic writing was found on a sign outside the garden.

According to the ADL, the U.S. Jewish community experienced near-historic levels of anti-Semitism in 2018, including a doubling of anti-Semitic assaults. The single deadliest attack against the community was the shooting at a Pittsburgh synagogue last year killing 11 people, and a California synagogue this year that killed one.

"The swastika has a very dark history and is a symbol of hate," said Linzer. "But we have to make sure students understand this

is not just about being Jewish. This is about the general climate we are seeing across the country where there's mainstream comfort with symbols of hate, symbols that used to outrage people. The general discourse is less tolerant."

On Friday morning, Linzer joined in a phone call with Rabbi Julie H. Danan of the Pleasantville Community Synagogue, Palumbo and Fox. In a subsequent letter Danan sent to members of her synagogue, she said "all students should be comfortable and accepted at school, whatever their race, religion, gender or sexual orientation."

She added that a future call would go out to teenagers in the synagogue's community interested in helping to develop an expanded program for the Yom Hashoah Holocaust commemoration in the spring.

Palumbo scheduled a town hall meeting for students during the school's activity period on Tuesday when classes resumed after the three-day weekend. He also expects to address students on Thursday during homeroom. In his second letter to the community last Friday, he encouraged parents to have conversations at home and to speak to their children about participating in Tuesday's town hall meeting.

"I don't think what happened reflects the views of the vast majority of the people in this high school or in this town. It's just not representative of this community," Palumbo said.



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Q: How do you recognize erectile dysfunction?

A: Erectile dysfunction is the inability to achieve or maintain an erection sufficient for satisfactory sexual performance.

Q: What causes ED?

A: When everything is working right, a normal level of testosterone sets the stage. The penis contains two tubes filled with vascular spongy tissue. An erection occurs when some stimulation excites the nervous system, causing extra blood flow into the tubes. There must also be an intact mechanism for preventing blood from immediately flowing out. Afterwards, blood drains from the two tubes and the erection disappears.

The immediate causes of ED all relate to conditions that impair the flow of blood into the penis. That includes blood pressure medications, a spinal cord injury, and especially diabetes, which damages small blood vessels and nerves. ED can also signal underlying heart disease from narrowing of the arteries in the heart and the penis. Smoking and excessive alcohol

can cause ED, and depression and anxiety can play a role. Being at your proper weight can lower your risk of ED. Regular exercise improves blood flow.

Q: Who should I see about possible ED?

A: Primary care physicians can initially diagnose and treat ED with pills such as Viagra. But if, after hormone tests, oral medications and perhaps an adjustment to blood pressure medication, the problem persists, you'll typically be referred to a urologist.

Q: What if pills don't work?

A: There are at least four other treatments. *Penile injection therapy* involves self-injecting a medication into the penis that dilates blood vessels. The *vacuum erection device* pulls blood into the penis. A *medicated suppository* inserted into the urethra dissolves into the tissues of the penis, causing an erection. Implantation of a *penile prosthesis* involves placing two cylinders within the penis, a pump in the scrotum, and a reservoir of salt water in the lower abdomen. A squeeze of the pump transfers fluid from the reservoir into the cylinders to create an erection.

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Congresswoman Lowey Won't Seek Re-election in 2020 After 32 Years

continued from page 1

become chair of the powerful Appropriations Committee.

Westchester Democratic Chairman Reginald Lafayette said he was surprised by her decision but she probably felt that she had accomplished everything she set out to do.

"I think she left a good legacy," he said. "She's a hard-working member of Congress and a champion for the district."

There was plenty of praise and some surprise from other Democratic leaders. County Executive George Latimer said Lowey will be missed.

"Westchester County owes a heartfelt thank you to U.S. Congresswoman Nita

Lowey for her years of dedication to this county, and love of the people who live here," Latimer said. "She is one of our own, a proud Westchester resident who has fiercely advocated to make her district everyone's top priority. Her impact will be felt for generations and her energy, quick wit and warm smile has become a fixture in Westchester. Her presence as our representative in Congress will be sorely missed."

Looking ahead, Lafayette and William Serratore, executive director of the Westchester County Democrats, expected plenty of interest in the seat in the November 2020 election from both sides of the aisle.

"Whenever there's an open seat, whether

it's for the Congress or the Senate or down to local council races, it's always attracts a lot of attention," Lafayette said.

Serratore said before last week he hadn't heard any discussion about Lowey's plans to retire. However, he knew of three or four Democrats who were seriously thinking seriously about lining up for next year's primary. Thus far, Assemblyman David Buchwald (D-White Plains), who jumped into the race on Sunday (see related story) and Mondaire Jones, a Rockland County attorney, have officially declared their candidacies.

Having at least one opponent in a Democratic primary likely was not a factor in Lowey's decision, Serratore said.

"She's had primary challengers previously," he said. "The fact there's going to be primary challengers wasn't particularly problematic. I just think after 31 years and having achieved all that she has and sitting at the head of Appropriations, she might have just said 'You know, my work here is done.'"

Over the past couple of years there has been repeated speculation that one potential Democratic candidate could be former first daughter Chelsea Clinton once Lowey retired. Those rumors have been particularly strong after her parents bought a second house in Chappaqua.

Lafayette said he has had no discussions regarding a Chelsea Clinton candidacy with her, her family or any surrogates on her behalf.

Jones, 32, had declared his candidacy on July 8 to force Lowey into a primary, said his campaign spokesperson Monica Klein.

Jones, who raised \$218,348 in the third quarter, would be the first openly gay black member of Congress if he is elected. Also, he's familiar with the entire district, Klein said.

"He's lived here his whole life, so he is not someone who's coming in from the outside," Klein said.

Jones, who vowed to bring "bold progressive leadership" to the district and Washington, lauded Lowey on her career.

"As a trailblazer for women and minorities such as myself, Congresswoman Lowey set an example and has made it easier for people like me to run for office," he said.

Buchwald Announces Run for Congress to Succeed Lowey

continued from page 1

He joins Rockland County's Mondaire Jones as the two officially announced Democrats who have entered the race. Jones, 32, a lawyer who would become the first openly black gay member of Congress if he is elected, joined the fray in July.

Billing himself as "a proud progressive," Buchwald noted his push for stronger ethics and environmental laws in Albany, co-sponsoring the Reproductive Health Act and defending a woman's right to choose bolsters his credentials. He also championed the fight to strip state officials of their pensions if they were convicted of a crime in connection with their post. A state constitutional amendment was approved by voters that put that initiative into effect.

The assemblyman also wrote the law to allow Congress to obtain a person's New York State tax returns, a measure that President Donald Trump is suing to overturn.

"These are challenging times," said Buchwald. "We can never replace Nita Lowey, but we can send someone to Washington with her integrity, progressive spirit and true-blue Democratic values to take on Donald Trump and make Washington work again."

Last Friday, Westchester's Democratic Chairman Reginald Lafayette said Buchwald and Jones are the only two Democrats he has had conversations with about running for the seat, although it is likely others may announce their candidacy in both major parties.

He characterized the likelihood of a widely reported candidacy by Chelsea Clinton as

very premature at this point.

"I haven't heard from Chelsea Clinton or anyone on her behalf or her family members," Lafayette said. "I will tell you, on my word, I have not spoken to anyone (about her). The only time I hear her name mentioned is from the press."

There has been recurring speculation that the former first daughter would run for the seat when Lowey, who has represented the area for the last 31 years, was ready to retire. Bill and Hillary Clinton had bought the house next to their Old House Lane residence in Chappaqua about three years ago, fueling much of the talk.

At this point, there have been no Republicans who have officially declared their candidacies for the race.



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Gillibrand Comes to Westchester to Discuss Senior Issues

By Neal Rentz

Taxes and healthcare dominated the discussion last Thursday as U.S. Sen. Kirsten Gillibrand hosted a town hall focused on issues affecting senior citizens at the County Center's Little Theater in White Plains.

One of the top concerns expressed by state residents has been the change in the tax law last year to limit the federal deduction for state and local taxes (SALT) to \$10,000, Gillibrand said. The change has resulted in families losing their homes, she said.

Another important concern expressed by residents is medical expenses.

"Unfortunately, drug companies keep price gouging," Gillibrand said.

Gillibrand said her legislation, the Stop Price Gouging Act, would allow the federal government to sue pharmaceutical companies when they raise their costs without reason. If Medicare for All was approved, the federal government would negotiate with drug companies to lower prices, she said.

"If the pharmaceutical companies will not agree to lower their prices, the National Institutes of Health could create some prescription drugs and sell them to the public," Gillibrand said.

Though the senator received a generally positive reception at last week's event, White Plains resident Victoria Nicalov expressed strong concerns about Medicare

for All. If more people received Medicare "it will go broke a lot faster," making cuts more likely, she said.

"Medicare is supposed to be for the seniors," Nicalov said.

Instead, there should be alternatives sought to cut healthcare costs such as setting cooperatives where doctors would provide services for a patient for one price.

Nicalov urged the senator not to dismantle private health insurance.

"I believe that healthcare is a right and not a privilege," Gillibrand replied. "I believe that Medicare works because it is the lowest cost and it is not for profit."

Under Gillibrand's Medicare for All plan, people who are not seniors would buy into the federal program. A worker would pay about 4 to 5 percent of their income and that would be matched by their employers and would be paid throughout a working lifetime.

"Everyone buys in. It's not mandatory, it's a choice. Doing so would create competition with the private sector and would put more money into Medicare," Gillibrand said.

Gillibrand said she wanted seniors and those with disabilities to age in place and continue to live in their communities. She is crafting legislation that would expand Social Security by increasing the size of its disability benefit payments to about \$1,500 per month. That would also apply to caregivers.

"Those full-time family members who



U.S. Sen. Kirsten Gillibrand hosted a town hall focused on issues affecting seniors at the Little Theater at the County Center in White Plains last Thursday.

have given up their careers, given up their salaries because they must take care of a loved one full-time, I believe they should also be eligible," Gillibrand said.

Since the cost of living, including medication, transportation and food, is too high for many seniors on fixed incomes in Westchester and other locations,

Gillibrand is working to reduce drug prices and find ways to provide more access to local transportation.

Hearings have been held by the Senate Aging Committee on how often seniors are targeted by scam artists, she said. One of the most common schemes is when swindlers claim that the IRS is looking to collect unpaid taxes. Gillibrand noted that her aunt was scammed out of \$5,000.

Another scam is callers posing as grandchildren to extort money.

A woman named Sarah, who did not provide her last name, said she went to Washington in March to discuss legislation regarding Alzheimer's. She said her father passed away earlier this year and wanted Gillibrand to support legislation to provide assistance for those with early onset Alzheimer's and their caregivers.

"I'm begging you to please sign," the woman said while crying. "I'm begging for your assistance."

Gillibrand responded that "it sounds like I bill I could support."

The senator said she wanted to help seniors with Alzheimer's to stay in their homes longer. She is supporting a measure that would allow Medicaid funds to be used for home care for those with Alzheimer's as an alternative to institutionalized care.

Gillibrand also said she supports significant salary increases for home healthcare workers.

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Mt. Kisco Greenlights Garden to Honor Late Community Volunteer

By Joan Gaylord

Mount Kisco will soon have a new public garden to honor a beloved community member who recently passed away.

The Village Board last week unanimously approved a proposal to create the Suzanne Grant Garden.

"We want it to be an honor and a memorial to her," said Amy Dannon of Mount Kisco, who helped spearhead the initiative.

Grant, who passed away unexpectedly on Sept. 1 at 56 years old, had been extraordinarily active in the Mount Kisco

community. An avid volunteer with many organizations, she served for six years on the Bedford Board of Education. She was also a merchant, having been a co-owner of PORCH Home + Gifts on East Main Street.

Several of Grant's friends and neighbors had submitted the plan for the garden to the town. Calling themselves the "Friends of Suzanne," Dannon said they had scouted possible locations, commissioned a design and raised the funds to cover the costs. The board's vote at its meeting last Monday greenlighted the project.

Dannon said the group had sought an

area that would be centrally located and chose the space along the water behind Village Hall. The garden, about 30 feet by 10 feet, will run from the footbridge to the old farm equipment currently positioned on the grass. It will include almost 1,000 spring bulbs because those had been a favorite of Grant's.

Mayor Gina Picinich noted the landscape design had been reviewed by the village engineer and would not require any permits to be obtained. The design, which includes plantings and benches, does not use any hard surfaces so there would be no environmental issues.

Picinich said the town will hold a formal dedication in the spring.

"I want to congratulate all of you for taking an idea and making it happen," said Trustee Isi Albanese, the board's liaison to the Town's Beautification Committee. "When the garden blooms in the spring, it will be a great tribute to a beautiful person."



The Mount Kisco Village Board last week approved the creation of the Suzanne Grant Garden near the stream that runs behind Town Hall. Grant died unexpectedly on Sept. 1.

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Traffic Examined as Mt. Kisco ShopRite Hearing Gets Underway

By Ed Perratore

Details of ShopRite's traffic plan related to its proposed 85,000-square-foot supermarket at the Diamond Properties complex in Mount Kisco were scrutinized last week as nearby residents remained apprehensive about the often-snarled North Bedford Road corridor.

The Planning Board opened the public hearing last Thursday with representatives for the applicant updating the board on the project, including sharing the results of a traffic study conducted by Armonk-based JMC Site Development Consultants.

"A combination of things have come to fruition that allow for a substantial investment into both the property and the intersections where the property accesses (North) Bedford Road," said project architect Michael Gallin.

The plan is for ShopRite to move from the Bedford Green Shopping Center in Bedford Hills to the complex known as The Park at 333 N. Bedford Rd. ShopRite would take up 85,652 square feet in the building's northeast corner.

While Diamond Properties must still obtain various permits and variances, Gallin said a significant benefit to the project is that the property's two openings to North Bedford Road would be realigned to ease traffic, with fewer – and better timed – traffic signals.

The property's southern exit currently meets North Bedford Road immediately south of the entrance to the Brookside Village condominium development.

Diamond Properties, which has purchased 309 N. Bedford Rd., is proposing to demolish a portion of that property's structures to allow The Park's lower driveway to curve north from where it is now, aligning with Brookside's entrance and resulting in a four-way intersection with a single traffic light.

The Park's northern exit currently accesses North Bedford Road near the opening of the Foxwood condos and the northern entrance to the Mount Kisco Square shopping center. Diamond Properties has signed a long-term agreement with the property owners of 383 N. Bedford Rd. for demolition rights and the option to construct a new, smaller building set back farther away from the street.

The current two-lane driveway to and from 333 N. Bedford Rd. would also be curved south, passing in front of the new building, to align directly with Foxwood's driveway across an intersection with a single light.

Another proposed change includes dedicated left-turn lanes at the approaches to both driveways. The plan would also offer easier pedestrian access to the supermarket, with crosswalks and traffic lights for anyone crossing North Bedford on foot.

Marc Pedraro, a senior project manager for JMC, summarized the traffic report that his firm submitted. The report analyzed 11 intersections between Barker Street in Mount Kisco and Bedford Hills' Adams Street where it meets Bedford Road. Vehicle traffic was counted during two peak times, 7 to 9 a.m. and 4 to 6 p.m.



ED PERRATORE PHOTO

Judith Sage, a 12-year resident of Foxwood condominiums, addresses the Mount Kisco Planning Board about the proposed ShopRite at the Diamond Properties complex.

Pedraro said JMC actually counted ShopRite's traffic twice – anticipating ShopRite's arrival at 333 N. Bedford Rd. in Mount Kisco and at its current Bedford Hills location because of the possibility of another supermarket moving into the latter space.

Foxwood residents who attended the meeting voiced concern about the project and whether the proposed changes would be

effective.

"Right now, trying to get out of Foxwood is difficult, and I've had some conversations with the police who say they really couldn't do much," said Louise Gantress, who has lived there for five years.

"Did you visit Foxwood, Brookside and Sutton Place, the senior-citizen (condo development)?" asked Judith Sage, a 12-year Foxwood resident. "This is a very high-density residential area, not just a commercial area, and I wonder, the way the traffic is now, whether the ambulances and the fire trucks are getting around the way they used to."

Sage further questioned the times of day used in the traffic study, insisting that the busiest time is actually lunch hour, between 12 and 1 p.m.

"I'm just going by when I can't turn out of my driveway," she said.

Pedraro responded that the peak periods in the study were not selected arbitrarily.

"We had a camera across the road for a period of one week, and the traffic times, the peaks, were when we did our counts," he said.

The village's traffic consultant, plus another representing the Town of Bedford, also signed off on the study, Pedraro said.

A concern for the residents was whether ShopRite, at its proposed new home, might open before any proposed improvements to North Bedford Road and the property's driveways are made. Gallin said that would not happen.

continued on page 8

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Pvillecares is a drop-in group that meets on the 1st and 3rd Wednesday of the month from 7:30pm till 9:00pm at the Pleasantville Recreation Center.

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Obituaries

Miriam Powers

Miriam L. (Mim) Powers, formerly of Yonkers, Bronxville and Spring Lake N.J., passed away peacefully on Oct. 11 at the Oakland Rehabilitation and Nursing Center in Oakland, N.J.

She was 96. Powers was born on Feb. 8, 1923, in Yonkers. The daughter of Catherine and Martin Powers, she was raised in Yonkers and graduated from Commerce High School and the Packard Business School. She commuted to work in New York City for a number of years. Powers worked in the eye department of Metropolitan Life Insurance Company and then joined Exxon International as a secretary to the senior management. In later years, Powers worked

in Westchester for the New York Telephone Co. and Verizon.

She was predeceased by her parents and six siblings. She is survived by a brother-in-law, John Farrington of Sarasota, Fla.; a sister-in-law, Margaret Powers, of Paterson, N.J.; two cousins; eight nieces and nephews; and numerous great-nieces and great-nephews.

Powers had a passion for the Jersey Shore, first spending vacations there after the end of World War II and for years thereafter. She loved telling her nieces and nephews stories about the big bands that would entertain each weekend at the large oceanfront hotels in Spring Lake. Powers loved the Jersey Shore so much that after she retired in 1995,

she moved permanently to Spring Lake.

One of her passions was the New York Yankees. She knew the players' numbers and stats. She was an avid movie buff. It was very difficult to stump her in terms of the cast and storyline of various movies.

Funeral arrangements are being handled by Beecher Flooks Funeral Home in Pleasantville. Viewing hours are on Wednesday, Oct. 16 from 2 to 4 p.m. and 7 to 9 p.m. A Mass of Christian Burial will be celebrated at Holy Innocents Church in Pleasantville on Thursday, Oct. 17 at 9:30 a.m. Interment will be at Gate of Heaven Cemetery in Hawthorne.

Traffic Examined as Mt. Kisco ShopRite Hearing Gets Underway

continued from page 7

"The intersections would be aligned and completed prior to ShopRite moving in," he said.

It was mentioned that construction of the new supermarket could begin as soon as next spring.

However, Planning Board Chairman Douglas Hertz said the applicant must satisfy the Planning Board, the village's Zoning Board, the Town of Bedford's Planning Board, the state Department of Transportation and other agencies before any work commences.

"There are quite a number of permits the applicant is going to need to be able to construct," Hertz said. "Until all those approvals have been received, they won't be starting construction."

Residents also voiced displeasure that Westchester County had sent notices to the properties within 300 feet of the planned construction zone, but many residents at Foxwood and Brookside Village didn't learn of the hearing. At condo developments only the management offices, not individual residents, receive notices.

The hearing is scheduled to resume at the Planning Board's Nov. 12 meeting.

Luigi Filice

Luigi P. Filice, 87, of Pleasantville passed away on Oct. 12 surrounded by his wife and daughters.

A native of Carolei, Italy, Filice was born on Sept. 26, 1932, and moved to the United States as a teenager. He met his wife, Mary, in Pleasantville where they married and lived together for almost 60 years.

Filice is survived by his wife, Mary Perrotta Filice; his daughters, Lina Keogh (Warren) and Laura Schwartz (Spencer); his grandchildren, Jackie, Jennifer and Chelsea

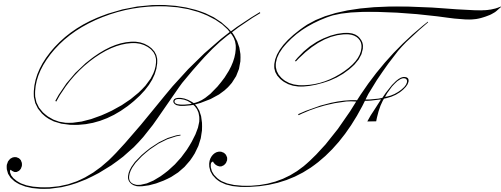
Schwartz and David and Filicity Keogh; and his sisters, Carmelina Perri and Gina Guido (Frank). He is predeceased by his parents, Lina and John, his brother, Frank, and his sisters, Gosina Tucci and Maria Miniaci

When Filice arrived in New York, he became a cabinetmaker's apprentice and graduated from Pratt Institute. He worked as a cabinetmaker in New York City, creating beautiful and unique furniture for more than 50 years.

His family and friends will remember

him as strong, hardworking and loyal to all. They'll remember his overflowing garden, his coin collection books and his ability to fix anything. Above all, he was a loving husband, father, grandfather, brother, uncle and friend.

Funeral arrangements were handled by Beecher Flooks Funeral Home in Pleasantville. Viewing hours were on Oct. 14. A Mass of Christian Burial was celebrated at Holy Innocents' Our Lady of Pompeii Chapel on Oct. 15 at 9:30 a.m. followed by interment at Gate of Heaven Cemetery.



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THERE'S A WORD FOR IT
A vocabulary-building quiz By Edward Goralski

Hard Words. This week the quiz words come from the website Test Your Vocab. Test Your Vocab is part of a research project to measure vocabulary sizes. The quiz words are hard because "each occurs less than 3 times per hundred million words." Easy, right?

1. braggadocio (n.)	A) a thin slice of meat	B) vain boasting	C) two of a kind
2. parlay (v.)	A) to use to great advantage	B) turn aside	C) discuss terms
3. malapropism (n.)	A) undesirable inequality	B) misuse of a word	C) unwholesome condition
4. pother (n.)	A) a young turkey	B) a mixture	C) a commotion
5. captious (adj.)	A) fault-finding	B) kept within bounds	C) impulsive
6. tenebrous (adj.)	A) easily broken	B) causing tension	C) dark and gloomy
7. pule (v.)	A) to whine	B) pluck out	C) move ahead
8. williwaw (n.)	A) an elusive goal	B) trickery	C) a squall

ANSWERS:

1. B. Vain empty boasting or a person who boasts;

2. A. To use to great advantage or transform into

3. B. Ludicrous misuse of a word especially by

4. C. A commotion; a disturbance

5. A. Apt to focus on faults; fault-finding; carping

6. C. Dark and gloomy

7. A. To whine; whimper

8. C. A sudden gust of wind; a squall

Early Voting Begins for First Time in New York on Oct. 26

By Joan Gaylord

For New York State's first-ever early voting period, Mount Kisco Village Hall will serve as one of the centralized polling places in the area.

In the 2019 general election, all registered voters who reside in Mount Kisco, Bedford and New Castle will be able to cast their ballots in the lobby of Village Hall for nine consecutive days, starting Saturday, Oct. 26 and extending through Sunday, Nov. 3.

Voters who live in the towns of Mount Pleasant and North Castle must report to the Mount Pleasant Community Center, located at 125 Lozza Drive in Valhalla, to cast

their ballots.

The extended voting period is the result of a change in election law approved earlier this year by the New York State Legislature. The law also moved up the petition filing period to early April and all primaries coincide with the federal primary day on the fourth Tuesday of June.

Mount Kisco's Village Hall and the Mount Pleasant Community Center are two of 17 centralized early voting locations across Westchester County.

Mount Kisco Village Manager Edward Brancati said the process would be identical to what the public experiences during voting on Election Day. All voter rolls for the

municipalities would be brought to the early voting locations.

At the suggestion of County Legislator Kitley Covill (D-Katonah), the village will have designated parking spaces behind the building to help facilitate the extra traffic.

Any expenses municipalities might incur as a result of serving as an early voting polling place would be covered by a state grant, Brancati explained. He estimated that Mount Kisco will be reimbursed about \$2,700.

During the nine days of early voting, hours will vary to try and capture both early morning and evening hours. Early voting

hours will be the same at each location: 12 to 5 p.m. on the two weekends, Oct. 26 and 27 and Nov. 2 and 3; 8 a.m. to 4 p.m. on Oct. 28 and 30 and Nov. 1; and 12 to 8 p.m. on Oct. 29 and 31. The hours will also be posted on Mount Kisco's and other municipalities' websites.

The polls will not be open on Monday, Nov. 4. Same-day voting this year falls on Tuesday, Nov. 5 when all voters who have not yet voted will report to their usual Election Day polling locations.

For more information, visit www.VoteEarlyNY.org.

League of Women Voters Launches Electronic Voter Guide

Vote 411, the League of Women Voters' electronic voter guide, is now live, carrying candidate information for all candidates running in local races across the state. The information includes biographical information and responses to questions posed by the League, as well as links to candidates' social media and campaign websites.

Voters can access this information online at www.vote411.org in an easy-to-use electronic format. Users can input their addresses to compare candidate information side by side, print a customized sample ballot and find out about upcoming League-

sponsored candidate debates in their area. Other election information, including voter registration deadlines and directions on how to apply for an absentee ballot, are also available on the website.

Voters are encouraged to visit www.vote411.org before going to vote early or on Election Day on Nov. 5. More information on where and when voters can vote early in their counties is available at www.nyearlyvoting.org. Early voting in New York State is now available from Oct. 26 to Nov. 3.

To learn more about the League or to link to Vote411, visit www.lwvny.org.



Mover and Shaker

Dr. Scott D. Hayworth, president and CEO of CareMount Medical, has been named to City & State NY's Westchester Power 100 list. Hayworth is ranked 45th on the list of Westchester County's most powerful and influential leaders. Those named were chosen based on their accomplishments, economic clout and philanthropic and community involvement.

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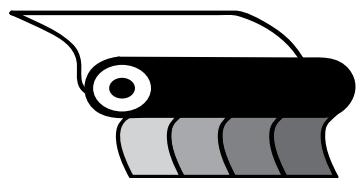
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Police Blotter

County Police/Mount Kisco

Oct. 7: Report of a loud argument between two men on Grove Street at 3:13 a.m. Officers sent the men on separate ways.

Oct. 7: Report of a group of men drinking alcohol in the parking area behind Village Hall at 5:27 a.m. An officer located a man with an open can of beer and issued him a summons for violating the village's open container law. The summons is returnable next month in Mount Kisco Justice Court.

Oct. 8: Police responded to Starbucks on South Moger Avenue at 3:35 p.m. on a report of a loud argument between two customers. The dispute occurred due to one of the customers having a telephone conversation with the speaker phone function on. Both parties left the store after an officer arrived.

Oct. 9: A woman reported at 11:49 a.m. that her former boss was spreading rumors about her and it was making her upset. She was told it was not a police matter and was advised to contact the Human Resources Department at her former place of business.

Oct. 10: A resident arrived at the Green Street precinct at 12:11 a.m. to report that he had received several threatening texts from a blocked phone number. The texts included images of guns and rifles. An investigation is continuing.

Oct. 10: A Thorne Avenue resident called at 8:53 a.m. to report that the rubber seal from an earbud had come loose and was stuck deep in his son's ear. The

Mount Kisco Volunteer Ambulance Corps responded and transported the boy to Northern Westchester Hospital.

Oct. 10: At 6:24 p.m., a Rolling Ridge Court resident reported hearing noises on the second floor of her home and feared there was an intruder. Westchester County Police responded, searched the home and determined the premises were secure.

Oct. 11: Police responded to Northern Westchester Hospital after receiving a 911 call from a patient at 7:11 a.m. Medical staff advised that the patient has dementia and officers determined there was no emergency.

Oct. 11: Police observed an unattended backpack at Kirby Plaza at 8:28 a.m. and closed a portion of the area until the item could be assessed by the bomb squad. The backpack was found to be non-hazardous. Personal papers were found inside and officers were able to return it to a man in Bedford who had accidentally left it behind.

North Castle Police Department

Oct. 4: A Nannyhagen Road resident reported that a suspicious male party in camouflage was walking with a "big gun, AK-47" at 9:47 a.m. The responding officer reported that the individual had a bow and proper hunting paperwork. The party checked okay.

Oct. 4: An Amore restaurant employee arrived at headquarters at 10:03 p.m. with a wallet that he found in the Kent Place parking lot. Attempts to locate the

owner's phone number were unsuccessful. The owner eventually responded to headquarters and picked up the wallet.

Oct. 6: A complainant reported at 8:13 a.m. that a suspicious vehicle described as a black BMW bearing Connecticut plates had two subjects sleeping inside of it. The responding officers reported conducting a traffic stop with the listed vehicle. The car and its occupants apparently checked okay.

Oct. 7: An officer on patrol reported at 12:11 a.m. that a couch and mattress were dumped on the northern shoulder of Nannyhagen Road near Route 120. The incident report was forwarded to the North Castle Highway Department.

Oct. 7: A complainant reported at 4:32 p.m. a larceny from her mailbox of two checks that were altered and cashed totaling \$15,000. A witness and owner's deposition were filed.

Oct. 8: Report of a construction vehicle dumping debris in the Kensico Knoll Place cul-de-sac at 10:18 a.m. The vehicle was bearing New York plates. One of the responding officers reported that pictures and depositions were secured. A summons was issued to the vehicle's owner.

Oct. 9: A complainant arrived at headquarters at 3:36 p.m. to report a larceny of a check from his mailbox. The complainant stated that the \$9,500 check was altered and the suspect attempted to cash it. The transaction was rejected by Wells Fargo bank. A witness and owner's deposition were filed.

Pleasantville Police Department

Oct. 6: A Maple Hill Road resident reported at 10:19 a.m. that their vehicle was entered and ransacked sometime overnight. There was no indication any items were stolen from the car's interior.

Oct. 9: A 23-year-old woman was arrested at 5:07 p.m. and charged with three counts of fourth-degree grand larceny, a Class E felony, regarding an incident at Pleasantville Pharmacy. The suspect was arraigned and released pending a return court date.

Oct. 10: A village resident reported at 7:04 p.m. losing \$400 after attempting to buy a Samsung Galaxy smart pad through an app. Another party set up a fraudulent PayPal account.

EF Academy Student Charged With Making Threatening Message

A 17-year-old student of the EF Academy in Thornwood was arrested last Wednesday after he sent a message to another student the day before there would be a shooting.

The suspect, whose name was withheld because of his status as an adolescent offender, was charged with the felony of making a terroristic threat, the Mount Pleasant Police Department said in a statement. The youth was released to the custody of staff at EF Academy on Columbus Avenue following a court appearance.

Police said that at about on Oct. 8 at

12:30 p.m., security at the boarding school contacted Mount Pleasant police that a student had received an airdrop stating there would be a shooting in 10 minutes.

The campus of the boarding school for high school students was secured and placed on lockdown after the threat was reported. The surrounding Pleasantville, Mount Pleasant and Valhalla school districts were notified and also temporarily placed their campuses on lockdown.

The matter was referred to the Youth Part of Westchester County Court.

— Martin Wilbur

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Westlake High School Class of 1969 to Hold 50th Reunion Oct. 25-26

The Westlake High School Class of 1969 will hold its 50th reunion celebration on Friday, Oct. 25 and Saturday, Oct. 26 in the local area.

Festivities get underway on Oct. 25 at Gordo's North in the Thornwood Town Center starting at 6:30 p.m. Drinks and food will be available at each attendee's expense.

On Oct. 26, there will be a chance for friends to meet by creating their own schedule of events during the daytime hours. In the evening, there will be dinner and dancing at Stone Manor 101 Restaurant, located at 101

Saw Mill River Rd. in Hawthorne. The cocktail hour will begin at 6 p.m. with an unlimited bar with wine, beer and soda, followed by dinner.

The cost for the cocktail hour and dinner is \$100 per person, which includes all tax and gratuities. Checks may be made out to WHS Class of 69 Reunion and mailed to WHS Class of 69 Reunion, c/o Jeanette Spoor, 799 Sherman Ave., Thornwood, N.Y. 10594. If there are any questions, contact Randal Simonetti at 585-738-8333 or Jeanette Spoor at 914-588-7974.

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Hospital Staff, Volunteers Discuss Value of Caregivers Centers at NWH

By Martin Wilbur

When Marian Hamilton approached Northern Westchester Hospital (NWH) nearly 15 years ago about the need for a caregivers center, she had no inkling that her idea would be the beginning of a movement.

Hamilton, who founded the Ken Hamilton Caregivers Center that is named after her late husband, hoped that others could receive the emotional support and a compassionate voice that she needed in her family's darkest days.

Last Thursday, administrators, social workers and volunteers representing 16 different hospitals that have added a similar center based on the NWH model, gathered at the hospital in Mount Kisco for a caregivers symposium that is held twice a year. The event provided a chance to address issues and review best practices.

Hamilton said her mission is to bring a caregivers center to every hospital.

"For me, this is so amazingly gratifying because when I first started out in 2005 after my husband died, I just knew I had to do something for family caregivers," she said. "I didn't realize there would be so many like-minded people out there recognizing the need to help families."

John Schall, CEO of the Caregiver Action Network in Washington, D.C., said when Hamilton started the center at NWH it was the first of its kind in the country. Today, there are 21 hospitals, including some large institutions such as the University of



The Ken Hamilton Caregivers Center at Northern Westchester Hospital.

Pennsylvania Hospital, Stanford University Hospital and most recently Lennox Hill Hospital, that have replicated what Northern Westchester established.

Schall said he would like to see at least 500 hospitals in the United States start caregivers centers, but it has only been recently that hospitals have recognized the value in reducing stress for the families, particularly for spouses, he said.

A recent study said that a caregiver has a 62 percent greater chance of dying within four years because of the significant stress placed on caregivers, according to Schall.

"You guys are the model and we talk about you anywhere and everywhere," Schall said. "So your reach is much more than the people in the room, in the center or what's doing in your hospitals. You guys are the cutting edge and it's so important."

Outgoing Northern Westchester Hospital President and CEO Joel Seligman said it is



MARTIN WILBUR PHOTOS

Marian Hamilton, founder of the Ken Hamilton Caregivers Center at Northern Westchester Hospital, addressed about 80 attendees at a symposium last Thursday at the hospital.

the volunteers that make up the heart of the caregivers center. It is estimated that there are a few hundred community members, who are trained by social workers and other hospital staff, to help people at Northern Westchester.

Seligman recalled when Hamilton proposed the idea and he acknowledged that he never envisioned the center's success or

its far-reaching impact.

"This is the best of our communities doing great work and I applaud you all," he said.

Schall said as the healthcare industry recognizes the need to assist caregivers, more resources are becoming available. Recently, the federal government launched the National Volunteer Care Corps, where for the first time Congress will be setting aside \$4 million to \$5 million a year for the next five years toward resources for caregivers, he said.

This spring the first \$3 million in grants will be awarded for programs around the country, Schall said. The Request for Proposal process is expected to open by the end of next month.

Also, a hotline for family caregivers is being set up where people from across the country can speak to a live person for support and advice, he said. The hotline is open from 8 a.m. to 7 p.m. Eastern time.

Hamilton said the resources are critical because when a caregiver is thrust into that role it's usually not something they have prepared for or are trained for.

"Hospital administrators get this concept as well when they see that it not only helps out the patient, the family, but also it is a huge asset to the hospital, freeing up the doctors and the nurses to do their jobs while we can spend the extra time with the family caregivers," she said.

For more information on issues affecting caregivers, including tips on how to cope, visit www.CaregiverAction.org.

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Monday, November 11, 2019	10 am
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Mahopac Public Library

668 Route 6, Mahopac

Thursday, October 17, 2019	2 pm
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Thursday, October 24, 2019	11 am
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Tuesday, November 5, 2019	11 am
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Thursday, November 14, 2019	5:30 pm
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Town of Patterson Recreation Center

65 Front Street, Patterson

Monday, October 21, 2019	10 am
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Thursday, November 14, 2019	11 am
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Tuesday, November 19, 2019	10 am
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Westchester County

Jefferson Valley Mall

(Community Room)

(Next to Mall Management Office)

650 Lee Boulevard, Yorktown Heights

Friday, October 25, 2019	10 am
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Friday, November 1, 2019	5 pm
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Friday, November 8, 2019	4 pm
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White Plains Galleria Mall

(Community Room)

100 Main Street, White Plains

Monday, October 21, 2019	5 pm
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Monday, October 28, 2019	5 pm
--------------------------	------

Monday, November 4, 2019	5 pm
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Friday, November 15, 2019	10 am
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The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2019. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

Y0051_4476_M

Local Zumba Classes Provide Benefit to the Body, Mind, Spirit

By Martin Wilbur

On almost any Friday morning at Addie-Tude Dance Center on the lower level of 42 Memorial Plaza in Pleasantville a group of about 15 women can be found preparing to move onto the dance floor for the start of class.

Instructor Amy Olin asks for the group's attention, ready to cue up nearly an hour's worth of lively music with Latin roots or international rhythms.

Olin isn't teaching a class for aspiring dancers but leads one of the many Zumba classes that are offered throughout the area. As an increasing number of adults, including many in their middle-age or senior years, understand the health benefits of remaining active and fit, multiple variations of Zumba classes have sprung up at not only gyms and health clubs, but dance studios and many other venues that can be used for 45 minutes or an hour.

"It's good for the muscles, it's good for the joints, the circulation, mind, body," said Olin, a former dancer who has taught Zumba classes in the area for about 10 years. "You have to focus so you have to turn everything off. It's like you don't have to think about anything else."

Twice a week, on Tuesdays at 10 a.m. and Fridays at 11 a.m., Olin welcomes people of all ages to her one-hour class, although at her sessions it's almost always exclusively women, with most in the middle age or early senior years.

She describes her class as low-impact

Zumba. There is no jumping, so it is easier on the joints. While Olin's classes do not have the high intensity of many health club Zumba sessions, it is more physically challenging than Zumba Gold, which is designed mainly for seniors.

Olin said that she's often looking to balance the needs of the more fit regulars with those who are older or newer to her class. She typically will give verbal and/or hand directions just before each move while a song is being played to help newcomers along, but once her class members learn most of the moves, they can almost self-regulate the intensity.

"Once you know the routine, the more intensity you can put into it," she said. "Learning it, is just getting it into the muscle memory, but then you can really pick it up and it gets you sweating and your heart pumping."

Several of the regulars at her Friday session said they are attracted to Olin's class because you pay as you go, \$14 each time you attend. To go to many of the gyms that offer Zumba classes, there's typically a much steeper monthly membership fee and sometimes additional charges for class.

"You'd be surprised by how many people this age are looking for this kind of exercise," said one of Olin's regulars. "What's attracted me to it is I didn't have to join a gym. I don't want to pay \$150 a month and only go twice. I like when I can jump in and pay \$14 (a class)."

Peggy Raiskums, a Zumba instructor who leads a session at Dance Emotion



MARTIN WILBUR PHOTO

Zumba instructor Amy Olin, left, puts the members of her Friday morning Zumba class through their paces at Addie-Tude Dance Center in Pleasantville. Olin's classes focus more on dance movements rather than weights and high-intensity workouts, attracting a somewhat older crowd.

in Chappaqua on Monday and Saturday mornings, said the sessions held outside of gyms and health clubs are less intimidating.

"In a gym, it's very competitive," Raiskums said. "In private classes, it's not so much, so they have a much better time."

Others enjoy the emphasis on dancing. Madeleine Accordi of Chappaqua has been coming to Olin's classes for several years because it's the right intensity and it's more fun than focusing on simply burning calories.

She also loves to dance.

"I have tried other classes and I've enjoyed them also," Accordi said. "I've enjoyed various teachers in different places but Amy's choreography is the best. Amy was a dancer and she varies the choreography. You feel like you're dancing. With a lot of other teachers, you feel like you're working out, but here you feel like you're dancing."

continued from page 19

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Editorial

What Can Be Done to Stem the Tide of Hate?

The growing plague of hate and anti-Semitism that has spiked in the past few years throughout the United States was on full display last week much closer to home.

It was no accident that on the eve of Yom Kippur, the holiest day on the Jewish calendar, The Garden of Remembrance Memorial in White Plains was vandalized with anti-Semitic posters and stickers.

Then last Thursday one swastika was discovered drawn on the door of a bathroom stall at Pleasantville High School while a second was found the following day etched into the kickplate of a door.

This comes after a high-profile incident in Scarsdale a few weeks earlier. And there have been other incidents reported throughout the county that have not received similar attention.

It doesn't matter whether it was the work of exceedingly ignorant pranksters or representative of a much more deep-seated

emergency. We need to ask ourselves as a community and a country why is this happening and what can be done to reverse this disturbing and sickening trend?

It's irrelevant to blame the nature of our political discourse, as debased as that's become, our intolerance of others who disagree with us or social media, which has allowed too many people to hide in the shadows and spew hatred. All of the above factors are here to stay, although the first two can start to improve when there is no longer a leadership void at the national level.

It is highly commendable that the Pleasantville School District was already collaborating with the Anti-Defamation League and the Holocaust and Human Rights Education Center on projects and efforts that will be intensified early next month to work directly with students and staff.

This week, Greenburgh Supervisor Paul

Feiner suggested initiating a hate crime reporting form in Westchester that would enable authorities to track hate crimes and collect data that could shed some light. Every law enforcement agency in the county would compile information on location, the type of offense, the victim and how the offense is categorized. The form would also include the outcome of each case.

But there are steps each one of us can and should take in our own lives. How is each one of us handling our own social media postings? What are we telling our children? It starts at home.

Then, do we all have the courage to stand up and call out instances of bigotry when we see and hear it?

Leadership in our government and in our schools is critically important. They set the tone. But even when they fail us, we still have a chance to make a positive difference on our own.

Letters to the Editor

Covill Has a Firm Grasp of the Issues Facing Her District, County

Last Thursday evening, a forum featured Kitley Covill, the incumbent county legislator in District 2, and Gina Arena, a challenger running on the Republican line.

Arena offers her experience advocating for her eight children and her work at an unnamed county office as deserving our votes. While her life may deserve sympathy and admiration, what she did not demonstrate was any curiosity or experience finding out about people and families that were not like hers.

She gave a muddled answer on pro-life versus pro-choice but appeared to come out on the side of women being in control of their bodies. Similarly, her responses on gun control and immigration may be in line with the values of the county and

not the Republican Party. Still, she needs to be explicit about these differences. She was honest in admitting that she had not given much thought to several issues. She indicated resentment being asked about her husband's anti-Semitic Facebook posts. This response was strange given that she must have realized that the matter would be brought up.

Covill has now held this post for almost two years. She indicated that she was drawn to running because she thought things could be better and described specific progress from paving of highways and roads to improved maintenance of parks. In contrast to Arena, Covill demonstrates a deep and ongoing desire and ability to meet with people and find out how our

community works to continue to make it better. Her record on votes and outreach is impressive.

A frequent subject of questions from the audience at the forum was the possibility of certain elementary schools closing. All the candidates described the importance of local schools but only Covill appeared to know the details of the budget problems. She demonstrated that on this issue, as with others, she is a problem solver with ideas who would work with people to address challenges. I urge voters in District 2 to come out to vote, either early or on Nov. 5, to re-elect Kitley Covill.

Jeanine Meyer
Mount Kisco

Chelsea Clinton for Congress Would Be an Affront to Working People

Major newspapers reported recently that the Westchester Democratic leadership would like to run Chelsea Clinton for Congress in the 17th Congressional District now that the incumbent, Congresswoman Nita Lowey, is retiring. This is a giant slap in the face to the residents of the district and working people everywhere.

Chelsea Clinton does not live in the district. She and her family live in a \$10 million apartment in Manhattan. Her parents own a home in the district in Chappaqua, which they purchased when Hillary Clinton decided to move to New York so she could run for the Senate years ago.

The fact that the party leadership thinks it is okay to run an out-of-district candidate is absurd on its face. Are there no qualified candidates in the entire district, which contains hundreds of thousands of people?

In a time of populist rage, on the right and left, the party could not make a more tone-deaf decision than to run a legacy politician

that would never be considered a serious contender if her name was not Clinton.

I'm sure Chelsea Clinton is an intelligent and fine human being. So are countless others. But she gets to be taken seriously and is already being dubbed the obvious frontrunner because her parents are high-profile politicians, she is rich and she is highly connected.

The district would be far better served by someone who has not had the world handed to them on a silver platter. Any teacher, nurse, plumber or cashier would better represent the district. Citizens are not served well by the children of the elites who have never had to work or worry about paying their bills a day in their life. All of her credentials, excellent education at prestigious universities, positions on the boards of fancy organizations and book publications are all the result of her family connections.

The political optics could not be worse. The Democratic Party is already seen by

many as the party of coastal elites, out of touch with the struggles of working people. As historian Thomas Frank so astutely wrote in his book "Listen Liberal," the party has abandoned unions and working people, choosing to embrace the professional class of highly educated workers. In fact, his book outlined the numerous ways in which the Democratic Party actually conspired in the demise of unions by supporting free trade deals that ravaged America's manufacturing sector.

No family is more linked to that decision than the Clintons. Bill Clinton was the president who pushed through NAFTA; Hillary Clinton championed free trade throughout her years in the Senate and as secretary of state. This was a huge part of the reason that Donald Trump was able to flip reliably blue states in the Rust Belt to defeat her in 2016.

Ron Widelec
Rye Brook

P'ville Resident Recognized for Advocating for the Disabled

Brendan Klein, who works for the Westchester Institute for Human Development (WIHD) in Valhalla to expand community service opportunities for young adults with disabilities, has won three distinguished awards for his work in the community.

Klein, 24, of Pleasantville who has developmental disabilities, was named by the United Way's Emerging Leaders Alliance as one of the winners of its United We Rock Awards honoring community-minded and philanthropic young professionals and college students. He will receive the award at a ceremony on Oct. 24 at Manhattanville College.

Klein was also recognized by Westfair Communications and will be presented with a Millennial Award on Nov. 21 at the Serafina by the Italian Center in Stamford.

For his outstanding work using social media to provide social opportunities for young people with disabilities, Klein was presented with the Self-Advocacy Association of New York State's Media Innovator Award last Friday, Oct. 11.

"Brendan is an outstanding young man who has worked tirelessly to connect young people with disabilities to social opportunities. This is so important for young people who often feel isolated," said Susan Fox, president and CEO of WIHD. "Outside his job, Brendan spends many hours volunteering for community organizations like the Pleasantville Community Garden and using his skills with social media to promote worthy causes. We are all very proud of Brendan and so happy that all his achievements are being recognized."

Klein was hired by WIHD, one of 67 University Centers of Excellence in Developmental Disabilities dedicated to improving the lives of people with disabilities, with a grant from the Taft Foundation.

His mission is to engage his peers in integrated community service projects and expand inclusive social opportunities for young adults with disabilities in Westchester County. He uses his social media, tech and video skills and personal outreach to help connect young people with disabilities to each other and integrate them into meaningful social activities in a way that is innovative and unique to the



Brendan Klein

special needs community.

In addition to his work at WIHD, Klein is a passionate self-advocate at the local and state level, participating as a WIHD Community Advisory Committee member, as an officer in the Hear Our Voices group, as a peer facilitator at Youth Power and as a member of Self Advocacy-New York State. Klein serves as a self-advocate on the Family Advisory Committee at Life Plan NY, a state care coordination entity. He will be presenting to his first national audience next month at the AUCD Conference in Washington.

Klein is actively engaged in the community, both personally and with his social network. He volunteers at the

Pleasantville Volunteer Ambulance Corps and the Pleasantville Community Garden, where he received the Volunteer of the Year Award in 2017. He was so inspired by the garden work and its mission that he decided to bring its therapeutic benefits to WIHD, spearheading a campaign to revive the garden with the WIHD Child Welfare program.

He is the youngest of four brothers, a lifelong Pleasantville resident and a cancer survivor. He is a graduate of the PUFSD/ Pace University Lab School program and was the recipient of the 2013 Overcoming the Odds Award from Student Advocacy in Elmsford.

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Parkinson's Ping Pong Tourney a Big Hit in Pleasantville

By Martin Wilbur

Being afflicted with Parkinson's disease was likely one of the last things that was on Navin P. Kumar's mind.

The 45-year-old Gaithersburg, Md. resident was born with a heart condition that has required a series of surgeries throughout his life. During Kumar's last surgery, he suffered a stroke, which triggered Parkinson's.

Instead of sitting around feeling sorry for himself, Kumar turned to table tennis, a sport he played as a child.

Last weekend, Kumar was one of more than 60 players from at least a dozen countries who competed at the Westchester Table Tennis Center in Pleasantville last weekend for the inaugural Parkinson's World Table Tennis Championships.

"There's something about table tennis that when I play it preoccupies the mind," said Kumar, who captured the bronze medal in the men's singles competition. "I think it's the speed at which that ball moves. It just allows me to play and forget that I have Parkinson's. The brain kind of tunes it out and I'm kind of able to reap the health benefits of the sport."

The idea for the tournament came from Nenad Bach, a Croatian musician who was forced to give up his 40-year music career because of Parkinson's but had taken up table tennis to stay active, said Ian Marshall, publications manager for the International Table Tennis Foundation (ITTF). Bach, now a Croton-on-Hudson resident, convinced ITTF officials to make the tournament a world title

event.

Bach was a strong advocate for people with Parkinson's to play table tennis because while there is no cure, he believes it delays progression of the disease, Marshall said.

The enthusiasm from the players and spectators on hand was outstanding, with a hush falling over the facility during the action, and then a burst of applause following a volley, he noted.

"The response, so far, in the last two, three hours has only been positive," Marshall said early Saturday afternoon. "Everyone has been enjoying the play and I think you can tell because everything is quiet. People are obviously concentrating playing table tennis."

For the men's and women's singles competition, players were grouped in classes based on level of impairment, Marshall said. It followed the same classifications that are used in the Paralympic Games. The doubles matchups are done by lottery.

While players came from around the globe, including Japan, Sweden, Brazil, Germany and other nations, the women's singles winner didn't have to travel far. Margie Alley, who lived for many years in Briarcliff Manor before recently moving to Pleasantville, defeated Japan's Yurie Kato in straight sets to take the title.

Alley said that she played table tennis as a child and then was a tennis player. But after contracting Parkinson's about seven years ago, she was eventually forced to give up the larger court for the ping pong table.

She believes that the activity keeps her



MARTI WILBUR PHOTO

A doubles competition featuring a pair of players from Germany, left, against two Americans, including Navin P. Kumar, foreground right, who won the men's singles bronze medal at the inaugural Parkinson's World Table Tennis Championships in Pleasantville last weekend.

mind sharp and is a way to stay in good physical condition, calling table tennis "my sport for the future."

"I do a lot of things to keep myself healthy," said Alley. "This is a big one because it's fun for me. It's very close to where I live and it's something I don't get tired of."

Jan Norlindh, who made the trip from Gothenburg, Sweden for the tournament, said table tennis relieves stress for him and takes away the focus of having Parkinson's.

"It gives you a good feeling," Norlindh said. "It's hard to explain, but it's a fast sport and you never know where the ball is coming from. Maybe it's good for the brain."

Marshall said the plan is to have the

tournament make its rounds into different countries each year. Ultimately, the goal is to have it included as a sport in the Paralympic Games, he said.

For Kumar, who will appear in a movie to be released in early 2020 called "Attack of the Unknown," said that he feels blessed that he can tackle the hurdles he has faced – and table tennis has helped him achieve that.

"If life knocks me down, I get up and say thank you, and Parkinson's and my heart condition have been a blessing," he said. "They've taught me to love life and realize how lucky we are to wake up each morning, take that first deep breath and just say thank you."



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The Importance of Maintaining a Home Library in the Digital Age

In an age when the wealth of human knowledge and culture can be accessed through a tile-sized tablet, many people would assume that we no longer have any need for a library in the home.

This does not necessarily indicate a decline in literacy. In fact, the members of Generation Y are the most avid purchasers of books. Not only should we not judge a book by its cover, we also shouldn't assume it will be printed on paper.

And yet, the printed book still holds its appeal as an artifact, a memento or an artistic creation, and those who own these objects will want them displayed safely and attractively. (If their physical presence inspires children to read more, so much the better.)

If you have seen collections of books in other people's homes, you may have noticed how they seem to reveal something about the personality of the collector. In fact, you may want to take a look at your own collection and see if it is conveying a message that meets your approval. Consider the following distinctive home library types and see if you recognize yourself in any of them.

A space lined with shelves, which are in turn crammed with books, maybe two deep, horizontally stacked and tucked in



By Bill Primavera

every which way, suggests an academic type who reads widely and deeply. If these books are old editions, or in different languages, we may imagine the reader is a tenured professor in an arcane subject. If the books are stacked, popular paperbacks covering every surface, we may expect their owner to be a zealous fiction fan.

A large collection of books on a single subject naturally reveals the occupant's interest, be it mysteries, gardening or history. It's a great first step to getting to know a person better. Be conscious of revealing too much of your own interests; however,

my own collection of motivational and self-help books from my earlier stages of personal and professional development would give visitors quite the cross-section of my own preoccupations.

The books themselves may be the items of interest. My wife Margaret's Aunt Pearl subscribed to a book club that reissued a classic work every month with exquisite artistic production values. These books were left to us and hold a place of honor in the custom-built shelves of our living room. Serious bibliophiles may also seek out important first editions, signed copies of books or vintage books of other historical interest.

Sometimes books are collected not in

their own right, but simply as visual design elements. Many second-hand book shops will advertise their books-by-the-yard rate to interior decorators, who will make their selection based on the size and color of the spines.

The next level of books as decoration is when the titles are chosen based on how much they may impress guests rather than as a reflection of the homeowner's interests. You may recall a famous scene in "The Great Gatsby" where a visitor to Gatsby's library comments knowingly on the scope and quality of the volumes it contains, but also points out that the pages of all the books are uncut; a sign in that age that a book had not yet been read.

To show off your books, first glean them to make sure that the titles you have left are pleasing and useful to you. You may want to group them by category, and then select a different part of your home for each one. (Cookbooks in the kitchen is a popular example.)

Store the books either upright or flat, not at an angle or spine-up, and keep them away from bright sunlight and moisture. If you are keeping more than a few books on each shelf, be certain that the shelf is built for the weight. A load that is excessively heavy can bend the shelf or even make it collapse. The latter happened once at my in-laws' home and we were all lucky no one was in the room when it occurred.

A glance online will show you endless varieties of arranging your books, from

a ceiling-to-floor wall of shelves with a rolling ladder to access the highest level, to bookshelves built into the structure of a staircase, to bookshelves used as sliding wall dividers.

While I am all for saving the trees, I am also very fond of the layer of interest and inspiration that a shelf full of books gives to a home.

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Kensico Cemetery to Host 5K to Benefit Alzheimer's Association

Kensico Cemetery in Valhalla is hosting its fourth annual Kensico 5K Run/Walk on Sunday, Oct. 27 at the cemetery to benefit the Alzheimer's Association Hudson Valley Chapter.

Organized by volunteers, the event is from 8:30 to 11 a.m. and includes a full catered breakfast, the awarding of medals for the top times and the opportunity to win baskets of raffle prizes. The 3.1-mile runner's route and 1.7-mile walker's option begins and ends around Mineola Lake and takes participants up and down avenues of sycamores, oaks and maples in full autumn colors, and alongside examples of inspiring architecture and design.

The public is invited to support the Alzheimer's Association as runners, walkers, volunteers, contributors or sponsors by visiting www.endalz5k.com and selecting the preferred form of participation. The registration fee for runners/walkers is \$50, which this year includes \$10 in raffle tickets. The fee for children 12 and under is \$15. Gold, silver and bronze awards will be given out to top running times in several age categories.

Organizations wanting to support the run/walk can select from four levels of sponsorship (Start Line \$500; Mile One \$1,000; Mile Two \$1,500; Finish Line \$2,000 and up) listed on the registration website that offer a variety of recognition opportunities.

As the host, Kensico Cemetery is providing the location, hospitality services,



The fourth annual Kensico 5K Run/Walk is scheduled for Sunday, Oct. 27 at Kensico Cemetery. Funds raised will benefit the Alzheimer's Association Hudson Valley chapter.

publicity support and underwriting set-up costs.

The Alzheimer's Association Hudson Valley Chapter seeks to advance research to end Alzheimer's disease and dementia while enhancing care for those living with the disease.

"It's been a natural for us to partner with another not-for-profit organization that has memory-keeping as its mission," said Kensico Cemetery President Raymond M. Planell. "Plus, this event provides another opportunity to share a beautiful landscape with our community."

Speaking on behalf of the Alzheimer's Association, Lauren Voorhees, longest day and special events manager added, "What makes this partnership even more special

is that the community is coming together to get some good exercise, with the lovely landscape that the Kensico Cemetery provides, to raise funds and awareness in the fight to end Alzheimer's disease."

Established in 1889, Kensico Cemetery

is a nonprofit membership organization serving the burial needs of the New York metropolitan area.

Kensico Cemetery is located at 273 Lakeview Ave. in Valhalla.

Local Zumba Classes Provide Benefit to the Body, Mind, Spirit

continued from page 13

Briarcliff Manor resident Robin Ginsberg said there's a purpose behind the routines that Olin presents in her classes.

"Every moment that she gives us, there's reasoning behind it," she said. "So you're not just moving arms around. You're using certain muscles while you're dancing."

Each instructor and each class present a slightly different routine, said Raiskums. Some incorporate jumping jacks and hops, others may use light sticks or weights to present what is called a Zumba toning class, which focuses on toning the body. The dance-oriented classes more closely resemble aerobics training, she said.

The preferences of the patrons are generally determined by their age, Raiskums said.

"Younger people like to have a younger instructor and they really like to have a high-intensity class while someone who is older, they don't like to have as high intensity," she

said. "If someone's knees are shot or they had a hip replacement or they have (another) problem, they pick out the class that suits them, but everybody can go to a Zumba class."

Raiskums said that when she started leading Zumba classes there were many couple who would attend, but over the years, for whatever reason, it has been looked upon as a woman's activity. She said it's been at least a few years since she's had a man in one of her classes.

Not only does Olin enjoy bringing her low-impact sessions to her attendees but for the regulars there has been a camaraderie that has developed among her class members. Some have become friends and socialize away from the class and there's a group that goes to lunch together on Fridays when the class ends at noon.

"It becomes a community when people come all the time," Olin said.

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Music From Copland House to Move to John Jay Homestead for Season

America's musical past and future meet in a historic setting this season when the internationally-acclaimed Music from Copland House ensemble moves its 2019-20 mainstage concert series to the John Jay Homestead in Katonah.

With a unique focus on 150 years of American musical creativity and imagination, explored within broad historical and societal contexts, the concerts offer ear-opening discoveries and surprising cultural journeys.

The concerts – Music from Copland House's 11th mainstage season in Westchester – begin on Nov. 3 and extend through June 14, 2020. Four of the five performances in the series will take place on Sunday afternoons at 3 p.m. at John Jay Homestead's elegant, acoustically outstanding ballroom, located at 400 Jay St. (Route 22) in Katonah. The Dec. 8 concert takes place at another important historic site in Westchester – the Lyndhurst estate in Tarrytown. Each program will last an hour, without intermission, and will be followed by a meet-the-artists reception.

"While the site of our



ALISON BERT PHOTO

Members of the Music from Copland House ensemble.

mainstage concerts for the past 10 years, Westchester County's Merestead estate, is closed for first-stage renovations, we sought an architectural and historical counterpart to our

focus on American music past and present, said Michael Boriskin, Copland House's artistic and executive director. "It would be hard to imagine a better setting for this than the fabled home of



The Music from Copland House ensemble will relocate to John Jay Homestead in Katonah with one concert at Lyndhurst in Tarrytown for its 2019-20 season that begins on Nov. 3. The move was necessitated with Merestead's closure for renovations.

one of our nation's founders. The John Jay Homestead and Copland House are both National Historic Landmarks, steeped in American heritage and identified with commanding, influential, and revered historical figures."

Heather Ianucci, director of the John Jay Homestead State Historic Site, added "We are delighted to partner with Copland House in offering these performances. It's fitting that a concert series showcasing Aaron Copland and America's wide-

-ranging musical legacy be held at the home of a great American statesman."

All of the concerts will feature the Music from Copland House ensemble. The only American repertory ensemble that journeys widely across a century-and-a-half of the U.S. musical landscape, Music from Copland House appears on CBS Sunday Morning, NPR, the European Broadcasting Union and Sirius; performs at Tanglewood, the Kennedy Center, Carnegie Hall, Library of Congress and other major venues; and records on the Koch, Arabesque and Copland House Blend labels.

Tickets are \$25 for each concert; \$20 for Friends of Copland House, Friends of John Jay Homestead and Friends of Lyndhurst. Any three concerts cost \$69, or \$54 for Friends of the three organizations. All five concerts cost \$105 or \$80 for Friends.

For tickets or more information, contact Copland House at 914-788-4659, visit www.coplandhouse.org or e-mail office@coplandhouse.org.

SMALL NEWS IS BIG NEWS



HELP WANTED • CITY OF STAMFORD, CT TRAFFIC SIGNAL SYSTEM ENGINEER Annual Salary Range: \$97,131 - \$124,584

POSITION: The City of Stamford is seeking a Traffic Signal Engineer to undertake all aspects of traffic signals, from inception through to operation. The successful candidate should have extensive experience in the field of traffic signal design, implementation and/or operation and will have achieved engineer status or significant experience.

The successful candidate will be expected to demonstrate excellent written and oral communication skills and a strong awareness of signal design, construction, and management. The candidate will work as part of a traffic signal team, overseeing three field technicians and will be expected to demonstrate an ability to use their own initiative to deliver excellence on projects. An efficient and accurate working style with attention to detail is required, and flexibility in order to meet project requirements is expected.

ESSENTIAL SKILLS, KNOWLEDGE AND ABILITIES: In depth experience with traffic signal operation, design, and configuration. • Good knowledge of GridSmart design and operation • Ability to engage with the public and the ability to communicate and influence effectively. • Thorough knowledge of a wide range of ITS technologies, including GridSmart, Fiber Optic communication, VMS, and CCTV • Ability to apply management techniques and prioritize responsibilities to ensure work is accomplished by project deadlines • Proven ability to learn new skills and understand complex technical projects rapidly • Excellent problem solving skills and the ability to develop new and innovative ideas. • Ability to work as part of a team and to supervise, coach and mentor subordinates. • Familiarity with State and Federal design processes with respect to signal design.

QUALIFICATION REQUIREMENTS: Bachelor's degree in Computer Science; Computer, Civil, Traffic or Transportation Engineering; or a closely related field and three (3) years of progressively responsible experience in the field of traffic engineering, one (1) year of which must have been in computerized traffic signal systems and control. NOTE: A Master's degree in one of the above noted fields may substitute for one (1) year of the general traffic engineering experience. Valid Driver's License.

Interested applicants are advised to submit a fully completed application form along with their resume, listing all related degrees, training and work experience. Incomplete applications or those submitted without a resume will be rejected. Applications of candidates who do not meet the stated position requirements will not be considered. **Position is open until filled.** Applications can be obtained at the:

City of Stamford,
Human Resources Division, 9th Floor
888 Washington Boulevard, Stamford, Connecticut
or at
www.stamfordct.gov

The City of Stamford is an equal opportunity/affirmative action employer and strongly encourages the applications of women, minorities and persons with disabilities.



HELP WANTED • CITY OF STAMFORD, CT CIVIL ENGINEER Annual Salary Range: \$97,131 - \$124,584

POSITION: Under the general direction of the City Engineer or designee, performs supervisory and administrative work in inspection and permit issuance as well as performs plan reviews ensuring the compliance of local and state codes, regulations and practice concerning site engineering and site construction development and inspection in connection with the construction of capital, departmental, residential and/or commercial development projects requested of the department; does related work as required.

QUALIFICATIONS: Graduation from an accredited college or university with a Bachelor's Degree in Civil Engineering or a closely related field and seven (7) years of progressively responsible engineering experience in the field of site engineering, construction, and inspection.

SPECIAL REQUIREMENTS: At time of application, possession of a valid motor vehicle operator's license and possession of a valid Connecticut Professional Engineer's license. **Applicants must attach a copy of their license to the application.**

SCOPE OF EXAMINATION: Qualified applicants will be evaluated, scored and ranked on their level and quality of related experience, education and training documented on the application and application supplement. Incomplete applications will be rejected.

APPLICATION PROCESS: Interested candidates should submit a completed Employment Application and Application Supplement "19-40". Please note: only properly completed and submitted applications will be considered. Applications of candidates who do not meet the stated position requirements will not be considered.

Position is open until filled. Application and application supplement can be obtained at the

City of Stamford
Human Resources Division, 9th Floor,
888 Washington Boulevard, Stamford, Connecticut or at
www.stamfordct.gov

The City of Stamford is an equal opportunity/affirmative action employer and strongly encourages the applications of women, minorities and persons with disabilities.

Loading Up on AP Courses to Pad Transcript is Counterproductive

We're about six weeks into the school year and seniors are already struggling with severe cases of "senioritis," a lack of motivation and effort by students in their final year of high school.

Although typically characteristic during the second semester following college decisions, seniors have started to exhibit this behavior earlier in recent years. When trying to uncover the root of the problem, I noticed the stress stemming from college applications, the struggle of balancing school with athletics and the responsibilities many have as club leaders.

But beneath these obvious factors, I observed something else: the AP problem.

In most high schools, as early as sophomore year, students can enroll in Advanced Placement courses.

According to a 2018 report from The College Board, about 1.24 million U.S. public high school graduates took at least one AP course during the span of four years, a 65 percent increase from 2008. At some schools, such as Stuyvesant High School in New York City, at least 24 percent of the students took at least eight AP classes.

The AP curriculum, administered by The College Board, is designed to prepare high school students for college by exposing them to material equivalent to undergraduate courses. Naturally, students take advantage of this opportunity to improve their college readiness, potentially earn college credit and challenge themselves. But the biggest reason many students fill their schedule with these classes comes from a hot topic in the media in recent months – college admissions.

Most high school students assume the number of AP classes they take directly correlates with the number, and type, of schools they'll gain acceptance to. Only took three APs? Say goodbye to Harvard. Decided not to take any during senior year? There goes your chance at Yale. A student at Bronxville High School, which doesn't give class rank, loaded her schedule with 10 APs, hoping it would "give her an edge" in college admissions.

With the pressure to attend top-tier schools, and the increasing selectivity of such institutions, it's no wonder teenagers feel the need to compete with their peers and cram their schedules with difficult courses.

But the classes may not matter as much as students think, according to former Tufts University admissions officer Peter Jennings.

"They're much more interested in the life of the mind and the quality of the work students are doing," Jennings said of his former colleagues. "I think that message gets distorted."

Instead of taking the subjects they're genuinely intrigued by, students make the mistake of enrolling in classes that'll supposedly "look good" in the eyes of elite universities. The result? Disinterested, unmotivated students who are overwhelmed by the heavy workload and the difficulty to obtain the high grades they're accustomed to; in the end, their choice of classes could do more harm than good.

That isn't to say all AP students match that description, but it's characteristic of many, especially those in their senior year of high school who needlessly throw in the hardest classes in their last effort to attract Top 10 schools with their academic records.



By Ellie Dessart

When it comes to AP courses, students should take the classes they want to take. Not for college. Not for their transcripts. But for themselves. The AP curriculum is demanding, not suitable for students hoping to get by doing the bare minimum. When you take one of these classes, you should be ready to put in the effort, participate in class and make some

sacrifices every now and then. But you should also be ready to have some fun, to enjoy the work along the way.

Don't worry about the classes your peers are taking. Don't beat yourself up about college admissions. Find an area you're passionate about and focus on pursuing that.

Can't decide if an AP class is right for you? It's simple. If you don't want to be there, do yourself a favor – don't sign up.

Ellie Dessart is a senior at Bronxville High School. Her monthly column Inside the Mind of a Teen addresses issues pertaining to teenagers at the local and global level.

Inside the Mind of a Teen

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Happenings

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

Tuesday, Oct. 15

Design a Monster Engineering Challenge. Use your engineering and creative skills to create the best monster possible. Compete against your peers to make the winning monster using recyclable materials. Snacks included. For students in grades 5-12. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Registration requested; walk-ins welcome. Info and registration: 914-769-0548 or www.mountpleasantlibrary.org.

Reading With Tobie and Karen. For school age children. First-come, first-served. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 p.m. Free. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

DIY Terracotta Pot Scarecrow. He's a little bit summer and a little bit fall, he's a little bit country and fun for all. Re-purpose old flower pots and create a scarecrow to decorate for autumn. For children seven to 13 years old. 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 Whipoorwill Rd. East, Armonk. 6:30 p.m. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Pajama Storytime. Join Miss Debbie for an evening that includes stories, songs and fun. Pajamas and stuffed animals are welcome. For children two to five years old and their families. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 to 7 p.m. Free. Every Tuesday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Mount Kisco Public Library Board of Trustees Meeting. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 6:30 to 8:30 p.m. Info: 914-666-8041 or www.mountkisco.library.org.

Armonk Readers Book Club. "Forty Autumns: A Family's Story of Courage and Survival on Both Sides of the Berlin Wall" by Nina Willner will be discussed. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:45 to 8 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Legendary Tuesday Night Jam. This jam has fostered many great musicians over the years. Some have gone on to tour, win Grammy Awards and achieve celebrity status. You never know who you'll hear. Come on down, play or listen, dance, drink and enjoy. All levels of musical talent are welcome. Lucy's Lounge, 446 Bedford Rd.,

Pleasantville. 8 p.m. No cover charge. Every Tuesday. Info: 914-747-4740.

Wednesday, Oct. 16

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

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

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

Paint and Sip (Tea Hour). Join us for some delicious tea, warm conversation and a teabag holder to paint with your own freehand design. While a sample of a teabag holder will be available for inspiration, attendees are encouraged to come up with their own design. All art supplies provided. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 a.m. Free. Registration required. Info and registration: 914-273-3887 ext. 3.

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

Mother Goose. Listen to stories and sing along with the librarian for a fun morning. The session incorporates picture books that focus on colors, shapes, letters and more. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Also Oct. 23 and 30. Info: 914-273-3887 or www.northcastlelibrary.org.

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 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Also Oct. 23 and 30. Info: 914-273-3887 or www.northcastlelibrary.org.

People Love Yarn. Share your knowledge or learn from the group. All skill levels welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1 to 3:30 p.m. Free. Every Wednesday. Info: Contact Louann Rooney at rooneylm@optonline.net.

Book Group Discussion. "Radium Girls" by Kate Moore will be discussed. Led by Martha Iwan. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1:30 to 2:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

Pumpkin and Gourd Sale. Come celebrate the United Methodist Church of Mount Kisco's 18th sale. There are pumpkins and gourds of all shapes, sizes and colors. To benefit the church's ministries. Donations for the Mount Kisco Interfaith Food Pantry will also be received. United Methodist Church of Mount Kisco, 300 E. Main St., Mount Kisco. 3 to 6 p.m. The sale continues through Oct. 31 on Wednesdays through Fridays from 3 to 6 p.m., Saturdays from 10 a.m. to 6 p.m. and Sundays from 12 to 6 p.m. Info: 914-666-5014 or visit www.mountkiscochurch.org.

Science Lab. Become junior scientists and learn about different science topics through stories, crafts and experiments. For children four to six years old. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Creepy Crawlies. Tarantulas, roaches, rats and snakes are animals that can make you scream. Is everything you've heard about these animals true? Even though some animals seem scary and dangerous, many of them are harmless. Adventure through the world of the creepy, crawlly and slimy together to discover how animals use disguises, trickery and poison to keep predators away. For children four to seven years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4 to 5 p.m. Free. Registration required. Info and registration: 914-769-0548.

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

Learn to Knit. Learn to knit a scarf just in time for the weather to get chilly. Beginners welcome. North Castle Public Library's Teen Room, 19 Whipoorwill Rd. East, Armonk. 6:30 to 7:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Support Group for Families in Recovery. Mountainside Chappaqua now offers this family support groups to those who have been impacted by a loved one's addiction. These sessions are designed to provide family members with the recovery and

support services they need to heal in tandem with their addicted loved ones. For parents, spouses, children, friends and others whose loved ones have struggled with drug or alcohol misuse. Group members are encouraged to share their stories, setbacks and successes with those who have encountered similar challenges. Mountainside Chappaqua, 480 Bedford Rd., Chappaqua. 6:30 to 8 p.m. Free. Meets the third Wednesday of every month. Info: 800-762-5433.

How Forensics and Science is Powering Modern Crime Writing. A panel discussion that includes moderator and author Chris Knopf, the winner of the 2013 Nero Award, Benjamin Franklin Award for Best Mystery finalist for the Connecticut Book Award; Suzanne Chazin, who has been a two-time recipient of the Washington Irving Book Award and former member of the International Association of Arson Investigators; best-selling author Matthew Farrell; and Carole Buggé, aka C.E. Lawrence, who has nine published novels, six novellas and about a dozen short stories and poems. Co-sponsored by the Mystery Writers of America. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

"Free Trip to Egypt." Seeking to build a bridge of mutual understanding and friendship, a Canadian-Egyptian entrepreneur of Muslim faith decides to reach out to the people who fear him. Traveling across the U.S. to find Americans concerned about an Islamic threat, Tarek Mounib makes them an intriguing offer – a free trip to Egypt. Followed by a Q&A with Mounib via Skype with Westchester Community Foundation Executive Director Laura Rossi and a reception. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.

Art Series: Vasari's Lives of Artists. Giorgio Vasari was possibly the first art historian, and as such, he has archived many of the Renaissance masters that we know and respect today. Tonight's class begins an exploration of the various artists that Vasari has chronicled in his classic compendium of artists and their life histories. Led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Bedford Chamber Concerts. The Bedford Chamber Concerts launches its 19th season with an all-Bach concert featuring Carter Brey, the principal cellist of the New York Philharmonic Orchestra, and series director Anthony Newman. The program includes three sonatas originally written by Bach for the viola da gamba, a six-stringed, fretted instrument played resting on the lap or legs of the performer. Newman will also perform Bach's Italian Concerto, a work, despite its name, for solo harpsichord. Refreshments served at intermission. St. Matthew's Episcopal Church Fellowship Room, 382 Cantioe St., Bedford. 8 p.m. \$40. Students: \$10. Info and tickets: 914-522-5150 or visit www.bedfordchamberconcerts.org.

continued on next page

Five Ways to Fight Cancer By Using Your Fork

By Patricia Talio

Proper nutrition is essential to cancer prevention. While no single food can completely protect you against cancer, studies show that diets rich in a variety of healthy foods can offer the strongest cancer protection.

Here, I'll discuss five ways you can fight or prevent breast cancer with your fork.

1. Eat the rainbow

A complete diet includes foods of many naturally occurring colors. This is because natural foods get their color from specific vitamins and antioxidants. For example, red foods get their pigment from anthocyanins, an antioxidant that can help prevent cell damage. A diet consisting mostly of white, processed foods – or even whole foods from just one or two color groups – isn't as nutritionally complete as a varied diet.

Diets comprised mostly of plant-based foods aid in the prevention of breast cancer. Limit your consumption of red meats (beef, pork and lamb) and processed meats (most deli lunch meats). When eating meat, choose fish or poultry.

Be sure to eat berries and dark green,

leafy vegetables. These fruits and veggies contain flavonoids, powerful antioxidants with anti-inflammatory and immune system benefits. You should be eating two cups of fruit and two and a half cups of vegetables every day.

When we follow a colorful, mostly plant-based diet, we also have a diet higher in fiber and lower in calories. Maintaining a healthy weight is the number one recommendation for the prevention of breast cancer.

2. Increase your Omega-3s

Omega-3 fatty acids, found in seafood

(like wild salmon, Atlantic mackerel, sardines, black cod, anchovies, oysters, tuna and rainbow trout), can help prevent breast cancer by activating specific genes that block the pathways responsible for tumor growth. Women should be eating two to three portions weekly.

3. Fiber, fiber, fiber

You should be eating 25 to 30 grams of fiber per day. Foods that contain fiber can help you maintain a healthy weight and lower your risk of breast cancer, diabetes and heart disease. To increase your fiber, add the following to your grocery list: 100

percent whole grain or whole wheat bread, barley, brown rice, beans, peas and other legumes.

4. Spice it up

Research has shown that spices such as allspice, basil, caraway, turmeric, cinnamon, clove and garlic, among others, may lower cancer risk and affect tumor behavior. Adding these colorful and fragrant herbs and spices to our meals is a great way to get vitamins, minerals and antioxidants in. It helps make our food taste better, too.

5. Limit added sugar to 24 grams a day

All cells, including both healthy and unhealthy ones, use glucose, a form of sugar, for their energy supply. While it is not necessary to cut all sugar from your diet, it is best to consume simple sugars (candy, baked goods and fruit juice) in moderation and choose complex carbohydrates (fruits, veggies and whole grains) more often.

For delicious and nutritious recipes, visit www.nwhc.net/recipes.

Patricia Talio is a registered dietitian at Northern Westchester Hospital in Mount Kisco.



Happenings

continued from previous page

Thursday, Oct. 17

Westchester Goes Global. A small business exporter seminar presented by Westchester County. Among the topics to be discussed include how to find foreign buyers; protecting against the risk of nonpayment; how to extend credit terms to foreign buyers; and how to access vital working capital. Panelists will include Joan Kanlian, U.S. Commercial Service, U.S. Department of Commerce; Eduard Ekel, Office of International Trade, U.S. Small Business Administration and Richard Foy, regional director, Export-Import Bank of the United States, Little Theater at Westchester County Center, 198 Central Ave., White Plains. 8 to 11:30 a.m. Free. Registration required. Info: 914-995-2936. Registration: Visit <http://bit.ly/2kAz5zl>.

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

Knitting Circle. This group is open to everyone who has an interest in knitting. Live, love, laugh, learn and have fun together during these creative journeys. Come share patterns and ideas and celebrate creative

spirits together while enjoying the ancient art of knitting. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

Lifeline Theater Music Program. An outlet for unlocking the potential of children and adults with special needs through integrated arts and life skills programs. Drop in anytime and join founder Billy Ayres as he uses singing, dancing, creating plays, artwork and gardening to help participants realize their strengths and potential contributions to their communities. Ayres has created a technique called improvisational integrated music/drama. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 a.m. to 5 p.m. Free. Every Thursday from 10 a.m. to 5 p.m. and every Friday from 10 a.m. to 2 p.m. Info: Visit www.lifelinetheaterinc.org/index.html.

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.

Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language.

Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Bounce the Baby. Enjoy simple stories, fingerplays and lap-sit songs for early literacy skills. Incorporates board books that focus on singing to, moving with and playing alongside your babies as instructed by the librarian. For children three to 18 months old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.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.mountkiscoblibrary.org.

Bereavement Support Group. members receive the emotional, educational and social support needed to successfully manage their issues. Phelps Hospital, 755 N. Broadway, Room 545, Sleepy Hollow. Noon. Free. Info: 914-366-3937 or e-mail Vitality@northwell.edu.

Poets and Writers Series: Dan Zanes and Claudia Eliaza. The two writers will read and perform. In 1994, Grammy winner Zanes became a father and began creating family music featured on "Sesame Street" and Nickelodeon. In 2017, Zane and his spouse, Claudia Eliaza, created "Night Train 57: A Sensory Friendly Comic Folk Opera."

In Zanes' recent publication, "House Party! A Family Roots Musical Treasury," he curates folk songs representing the American experience. Zanes will read passages from his book and also perform some of his music with Claudia. Westchester Community College's Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. 12:30 and 2 p.m. Free. Info: 914-606-6716.

Pelvic Floor Health: Beyond Kegels in the Chair. This workshop will empower women with a new awareness of their pelvic floor. Come learn the anatomy and physiology, the weakness, dysfunctions and techniques to relax, strengthen, balance and maintain optimal health. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Also Oct. 24. Info and tickets: Visit www.northcastlelibrary.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.mountkiscoblibrary.org.

National Theatre Live's "A Midsummer Night's Dream." Shakespeare's feuding fairy king and queen of the forest cross paths with four runaway lovers and a troupe of actors trying to rehearse a play. As the royal couple's dispute grows, they meddle with the mortals' lives, leading to love triangles, mistaken identities and transformations. Directed by Nicholas Hytner and featuring Gwendoline Christie and Oliver Chris as

continued on page 24

Happenings

continued from page 23

Titania and Oberon, with the roving audience following the action on foot. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Elton John and Tim Rice's "Aida." An epic tale of love, loyalty and betrayal, with an exhilarating Tony and Grammy Award-winning score by Elton John and Tim Rice. An enslaved Nubian princess, Aida, finds her heart entangled with Radames, an Egyptian soldier who is betrothed to the Pharaoh's daughter, Amneris. As their forbidden love blossoms, Aida is forced to weigh her heart against the responsibility that she faces as the leader of her people. Aida and Radames' love for one another becomes a shining example of true devotion that ultimately transcends the vast cultural differences between their warring nations, heralding a time of unprecedented peace and prosperity. White Plains Performing Arts Center, 11 City Place, White Plains. 2 p.m. \$37 to \$59. Also Oct. 18, 19, 25 and 26 at 8 p.m. and Oct. 20, 23 and 27 at 2 p.m. Info and tickets: 914-328-1600 or www.wppac.com.

Pre-K Storytime With Craft. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 p.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

Flight Time! A place to learn about how things fly and the history of flight. You'll even get the chance to build your own aircraft! For children six years old and up. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Thursday. Also Oct. 19 at 11 a.m. Info: 914-273-3887 or www.northcastlelibrary.org.

DIY Yarn Wrapped Mummy. The countdown to Halloween is on. Get into the spirit with this fun mummy craft. For children of all ages. (Children under five years old must be accompanied by a caregiver. 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.

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5 to 6 p.m. Free. Thursdays from 5 to 6 p.m. and Saturdays 11 a.m. to noon. Info: 914-666-8041 or www.mountkisco.org.

Fox Read. The Bedford Central School district and the Bedford Teachers' Association, in conjunction with the Fox Lane High School English Department, invite community members to participate in this event. Read "The Curious Incident of the Dog in the Night-Time." There will be opportunities to join community members in discussions led by district faculty members on themes, issues and ideas inspired by the novel. This evening, scenes will be acted out by the Fox Lane High School Players with theater teacher Thomas Slotwinski, followed by a discussion about the process of adapting novels for the stage, how actors translate fully developed characters from the page to performance and the current movement toward inclusion for all voices in theaters across the country. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5:45

to 6:45 p.m. Free. Additional programs on Oct. 17 and Nov. 7 and 14. Info and sign-up: Visit <https://www.bcsdny.org/domain/119>.

First-Time Homebuyers Seminar. Tompkins Mahopac Bank has teamed up with Westchester Residential Opportunities, Inc. to offer this workshop. It will cover the available programs and services toward home ownership, from consideration to contract. Tompkins Mahopac Bank's Mortgage Loan Originator Marianne E. Spielberg and Vice President of Residential Lending David Carey, along with a representative from Westchester Residential Opportunities, will review the ins and outs of the homebuying process. Ossining Public Library, 53 Croton Ave., Ossining. 6 to 7:30 p.m. Free. Info: Contact Marianne E. Spielberg at 914-241-3417 ext. 30928 or at mspielberg@tompkinsfinancial.com.

ABCs of Baby Care. A class for expectant parents to help prepare for your new baby's arrival. Topics include how to diaper and bathe a baby; equipment needed, such as a car seat; crib safety; guidelines for safe sleep; newborn characteristics and appearance; general baby care and more. Phelps Hospital, 701 N. Broadway, Sleepy Hollow. 7 p.m. \$50 per couple. Registration required. Info and registration: 914-366-3937 or e-mail vitality@northwell.edu.

"The Amish Project." Good American citizens who are trying to make sense of the mass shootings that have taken place over the last several years, will be uplifted by this play by Jessica Dickey. It focuses on a shooting that occurred in 2006 at the West Nickel Mines School in the Amish Community of Lancaster County, Pa. The play emphasizes forgiveness and reconciliation in the Amish community's response to the horror of that day. The Schoolhouse Theater, 3 Owens Rd., North Salem. 8 p.m. \$38. Seniors: \$35. Students at the door: \$10. Also Oct. 18 and 19 at 8 p.m. and Oct. 20 at 3 p.m. Info and tickets: 914-277-8477 or visit www.schoolhousetheater.org.

Friday, Oct. 18

Fall Tag Sale. A variety of new and gently used merchandise available for sale. First Congregational Church of Chappaqua, 210 Orchard Ridge Rd., Chappaqua. 10 a.m. to 7 p.m. Free admission. The sale continues on Oct. 19 from 9 a.m. to 2 p.m. with everything 50 percent off and Oct. 20 from 12 to 2 p.m. with all remaining items free. Info: 914-238-4411, visit www.fcc-chappaqua.org or on Facebook or e-mail fcbsale@gmail.com.

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

Music With Miss Laura. Stories, songs, finger plays and movement activities. For children from 18 to 36 months. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11:30 to noon. Free.

Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

Overbooked! (Young Adult Book Club). "Butterfly Yellow" by Thanhha Lai will be discussed. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Teen Pizza and Movie. "Avengers Endgame" (PG-13) will be screened. Snacks, beverages and pizza will be provided. For children 10 years old and up. Families welcome. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6:30 to 8:30 p.m. Free. Registration suggested. Info and registration: E-mail CPaulsen@wlsmail.org.

The Sleepy Hollow Experience. This outdoor immersive theater event will now be seen for the first time in the tristate area, staged at the estate of Washington Irving, just in time for the bicentennial of his publication of "The Legend of Sleepy Hollow." The production features live professional musicians and singers, who will perform the scenes in various locations around the estate and engage with audience members. Theater-goers will be guided by storytellers from scene to scene, meeting Ichabod Crane and Katrina Van Tassel, imbibing and snacking during the famous party scene at the Van Tassel', and, in a thrilling climax, encountering the Headless Horseman himself. Washington Irving's Sunnyside, 3 W. Sunnyside Lane, Tarrytown. 6:30 and 8:30 p.m. Tickets start at \$45 for adults and \$25 for children. Historic Hudson Valley members receive a 10 percent discount. Fridays, Saturdays and Sundays through Nov. 3. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

Friday Night Film Series: "E' Gia Ieri." This Italian comedy stars film funny man Antonio Albanese as the star of a television show on animals and nature who travels to Spain for a story on storks. Forced to relive the same day again and again, this uniquely Italian interpretation of Ground Hog Day, is both thought provoking and funny. In Italian with subtitles. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Haunted House. Presented by the Mount Kisco Recreation Department. Memorial Pool Complex, Leonard Park, Mount Kisco. 7 to 9:30 p.m. \$5. Children (under 2): Free. Also Oct. 19 from 4 to 6 p.m. (kid friendly) and 7 to 9:30 p.m. Info: 914-666-3059 or visit www.mountkisco.org.

"Women Take Action: An Evening About Women Activists, Advocates and Women's Causes." The first program in the Irvington Town Hall Theater Commission's Diversity Series, will feature speakers who will discuss in their own words what it is like to be activists as women or to work on women's issues in the current era. Panelists will include Nada Khader, executive director of the WESPAC Foundation; Ariana L. Quiñones, a 2016 Smith College graduate who has been engaged in refining leadership programming for young women of color; Rev. Doris K. Dalton, a preacher, teacher and community activist in New York and the new director of leadership at the United

Methodist Church; Erin Fuller Brian, a Las Vegas shooting survivor and co-president of Westchester Brady United Against Gun Violence; and Erica Linn, a stage actress, cabaret performer and vocal coach who lost both of her parents in a drunk driving crash in 2017. Moderated by Irvington Town Hall Theater Commission Chair Laurie Chock. Irvington Town Hall Theater, 85 Main St., Irvington. 7:30 p.m. Free (\$5 suggested donation). Info and registration: Visit www.irvingtontheater.com.

Jazz Night! Members of the Hoff-Barthelson Music School's jazz faculty take the stage to kick-off the 2019-20 Faculty Concert Series. An evening of improvisations and jazz standards, listeners will be treated to performances by Ed Palermo, saxophone; Rolf Sturm, jazz guitar; Jamie Reynolds, piano; and Glenn Rhian, percussion. Then mix and mingle with them at a post-concert reception and learn about opportunities to join the school's jazz ensembles for kids, youth and adults at all levels, study privately and learn jazz theory. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 7:30 p.m. \$20. Seniors (60 and up): \$15. Students: Free. Info and tickets: 914-723-1169 or e-mail hb@hbms.org. Tickets are also available at the door.

"A Doll's House Part II." Hudson Stage's production of Lucas Hnath's inspired comedic modern imaging of Nora Helmer's return 15 years after her shocking decision to leave her husband and children in Ibsen's world in 1879. She's back but why? And what will that mean for those she left behind? Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 8 p.m. \$40. Seniors and students: \$35. \$10 for students for remaining tickets 30 minutes before showtime. Also Oct. 19, 25 and 26 and Nov. 1 and 2 at 8 p.m. and Oct. 20 and 27 and Nov. 2 at 3 p.m. Info and tickets: 800-838-3006 or visit www.hudsonstage.com.

Saturday, Oct. 19

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" six years in a row from 2014 to 2019, with over 50 vendors and eight nearby parking lots. This week, there will be Bookmark Buddies with author of the Bad Kitty Series from 9:30 to 11 a.m. and the music series will feature a vocal trio performance by The-Forget-Me-Nots from 10 a.m. to noon. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Rain or shine. Please note the market is a dog-free environment. Saturdays through Nov. 23. Info: Visit www.pleasantvillefarmersmarket.org.

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

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.

continued on page 26

There Are Ways for Those With ADHD to Manage Successfully

By Emily Rubin Persons

You lose your keys almost every other day. You did the homework but forgot to hand it in – again. You started doing the laundry, but the phone rang, and hours later the laundry is still sitting there.

You are securing new clients, but you're not getting paid because you can't get the paperwork done. You've got five creative projects started but you don't know what to do first. Your kid can spend hours building a complicated Lego set but has a meltdown over a short homework assignment. You are busy all day, but you have accomplished nothing. You don't like big parties because you just can't follow the small talk.

That's ADHD. It is not an excuse, it's an explanation.

What is it?

There are many ways to define ADHD. It could be called a challenge of executive function since the brain is inefficient in planning, organizing, remembering and self-regulating. These executive functions, including impulse control and managing emotional reactions, are controlled by the prefrontal cortex, which is weaker in ADHDers. So, the ADHD brain is more emotional, wired for interest, lives in the now.

Dr. Ned Hallowell, a leading authority on ADHD, says it's like having a turbocharged race-car brain with bicycle breaks. About 11 percent of children are now diagnosed with ADHD, 3 to 5 percent of teens and 4.4 percent of adults, according to the Centers for Disease Control and Prevention. The numbers for teens and adults will increase since most don't grow out of ADHD and are diagnosed later.

What is the impact?

Most importantly, there is not one version of ADHD; it manifests itself in different ways for each person and changes over time. For many, because they process differently than the standard rules required in schools and workplaces, they see more failure than success. There is a shortage of attention because the brain can't tolerate being bored and will do anything for stimulation. Impulsivity – action without foresight – is what gets many into trouble as well as always questioning authority, questioning rules and frequently changing jobs.

For most, the working memory is weak which causes the forgetfulness. Think of working memory as a 2-inch-by-2-inch Post-it stuck to your forehead for everything you need to remember. For someone with ADHD, that Post-it is the size of a small postage stamp with room

for just one or two things to remember.

What are the superpowers?

Yes, superpowers! An ADHD brain is not defective nor is it slow or incapable of focusing. In fact, the brain goes much faster than other brains and is constantly taking in lots of different stimuli. Since the brain is wired for interest and can hyper-focus, this is when the magic can happen. People with ADHD are imaginative, creative, spontaneous, young at heart, non-conformists, highly observant, excellent at brainstorming, authentic, unique, excellent in crisis due to their hyper focus, have quirky humor, embrace change and are highly intuitive.

Think about ER doctors, entrepreneurs, reporters, scientists, firefighters, electricians, comedians, nurses – all positions that require thinking outside the box. These are filled with ADHDers.

What to do about it?

Have patience, give lots of love and be curious. Due to the now/not now brain, the lack of hindsight and foresight means mistakes will happen repeatedly. Assignments are forgotten, laundry piles up, a promise not kept. It is not on purpose, so don't get mad. Get curious. Think about the obstacles that prevented success. Help get to the "why" and build from there.

In addition to medication, the solution

for many is to work with a trained ADHD coach who will partner to help the person (child or adult) learn to confidently manage their attention, distractions and impulsivity. Most importantly, by reducing frustration and stress and working from a positive strengths-based approach, a trained ADHD coach helps the person get to their true "who."

What are some resources?

There are many websites, podcasts and books that offer a wealth of insight, strategies and tools about living with ADHD. A few of my favorites are Understood.org, Additudemag.com, Dr. Hallowell's website and podcast Distraction. Peter Shenkman's podcast "Faster Than Normal," CHADD.org, ADD.org, The Child Mind Institute, "Driven to Distraction" by Hallowell and "Square Peg" by Tod Rose.

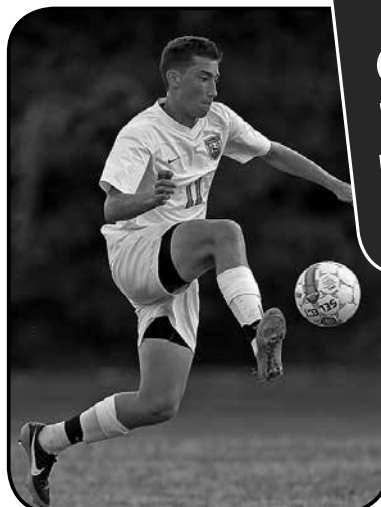
Don't squash the ADHD mind, embrace it!

Pleasantville resident Emily Rubin Persons has become a trained ADHD coach and professional organizer. While researching and learning about ADHD for her son, Persons saw a great need for compassionate coaching to help others build skills to have a more balanced and successful life. SKIPcoaching@gmail.com Skills for Insightful Planning

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Happenings

continued from page 24

Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10 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.

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. 10 a.m. to 2 p.m. Free. Every Saturday. Also Wednesdays from 2:30 to 7 p.m. and Thursdays from 1 to 6 p.m. Appointment required. English only on Wednesdays. Appointments available in Spanish on Thursdays and Saturdays. Info and Wednesday appointments: 914-336-6026. Info and Thursday and Saturday appointments: 914-336-6935.

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

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special 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 they celebrate the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. 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.

"Harry Potter and the Deathly Hallows: Part 1." Harry, Ron and Hermione leave school behind in order to take up the quest to search for pieces of Voldemort's soul, hidden in objects spread far and wide. If the trio is unable to locate and destroy them all, Voldemort will remain immortal and seize control of the entire wizarding world. Part of the JBFC Potter-thon. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Noon. Members: \$9. Non-members: \$13.50. Children (13 and under): \$7.25. Info and tickets: Visit www.burnsfilmcenter.org.

Drop in for Tech Help. Receive assistance with any of your technology devices. PC, Google, Microsoft savvy volunteers 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. 1 to

2:30 p.m. Free. Saturdays from 1 to 2:30 p.m. and Tuesdays from 3 to 4:30 p.m. Info: 914-666-8041 or www.mountkisco.library.org.

"A History of EMS in America" Family Program. A program preceding this evening's opening of this exhibit where visitors can learn about the Chappaqua Volunteer Ambulance Corps through guided ambulance tours and equipment demonstrations. Horace Greeley House, 100 King St., Chappaqua. 1 to 4 p.m. Free. Info: 914-238-4666 or visit www.newcastlehs.org.

Home Staging Myths and Reality: How to Get Your Property Noticed and Sold. Even if you've bought or sold property in the last few years, how today's buyers see, form opinions and make decisions will probably surprise you. This workshop will show you how to see a property as buyers do, then teach you how to make smart seller decisions. Led by Marie Graham, who launched The Refreshed Home in 2007 as a design consultancy for homeowners looking to buy, sell or stay and improve. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1:30 to 3 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

Author Visit. John Simon will be talking about his new book, "Strangers in a Stranger Land." It is the story of how Finland's Jewish population survived the Holocaust despite the presence of 260,000 German soldiers on Finnish soil. As openly Jewish combatants, 267 Finnish men fought alongside German troops, sometimes even under German command, yet not a single one – nor any other Jewish citizen of Finland – was sent to a concentration or death camp. A fact-based novel, the book explores how and why this was possible. The Village Bookstore, 10 Washington Ave., Pleasantville. 2 p.m. Free.

Taconnic Opera: "Abduction from the Seraglio." Taconnic Opera celebrates its 22nd season with this hilarious German "tragicomedy" from Mozart (26 years old at the time) presented this opera to the Austrian emperor and it was beyond anything the public had ever heard before, provoking the famous line of the emperor in the movie "Amadeus" – "Too many notes. Just cut a few and it will be perfect." Contains dialogue in English with songs in German (with supertitles above the stage). Yorktown Stage, 1974 Commerce St., Yorktown Heights. 2 p.m. \$35 to \$69. (Discounts of \$3 for advance sales and \$5 for seniors and groups of at least five.) Students: \$12 to \$15. Also Oct. 20 at 2 p.m. Info and tickets: 855-886-7372 or visit www.taconnicopera.org.

Pack Chat for Kids. This is the best introduction to wolves for families with young children. Kids will learn about the mythology surrounding wolves and the important role they play in the natural world. This is an exciting time for wolves as they are out searching for prey as they prepare for the birth of this year's pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

Crafter Day. An afternoon of crafting in the Children's Room. For children and their family to make a do-it-yourself craft as well as related books to read while making your special project. All materials provided. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 4 p.m. Free. Also Oct. 26. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Lucy's Laugh Lounge: Oktoberfest Comedy Show. Alex Kollar, Empire State Standup Showdown finalist, is bringing the laughs and the Oktoberfest with him along with Joe Cuomo, Jimmy McDonald, Nicole Pressler, Erik Pfohl, Sam Hunter and Angela Sharp. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 6 p.m. \$20. Info and tickets: Visit www.lucyslaughlounge.com.

Opening of "A History of EMS in America." Celebrate the opening of the exhibit featuring the Chappaqua Volunteer Ambulance Corps Wine and nibbles provided, plus a raffle with terrific prizes. All raffle proceeds go toward raising funds for a new ambulance. Horace Greeley House, 100 King St., Chappaqua. 6 to 9 p.m. Free admission. Info: 914-238-4666 or visit www.newcastlehs.org.

The National Dance Company of Siberia. The dance company will perform a newly choreographed folkdance program titled "Russian Souvenirs." Direct from Krasnoyarsk, Russia, this remarkable troupe offers a breathtaking kaleidoscope of thrilling folkdance choreography, athleticism, stunning costumes and energetic music. A family treat for all ages. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 8 p.m. \$28. Seniors and students: \$26. Children (under 13): \$18. Info and tickets: 914-785-6262 or visit www.sunywcc.edu/smartarts. Tickets will also be available beginning 30 minutes before showtime.

Sunday, Oct. 20

Creatures of the Night. While we are in bed fast asleep, our animal friends are using their senses to find food and make their way through a mysterious nocturnal world. Meet some nocturnal animals and find out why they only come out at night. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Saving a Species: A Look at the Wolf Conservation Center's Endangered Species Program. In 1998, 11 captive-reared Mexican gray wolves were released to the wild for the first time in Arizona and New Mexico. Missing from the landscape for more than 30 years, the howl of the rarest and most unique subspecies of gray wolf, was once again in the mountains of the southwest. The Wolf Conservation Center participates in the Species Survival Plan and Recovery Plan for the critically endangered Mexican gray wolf. Learn what it takes to help save a species from the brink of extinction. Guests will get an inside look at the process of matching potential breeders, what criteria must be met to recommend wolves for release into the wild, the husbandry challenge of caring for

animals that are rarely seen and how it feels to help Mexican gray wolves resume their rightful place in the wild. Guests will visit the center's ambassador wolves and potentially the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

United Nations 2019: "Our Planet, Our Future." The United Nations Association of Westchester invites the public to attend a countywide showcase of student projects and campaigns that respond to the climate crisis. The discussion will be led by Nina Orville, co-chair, Energy Committee of the Westchester Crisis Task Force; Peter McCartt, director, Sustainable Westchester and chair of the Climate Crisis Task Force; Dan Bena, UNA Westchester board member; and Paul Presendieu, Federated Conservationists, Westchester County. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. Same-day registration at 2:30 p.m. Program at 3 p.m. Free. Info: Visit www.unawestchester.org or e-mail unawestchester@gmail.com. Registration: Visit <https://www.eventbrite.com/e/united-nations-day-2019-our-planet-our-future-tickets-67039154917>

Sherezade Panthaki With The Helicon Ensemble. Soprano Sherezade Panthaki is an acknowledged star in the early-music world. In this program featuring both instrumental and vocal pieces, Panthaki is joined by some of the most celebrated early music players on the East Coast, performing as The Helicon Ensemble. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 3 p.m. Adults: \$30 to \$65. Children: \$15 to \$65. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Flamenco Legends by Javier Limon: The Paco de Lucia Project. Paco de Lucia was widely considered to be the world's premier flamenco guitarist and by many to be Spain's greatest musical export. He died more than three years ago, leaving behind an immense impact on flamenco music. Now members of his last touring band, led by guitarist-producer and 10-time Latin Grammy winner Javier Limon, are on the road as the Flamenco Legends, revisiting the late guitarist's music and honoring his legacy while paving a new path into the future of flamenco. PepsiCo Theatre at Purchase College, 735 Anderson Hill Rd., Purchase. 3 p.m. \$40, \$65 and \$85. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Monday, Oct. 21

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.

How to Avoid an Intimidating Restaurant Wine Selection Experience



By Nick Antonaccio

How many times have you walked into a restaurant, have just sat down, absorbing the ambience of the room, engrossed in small talk with your dinnermates, when the waiter breaks the pleasant atmosphere by thrusting the

dreaded wine list in front of you?

How do you react? With the confident bravado of a seasoned diner or a very visible look of intimidation?

Selecting wines from a restaurant wine list can be an awkward experience for many of us. Whether it is scribbled haphazardly on the back of a menu (hidden below the beer list and above the house cocktail specialties), or worse, presented in a bound leather binder that could easily be mistaken for a volume of illuminati stolen from the Vatican Museum, wine lists require a thorough review and evaluation. All in the span of time it takes for the latest muscle car to speed from 0 to 60 mph.

Fear not. The solution is usually right at hand – the wine attendant. It may be

‘Selecting wines from a restaurant wine list can be an awkward experience’

someone whose sole responsibility is managing the wine cellar and providing guidance to a restaurant’s guests or it may simply be the waiter/waitress who has been given a quick overview of the wine list an hour before you arrived.

Trudge onward. You know you are paying a significant premium (two to three times the retail price) for the wines offered, so why not get your money’s worth –

with free advice. Most restaurants are eager to provide guidance, advice and gentle arm-twisting to enhance your dining experience. A stress-free diner is a repeat customer. Of course, there are those wine attendants who are belligerent or arrogant, but those restaurants are

quickly added to your “never again” list. So, take the plunge. Ask for advice! Ordering wine can be just as enjoyable as drinking it.

Here are a few tips on mastering the art

of wine selection:

1. Do your homework. Many restaurants offer their menus and wine lists online. A few minutes of review at home before your culinary excursion will familiarize you with the wine list.

2. Many excellent wines are made available only to the restaurant trade. Invariably you will find unknown wines that will provide a pleasant surprise. How to evaluate these wines?

Just ask for advice. If you are in a French restaurant, chances are there will be several gems on the list from regions or producers that will never make an appearance in your local wine shop. Likewise, for other ethnic-based restaurants. My rule of thumb: If I see a familiar wine on a wine list, I skip right past it to one I’ve never heard of and ask the server/steward for insights and recommendations. I rarely have been disappointed.

3. A corollary to the above rule of thumb: Look past the traditional grape varieties like Chardonnay or Pinot Noir, especially those from the Central Coast of California (bulk produced and industrial grade). Instead look to lesser-known varieties from lesser-known wine regions (Spanish reds or German whites). They tend to be less expensive and will open your eyes to a new world

of wine enjoyment.

4. When asking for advice, provide your wine attendant with a price range. Be coy in front of your date or your fellow diners; just point to any wine in your price range: “I’d like your advice on a wine in this price range.” Servers want to please you. The more input you provide the better the end result.

5. Invariably there is a bargain on the wine list. It may be a wine that wasn’t selling well at its higher retail price and the owner has lowered the price. Great wine, reduced price. Another pointer: Great wines from poor vintages are abundant, which makes for great bargains. Again, just ask your server/steward for the hidden gems on the wine list.

Armed with these pointers, you will be able to focus on a pleasurable dining experience – great food, great wine, great memories.

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 WineMedia 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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Breastfeeding Can Be Accomplished for Prematurely-Born Babies

By Cabiria Dougherty

"You were struck by lightning."

That's how one Westchester Medical Center doctor described what happened to me in January 2018, in the seventh month of my previously uneventful pregnancy.

She was referring to the emergency heart surgery I underwent, but the unplanned C-section that preceded it and my daughter's 10-week stay in the Neonatal Intensive Care Unit (NICU) at Maria Fareri Children's Hospital, felt just as cataclysmic as my illness.

"What to Expect When You're Expecting" is arguably the most popular of the many childbirth preparation books, but while it and others contain some information about the ways pregnancy and childbirth can go wrong, the books generally accentuate the positive. That is certainly understandable. What expectant mom wants to seriously consider the alternatives?

Here in the United States, more women suffer adverse health impacts during their pregnancies than in any other developed nation. The Lancet reported that there were 26.4 deaths per 100,000 live births here in 2015. The

next highest rate was 9.2 in the United Kingdom.

The number of infants born prematurely is also trending upward. According to the March of Dimes, 9.93 percent of infants in the U.S. were born prematurely in 2017, rising for the third year in a row. Yet for most parents, the day they meet their infant in the NICU is the first time they encounter the specialized staff, equipment and procedures that will govern their days and nights for weeks, and possibly even months, at the beginning of their child's life.

Many expectant moms create a "birth plan" when they learn they're pregnant. As my medical situation grew more and more critical in January 2018, my birth plan went out the window. There was just one item that remained when I arrived at the recovery room after heart surgery: I really, really wanted to breastfeed my daughter.

Breastmilk is awesome stuff. It creates an infant's immune system with custom antibodies, microbes, hormones and long-chain fatty acids. For premature infants, it is even more critical, significantly reducing the rate of deaths associated with bacterial

infections. But instead of being able to provide that protection, I was in a bed many floors away from her, with an eight-inch opening in my chest.

I'm happy to report that by the time my daughter left the hospital 10 weeks later, we were a successful breastfeeding pair. There were times when I felt it would never happen. I have to thank the lactation consultants and nursing staff, and especially the nurse managers, at Maria Fareri for their help in our success. While breastfeeding challenges present themselves even to mothers of full-term infants in the early days and weeks, premature birth introduces a host of other difficulties.

Premature babies may not be developmentally ready to perform the coordinated motions required to breastfeed. That means they need to get their calories through a tube threaded into their stomach or intravenously. Additionally, the mother's medications may prevent her from giving her milk to her baby. Donor milk banks like the one at the Maria Fareri Children's Hospital make a huge difference, but many hospitals do not have access to human milk banks.

I was always strongly encouraged to

hold my daughter skin-to-skin during her time in the NICU, but for many moms the realities of life get in the way. The lack of prolonged skin-to-skin contact, especially when many mothers have other children at home or must choose between taking their maternity leave while their baby is in the NICU or when the baby comes home, presents another barrier to establishing a full supply of breastmilk.

In spite of all of these challenges, many mothers can and do successfully breastfeed their preterm babies. With informed, supportive partners, families and community members, I hope and believe that more and more women will be able to breastfeed their preterm infants. In my experience, the most important advice to offer parents in the NICU is ask for help and be kind to yourself. You're stronger than you know.

Cabiria Dougherty is a certified lactation counselor, dedicated to providing evidence-based, non-judgmental advice to all people who want to breastfeed their babies. Visit her website and connect on social media @Cabiria.mom for classes, events and more. Dougherty is writing a book about her experience for parents whose infants spend time in the NICU.







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LEGALS

NOTICE IS HEREBY GIVEN that an order entered by the Supreme Court, Westchester County, on the 17th day of September, 2019, bearing Index Number 2386/19, a copy of which may be examined at the office of the clerk, located at 110 Dr. Martin Luther King Jr. Blvd., White Plains, new York grants me the right to assume the name of Talia Rose Forman-Wright. The city and state of my present address are Yorktown Heights, NY the month and year of my birth are May, 2008; the place of my birth is Mt. Kisco, NY; my present name is Talia Rose Roth.

Notice is hereby given to interested parties that a **Public Hearing will be held by the Putnam Valley Zoning Board of Appeals on Thursday October 24, 2019 at 6:30 at Town Hall, 265 Oscawana Lake Road** for the purpose of considering the following petitions and requests together with all other matters that may properly come before the Board at this time. **AGENDA New Application 1. Fiorio, Robert, 66 Lee Avenue, 62.18-1-33; R-3 Request lot coverage variance, front and side yard setback variances for generator, propane tanks and carport. A**

continued on next page

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variance under Section 165-27 I (3) for fence height. **BY ORDER OF THE TOWN OF PUTNAM VALLEY ZONING BOARD OF APPEALS WILLIAM MASKIELL CHAIRMAN**

Notice is hereby given that the **TOWN OF PUTNAM VALLEY** has received a wetlands application from the following applicant: **WT 20/19 Harris Fields 15 Locust Glen Road TM# 73.-1-44 WT21/19 Thim Oung 160 Barger Street TM# 74.17-1-51**

Town of Putnam Valley Town Board Meeting October 16, 2019 6 P.M. 1. Pledge of allegiance. 2. Departmental Reports. 3. Supervisor's Comments 4. Legislative Report 5. School Report 6. Set public hearing for final budget on November 6th at 5 PM. 7. Adopt Lake Oscawana Septic Pumpout law revision. 8. Resolution to accept the Town's 2020 Tentative Budget as presented at the Work Session on October 2, 2019 9. Request for Release of Demolition Bond for Stacey Soloviev. 10. Authorize Supervisor to sign computer lease. 11. Authorize Supervisor to sign a server

migration contract with KVS. **Districts 12.** Town Board to waive any building permit fees for Glenmar Garden roof repair of pump house. **Parks & Recreation 13.** Personnel changes **14.** Refunds **Building Department 15.** Daily fee report for September. **16.** Budget Transfers **17.** Public Comment **18.** Audit of monthly bills.

Please be advised that the next meeting of the **Planning Board will be held at Town Hall, 265 Oscawana Lake Road on Monday October 21, 2019** for the purpose of considering the following applications: Regular Meeting Start Time: 6:00pm **AGENDA PUBLIC HEARING** The following public hearings have been scheduled for **October 21, 2019 at 6:00PM** (or as soon thereafter as agenda conditions permit) at the Putnam Valley Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York, 10579. All interested parties are invited to attend and will be heard. A copy of the application materials and plans may be inspected during normal business hours at the office of the Planning Board Clerk, Town of Putnam Valley Town Hall. **1. Putnam Valley Fire Station- Oscawana Lake Road (TM#72.20-1-7.12&7.11/File2019-0199)** The subject property consist of +/-

10.3 acres of land and is located on Oscawana Lake Road and within the R-2 Zoning District. The applicant is proposing soil remediation of contaminated fill that was placed on the Fire Department and the Ambulance Corps. Properties. The remedial design project includes re-grading the unstable slopes and construction of a clean soil cover over the top of the contaminated fill. **SKETCH 2. Putnam Valley Fire Station- Oscawana Lake Road (TM#72.20-1-7/File2019-0196)** The property consist of +/- 10.3 acres of land and is located on Oscawana Lake Road and within the R-2 Zoning District. The applicant is proposing to construct a Fire Station building +/-30,000 sq.ft. in size, with well and septic system, 127 parking spaces, stormwater management facilities and related site improvements. **3. Putnam Valley Volunteer Ambulance Corp. (TM# 72.20-1-7.11/File2019-0204)** The applicant is proposing an amended site plan for improvements to allow shared access and parking with proposed fire station on adjacent property. The Planning Board will consider adopting a resolution declaring intent for lead agency for the Fire House and Ambulance Corp. project. **APPROVAL OF MINUTES 4. Approve Minutes of October 7, 2019**

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For an Enjoyable Theater Outing, 'An American in Paris' Fits Bill

By Evelyn J. Mocbeichel

Fantastic entertainment continues at the Westchester Broadway Theatre (WBT) with the recently opened "An American in Paris," one of the most lavish productions to grace the Elmsford theater's stage. It runs through Nov. 24 and is the perfect venue to invite family and friends.

The story is about a young American soldier, a beautiful French girl and an indomitable European city, each yearning for a new beginning in the aftermath of war. Hoping to start a new life, World War II veteran Jerry Mulligan chooses newly liberated Paris as the place to make a name for himself as a painter. But Jerry's life becomes complicated when he meets Lise, a young Parisian shop girl with her own secret and realizes he is not her only suitor.

"An American in Paris" written in 1928, rapidly became one of George Gershwin's most famous compositions. The 1951 MGM film starring Gene Kelly and Leslie Caron was inspired by Gershwin's score and became one of the studio's most acclaimed and famous movie musicals, winning six Academy Awards.

The stage musical was inspired by the film and features a score which includes the Gershwin songs "I Got Rhythm," "S Wonderful," "But Not for Me," "Stairway to Paradise," "They Can't Take That Away" as well as the title song.

The WBT production stars Brandon Haagenon as Mulligan, Deanna Doyle as Lise Dassin, Erika Amato as Madame Baurel,



Jonathan Young (as Henri Baurel), Tommaso Antico (as Adam Hochberg) and Brandon Haagenon (as Jerry Mulligan) in "I Got Rhythm" during the Westchester Broadway Theatre's production of "An American in Paris."

Tommaso Antico as Adam Hochberg, Lauren Sprague as Milo Davenport and Jonathan Young as Henri Baurel. Supporting cast members include Danielle Behrens, Rachel Beiswenger, Joseph Cullinane, Jamie Foord, Tim Fuchs, Rachael Britton Hart, Leeds Hill, Katy Kauffman, Ian Knauer, Ryan Lambert, Garrett Marks, Leisa Mather, Georgina Moore, Collin Sanderson, Rebecca Shulla, Joey Simon, Charity Van Tassel, Kate Wesler, and Kent Zimmerman.

The production was directed and choreographed by Richard Stafford, with



JOHN VECCHIOLLA PHOTOS

The ensemble performs "The Paris Ballet" during "An American in Paris," a stage version of the musical, which runs now through Nov. 24 at Westchester Broadway Theatre in Elmsford.

Joseph Cullinane as associate choreographer. Musical direction is by Ryan Wise, set design by Steve Loftus, lighting design by Andrew Gmoser and sound design by Mark Zuckerman. The costume designer is Keith Nielsen, with wig and hair design by Gerard Kelly and the production stage manager is Victor Lukas. Lisa Tiso is the associate producer.

For tickets and information, call 914-592-2222 or visit www.BroadwayTheatre.com. For information about or reservations for luxury boxes for private parties of 6 to 22, call 914-592-8730. Additional features include an expanded dinner menu, hot and cold hors d'oeuvres, private powder room and luxury box reserved parking. Dinner and show range

from \$61 to \$91, plus tax, depending on the performance chosen. Beverage service and gratuities are not included in the ticket price. Discounts are available for children, students and senior citizens at selected performances. Check the website for ongoing special offers.

Weekday matinees are scheduled on Wednesdays and Thursdays and some Fridays. Lunch is served at 11:30 a.m. with showtime at 1 p.m. Thursday, Friday and Saturday evening performances are preceded by dinner at 6:30 p.m. with the show at 8 p.m. There are Sunday matinees with lunch at noon and the show at 1:30 p.m. For Sunday evening performance, dinner is served at 5:30 p.m. with showtime at 7 p.m.

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