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SMALL NEWS IS BIG NEWS

Volume 13, Issue 637

## Two More Local Democrats Join Race for Lowey's Seat

By Martin Wilbur

A former national security official under President Barack Obama and a Sleepy Hollow resident were the latest entries into the growing field of Democrats looking to succeed Rep. Nita Lowey in the 17th Congressional District.

Chappaqua resident Evelyn Farkas, who served as the deputy assistant secretary of defense for Russia, Ukraine and Eurasia in the Obama administration, announced her candidacy Monday.

Last Thursday, Allison Fine, a recent national board chair for NARAL Pro-Choice America, author and advocate on women's issues, also formally announced that she was entering the race.

Their entry into the fray swells the Democratic field to at least five hopefuls. They join Assemblyman David Buchwald, state Sen. David Carlucci and Rockland County-based attorney Mondaire Jones seeking the party's nomination. Last month, Chappaqua resident Jo-Anna

Rodriguez-Wheeler also signaled her intention to run for the seat.

Farkas, who grew up in Chappaqua and graduated from its public schools, said her priorities is to keep the country safe from foreign interference, to stand up to President Donald Trump's corruption and keep the American Dream alive for working families.

"I'm running for Congress because we are living in an all-hands-on-deck moment in our democracy," Farkas said. "When Russians interfered in the 2016 election, I was among the first to sound the alarm, putting me in the crosshairs of Sean Hannity. But I haven't backed down in my efforts to hold the President accountable for undermining our rule of law.

"I would be ready on day one to serve in the tradition of Congresswoman Lowey's strong leadership – fighting for our corner of New York, keeping our country safe from foreign interference and helping working families strive for the American dream."



Chappaqua's Evelyn Farkas, left, who served in the Obama administration, and Sleepy Hollow resident and women's advocate Allison Fine have announced their candidacies for the 17th Congressional District seat.



A graduate of Franklin & Marshall College who holds a master's from The Fletcher School of Law and Diplomacy at Tufts University, Farkas has worked

for nearly 30 years in national security circles. She was a foreign policy leader for the Defense Department, Senate Armed

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## P'ville Girls' Soccer Team Captures State Title, Receives Hero's Welcome

By Erin Maher

The Pleasantville High School girls' soccer team made history on Sunday defeating Section 3's Central Valley Academy, 3-2, in the final seconds to win the Class B state championship and give the team its first state title.

The Panthers (20-1-2) dominated on their way to the marquee match, not yielding a single goal since the playoffs began and shutting out four consecutive opponents.

However, for Sunday's game, played at SUNY Cortland, the team followed a different script. The Panthers trailed Central Valley 2-0 until midway through the second half, when Panther



The 2019 Class B state champion Pleasantville Panthers girls' soccer team after they arrived home at Pleasantville High School Sunday night from their dramatic 3-2 title game victory over Central Valley Academy at SUNY Cortland.

Izzy Kapoor, assisted by Allison Portera, put Pleasantville on the board.

With three minutes remaining,

Pleasantville tied the game at 2-2 on the first of two goals by junior forward Katie Moses.

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## Latimer Introduces Plan to Limit County Executive to Two Terms

By Martin Wilbur

County Executive George Latimer proposed on Monday limiting holders of the office to two terms to help ensure a greater balance of interest and power between the executive and legislative branches.

Under the measure that would amend the county's 2011 law that enacted 12-year limits for both the Board of Legislators and the county executive's seat, holders of the post would be restricted to two four-year terms. Latimer said if approved by the board and signed into law, the measure would apply to himself as well.

He said it is an important step as the executive branch continues



MARTIN WILBUR PHOTO

County Executive George Latimer talks Monday about his plan to restrict him and his successors to two four-year terms.

to have enormous authority and *continued on page 2*

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# Two More Local Democrats Join Race for Lowey's Seat

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Services Committee, the House Foreign Affairs Committee and the U.S. Marine Corps University's Command and Staff College. She also ran a congressional commission focused on keeping weapons of mass destruction out of terrorists' hands and advised former Secretary of

State Hillary Clinton during her time as a U.S. senator.

Fine, founder of the Network of Elected Women, announced her candidacy via press release last Thursday.

"I want to lead us into the next chapter for our country; one that is prosperous and fair," Fine said in a statement. "Our

democracy and economy need fixing. We need to create something new and better. The work of rebuilding our country begins right here at home. And this is my home. I know the issues people in our community face because I face them too."

Fine, who grew up in the village and lives with her husband and three sons, supports

a federal \$15-an-hour minimum wage, a public healthcare option and increased reproductive freedom for women. She backs codifying Roe v. Wade and repealing the Hyde Amendment, which bars the use of federal funds to pay for abortion except for a life-saving procedure or in the case of incest or rape.

As part of her platform, she also is calling to reduce fossil fuel emissions to zero with increased investments in wind, solar and other renewable energy sources, unwavering support for Israel and dedicating more resources to crack down on hate groups, anti-Semitism and hate crimes. Fine would also emphasize online safety to protect the public from predators and the country from foreign interference.

"I want to build on the trailblazing legacy of Nita Lowey while taking on the crucial issues facing the 17th District and our country," Fine said. "Every century, Americans remake our democracy. This is that time again. It's time for new voices, especially in Congress where women are greatly underrepresented."

In addition to her work for women's advocacy, Fine is an author who writes about the use of digital technology for social good and who has helped nonprofit organizations modernize their approach to social and civic online activism.

Lowey announced on Oct. 10 that she would retire next year at the end of her 16th term.

## Latimer Introduces Plan to Limit County Executive to Two Terms

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the ability to exercise influence while the public has increasingly sought to have higher turnover for many of its officeholders. During one 52-year stretch, only four people held the county executive's chair – Edward Michaelian, Alfred DelBello, Andrew O'Rourke and Andrew Spano.

"I think what we're watching now is the need for a more robust balance between the executive and the legislative branch and that's the best way to ensure that decisions are made with the broadest possible input and with the greatest amount of thoughtfulness," Latimer said.

The proposal is expected to be sent to the Board of Legislators this week. Latimer said he is hopeful that a majority of lawmakers will see the value in limiting the executive's tenure. He said he has spoken to some legislators and believes there is consensus in support of the new limit, although there are those who are philosophically opposed to term limits.

"I think there's general support for it," Latimer said. "We're not changing legislative term limits and this is to allow a legislator to serve longer than the county executive can serve."

Legislators can serve up to six two-year terms.

Latimer said that the most common limits for executive posts are eight years, which includes the governors in New Jersey and Connecticut.

"I think an eight-year period of time, given the concentration of power that belongs to the executive, it is a reasonable balance and what it does do is it turns over this position structurally more frequently," Latimer said.

One disadvantage to limiting county executives to two terms is a greater chance of having a lame-duck incumbent, he said.

Issues that may still have to be worked out is whether an executive who takes over following an incumbent's death or resignation should be allowed to run for up to two full terms of their own and whether to maintain

a hard two-term lifetime limit for former county executives, Latimer said.

Currently, there are only two living former executives, Spano and Rob Astorino. While he does not expect Spano to run for the office again, Latimer said he would not object to a special rule that exempts Astorino.

Several county lawmakers were called Monday afternoon to get their opinion on the proposal. Legislator Margaret Cunzio (C-Mount Pleasant) responded that while she hadn't yet read the bill, she supported the concept. Having more frequent open elections also spurs greater interest, she said.

"The forefathers did not want this to be a career," Cunzio said. "So I think it's important as a public servant that if you win, you do as much as you can in the position you're in and then you pass it on to somebody else."

Outgoing 22-year Legislator Michael Kaplowitz (D-Somers) said he had just heard about the plan earlier in the day and hadn't yet formed an opinion.



## Do You Have Acid Reflux Disease? Get smart about causes, symptoms and treatment options...

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### Q: Do I have acid reflux disease?

**A:** First, let's understand what this condition is. Your stomach produces acid in order to digest food. Normally, acid remains in your stomach, finally passing into your intestines. However, with acid reflux disease, also known as gastroesophageal reflux disease or GERD, stomach acid leaks backward and upward, "refluxing" into the esophagus.

The large spectrum of symptoms connected with acid reflux includes "heartburn," a sharp pain in the chest from acid irritating the esophagus; or mild pain in the chest or upper belly. Both typically subside in minutes. Less common symptoms are nausea, vomiting, GI tract upset, and bloating. Severe acid reflux disease can involve regurgitating acid and stomach contents into the throat, and sometimes into the lungs. That can cause chronic coughing, pneumonias or asthma.

### Q: What causes it?

**A:** Backward movement occurs when the valve between the stomach and esophagus – the lower esophageal sphincter, or LES – weakens. Genetics can weaken it, as can smoking, and certain foods, such as coffee, chocolate and citrus fruits. A hiatal hernia can cause acid reflux by moving the LES from your

abdomen into the chest area. Long-term acid reflux can lead to Barrett's disease, a precancerous, chronic irritation of the esophagus, which must be monitored through regular endoscopies.

### Q: What are my non-surgical treatment options?

**A:** Many people can manage symptoms with over-the-counter medications that reduce stomach acid. It's important to understand, however, that medications do not stop the refluxing action. All they do is reduce the amount of acid in your stomach. Because these can interact with other medicines or reduce bone density, you may not want to take them long-term. You may also find relief through lifestyle changes – avoiding coffee and chocolate, and losing weight – which can help strengthen the LES.

### Q: Do I need surgery?

**A:** Severe acid reflux disease typically requires surgery. If you have a hiatal hernia, we fix it, and then wrap a portion of the relocated stomach to create a new strong valve. If there's no hernia, we only create a new valve. The procedure, called a *nissen fundoplication*, is performed at Northern Westchester Hospital using robotic surgery. Post-surgery, there's little chance your LES will weaken again.



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# Pleasantville Girls' Soccer Team Captures State Title, Receives Hero's Welcome

*continued from page 1*

Then with four seconds left on the clock, Moses scored the game winner, securing the title for the Panthers.

"It was unreal," said Moses. "We worked together as a team and we pulled through and we never gave up. It's amazing we made history today."

The team had strong community support on game day. For those who couldn't make the drive up to Cortland, a viewing party was held in the high school auditorium, organized by Pleasantville FC.

Parents, teachers and community members filled the auditorium, and sat anxiously, watching a live stream of the match. Younger players from the Pleasantville Youth Soccer Club filled the first few rows, many waving green and white rally towels.

When Moses scored with the clock winding down, the auditorium erupted in cheers and claps.

John Vamossy, co-president of the Pleasantville Youth Soccer Club, has been a part of the organization for eight years and organized the viewing party.

"I've coached a lot of the girls on the team, they are an incredibly talented, amazing group of girls," Vamossy said. "Cortland is three-and-a-half hours away, so it's tough to get everyone up and everyone visiting, but we wanted to have a great community support and to show that we care about them."

Late Sunday night, the team returned



Pleasantville Senior Captain Alison Portera works around two defenders.

to Pleasantville to a hero's welcome. Squad cars from the Pleasantville Police Department and fire engines from the village's volunteer fire department escorted the bus carrying the state champions back into town. They pulled up to the high school while Queen's "We Will Rock You" played as community members welcomed the team home.

After plenty of cheers and hugs, the team filed into the gymnasium, where Coach Chris Osterhoudt recognized each player by name.

Pleasantville High School Principal Joseph Palumbo addressed the new champions on their return home.

"Take the lessons that you learned throughout the season for your next few



JOSHUA MURPHY PHOTOS

Pleasantville Junior Grace Capko takes ball from a Central Valley player.

years, apply them to all the other things you do in your life," he said.

And, before the festivities were over, Palumbo awarded the girls one last victory before Monday morning.

"There will be late passes in the office for all of you tomorrow morning," Palumbo said.

In their march to the championship, the Panthers dethroned perennial Section 1

champion Bronxville and then ousted the defending state champs, Chenango Forks. The team also defeated Section 9's James I. O'Neill, 4-0, in the regional final and on Saturday beat Section 5 champ Greece Olympia, also by a 4-0 margin.

A parade to honor the team has been scheduled for this Sunday at 1 p.m. from Pleasantville Village Hall to the high school.



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# New Castle Steps Up Pressure on Utilities to Remove Double Poles

By Martin Wilbur

New Castle officials told Con Edison and Verizon representatives last week that unless all double utility poles lining the town's roadways are removed the Town Board will advance local legislation that proposes penalties for noncompliance.

Double poles are sometimes used to shore up a weakened or weathered single pole.

Since 2017, the board has been pressing the utilities to replace the unsightly poles which in many instances restricts drivers' line of sight, making the issue a critical safety concern.

While some progress has been made, board members expressed continuing dissatisfaction that there were still about 200 double poles along New Castle roadways, according to the town's count. However, at last Tuesday's Town Board work session, Con Edison and Verizon representatives disputed that number, saying there are just 57 of those poles remaining among all the utilities, including Altice and Crown Castle, which provides communication infrastructure for wireless service.

"We have pictures where there's real problems because they're blocking the sightlines or they're just in really bad spots, and while Con Ed has definitely made progress we have seen or we knew that some of them are still Verizon waiting for the lines to be taken off these double poles," Councilwoman Lisa Katz said at the Nov. 12 meeting. "So we want to talk about what we



MARTIN WILBUR PHOTO

The New Castle Town Board challenged Con Edison and Verizon last week to do more to accelerate the removal of double utility poles throughout the town.

can do better and if we should be executing this legislation."

Jane Solnick, Con Edison's director of regional affairs, said a couple of years ago there were about 500 double poles in town; since then, the utilities have heard the outcry from the town government and have been taking action.

However, there are limits to how fast the utilities can move. Kei Kurihara, engineering manager for Verizon, said if the double poles are standard poles, it would likely take each utility about a month to move its wires to

another pole. If there are conduits on the pole or other complications, that time would be extended.

Despite the challenges, good headway has been made, Solnick said. Currently, Con Edison has 17 double poles and Verizon 20, with the other utilities accounting for the rest.

"At this point, we have progressed as was mentioned and we do appreciate that, working together, we did progress in bringing that number down," she said.

Town Administrator Jill Shapiro and

board members were highly skeptical of the utilities' count. Shapiro said the town just recently counted 13 on King Street from South Greeley Avenue to Route 117.

Councilman Jeremy Saland, who proposed the local legislation, vented his frustration at the utilities. He questioned whether progress made in 2017 and again recently has been because of the threat of the legislation which carries potentially steep fines.

Under the proposed local law, any entity that is responsible for a double utility pole would be fined up to \$500 a day for the first violation and up to \$1,000 a day for each subsequent violation, upon conviction.

"You have to work with us," Saland said. "We can't constantly chase you and say 'Do X, do Y.' You have to take the initiative."

He added that the utilities' list of 57 locations of double poles does not include double poles at three of the five highest priority locations that have been compiled by the town.

Board members asked the utilities to provide a digitized list of its poles to help clear up the discrepancies between the differing numbers between the town numbers and counts from Con Edison and Verizon.

"Our own data tells us a different story," said Councilwoman Hala Makowska. "I think that if we can agree on the facts of what's really outstanding, then that would be the beginning of the story that we start this time and try to get it right."



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# Connecticut's Toll Plan for I-684 Fails After Two-State Backlash

By Martin Wilbur

A proposal to put a toll on the brief stretch of I-684 that crosses into and out of Connecticut appears to have fallen by the wayside after strong opposition scuttled the plan.

Connecticut Gov. Ned Lamont proposed 14 new tolls on roads throughout his state to help pay for infrastructure improvements, including the short piece of I-684 that enters and exits the extreme southwest edge of the state. But bipartisan backlash in Connecticut against the larger revenue-generating scheme has apparently sunk the idea.

Elected officials in Westchester last week had slammed the proposal to charge motorists on the 1.4 miles between the Westchester County Airport and Armonk exits. That would have disproportionately hurt New York drivers, said County Executive George Latimer.

Latimer said had the toll gained traction and gone into effect, Westchester would have gone to court to fight the state of Connecticut.

"It's basically a New York roadway," he said. "So clever, it may be, but there's no kind of fairness about it."

Drivers who regularly use the heavily-traveled highway to go to the airport or to White Plains would have been severely impacted, but the municipality that might have been the most seriously affected was the Town of North Castle. Supervisor Michael Schiliro said the town could have been looking at a surge of traffic on local roads because many drivers would have likely been

looking for alternative routes to avoid the toll.

"We won't have North Castle and surrounding residents paying a toll to the state of Connecticut for a stretch of road that each car is on for about 60 seconds," Schiliro said. "Our first responders handle calls on 684 often, New York State plows and maintains the road...and we don't ask Connecticut for a dime."

He said Saturday that he was happy to hear that Lamont had scuttled the proposal because it would have been a protracted battle against a unified New York contingent.

State Sen. Shelley Mayer (D-Yonkers), whose district includes a large stretch of I-684 in Westchester, called it inappropriate for Lamont to have pursued the toll on that short stretch of the highway. She thanked Connecticut state legislators for their opposition to the toll plan, although Mayer cautioned that there's no guarantee that it won't return.

"Though I share (Lamont's) commitment to improving road and rail infrastructure, tolling a 1.4-mile stretch of road that is predominantly used by New Yorkers and does

not have on or off exits in Connecticut, is wholly inappropriate," Mayer said.

"In addition, tolls like the one proposed for I-684 are a regressive tax on those who can least afford it. This new toll would also increase traffic on secondary roads by pushing drivers off of I-684 into surrounding communities and local roads in an effort to avoid the toll."

Connecticut officials had not mentioned how much the toll would have cost motorists had it gone into effect.

## Smash Away

What do you do with your leftover pumpkins after Halloween? Smash them, of course. More than 200 Pace University students attended the fourth annual Smashing Pumpkins/Smashing Stereotypes event on Nov. 4 organized by Pace student organizations. Students lined up to smash pumpkins with a sledgehammer after writing their most hated stereotype on it. The event was a cathartic way for students to express their distaste for stereotypes that pigeonhole people into unwanted roles.



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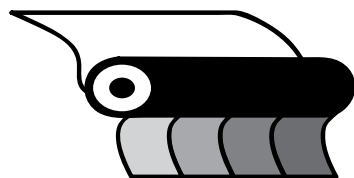


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# Police Blotter

## County Police/Mount Kisco

**Nov. 11:** A woman arrived at the Green Street precinct at 10:11 p.m. to report that she has been accused of texting and calling another's woman's husband. She told officers she had not done so and was concerned that the man's wife would retaliate against her. She asked that a report be prepared to document her concerns.

**Nov. 12:** Report of a domestic dispute on Grove Street at 1:05 a.m. A woman in her home said her husband was intoxicated and they had been arguing. The dispute was verbal in nature only.

**Nov. 12:** Police responded to East Main Street at 3:18 p.m. following a report of a loud dispute between an employer and employee at a business that is closing. The employee was upset because he felt he was owed reimbursement for business expenses and the employer would not pay him. He was advised to pursue the matter in court and agreed to leave the premises.

**Nov. 13:** A Grove Street resident reported at 12:48 a.m. that he has been receiving threatening e-mails. Officers determined that the e-mails were an attempt to defraud the man of money. The complainant was advised the e-mails were a scam.

**Nov. 13:** Report of a domestic dispute occurring inside a South Moger Avenue store at 8:49 p.m. The dispute was verbal in nature only and the two parties agreed to leave separately.

**Nov. 13:** Police responded to Prospect Street at 11:41 p.m. to assist an elderly man injured in a fall. He was transported to Northern Westchester Hospital.

**Nov. 15:** Report of a noise complaint on Barker Street at 4:29 a.m. A resident said he is regularly awakened by an upstairs neighbor who gets up early for work. The upstairs resident said he has lived in the

building for many years, tries to be as quiet as possible and has never been the subject of complaints by neighbors until this tenant moved in. The complainant was advised that the issue was not a police matter and that he should bring his concerns to building management.

**Nov. 15:** Police responded to Holiday Inn on Holiday Inn Drive at 5:59 a.m. on a report of yelling and screaming coming from one of the rooms. Officers found a woman who was bleeding from self-inflicted wounds and having an emotional crisis. She was taken to Northern Westchester Hospital for treatment and a mental health evaluation.

**Nov. 15:** A California man contacted Westchester County police at 11:57 a.m. to seek assistance in finding his father's car. The caller explained that his dad, who lives in the area, had become ill while shopping in Mount Kisco the previous day and was taken by ambulance to Northern Westchester Hospital. Officers located the man's car near Target on North Bedford Road and found it to be secure. The caller advised he would handle arrangements for a relative to retrieve the vehicle.

## North Castle Police Department

**Nov. 8:** A caller reported at 3:02 p.m. that he was involved in a verbal dispute with a neighboring Bedford Road business owner about an hour in the past. The responding officer reported speaking to both parties; matter adjusted.

**Nov. 8:** A woman arrived at headquarters at 3:30 p.m. to report being notified of a larceny of a check belonging to her. Report to follow.

**Nov. 8:** A party arrived at headquarters at 7:58 p.m. to report that two business checks had been fraudulently cashed.

**Nov. 9:** A caller reported at 5:10 p.m. that she located a loose dog, which she had in her

vehicle that was parked on Whippoorwill Road. The dog's owner arrived to retrieve their pet, a Great Pyrenees named Billy. The responding officer issued a warning to the dog's owners.

**Nov. 9:** Report of two missing persons on Old Orchard Street at 6:26 p.m. The facility's childcare supervisor reported that two students left the campus about 30 to 40 minutes ago, which was observed by staff members. The first student, Jonathan Alvarez, a male Hispanic, 6-foot-5 and 300 pounds, was wearing an orange-hooded sweatshirt and is 18 to 20 years old. The second party is Dylinn Cruz, a 5-foot-8 white male with a thin build wearing a black leather jacket and light-colored pants. They were last seen on foot walking east into the wooded area between 1700 and 1706 Old Orchard St. Officers responded and completed a missing persons' report after being unable to locate the students.

**Nov. 10:** An officer from the NYPD's 44th Precinct reported at 3:36 p.m. that one of the missing parties, Jonathan Alvarez, was located and will be brought back to the school.

**Nov. 10:** Jennie Clarkson personnel reported at 6:25 p.m. that Dylinn Cruz was located at his mother's home in the Bronx. He was returned to school.

**Nov. 11:** An employee at Stop & Shop on North Broadway reported at 12:07 a.m. that a white male wearing a black jacket with a fur hood attempted to steal beer.

The responding officers reported that the matter was adjusted. Report to follow.

**Nov. 11:** At 8:03 a.m., there was a report of landscapers working before 9 a.m. on Creemer Road in violation of the town ordinance. The responding officer advised the parties of the ordinance.

**Nov. 11:** Report of illegal dumping in the area of St. Mary's Church Road at 9:28 a.m. A caller reported that deer carcasses have been dumped on his property. The responding officer secured photos and the state Department of Conservation was notified.

**Nov. 13:** A caller reported at 7:28 a.m. that a stop sign was down on School Street. The responding officer reported the sign is at the crosswalk next to the playground on Wampus Avenue. A temporary stop sign was installed by the Highway Department.

## Pleasantville Police Department

**Nov. 12:** Report of a damaged street sign on Manville Road and Great Oak Lane at 5:51 p.m.

**Nov. 14:** A complainant reported at 8:41 p.m. that four eBay cards totaling \$100 were fraudulently purchased through his account.

**Nov. 15:** Report of criminal mischief at Pleasantville High School at 4:16 p.m. The matter is under investigation; no additional information is available at this time.

## Putnam Man Charged With DWI in Saw Mill Crash in Chappaqua

By Martin Wilbur

Westchester County police charged a Carmel man with DWI last Thursday following a head-on collision that closed the northbound lanes of the Saw Mill Parkway in Chappaqua for more than an hour.

The suspect, Martin Goudie, 54, of Gleneida Ridge, was also charged with seventh-degree criminal possession of a controlled substance. Both charges are misdemeanors.

Police said the incident occurred at 2:41 p.m. on Nov. 14 when a GMC Envoy traveling southbound on the Saw Mill near the Route 120 exit struck a guardrail, went airborne and entered the northbound lanes. The Envoy then collided head-on with a Subaru Outback.

Officers investigating the accident detected an odor of alcohol on Goudie's breath and also observed multiple empty

beer cans around the driver's seat and front passenger seat of his car. They also found several small plastic bags in the vehicle containing a small amount of a powdery substance believed to be cocaine, police said.

Goudie was transported by ambulance to Westchester Medical Center in Valhalla, where he was admitted because of his injuries.

The driver of the Outback, Whitney Hill, 43, of Katonah, also suffered injuries and was taken to Northern Westchester Hospital in Mount Kisco. Hill was treated and released.

Police said both drivers were the only occupants of their cars.

County police responded to the scene along with volunteer ambulance corps from Chappaqua and Pleasantville.

Goudie was issued appearance tickets requiring him to answer the charges in New Castle Town Court on Nov. 21.

## Holiday Toy Drive Begins at Open Door Family Medical Center

Local residents can support the Open Door Family Medical Center's annual Holiday Toy Drive and "Santa Days" by donating new, unwrapped toys for newborns through 14 years old from now through Dec. 15.

Those who wish to donate are encouraged to bring the items (valued up to \$20) to any of the six Open Door Family Medical Center sites: 155 Main St., Suite 101 (lower level), in Brewster; 689 Mamaroneck Ave. in Mamaroneck; 30 W. Main St. in Mount Kisco; 165 Main St. in Ossining; 5 Grace Church St in Port Chester; and 316 N. Broadway (Route 9) in Sleepy Hollow.

The toys will be distributed during a series of Santa Days at the centers. Residents can also make online monetary donations and Open Door team members will purchase toys on their behalf.

Open Door is also looking for volunteers to serve as wrapping elves, toy sorters, Santa Day helpers, decorators, toy drive pick-up helpers and more.

Open Door serves nearly 57,000 patients each year, many of whom would otherwise be unable to afford

quality health care, living at or below the federal poverty level of \$25,750 per year for a family of four. Despite the relative affluence of the region, for many families, these will be the only toys available to their children. This year, Open Door hopes to distribute more than 3,000 toys.

Open Door cares for nearly 1,000 adults and children every day, regardless of ability to pay. In addition to primary care (including pediatrics), dental, mental health, substance use services, women's health, optometry and podiatry, Open Door promotes wellness, good nutrition, stress reduction and physical activity to help families stay healthy.

For more information on toy donations, visit [opendoormedical.org/join-us/volunteer/holiday-toy-drive](http://opendoormedical.org/join-us/volunteer/holiday-toy-drive). To learn more about volunteer opportunities, please contact Jane Levy at 914-502-1468 or at [jlevy@odfmc.org](mailto:jlevy@odfmc.org).

Open Door Family Medical Center is a federally qualified health center. Its mission has remained consistent since it opened in 1972: to provide high-quality health care that is affordable, accessible and efficient.



# Pleasantville Adopts New Property Maintenance Laws

By Abby Luby

The Pleasantville Village Board last week passed two laws that will allow the municipality to more effectively deal with unsafe, abandoned and neglected properties within its jurisdiction.

The first resolution addresses changes to the existing property maintenance code to provide the village with leverage to properly maintain unsafe and deteriorating buildings and properties that pose hazardous conditions to the public.

Exterior property conditions such as the storage of debris as well as maintaining brush, grass or weeds is covered by the second resolution, which allows for local enforcement mechanisms to make sure the property conforms to the state Property Maintenance Code and the village's standards.

"This is an existing law already on the books about unsafe structures," said Village Administrator Eric Morrissey. "This amendment brings the law into conformity with state regulations. The village's current code does not allow for due process."

During the Nov. 14 public hearing, Morrissey explained that property owners will be notified that they have to take action within 30 days. If no action is taken, the building inspector will notify the board, he said.

The Village Board would then hold a public hearing to discuss the facts and circumstances of the property in question



One of four properties in Pleasantville that would likely be subject to its new property maintenance laws that were approved by the Village Board last week.

and allow its owner another 30 days to correct the situation. If it is still not taken care of, the village will step in and bill the property owner for services rendered. If the property owner fails to pay, a lien will be placed against their property.

Pleasantville resident Donna Edlund was skeptical about the 30-day notices.

"Thirty days seems like a long time," she said. "What if it snows and that (situation) changes in 30 days, they (the property owners) might not know."

Morrissey said a clause in the law allows

the village to "deem it to be an emergency situation and we would take action immediately."

Edlund also asked if that would apply to years' worth of leaves that haven't been removed. She was told that it would.

Acting as the eyes and ears for the board in finding delinquent properties will be village code enforcement officers who work in the building inspector's office.

"They make their rounds throughout the village and they see a lot of these circumstances," said Morrissey.

Trustee Nicole Asquith said the village has occasionally received e-mails from citizens about some of these issues, such as overgrown bushes.

The new property maintenance law was initially triggered by complaints from the Bedford Road School, which is near a house at 136 Manville Rd. that's been vacant for over a year. School personnel were concerned about the safety of the students, many of whom walk by the house, especially when snow accumulates in the winter.

Other abandoned and neglected properties that might be subject to the board's new actions are 278 Washington Ave., 79 Grandview Ave. and 588 Washington Ave.

The new law allows for a written notice to be served by the village building inspector to the property owner that remedial work has to start within 30 days. If the owner intends to comply, the building inspector can extend the time for repairs to be made.

However, if the property owner fails or refuses to act, the village may set up boards around the building or barricade the entrances to any part of the property considered dangerous. Liens will be imposed on the property for any services performed by the village.

Last summer, Pleasantville Building Inspector Robert Hughes alerted the board about structures no longer occupied and how overgrown foliage and accumulating snow in the winter had caused safety issues. Some of the vacant properties had been foreclosed but the banks hadn't yet taken control.

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# Obituaries

## Charles Terence Quinn, O.P.

Father Charles Terence Quinn, O.P. died peacefully on the evening of Nov. 7 at Cabrini ElderCare in Dobbs Ferry. He was 94 years old.

Quinn faithfully served the church as a priest for over 60 years, serving in missions in Pakistan and the Solomon Islands, as pastor of Holy Innocents Parish and Sacred Heart Parish, and Prior Provincial for two terms. He was preceded in death by his parents, his brother John Quinn and his sisters Maua Riordan and Sr. Eileen Kieran, O.P.

Quinn was born on July 13, 1925, in Queens, N.Y. as the fourth child to James and Anna (née O'Reilly) Quinn. He attended St. Joseph's Grammar School in Astoria, Queens, Bishop Loughlin Memorial High School in Brooklyn and Yale University for one year.

On May 25, 1943, he enlisted in the United States Navy. In February 1946, he was commissioned as an ensign and received a bachelor's in civil engineering from Dartmouth College. He served at sea in the Caribbean and was honorably discharged on June 11, 1947.

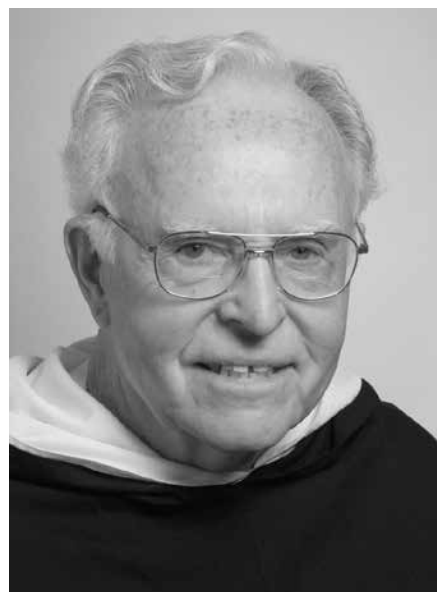
Quinn entered the Dominican Novitiate in 1948, at St. Rose Priory in Springfield, Ky. and received the religious name Terence. He

made his first profession at St. Rose Priory on Aug. 16, 1949, and his solemn profession at Precious Blood Parish in Monmouth County, N.J. in 1952. He studied philosophy at St. Joseph Priory in Somerset, Ohio, followed by theology at the Pontifical Faculty of the Immaculate Conception in Washington, D.C.

On June 9, 1955, Quinn was ordained a priest at St. Dominic Church in Washington, D.C. by Most Rev. Jerome Daniel Hannan. In 1956, he completed a Sacred Theology Licentiate at the Pontifical Faculty and was assigned to St. Thomas Aquinas House in Providence, R.I., where he taught theology at Providence College.

In 1957, he joined the province's mission in Pakistan and ministered there for 15 years, serving in the Village of Loreto, Rahimyar Khan, Fatimapur, Khanewal and the Village of Chak 133. On Aug. 29, 1964, he was appointed Vicar Provincial of the Dominican Mission. He was appointed to a second term on Apr. 8, 1969.

In 1972, he was elected as a delegate from the mission in Pakistan to the Provincial Chapter held in Washington, D.C. On June 22, 1972, Fr. Quinn was elected Prior Provincial by the Provincial Chapter. He returned to the United States residing at St. Vincent Ferrer Priory while serving as



Charles Terence Quinn, O.P.

provincial. He served for eight years, being re-elected on July 9, 1976.

In 1980, after completing his second term as provincial, Fr. Quinn moved to St. Mary Magdalene Rectory in Berkley, Calif. In October 1981, he was assigned to Holy Name Priory in Philadelphia and assisted with parochial ministry. On Oct. 1, 1982, Fr. Quinn was appointed pastor of

Holy Innocents Parish in Pleasantville and superior of the Dominican community. He was reappointed for a second term on Oct. 1, 1985.

In 1988, Fr. Quinn began missionary work in the Solomon Islands with Fr. Chris Cardone, O.P. and was assigned to the Province of the Blessed Virgin Mary in the Region of Australia and New Zealand in March 1989. He ministered in Nila, in the extreme western Solomon Islands for two years and then in Gizo for one year. He returned to the United States and was assigned to the Province of St. Joseph in February 1992.

In June 1992, he was assigned to St. Mary Priory in New Haven, Conn., where he served in the parish and the chaplaincy to Albertus Magnus College. In September 1993, he was assigned to Sacred Heart Priory in Jersey City, N.J. and appointed pastor. In October 2001, after serving as pastor for eight years, he traveled to the Angelicum in Rome for a sabbatical. In May 2002, he was assigned again to Holy Innocents Rectory and assigned in the parish. In March 2010, he was assigned to St. Gertrude Priory in Cincinnati and served in the formation community of novitiate.

In March 2016, he was assigned to St. Vincent Ferrer Priory in New York City and in March 2018, he moved to Cabrini ElderCare in Dobbs Ferry.

## Maria Pinto

Maria Alice De Sousa Pinto of Pleasantville went to heaven on Nov. 11.

She was 85.

Pinto was born on Jan. 13, 1934, in Sande, Marco De Canaveses, Portugal and came to the United States in 1967. She worked for Pleasantville Packaging on Tompkins Avenue for more than 20 years.

Pinto is survived by her husband of 67 years, Fernando C. Pinto; she was the beloved mother of Manuel Pinto, Anthony Pinto and Margarida Pinto; she was the beloved grandmother of Fernando Pinto, Anthony Pinto Jr., Christopher Pinto,

Krystianne Lee Van Sise, Timothy Pinto, Margarida Velardo, Christina Pinto, Matthew Pinto and Vincent Velardo; and the beloved great-grandmother of Waylon Van Sise, Makayla Pinto, Alyssa Pinto, James Pinto, Christopher Pinto Jr. and Avery Pinto.

The family received friends at Beecher Flocks Funeral Home on Nov. 14. A Mass of Christian Burial was celebrated at Holy Innocents Church on Nov. 15 followed by a graveside funeral service at All Souls Cemetery in Pleasantville.

## Linda Iorizzo

Linda M. Iorizzo of Pleasantville died on Nov. 10.

She was 76.

Iorizzo was born on Apr. 29, 1943, to the late Robert and Maisie (nee Simpson) Cummins in Belfast, Northern Ireland. She settled in New York in the 1960s and was a ward clerk at Woodland Nursing Home in New Rochelle. Other positions she held was as a business office line assignment clerk for the New York Telephone Co. and later as a cashier/record keeper at Pleasantville High School. She loved and blessed her family and friends and was an avid traveler and also loved to cruise. She excelled as a professional cruise consultant for many years.

Iorizzo is survived by her devoted husband whom she married in 1970, James Iorizzo, of Pleasantville; by her loving children, Jay Iorizzo of Fort Worth, Texas and Barbara (Jake) Annable of Newark, Del.; four brothers, John, Edward, Roy and Philip; two sisters, Ann and Carol; and by her five cherished grandchildren, Quinn and Reilly Annable and Jayden, Kinley and Jordyn Iorizzo.

A memorial gathering will be held at



Linda Iorizzo

Casa Rina Restaurant, located at 886 Commerce St. in Thornwood, on Monday, Nov. 25 from 5 to 6:30 p.m. In lieu of flowers, donations in Iorizzo's name can be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, Tenn. 38105 or by visiting [www.stjude.org](http://www.stjude.org).

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# New Castle Cuts Ribbon, Celebrates Completion of Downtown Project

By Martin Wilbur

After more than two years of inconvenience and frustration, New Castle officials celebrated with Chappaqua merchants and residents last Saturday the completion of the downtown infrastructure and streetscape project.

The town held a ribbon-cutting ceremony at the new pedestrian plaza near the corner of King Street and South Greeley Avenue. The space, which includes tables and chairs for the public to sit, is one of the visible improvements throughout the downtown along with the new sidewalks, crosswalks, light fixtures, benches and trash receptacles as part of the originally estimated \$11.6 million project.

But most of the project's work and expense were the new drainage, sewage and water pipes installed during the first half of the project, said Supervisor Robert Greenstein. Greenstein thanked his Town Board colleagues, Town Hall staff and members of the Streetscape Committee for helping see the work to its conclusion.

"And, of course, thanks to the merchants and other commercial residents who endured challenges to their businesses," Greenstein said. "They are the true foundation for our downtown."

While there are a few odd tasks to complete, the town will now wait for the state Department of Transportation (DOT) to make the new traffic signal functional at the intersection of King Street and South Greeley Avenue, Greenstein said. That will be done



Former New Castle councilman Adam Brodsky, surrounded by the current Town Board and Streetscape Committee members, gets ready to cut the ribbon at the new pedestrian plaza during last Saturday's celebration.

after the DOT conducts an inspection and test of the signal, he said.

The downtown ribbon-cutting was one of three milestones in downtown Chappaqua last weekend. The event also coincided with the launch of the new Discover Chappaqua website, which highlights the shops, restaurants, parks and other features that make the hamlet special.

"The launch of DiscoverChappaqua.com

and the ribbon-cutting ceremony on Saturday celebrates the end of one era and the beginning of something new for our beloved hamlet," said Supervisor-elect Ivy Pool.

"Join us as we re-Discover Chappaqua, a charming hamlet filled with artisanal shops, welcoming store owners and friendly neighbors, a place to stroll, shop, dine, and connect. As we look to the future, the infrastructure project will be remembered



The Horace Greely High School cheerleaders lead the cheers during last weekend's streetscape celebration.

as the critically important beginning of the resurgence of Chappaqua."

A brief ceremony dedicating a new bench across the street from the plaza outside Chappaqua Cleaners & Tailors in memory of its former owner Tony Magnotta. Magnotta took over the business from his father in 1971 and continued to come to work to help his children in the store until his death last year.

Today, Chappaqua Cleaners & Tailors is led by his daughter, Toni Magnotta, and is celebrating 85 years in business.

"Our father left us an excellent example of how to carry on this business," Toni Magnotta said. "He worked here seven days a week even though we were closed on Sunday. He'd come down on Sunday and worked because at the end of the day this store meant everything to him, the community meant everything to him and his customers, he absolutely loved."

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# Holy Rosary Renews Efforts to Provide Troops With Holiday Cheer

By Martin Wilbur

It's difficult to be away from family at Christmastime. Thousands of American servicemen and servicewoman experience that every year.

But there will be 400 members of the U.S. military stationed overseas who will get a chance to smile just a little bit broader before Christmas because of the efforts by the children in Holy Rosary's Religious Education Program.

Last week, the program's 360 youngsters in grades 1-8 wrote cards and stuffed stockings full of treats and toiletries that will be brought to American Legion Post 253 in the Bronx before being shipped, said Aura Zelaya, Holy Rosary's religious education coordinator. Last week was spent writing the cards to the service members, dividing the items and placing them in the stockings.

Zelaya said last Thursday that local veterans are also asked to come to the Hawthorne school during its annual Support Our Troops initiative to speak with the children about how important their efforts are. Mount Pleasant resident and Holy Rosary parishioner Frank Morgenthaler, a member of the Marines Corps who served in Vietnam, explained to the children in several different classes that what they are doing is deeply appreciated and will make a difference in a soldier's life.

"You'd love to be home with your family. I'm sure most of the guys over there now would love to be home with theirs but you



MARTIN WILBUR PHOTOS

A few of the first-graders in Aura Zelaya's Holy Rosary Religious Education class writing their letters to servicemembers during the school's Support Our Troops drive.

Right: Aura Zelaya's students after writing letters and stuffing stockings full of goodies for the troops.

can't," said Morgenthaler, who missed two Christmases, one while based in California and the second in Vietnam. "You know there's something that you have to accomplish."

Zelaya explained to the children in her first-grade class that the men and women serving overseas are protecting the country and that's why they can't be home for the holiday.

Holy Rosary parishioners donated the small pieces of candy, granola bars, soap, toothpaste and toothbrushes and other items



that nearly everyone takes for granted but are always welcome when serving overseas, she said.

The seemingly small gesture of those filled stockings and an accompanying card is also much-needed, Morgenthaler explained. When Morgenthaler served, he said he was lucky to get a small care package from home.

"Just think about it if somebody told you today you couldn't be home for Christmas, think about how that might make you feel,

and that they drop you 6,000 or 10,000 miles away in a country you don't even know," he said. "So what you're doing today and what you've been doing all week is very, very important. It makes them feel like somebody cares about them."

The roughly 400 stockings will be brought to the Bronx in time to be part of a larger shipment that will be sent out toward the end of the first week in December, Zelaya said.




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# Westchester's Winter Wonderland Opens Nov. 29 in Valhalla

Westchester's Winter Wonderland returns to Kensico Dam Plaza in Valhalla on Friday, Nov. 29 at 5 p.m. for its sixth season.

Starting the day after Thanksgiving, the festive celebration takes place for six consecutive weekends through Saturday, Jan. 4, 2020, plus weekday bonus days during the school holiday. For one \$20 all-inclusive ticket price, guests can enjoy unlimited access to Santa's Village, amusement rides, a live circus performance, ice skating rink plus free skate rental, a dazzling holiday light show featuring favorite elves Ned and Albert and one of Westchester's tallest lighted Christmas trees.

For the sixth straight year, Westchester Medical Center is the host of the circus and presenting partner of the annual event. The official tree lighting ceremony will start at 6 p.m. led by County Executive George Latimer and Westchester Parks Foundation Executive Director Joe Stout and sponsored by Robison Oil. New platinum sponsors for 2019 include Wegman's and Verizon. They will be joined by returning platinum sponsors Con Edison and Party Line Rentals and M&T Bank, sponsor of the family-friendly New Year's Eve Ball Drop on Dec. 31.

New this year is the addition of Santa's Village at the North Pole with live reindeer. Parents can take their own photos or jump in to take a family selfie. Visitors can also visit live reindeer, mail letters to Santa and see the real-life frozen "North Pole," a total Santa experience.

The heated double-poled, yellow and red-

striped Winter Wonderland Holiday Circus tent presents up to five performances nightly, with thrilling circus acts that will entertain and delight children of all ages. New acts this year include motorcycle thrill drivers in the Giant Thunder Dome reaching speeds of 55 miles per hour; Miss Perla, the Human Pretzel contortionist; the skills of Senor Soto on the glittering trapeze; and circus legend Greg DeSanto, one-time director of clowning for the Ringling Bros. and Barnum & Bailey Circus. DeSanto is originally from Eastchester and was just elected president of the International Clown Hall of Fame.

"There are so many ways to enjoy Westchester's Winter Wonderland, from the circus, to the brilliant light displays, themed character nights and amusement rides for the young and young at heart, unlimited skating and free rental skates all covered in the admission price," said county Parks Commissioner Kathy O'Connor. "We look forward to a great season and especially to the opening night, a truly magical experience."

New rides will be added to FUNderland Village, including a 55-foot Ferris wheel. Children will have unlimited access to eight rides – the Winter Hay Ride, Wonderland Train Ride, Holiday Carousel, the 40-foot heated Fun Slide, Holly Jolly Dragons, Pony Sleights and Tubs of Fun.

Lights of Wonder, sponsored by Verizon, will feature favorite elves Ned and Albert and holiday music. Magical displays include angels, snowflakes, elves tossing wrapped holiday gifts and a message of good will.



WESTCHESTER PARKS FOUNDATION PHOTO

Santa will visit with children during the sixth annual Westchester's Winter Wonderland, which opens at Kensico Dam Plaza in Valhalla on Friday, Nov. 29 and runs through Jan. 4.

Guests can also skate away on Westchester Winter Wonderland's huge ice rink, the same size as the rink at Rockefeller Center.

Pose for photos in front of Westchester's largest lighted Christmas Tree or take a break from the cold to enjoy food and refreshments in the heated Wegman's Holiday Dining Tent. Beer and wine are available for adults 21 and up, including a special Captain Lawrence Brew called Red Nose Ale, available only at Westchester's Winter Wonderland.

Westchester's Winter Wonderland will be open on Fridays from 5 to 10 p.m. and Saturdays 4 to 10 p.m. On Sundays through Dec. 22 it will be open from 4 to 9 p.m. and on Dec. 29 from 4 to 10 p.m. Beginning Monday, Dec. 23, it will be open weekdays from 5 to 10 p.m., except Dec. 24 and Dec. 25, when it will be closed.

For complete information and to purchase tickets, visit [www.wwinterwonderland.com](http://www.wwinterwonderland.com).

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## Editorial

### Mount Pleasant Needs to Steer Clear of Hiring Family Members

In the last six months, the Town of Mount Pleasant has now made two hires that should have drawn significant scrutiny.

Last week, the Town Board approved Supervisor Carl Fulgenzi's son as a laborer in the Sewer and Water Department.

In May, the board approved a resolution to hire three new police officers, one of them being the daughter of Chief Paul Oliva.

No one is saying the supervisor's son, Alex Fulgenzi, or that Ms. Oliva are not qualified for the positions to which they were appointed.

However, in these two instances, the son and daughter of the town's top elected official and the head of the police department, respectively, were hired in the towns where a parent serves in two of the most important capacities.

It raises the question about whether the board realizes that hiring a close family member exposes them to whispers of favoritism and whether strings were pulled to hire their relative over another candidate. That's also not fair to the younger Fulgenzi or Oliva.

If this were private industry, there would

obviously be no issue. Companies can hire whomever they want. But the Town of Mount Pleasant isn't a private entity. Taxpayer money is being expended on public jobs that should go to the most qualified person on the list of those who apply for the position. The public, therefore, needs to have full confidence that that standard is adhered to and strings aren't pulled.

In the future, Mount Pleasant, and all municipalities, must refrain from hiring close family members, particularly where a relative is in a supervisory capacity. Is that bit of common sense too much to ask for?

## Guest Column

### An Answer to Our Shortage of Psychiatrists Lies Abroad

By Dr. Laurence Dopkin

More than 40 million American adults suffer from mental illnesses like anxiety, depression and schizophrenia. Nearly six in 10 aren't receiving treatment.

That's often because they can't find a mental health professional. Sixty percent of U.S. counties lack a single psychiatrist. More than 110 million Americans live in mental health professional shortage areas.

This shortfall will likely grow worse in the years to come. More than six in 10 practicing psychiatrists are nearing retirement age. By 2024, the United States could be short between 14,000 and 31,000 psychiatrists, according to a study published in the medical journal *Psychiatric Services*.

International medical graduates (IMGs) can help plug this gap. These doctors – many of whom are U.S. citizens who chose to pursue their medical degrees abroad – already account for a significant share of our nation's psychiatrists. Recruiting more of them to practice stateside would greatly improve Americans' mental health.

One in five adults in the United States lives with a mental health condition. About 16 million people struggle with major depression, according to the National Alliance on Mental Illness. Over six million struggle with bipolar disorder. And many

patients cope with multiple conditions simultaneously.

It's becoming harder for them to find mental health specialists. California, Florida and Texas – the three most populous states in the union – have less than half the number of psychiatrists they need to meet patient demand. In rural areas, 95 percent of mental health professionals say they can't handle their communities' needs.

International medical graduates are well-equipped to fill these shortages. They already account for nearly one-third of our country's psychiatrists – and roughly one-quarter of all physicians nationwide.

IMGs tend to minister to high-need populations. They account for more than 35 percent of the active psychiatry residents who specialize in adolescent and child treatment. Their work is crucial, given that 20 percent of youngsters between 13 and 18 suffer from a mental health condition. Research shows that increased access to mental health care for our nation's youth could help reduce suicide rates, juvenile delinquency and school dropouts.

International medical graduates also tend to practice in high-need areas. In places where three-quarters of the population is non-white, over one-third of practicing doctors graduated from international medical schools. Doctors trained abroad

are "more willing than their U.S. medical graduate counterparts to practice in remote, rural areas," according to a report from the American College of Physicians.

Physicians trained abroad provide top-notch care – sometimes even better than their domestically trained counterparts. A 2017 study in the *BMJ*, a medical journal, found that patients treated by international medical graduates had lower mortality rates than those treated by U.S. medical graduates.

This year, IMGs matched to U.S. residencies are at the highest rate since 1991. Many of these new doctors are U.S. citizens returning home to practice. More than 60 percent of Caribbean medical school graduates, for example, are U.S. citizens.

Forty graduates of the school I work at, St. George's University in Grenada, matched into psychiatry residencies in March. They started working at hospitals across the country this summer, from Tennessee and New York to Kansas and California.

America needs thousands of additional psychiatrists to meet patient demand for mental health services. The nation should look abroad, to international medical schools, to find them.

*Dr. Laurence Dopkin is a practicing psychiatrist and serves as assistant dean of students at St. George's University (www.sgu.edu).*

## Letter to the Editor

### Fulgenzi, Mt. Pleasant Republicans' Denial of Mailer is Shameful

While Mr. Fulgenzi works very hard in his position as Mount Pleasant town supervisor, he either has no political savvy or is in denial about the activities of his slate's recent campaign.

Refuting his use of the official town e-mail distribution list to send out fundraiser invitations is absurd, because I received and kept the e-mail. The title of the distribution list, "Everyone Town Hall" is self-explanatory, inappropriate and unethical.

The Mount Pleasant Republican Committee's offer of a complementary lunch to voters accepting their rides to the polls, was acknowledged as "a mistake." Actually,

it is a violation of election law.

Saying that no one at the Town Board had anything to do with the attack mailing that targeted me is equally questionable. The New York Republican State Committee (NYRSC) would not have taken the time to dig up statements about a local board member to distort; only board members would have fed them information and helped them distort it. I further doubt that the NYRSC had anything to do with it at all. The Mount Pleasant Republican Committee could have easily printed the return address on the mailer.

When I, or anyone else, has spoken of

their disgust with this mailing, shouts of "This is not town business!" by other board members are a thinly-veiled attempt to silence any protest against this shameful activity.

If they truly did not know about these activities, my opponents had the opportunity to decry them, once informed. They haven't. Once in office, they will be lumped together with the group responsible for this nefarious campaign.

**Francesca Hagadus-McHale**  
Councilwoman, Town of Mount Pleasant



# Mt. Pleasant Town Board Hires Supervisor's Son for Water Dept.

By Joan Gaylord

The Mount Pleasant Town Board voted last week to hire Supervisor Carl Fulgenzi's son to a position in the town's Water and Sewer Department.

Alexander Fulgenzi was approved by a 4-0 margin to fill the open position of laborer, which will pay a salary of \$50,911. The supervisor recused himself from the vote.

The younger Fulgenzi, a Mount Pleasant resident, has worked for the Town of North Castle's Water Department as a laborer. During the two years he has filled that post, he has gained experience that exceeds the responsibilities required for the position in Mount Pleasant, said Councilman Nicholas DiPaolo.

According to a memorandum from Town Engineer David Smyth that was sent to the Town Board on Nov. 1, Alex Fulgenzi also performed water sampling, pump station monitoring and emergency on-call duties in North Castle, experience

that is comparable to Mount Pleasant's maintenance worker, which is considered a higher level position.

During the public comment portion of the Nov. 12 meeting, Valhalla resident Ken Noonan asked about the procedure for gathering candidates for the Water and Sewer Department's laborer opening.

DiPaolo responded that the department had reviewed the list of applicants for town positions. The laborer position is non-competitive and does not require the town to hire from the civil service list, he said.

Councilwoman Francesca Hagadus-

McHale said she voted in favor of the resolution because she was assured the younger Fulgenzi was qualified and that there would be adequate separation from the supervisor's office.

"There will be five layers of supervision between Alexander and his father," Hagadus-McHale noted before the vote.

She also mentioned that there were already enough votes from the board to approve the hire.

Alex Fulgenzi will begin his new position on Dec. 1.

## Mount Pleasant Adopts \$53.6M Preliminary Budget

The Mount Pleasant Town Board voted to adopt the preliminary \$53.6 million 2020 town budget last week and set Nov. 26 for a public hearing on the spending plan.

Following the unanimous vote, Supervisor Carl Fulgenzi said the document would be posted to the town's website so residents may familiarize themselves with its contents before the hearing.

The budget appropriates \$6.7 million for the general fund for the entire town, \$19.6 million for the general fund for outside the villages and \$7.4 million for the highway fund outside the villages. The spending increase currently stands at about \$2.5 million over the current year.

Fulgenzi noted that the anticipated increase in the tax levy is 1.65 percent and complies with the state tax cap. The levy, the amount raised by property taxes, is about \$425,000 under that threshold, according to the document.

Fulgenzi shared his initial draft with the board on Oct. 31.

--Joan Gaylord

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# Mt. Kisco Resident Takes His Place in N.J. Boxing Hall of Fame

By Martin Wilbur

Peter Wood had a difficult childhood growing up in Bergen County, N.J. It would be boxing that helped turn his life around.

It was fitting that Wood, a longtime Mount Kisco resident, received an honor last week that has also gone to some of the higher profile names in the sport, such as Chuck Wepner, Leon and Michael Spinks and Marvelous Marvin Hagler.

Last Thursday, Wood, 65, was inducted into the New Jersey Boxing Hall of Fame during the organization's annual ceremony

in Garfield, N.J.

"Boxing was my Harvard and my Yale," Wood said. "It made me a better person because boxing is so demanding. This honor, it validates all the hard work I've done."

Wood was 14-1 as an amateur and was a finalist in the 1971 Golden Gloves at Madison Square Garden. He was asked to represent his country in competitions abroad, including at the 1976 Maccabean Games in Tel Aviv, and considered turning pro.

Instead, he went to college and for 30 years taught English at White Plains High School before retiring.

"By that time, I was hitting books rather than people and the need for me to get rid of my anger had evaporated," Wood said.

But it wasn't just his accomplishments in the ring that helped get Wood recognized. Since his long-ago days in competition, he has authored several well-received boxing books, including "Confessions of a Fighter: Battling Through the Golden Gloves" and "A Clenched Fist: The Making of a Golden Gloves Champion" and has written for Ring and Boxing Illustrated, among many other publications.

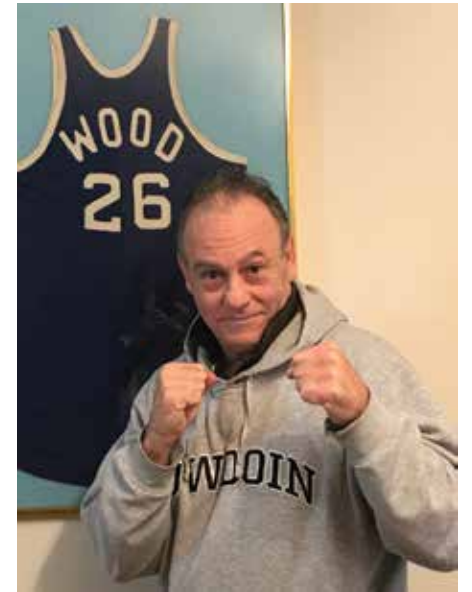
Wood said some people don't understand his attraction to boxing. He acknowledges that it's a wild, chaotic and bloody sport that have left some of his boxing buddies in poor physical shape as they age.

However, at about 15 years old, suffering from low self-esteem and filled with anger, Wood turned to the sport that wound up being his salvation. Despite the scars, broken bones, cut eyes and broken hand from training and competing, he said "boxing was my medicine."

"It was chaos, controlled chaos and kind of smoothed things out for me," Wood said. "There's sparks of electricity in the ring, especially when you're in the ring. It was great, and ironically, boxing was a place of healing for me."

Wood is also in the midst of coming up for ideas for future books.

He said it was a thrill to be in the presence of others last Thursday evening who helped contribute to the sport that



Peter Wood of Mount Kisco, who was a finalist at the Golden Gloves and lost only one fight as an amateur, was inducted last week into the New Jersey Boxing Hall of Fame.

helped him get his life together, as well as seeing people he hadn't caught up to in years.

"Many old friends, new friends, fans, ex-world champions, contenders, writers, cameras and proud families were there," Wood said. "And not one punch was thrown all night."

## Screening of 'The Biggest Little Farm' Nov. 22 in Chappaqua

The Chappaqua Public Library will present a free screening of the documentary film "The Biggest Little Farm" on Friday, Nov. 22, from 7 to 9:30 p.m. at the Chappaqua Performing Arts Center, located at 480 Bedford Rd. in Chappaqua.

Before the screening, guest speaker Allison Turcan, founder of D.I.G. Farm in North Salem and host and producer of the podcast "Getting Dirty," will discuss what it takes to be a local farmer.

"The Biggest Little Farm" chronicles the eight-year quest of John and Molly

Chester as they trade city living for 200 acres of barren farmland and dream to harvest in harmony with nature. Through various hardships and a vast learning curve, they embrace opportunities provided by nature's conflicts. With the help of biodynamic expert Alan York, they uncover a biodiverse design of living that exists beyond the farm.

The event is free and open to the public. For more information, visit [chappaqualibrary.org](http://chappaqualibrary.org) or contact the New Castle Sustainability Advisory Board at [sab@mynewcastle.org](mailto:sab@mynewcastle.org).

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## SMALL NEWS IS BIG NEWS

# Grand Prix Goes to Next Level With Ninja Course, New Track

By Martin Wilbur

The latest step in the evolution of Grand Prix New York was unveiled last Thursday as the Mount Kisco entertainment center opened its ninja course and newly-installed multilevel go-kart racetrack.

Bill Diamond, of Diamond Properties, which owns the sprawling complex at 333 N. Bedford Rd. where Grand Prix is located, said being allowed by the village to refresh the facility and offer different and changing experiences as needed has been helpful to the operation and to Mount Kisco.

"What really makes a town these days is services and the experiences your community can enjoy in that town," Diamond said. "We wanted to build something that was just going to be a spectacular experience."

The ninja course, housed in a 15,000-square-foot area referred to as Grand Prix Extreme Play, offers a variety of wall and tower climbing, obstacle courses and a zipline. The area where each of the activities is offered is fully padded and is suitable for children, teens and adults.

On the racing side, the changes include a brand-new multilevel track that Diamond called "probably one of the most exciting go-kart tracks in the country." With the new track, Grand Prix also has introduced fully electric go-karts, putting an end to the use of gas-powered vehicles.

"It allows for a better customer experience with the elimination of the gas and the fumes," Diamond said.



MARTIN WILBUR PHOTOS

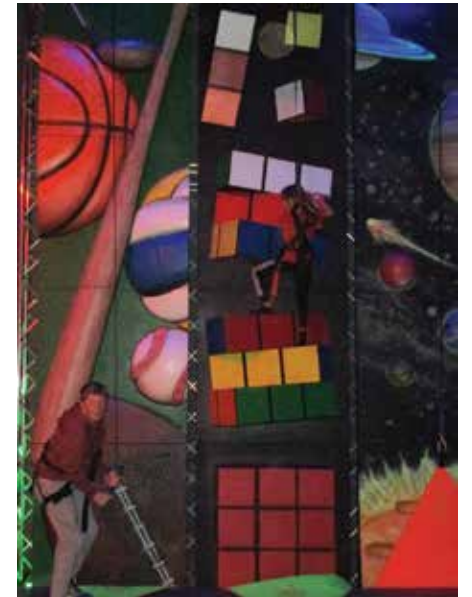
One end of Grand Prix New York's new go-kart racetrack. Inset: Mount Kisco Mayor Gina Picinich gets some assistance in cutting the ribbon that opened Grand Prix New York's Extreme Play, a 15,000-square-foot ninja course. Bill Diamond, left, and Deputy Mayor Jean Farber, right, look on.

While Diamond said he's been a fan of the ninja concept, by adding the Extreme Play along with the improved racing to the 120,000-square-foot facility, he hopes a wider variety of audiences will find Grand

Prix appealing. It also houses a bowling alley, virtual reality gaming and traditional arcade games and a restaurant and bar.

"We're trying to hit all ages," he said. "I think it's going to be incredibly popular. "Grand Prix was an amazing facility 10 years ago when it finally opened, and what I think is going to happen is this will bring a whole new life to the venue."

Mount Kisco Mayor Gina Picinich said Diamond Properties built a first-rate



A climbing wall at Grand Prix's Extreme Play.

facility, and better yet, the company also gives back to the community.

"Bill and Jim Diamond have constantly pushed the boundaries and thought beyond what is to what could be," Picinich said. "They've challenged us as a village and they challenged themselves, so what you see here has been turned from a warehouse to the premiere entertainment location in Westchester County, which is truly, truly an extraordinary, extraordinary story."

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# For a Quicker Sale, Home Staging is the Path to Success

One of my most important jobs before listing a property is to help my sellers prepare their homes for showing to prospective buyers.

I was reminded during a recent presentation at my William Raveis office by home stager Susan Atwell who recommended engaging a home stager. Why? Because nobody can look at their homes objectively, even someone who's been in the business a long time.

Atwell didn't plan a career as a home stager. An English major in college, her true passions were science and math. After a few years in the business world, her love for logic first evolved into a successful career as a computer scientist.

So when she first heard that staged homes sell faster, it seemed to make sense. But she still wondered, how do they really know? In her mind, she figured there's only one way to prove that home staging works, and that's scientifically.

At her recent presentation, she said, "To perform this scientific experiment, it would be necessary to take two identical homes, one staged (or decorated to sell), one unstaged. Everything else being equal – the home's location, its price and promotion to potential buyers – and then see which one sells faster.

"But, since we know this isn't really possible, we can still devise a comparable



By Bill Primavera

strategy. Not one that we recommend, of course, but one that many home sellers unwittingly end up trying."

Regardless, she stated, this technique will still prove true if staged homes really do sell faster than un-staged homes.

Here are the steps:

First, attempt to sell a home "as is." Then wait and see what happens. If there is no sale, stage the home. Clean, declutter, put away personal items, freshen up paint, add lighting, update bedding, remove old window treatments, put out fresh towels – anything that will show off your home's best features while making it feel

both inviting and move-in ready.

Once staged, wait an equal amount of time, or until the home finally sells. Compare how long it takes to sell.

Atwell said that she unwittingly performed this experiment some years ago with a friend whose home was on the market for nine months with no sale and no offers. The market was beginning to cool, but when the home was originally listed, the market was still hot – proving that even in the best markets, some homes won't sell "as is."

Its total transformation cost less than 1 percent of the listing price, Atwell said. Once staged, the home sold in just two months, with multiple offers and the beginnings of a bidding war. At the time the home was

listed, there was a seven-month inventory of homes glutting the market. This means that under normal or average conditions, this home would not be expected to sell for at least seven months. Staging lowered that time to two months.

Even with her passion for decorating – and her acknowledged addiction to home staging television shows – it wasn't until Atwell saw firsthand the impact staging had that she was truly convinced that it worked.

The Real Estate Staging Association (RESA) has used a similar approach – but on a much larger scale – to prove that home staging is effective. Each year RESA compiles a report based on feedback submitted by hundreds of home stagers around the United States. Here's what they found in 2011:

--RESA studied 174 homes that were previously on the market for an average of 156 days before the homeowners gave up trying to sell on their own and called in a professional home stager. Those same homes were staged, relisted and sold on average in 42 days, a 73 percent reduction in time on the market.

--RESA also studied 410 homes that were staged before they went on the market and sold in 42 days on average. The study concluded that it doesn't benefit the homeowner to list the property first to see if it will sell.

So even if a home hasn't been staged yet, Atwell said that's okay because evidence shows that it's never too late.

There are two variables not taken into account in RESA's study. It is not known if the asking price was adjusted or if the same real estate agent was used throughout the selling process. The influence of either could be significant.

It is also possible that anxious home sellers are not only more willing to properly prepare their home for sale, but may also be more willing to price the home to sell because there is no amount of staging or marketing that can make up for an excessive asking price.

Don't forget that even if a homeowner is planning to dwell rather than sell, there are great benefits to engaging a home stager for better utilization of space, furnishings and décor.

For more information about home staging, call Susan Atwell at 914-525-0454 or visit [www.atwellstagedhome.com](http://www.atwellstagedhome.com).

Bill Primavera is a Realtor® associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester ([www.PrimaveraPR.com](http://www.PrimaveraPR.com)), specializing in lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.



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# Happenings

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

## Tuesday, Nov. 19

**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. 3 to 4:30 p.m. Also Saturdays from 1 to 2:30 p.m. (except Nov. 23) and Tuesdays from 3 to 4:30 p.m. Info: 914-666-8041 or [www.mountkiscopubliclibrary.org](http://www.mountkiscopubliclibrary.org).

**Meet Gale Galligan.** Learn about Galligan, creator of three Baby-Sitters Club Graphic Novels, and her life as a graphic novelist. She will take you through her comic-making process with photos, live drawing and a behind-the-scenes talk along the way. Includes a Q&A. Books will be available for sale and Galligan will be happy to autograph copies. For young adults in grades 5-12 and their families. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Read With Tobie and Karen.** For school-age children. First-come, first-served. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 p.m. Every Tuesday. Info: 914-273-3887.

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

**DIY Leaf Rubbings.** Make some cool art using real leaves. 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.

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

**Armonk Readers Book Club.** "Inheritance: A Memoir of Genealogy, Paternity, and Love" by Dani Shapiro will be discussed. Shapiro, the acclaimed and beloved author of "Hourglass," has written

a new memoir about identity, paternity and family secrets – a real-time exploration of the staggering discovery she recently made about her father and her struggle to piece together the hidden story of her own life. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:45 to 8 p.m. Free. Registration required. Info and registration: 914-273-3887 ext. 3.

**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, Nov. 20

**Functional Medicine.** A holistic, patient-centered approach to preventing, treating and reversing chronic disease by identifying and understanding the root causes of the individual's symptoms and conditions, including genetic predispositions, environmental contributors and lifestyle factors. Phelps Hospital, fourth floor, 755 N. Broadway, Sleepy Hollow. 9 a.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail [vitality@northwell.edu](mailto:vitality@northwell.edu).

**Zumba Babies and Tots.** A wonderful fun dance-and-play party for little feet. Age appropriate music and props are used to help children learn to love moving their bodies and dancing to their own rhythm. Singing and exciting activities will amuse delight and stimulate your child benefiting their cognitive, emotional and social development. For parents or caregivers and children one to three years old. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 9:45 to 10:30 a.m. Eight-week session: \$120. Maximum 12 children per class. Every Wednesday. Info and registration: Contact Dance Emotions at 914-238-8974 or instructor Peggy at 914-960-4097.

**Baby Time.** A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday (except Nov. 27). Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

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

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

Friday (except Nov. 27 and 29). Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

**Preschool Storytime.** This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Nov. 27 and 29). Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://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 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Wednesday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://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.mountkiscopubliclibrary.org](http://www.mountkiscopubliclibrary.org).

**Meditation Series: Midday Mind Break.** Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whippoorwill Rd., East, Armonk. 12:15 p.m. Free. Every Wednesday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://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 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Every Wednesday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Talent Show.** Come enjoy a variety of musical, instrumental and comedy gems ranging from Broadway favorites to Burns and Allen to Danny Kaye. Presented by the Clinton Street Singers and Stringers. Clinton Street Center, 1A Clinton St., Pleasantville. 1 p.m. Free. Please ahead of time so enough seating can be arranged. Info: 914-769-2221.

**"My Little Chickadee."** Mae West plays Flower Belle Lee, a wisecracking singer who is abducted by a masked bandit during a stagecoach holdup. Before long she meets the con artist Cuthbert J. Twillie (comedy legend W.C. Fields) and sparks fly. With of broad humor and double entendre, this comedy western was a once-in-a-lifetime teaming of the two megastars. Preceded by an introduction by Bill Fields, grandson of W.C. Fields, for the evening screening. Presented in new 4K restoration. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 and 7:30 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.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](mailto:rooneylm@optonline.net).

**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 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Wednesday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Knitting at the Library: November Knit a Hat.** November Knit a Hat. Stop by for the weekly knitting group and get instructions on knitting a hat. After all, winter is coming! Any donated hats will be sent to the Community Center of Northern Westchester. If you're not interested in a hat, or you're working on a different project, you're welcome to come. 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. Also Nov. 20 Info: 914-864-8041 or [www.mountkiscopubliclibrary.org](http://www.mountkiscopubliclibrary.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.

**Art Series: Edward and Thomas Moran.** Edward Moran was a talented marine artist; Thomas Moran a talented colorist. Between the two of them, they created stunning images of the world as they saw it. Edward interpreted important moments in marine history while Thomas presented incredible vast spaces like Yellowstone. Led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

## Thursday, Nov. 21

**Thanksgiving Diversity Breakfast.** More than 120 organizations will celebrate the diverse roots and shared values by delivering an affirming message about staying true to who you are while reaching out to others. This year, AJC Westchester/Fairfield is honoring Imam Mohamed Shaffieq Chace of the Islamic Center of New Rochelle, Richard Leroy of Temple Shaaray Tefila and Mecca Santana of Westchester Medical Center Health Network for their efforts to understand each other's points of view. Rabbi Jeffrey Segelman, rabbi emeritus of Westchester Jewish Center will deliver the keynote address on the topic of "Inner strength, bold action." Westchester Community College President Dr. Belinda Miles will also make welcoming remarks. Westchester Community College gymnasium, 75 Grasslands Rd., Valhalla. 7:30 to 10 a.m. \$25. Registration required. Info

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# Taking the Time to Slow Down in a Fast-Paced World

We were welcomed by the all-too-familiar aroma – a heavenly mix of fresh rye bread, roast beef and smoky bacon – and the usual lunchtime clamor.

It was 12:50 p.m. on a Tuesday and the popular village deli was packed. As I rummaged through my wallet to pay for my usual, I looked over at my friend who was waiting by the door. She gave me an enthusiastic thumbs up and said, “Hey, as long as you have those chicken nuggets, you’re happy.”

This small interaction got me thinking about the word happiness and what it entails. It’s funny how it’s so simple, a basic human emotion, and yet the concept itself is fuzzy and obscure.

As I considered the people, places and objects that contribute to my own sense of joy, I remembered a method Gretchen Rubin, author of “The Happiness Project,” followed: discovering happiness through an I-know-it-when-I-see-it approach.

One such moment happened as I was sitting on the cold, concrete path in front of Bronxville High School. My English



By Ellie Dessart

teacher had created a lesson on mindfulness, and as part of the activity, he took our class outside to wander around the front lawn and interact with nature, hoping we would find some sense of peace with our surroundings.

My eyes fell on the trees across the street, a mix of reddish brown, burning orange and vibrant yellow contrasting with the muted grey sky. I felt the crisp air passing through the tiny holes in my sleeves, and although I was chilly, I was happy to

be wearing my favorite sweater, happy to be sitting down and enjoying the sounds and sights of my favorite season. It was in that space, that moment of simply looking around and taking the time to breathe, that I felt most at ease.

Perhaps our struggle to find happiness comes from a distorted view on the way we’re supposed to live amid an age of growing technology and sophistication. With a fast-paced society and high

value placed on productivity, it’s difficult to slow down and make time for oneself.

As Klaus Schwab, founder and executive chairman of the World Economic Forum, once said in a speech at the World Government Summit in 2015, “In the new world, it is not the big fish that eats the small fish, it is the fast fish that eats the slow fish.”

Many people, including myself, fall into this description. We focus on the “bigger picture,” rushing toward elusive goals in hopes of finding satisfaction in the end result.

But what if we stopped focusing on the final destination? What if we turned our attention to the little things along the way? Each person’s life is one large story, but within each story lies individual chapters, pages full of single letters and characters. In the same way each word crafts a book, every small moment we encounter adds to our own narratives. So why don’t we take the time to enjoy them?

That isn’t to say

we should abandon all ambition and progression. In some cases, this rush does better suit certain people. But we do need

to build in some time to “take a chill pill” every once in a while, to allow ourselves a moment of rest. It’s important to look ahead, but it’s also important to experience the little gems of joy we encounter in the present. The objects that are seemingly trivial may end up being the most sublime.

Happiness doesn’t have to be complex, and it certainly doesn’t have to be one immense thing. Maybe it’s sitting outside and relishing an autumn day, reflecting on the beauty of the world around you. Or maybe it’s as simple as \$3 and a plate of chicken nuggets.

Try to take the time to slow down and let your mind become silent – and give yourself room to listen to your own heartbeat.

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



## Inside the Mind of a Teen

## Finding Traces of Your Roots in the Strangest Places

I said hello to my Viking ancestor the other day in the strangest of places – a doctor’s office, where I had gone with a hand complaint.

While many people of Irish extraction carry Viking blood, few are able to trace it back to any single person. I certainly can’t. But there are the telltale signs of Viking blood – a red beard, when all else is brown. I’ve got that one, though the majority of the hairs on my head and face have now turned a stately grey, if not outright silver.

A stubborn streak, yes; love of stories and storytelling – most definitely. Ancestry.com confirmed that I am a whopping 2 percent Scandinavian. I thought it would be more, perhaps a quarter. But who can argue with science? I’ll take whatever I can lay claim to of a connection with these fascinating people.

The Vikings landed in Ireland in 795, sacking a monastery on Rathlin Island. For the next few hundred years, they sacked and pillaged these centers of learning. Why? Monastic centers were targeted because they were where the gold and precious jewels were stored, the first in the form of chalices and candleholders and saints’ reliquaries, the latter often adorning beautifully hand-scripted books capturing the gospels and other religious as well as secular texts.

Lightly defended – at least in the beginning – the monasteries also provided an easy source of slaves to be carried back to the *jarldoms* of Scandinavia – modern day Norway, Sweden, Finland and Denmark.

Ironically, the pressure these marauders placed upon the Irish monasteries caused a large number of learned monks to migrate to the courts of continental European kings and princes, where they established centers of learning that lasted many centuries beyond the Vikings, with enormous benefit to the survival of western civilization.

Viking raids continued unabated for almost 300 years, but in between these adventurous souls decided to settle down in the Emerald Isle, and began carving out kingdoms of their own, just as they were doing in Scotland, England, France and countless other realms of Europe. And the native Irish and their would-be conquerors settled down to an uneasy peace, disturbed every so often by raids and counterraids back and forth across the shifting borders of

Viking and Gael.

When they were finally defeated by an unlikely coalition under Brian Boromhe (more commonly rendered as Boru) at the Battle of Clontarf in 1014, the Vikings had left a permanent mark on Ireland, not all of it a tale of destruction. They opened the country to trade. With their fleets of longboats, the Vikings not only sought to conquer lands, but to conquer markets as well. They brought a concept previously unknown to the largely nomadic Celtic tribes of Ireland.

Every Irish town or city or bit of geography that ends in “ford” is a reminder of the Vikings, brought from their home waters, or fjords, as they are called to this day. Waterford, Wexford, Carlingford are all Viking in origin; Dublin as well, though there’s no trace of a fjord there. There is, instead, the memory of a “black pool,” or *dubh linn*, where the Vikings set up shop.

They also left genetics, some



By Brian McGowan

of which are afflictions among the Irish to this day. Hemochromatosis, high iron levels in the blood, is one of those. Haven’t got that! Another is Dupuytren disease, also called Viking’s disease, which first manifests itself as an annoying bean-size lump under the skin of one’s palm. It is a slowly progressing condition of the hand where certain tissues begin to constrict.

Once present, it can either stabilize or progress over time beyond mere annoyance into something more serious.

A few months ago, I found the first telltale signs of my Viking ancestor, who I will affectionately call Ragnar, after the chief character in the History Channel series “Vikings.” And with that genetic memory of an ancestor long dead, I am happy to peacefully coexist. Just glad it’s my left, and not my sword hand!

Pleasantville resident Brian McGowan was born and raised in the Bronx and is a second-, third- and fifth-generation Irish-American/Canadian, as his immigrant ancestors followed several paths to the New World. Reach him at [brian.m.mcgowan1952@gmail.com](mailto:brian.m.mcgowan1952@gmail.com) or on Twitter (@Bmcgowan52M). To see more of his writing on “things Irish,” follow his blog, “Rethinking Irish,” at [www.rethinkingirish.com](http://www.rethinkingirish.com).



A classic Viking longboat, slicing the ocean’s waves on a journey of adventure.



# Happenings

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and registration: 914-948-5585 or visit [www.ajcwestfair-diversity2019.eventbrite.com](http://www.ajcwestfair-diversity2019.eventbrite.com).

**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 (except Nov. 28). Info: 914-741-0276 or [www.mountpleasantlibrary.org](http://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 Whipoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday (except Nov. 28). Info: 914-273-3887 or [www.northcastlelibrary.org](http://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 2 p.m. Free. Every Thursday and Friday (except Nov. 28). Info: Visit [www.lifelinetheaterinc.org/index.html](http://www.lifelinetheaterinc.org/index.html).

**Junior League of Central Westchester's 33rd Annual Holiday Boutique.** Featuring an impressive roster of nearly 40 vendors, with many participating for the first time. They will offer a wide variety of merchandise, including jewelry, home goods, clothing, hostess gifts, items for children, men and more. An opportunity for the Westchester community to support small and local businesses. Raffle tickets will be available for purchase for a chance to win one of several fabulous prizes. Twenty percent of all vendor proceeds will be donated to the Junior League of Central Westchester. C.V. Rich Mansion, 305 Ridgeway, White Plains. 10 a.m. to 8 p.m. Suggested donation for admission: \$10. Info: Visit [www.jlcentralwestchester.org/hb](http://www.jlcentralwestchester.org/hb) or e-mail [JLCWHB@gmail.com](mailto:JLCWHB@gmail.com).

**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 (except Nov. 28). Info: 914-741-0276 or [www.mountpleasantlibrary.org](http://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 (except Nov. 28). Info: 914-769-0548 or [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org).

[mountpleasantlibrary.org](http://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 Whipoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Thursday (except Nov. 28). Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Toddler Mixer.** Come for free play and to hang out with other toddlers and adults. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 a.m. to noon. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://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 (except Nov. 28). Info: Visit 914-666-8041 or [www.mountkiscoblibrary.org](http://www.mountkiscoblibrary.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 (except Nov. 28). Info: 914-666-8041 or [www.mountkiscoblibrary.org](http://www.mountkiscoblibrary.org).

**Pelvic Floor Health: Beyond Kegels in the Chair.** Educational and experiential, 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 Whipoorwill Rd. East, Armonk. 1 to 2 p.m. Free. Also Dec. 12 and 19. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Fall Paint Craft.** Children will paint and personalize their own fall- and Thanksgiving-themed napkin and pencil holders. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Registration required. Info and registration: 914-273-3887 ext. 4 or at the Children's Room circulation desk.

**DIY Pumpkin Seed Tree.** Everyone loves pumpkin this time of year so why not create your own pumpkin seed tree. 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. (except Nov. 28) and Saturdays from 11 a.m. to noon. Info: 914-666-8041 or [www.mountkiscoblibrary.org](http://www.mountkiscoblibrary.org).

**Creative Writing.** Meet up with other writers, share ideas and write stories. For students in grades 6-12. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 to 7:30 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**"Joker."** The most provocative title this awards season, recently named the highest grossing R-rated film of all time, "Joker" is an original, standalone story of the iconic archnemesis struggling to find his way in society. Director Todd Phillips' exploration of Arthur Fleck – brilliantly portrayed by a transformed Joaquin Phoenix – shows him

as a clown-for-hire by day, with dreams of becoming a stand-up comic at night, inspired by his hero, talk show host Murray Franklin (Robert DeNiro). As Arthur spirals down a path of cruelty and violence, this gritty character study fully embraces the darkness of its villain in a shocking and unsettling way. Also starring Zazie Beetz, Marc Maron, Frances Conroy and Bill Camp. Followed by a Q&A with Phillips by film center Board President Janet Maslin. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$20. Non-members: \$25. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**Hitler's Furies: German Women in the Nazi Killing Fields.** Wendy Lower, the John K. Roth Professor of History and director of the Mgrublian Center for Human Rights at Claremont McKenna College, will speak at this program. Part of the annual Kristallnacht commemoration. Iona College's Spellman Hall, Thomas J. Burke Lounge, 75 North Ave., New Rochelle. 7:30 to 9 p.m. Free. Registration recommended. Info: Contact Dr. Elena Procario-Foley at 914-637-2744 or [eprocariofoley@iona.edu](mailto:eprocariofoley@iona.edu) or Julie Scallero at 914-696-0738 or [jscallero@hhrecny.org](mailto:jscallero@hhrecny.org). Registration: Visit [hhrecny.org](http://hhrecny.org).

## Friday, Nov. 22

**GROW Conference.** The region's largest gathering of business owners and professionals for the purpose of training for small businesses. The full-day forum brings together local professionals through networking, mentoring, business development and marketing sessions for the purpose of building relationships to further their company's growth. The keynote address will be delivered by Jason Robinson, director of marketing at UPS. Westchester Community College's Gateway Center, 75 Grasslands Rd., Valhalla. 9 a.m. to 5 p.m. \$110. Westchester Community College students (with valid I.D.): Free. Info: Contact Eridania Camacho at 914-606-5616 or at [eridania.camacho@sunywcc.edu](mailto:eridania.camacho@sunywcc.edu). Registration: Visit [www.growyourbusiness.eventcombo.com](http://www.growyourbusiness.eventcombo.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](http://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 (except Nov. 29). Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Friday Night Film Series: "The Picasso Summer."** A road trip film starring Albert Finney as a frustrated architect taken with the idea of traveling Europe in search of Pablo Picasso. Also starring Yvette Mimieux, this film, released the same year as the Woodstock music festival, changed the world. It utilizes animated Picasso sequences, split screen scenes and features gorgeous views of various European locations. 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](http://www.northcastlelibrary.org).

**"The Addams Family: A New Musical."** Wednesday Addams has grown up and brought home a boy. Gomez is tearing his hair out. Not only has she brought home a boy, but she wants to marry him. And he's normal and from a respectable family. Hilarity ensues with your favorite characters, Morticia, Pugsley, Fester and Grandma, as Gomez tries desperately to keep this secret from his beloved. Written by Marshall Brickman and Rick Elice with music and lyrics by Andrew Lippa. Bedford Hills Community House, 74 Main St., Bedford Hills. 7 p.m. \$20. (Active duty military and seniors receive 15 percent discount.) Also Nov. 23 at 2 and 7 p.m. and Nov. 24 at 2 p.m. Info: 914-666-7004 or visit [www.bedfordcommunitytheatre.com](http://www.bedfordcommunitytheatre.com). Tickets: Visit [www.bct1.eventbrite.com](http://www.bct1.eventbrite.com).

**"The Biggest Little Farm."** A documentary that chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and dream to harvest in harmony with nature. Through various hardships and a vast learning curve, they embrace opportunities provided by nature's conflicts. With the help of biodynamic expert Alan York, they uncover a biodiverse design of living that exists beyond the farm. Preceded by guest speaker Allison Turcan, founder of D.I.G. Farm in North Salem, and host and producer of the podcast Getting Dirty. She will discuss what it takes to be a local farmer. Co-sponsored by the Town of New Castle, the New Castle Sustainability Advisory Board, the Greeley Sustainability Club and the Friends of the Chappaqua Performing Arts Center. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 7 to 9:30 p.m. Free. Info: Visit [chappaqualibrary.org](http://chappaqualibrary.org) or e-mail [sab@mynewcastle.org](mailto:sab@mynewcastle.org).

**Fourth Annual Autumn Tails Gala.** Paws Crossed Animal Shelter's largest fundraising event will an evening of great friends, scrumptious food, fun, music and dancing, unique and awesome auction and raffle prizes. For their work in animal rescue, Gianna and Chazz Palminteri will be this year's honorees. All proceeds will benefit the orphaned pets of Paws Crossed. Renaissance Westchester Hotel, 80 W. Red Oak Lane, West Harrison. 7 to 11 p.m. \$175. Info and tickets: Visit [www.pawscrossedny.org/autumn-tails-gala](http://www.pawscrossedny.org/autumn-tails-gala) or e-mail Julie Potter at [julie@pawscrossedny.org](mailto:julie@pawscrossedny.org).

**Westchester Photographic Society: Close Up and Macro Photography.** For adults 18 years old and up. Westchester Community College's Technology Building, Room 107, 75 Grasslands Rd., Valhalla. (Use Parking Lot 11) 8 p.m. Free. Info: 914-827-5353 or visit [www.wpsphoto.org](http://www.wpsphoto.org).

**"The House of Blue Leaves."** A black comedy by American playwright John Guare about a zookeeper who dreams of making it big in Hollywood as a songwriter. Artie wants to take his girlfriend, Bunny, with him to Hollywood, but his wife Bananas is a schizophrenic destined to be institutionalized. A production by Arc Stages' Community Stage. Arc Stages, 147 Wheeler Ave.,  
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# Dementia Care: Six Tips to Make Dementia Gentler on Everyone

When Robert Harris was 80 years old, he began to experience dementia. Suddenly he accused his 79-year-old wife of having an affair. The notion was so real to him and his fury so great, that Robert became violent.

The typical treatment for disruptive dementia-related behavior is medication to sedate the person. But the drugs normally used carry extreme medical risks for the elderly. What's more, increasing numbers of clinicians agree that a sedated life is not a life.

Here, we'll discuss six newer approaches that are more effective, more humane, without risk of harm – and usable by family members.

## 1. Stop overmedicating

Elderly demented patients with no psychiatric diagnosis are often overmedicated when their behaviors become problematic. Atypical and typical antipsychotic drugs are commonly used when a person with dementia acts out. Both drugs carry a warning that use by dementia patients increases mortality and the incidence of stroke.

Unintended consequences of multiple medications also include a higher risk of falls, with potentially more devastating results. Imagine someone on a walker getting up in the night to use the bathroom. They are often on multiple medications and they fall and fracture their hip or injure their head. This can cause brain bleed or a fatal clot in the lung. Now surgery follows and, therefore, prolonged hospitalization – and the dementia can decline to the next stage. The person may never bounce back.

A growing body of evidence suggests that a low-dose medication for a limited time coupled with ways of interacting that diminish the confusion and anxiety at the root of disruptive behaviors is best.

## 2. Accept Changes

Dementia is a gradual change of life. In medicine,



By Dr. Richard Catanzaro and Dr. Suma Srishaila



usually the goal is to control or to improve. That can't always happen with dementia. Instead, you are managing some of the symptoms using the lowest effective dose of medication while helping the person maintain quality of life, dignity and caring relationships.

After the cognitive downslide, a person will arrive at a new normal that's different from the way they used to be. Though this is a difficult process for the person and caregivers, it is important to accept that new person.

Understanding why someone acts out helps you address those needs. In dementia, remote memories remain but new memories are eroded. So the person sees a confused landscape that they're increasingly unable to navigate. In response, they can become agitated and overwhelmed. Some retreat into silence. Others become aggressive, even violent. Such a person can feel: "I don't know what I need or how to ask for it. Once I have what I need, I can relax. But if I never get it, I can never relax."

## 3. Maintain a daily routine

The antidote to an unfamiliar, threatening world is to

maintain daily routines and structure, along with purpose. A routine can be short walks at the same time of the day. Dressing and eating at certain times give the day structure. Helping a person request specific meals and giving them small tasks empower them.

## 4. Participate more, correct less

Many people with dementia express beliefs that are factually wrong. These can amplify into paranoid delusions that are extremely distressing, such as a daughter planning to steal their wealth. You'll feel tempted to correct them, to explain things logically, to present evidence to the contrary. But the more you try to counter the belief, the more fixed it can become and the more agitated the person can grow. Instead, shift to listening and distracting. Something as simple as "Let's go to the kitchen to check on lunch" can work.

## 5. Talk about the distant past

As insight, judgment, logic and understanding of the environment become increasingly impaired, confusion over time and place can also occur. Daily, a person may insist, "I need to leave now. I need to go to work." Rather than replying, "But you retired 20 years ago," enter into their world by talking about their job, perhaps a memory from years ago – the more distant, the better-remembered. There is comfort in talking about the distant past.

## 6. Tolerate your own distress

"But he's withdrawing..." or "Is she unhappy?" are typical anguished reactions. The reality is that dementia is a journey for the person going through it and for the caregiver. And there are calming, loving behavioral techniques that make it gentler for everyone.

*Dr. Richard Catanzaro is chief of psychiatry and Dr. Suma Srishaila is associate director of psychiatry at Northern Westchester Hospital.*

# Happenings

*continued from previous page*

Pleasantville. 8 p.m. \$22 and \$28. Also Nov. 23. Info and tickets: Visit [www.arcstages.org](http://www.arcstages.org).

**Lucy's Laugh Lounge: James and the Giant Comedy Show.** James Crowley is bringing a giant comedy show to Pleasantville. Also featuring Erin McLaughlin, Gilbert Hernandez, Phil Valentine and Alex Kollar. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$20. Info and tickets: Visit [www.lucyslaughlounge.com](http://www.lucyslaughlounge.com).

## Saturday, Nov. 23

**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. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Rain or shine. Please note the market is a dog-free environment. Info: Visit [www.pleasantvillefarmersmarket.org](http://www.pleasantvillefarmersmarket.org).

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

**Early Morning Photo Session.** A special opportunity to photograph the center's ambassador wolves: Nikai, Alawa, and Zephyr. Guests will also be given access to photograph the critically endangered Mexican wolves and red wolves from vantage points not generally available during

regular visits. Wolf Conservation Center, South Salem. 9 a.m. \$100. Pre-registration required. Pre-registration required. Info and pre-registration: Visit [www.nywolf.org](http://www.nywolf.org).

**Eagle Hill Hike With Storyteller Mike.** Take a hike up Eagle Hill, a lovely place to see the Tappan Zee Bridge and the Hudson River. Mike is Rockefeller State Park Preserve's master storyteller and always happy to share legends of the preserve. Rockefeller State Park Preserve's main office, 125 Phelps Way, Pleasantville. 9 to 11 a.m. Free. Registration requested. Info and registration: Visit <https://www.eventbrite.com/e/eagle-hill-hike-tickets-80280744869>.

**Zumba Fitness.** Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 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.

**Mindfulness Training.** Mindfulness has become a common term in everyday life, but what does it mean? What are the effects? How can you implement it into your life? This 90-minute workshop will provide a glimpse into these questions. You will learn different breathing skills that supports your daily obligations and hassles and listening activities to improve relationships with others and ourselves to leave with a better sense of what makes you happy. Led by Raditia Lasry. Mount Pleasant Public Library, 350 Bedford

Rd., Pleasantville 10 to 11:30 a.m. Free. Registration required. Info and registration: E-mail [bodymindsoulhyc@gmail.com](mailto:bodymindsoulhyc@gmail.com).

**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. (except Nov. 27) 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.

**Holiday Train Show.** Looking for a fun experience this holiday season for you and your family? Enjoy zooming freight cars, flashing bells, tooting whistles and more at one of our most popular events. A thrill for all ages. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 a.m. to 4:30 p.m. Members and children (under 2): Free. Non-member adults: \$10. Non-member seniors and students: \$9. Non-member children (2-12 years old): \$8. Saturdays and Sundays through Dec. 15. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Practice Tai Chi With Larry Atille.** Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. This is a hands-on class that will be geared to the level

of experience of the class and challenge all participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East. Armonk. 10:30 a.m. Free. Every Saturday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.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](http://www.addie-tude.com). Call or visit website because classes are subject to change.

**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. 12 and 2 p.m. Adults: \$14. Children (under 12): \$11. Also Nov. 29 and Dec. 1, 7 at 2 p.m. and Nov. 30 and Dec. 14, 27, 28 and 31 at 11 a.m. Pre-registration required. Info and pre-registration: Visit [www.nywolf.org](http://www.nywolf.org).

**Meet the Animals.** If you love animals you will want to come to this program. Meet the nature center's animals and learn all about them. Cranberry Lake Preserve, 1609 Old Orchard St., North White Plains. 1 to 2 p.m. Free. Info: 914-428-1005.

*continued on page 25*



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## HELP WANTED

**JUDICIAL VACANCY, TOWN OF PUTNAM VALLEY.** With the election of Judge Gina Capone to the NY State Supreme Court, the Town of Putnam Valley will be faced with a judicial vacancy effective 1/1/2020. If you are interested in being appointed to the Town of Putnam Valley Justice Court, please send your résumé to Supervisor, Putnam Valley Town Hall, 265 Oscawana Lake Rd., Putnam Valley, NY 10579, or email soliverio@putnamvalley.com. The Town will require that you are a Town resident, have a law degree and some judicial experience either as a law clerk or within the Court system itself. Interviews will be held the first week of December. **Deadline for submission of résumés is Wednesday, November 27th.**

**JOB OPPORTUNITY \$18.50 P/H NYC \$15 P/H LI \$14.50 P/H UPSTATE NY** If you currently care for your relatives or friends who have Medicaid or Medicare, you may be eligible to start working for them as a personal assistant. No Certificates needed. (347)462-2610 (347)565-6200

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*continued on page 26*

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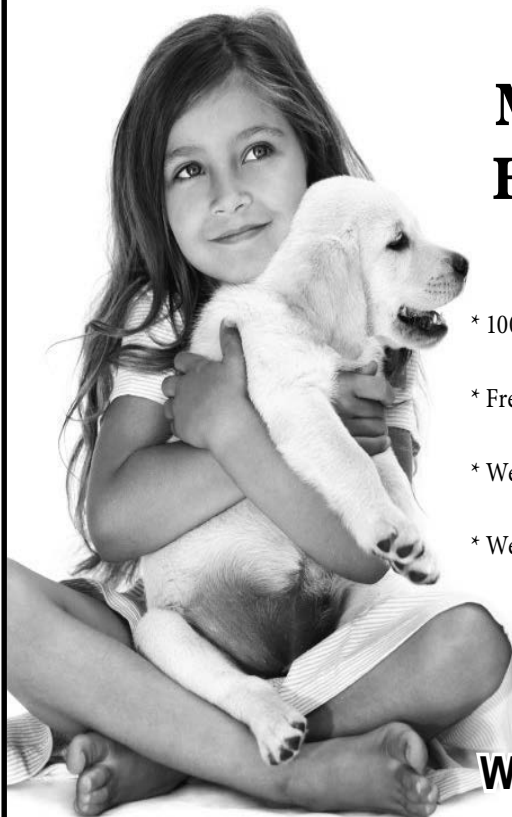
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# A Formula for an Intimate Tasting Event at Home



By Nick Antonaccio

I'm sure many of you have participated in wine tastings at fundraising events and/or at your local wine shop. Why not enjoy a similar event in the privacy of your own home with family and friends?

A winetasting evening can be simple or elaborate, elemental or complex, informal or highly organized. Whichever route you take, it is always going to be fun. Consuming wine with family and friends seems to have a universal effect of conviviality.

Here are a few tips on planning and structuring an in-home wine tasting.

## 1. Decide on a theme.

It can be a specific varietal, a specific region or a combination of the two. Limit your individual wine selections to five or six wines. If you're planning to offer additional pourings of wines after the tasting session, purchase an additional bottle of each wine to be enjoyed by all.

Typically select wines in the \$10 to \$15 price range, but also throw in a \$9 bottle and

*'Consuming wine with family and friends seems to have a universal effect of conviviality.'*

a \$20 bottle in order to evaluate differences in style and appeal of wines at opposite ends of the price spectrum.

**2. Set up the tasting area.** You'll need appropriate glassware. For informal tastings, almost any stemware will do. If you want to be more formal, select the appropriate glass shape for whites (tall and slender) and for reds (rounded bowl and more squat).

Next, fashion some form of scorekeeping sheet, either individual cards for guests to write notes and scores (a 1-10 scoring scale is sufficient) or a master sheet kept by the host to record verbal evaluations by each guest.

## 3. Taste the wines.

Yes, there is a preferred way to experience wines. These simple steps apply at your tasting event as well as when you order wine at a restaurant. Follow this "5 S Steps" sequence.

**SIGHT:** The color and viscosity of the wine will

set up your expectations of the wine. Light, clear color typically equates to softer, less acidic styles of wine. Darker, opaque color

typically equates to robust, more acidic styles of wine.

**SWIRL:** Holding the base of the glass on the table, move the glass in a circular motion. This step opens up the wine from its cramped quarters in the bottle and allows it to breathe, which brings out the bouquet and aromas of the wine.

**SMELL:** Go ahead, don't be reluctant to stick your nose into the glass to experience the sensory characteristics of the wine. After all, it is your sense of smell, with its 10,000 components, that determines your opinion of a wine.

**SIP:** Take a sip of wine and note how it initially feels on your palate. This is when your sense of taste comes into play (sweet, sour, salty, bitter, umami).

**SWALLOW OR SPIT.** When you swallow, the intensity of the wine – the "finish" – is experienced, as the wine passes through the rear of your mouth, where your bitter sensory taste buds reside. This will help you determine the acidic levels of the wine. Of course, by this fifth step, you've experienced 90 percent of the style and

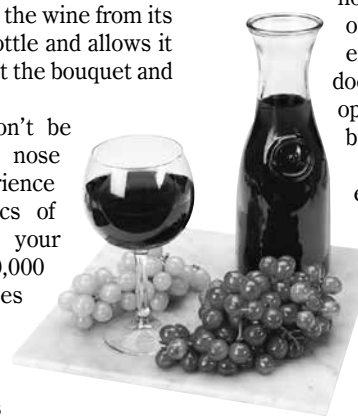
characteristics of the wine, so don't think it's inappropriate to spit the wine into a spittoon.

**4. Evaluate the wines.** As I note above, this can be recorded by each guest or by the hosts. At the end of the tasting, compare evaluations. It's quite normal for one of the wines to stand out as the worst in class; it's not so normal for one to stand out as best in class. If you enjoy a particular wine but it doesn't seem to be consensus opinion, don't fret. Go out and buy a case of that wine.

Wine tastings are an efficient way for you to develop and understand your wine palate. A side benefit is that you are likely to discover a wine that will become your new favorite – until the next tasting event.

*Nick Antonaccio is a 40-year Pleasantville resident.*

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



*You Heard It Through the Grapevine*

# Happenings

continued from page 23

**Cooking With Rinku: Culinary Journeys of India.** The first session of a four-part series exploring the culinary heritage of India. Indian cuisine evolved over several centuries of influences and evolution. Consisting of several gastronomical regions, there is a surprise in every corner. Come explore with author and presenter, Rinku Bhattachayra and infuse your senses. This week, explore the cuisine of eastern India, that includes the food of Bengal, Odisha and the Northeastern states. The class features recipes from Rinku's cookbook, "The Bengali Five Spice Chronicles," rich with anecdote and stories. Cooking demo and tasting samples to be enjoyed! Authors cookbooks will be available for purchase and signing. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 3 p.m. Free. Sessions continue on Nov. 30 and Dec. 12 and 14. Info: 914-666-8041 or [www.mountkisco.org](http://www.mountkisco.org).

**"Wrestling Jerusalem."** A screening of this film, which presents the writer/actor Aaron Davidman as he embodies 17 different characters in and around the city of Jerusalem in an eye-opening journey of the Israeli-Palestine story. Followed by a discussion, refreshments and a brief Havdalah service. Sponsored by the Westchester Community for Humanistic Judaism. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2:30 p.m. Free; donations welcome. Info: Contact Charlotte at 914-218-8525 or e-mail [info@wchj.org](mailto:info@wchj.org).

**"Rising Tide."** Be among the first to see

the world premiere of this brand-new work from innovative Dutch dance company Arch 8. The company and its choreographer Erik Kaiel create unorthodox, acrobatic dance for kids and grownups who can't sit still, specializing in joyful and engaging interactive performances. Their work for young audiences encourages an active viewing, a participatory imagining on the part of the audience – and oftentimes a willingness to come up on stage and play along. The company has performed around the globe. Suitable for audiences six years old and up. PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 3 p.m. \$15 to \$30. Info and tickets: 914-251-6200 or [www.artscenter.org](http://www.artscenter.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. 3 p.m. Adults: \$14. Children (under 12): \$11. Also Nov. 24 and 29 and Dec. 1, 15, 29 and 30 at 11 a.m. and Nov. 30 and Dec. 8, 14 and 28 at 2 p.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit [www.nywolf.org](http://www.nywolf.org).

**Chamber Music Society of Lincoln Center: Great Innovators.** In a single decade, with works such as "The Firebird"

and "The Rite of Spring, Stravinsky showed possibilities for musical extremism never before imagined. With bracing harmonies, infectious rhythms and brilliant orchestration, everything that Stravinsky created in this fertile period stole the musical show of the era. This trio arrangement of "The Soldier's Tale" introduced his wildly controversial music to the chamber music stage. Other innovations also abound in this program: Beethoven's Clarinet Trio (the first of its kind), Mendelssohn's "Songs Without Words" (his own invention) and Smetana's Piano Trio, the first major chamber work from the Bohemian region. With Anne-Marie McDermott, piano; Ida Kavafian, violin; Gary Hoffman, cello; and Jose Franch-Ballester, clarinet. Purchase College's Recital Hall, 735 Anderson Hill Rd., Purchase. 5 p.m. \$30 to \$65. Info and tickets: 914-251-6200 or visit [www.artscenter.org](http://www.artscenter.org).

**"The Diary of Anne Frank."** The National Players troupe performs this live theatrical adaptation which brings the true story of an incredibly insightful young girl to the stage, in hopes of inspiring the next generation. In 1941 Amsterdam, 13-year-old Anne Frank goes into hiding with her family. For the next two years, she never leaves the attic where her family is concealed from the Nazis. Anne finds solace writing in her diary, capturing the daily lives of the secret annex's inhabitants – from the horrors of war to the excitement of first love – with wit, determination and idealism. 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: 914-606-6262 or visit [www.sunywcc.edu/smartarts](http://www.sunywcc.edu/smartarts).

**Marc Black.** The Schoolhouse Theater welcomes back eclectic folk-rockers Marc Black with his show, "Life...One Song at a Time." Through music, Black deals with life and all its social and political challenges – one song at a time. Noted for his "timeless songs, deep grooves and excellent playing," Black was inducted into the New York Chapter of the Blues Hall of Fame in June 2014. The Schoolhouse Theater & Arts Center, 3 Owens Rd., North Salem. 8 p.m. \$25. Info and tickets: 914-277-8477 or visit [www.schoolhousetheater.org](http://www.schoolhousetheater.org).

## Sunday, Nov. 24

**Be the Parent, Please: Strategies for Solving the Real Parenting Problems.** Naomi Schaefer Riley, author of "Be the Parent, Please," draws from her experiences as a mother of three and delves into the latest research on the harmful effects that excessive technology usage has on a child's intellectual, social and moral formation. Temple Israel of New Rochelle, 1000 Pinebrook Boulevard, New Rochelle. 10:30 a.m. to noon. Free. Walk-ins welcome; RSVP requested. Info and RSVP: E-mail [Chavaya@tinr.org](mailto:Chavaya@tinr.org) by Nov. 22.

Meet Local Author Debbie Ardisi. Ardisi, author of "Voyeur's Regret," a crime/mystery novel, will discuss her book and sign copies. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:30 to 3:30 p.m. Free. Info: E-mail [dardisibooks@gmail.com](mailto:dardisibooks@gmail.com).

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## LEGALS

**PLEASE TAKE NOTICE**, the Putnam Valley Town Board will conduct a public hearing on **Wednesday, November 20th at 6:00 pm.** to hear comments on the use of Bubblers, De-icers and Aeration Systems in Water. **IMMEDIATELY FOLLOWING** the Putnam Valley Town Board will hold its public regular monthly meeting. **BY ORDER OF THE TOWN BOARD** Sherry Howard Town Clerk Dated: **11-14-2019**

**NOTICE OF ADOPTION OF 2020 PUTNAM VALLEY FIRE DEPARTMENT BUDGET PLEASE TAKE NOTICE**, that the 2020 Fire Department Budget was adopted as the final budget on November 13, 2019. Sherry Howard Town Clerk Dated: 11/14/19

**Town of Putnam Valley Town Board Meeting November 20, 2019 6 PM**  
1. Pledge of Allegiance 2. Proclamation for Eagle Scout Josh Uchetel 3. **PUBLIC HEARING ON DE-ICER LAW** 4. Departmental Reports 5. Supervisor's Comments 6. Legislative Report 7. School Report Parks and Recreation 8. Refunds 9. Children's Center salaries for 2020 10. Accept resignation of Joseph Piechocinski from the Parks and Recreation Commission 11. Accept resignation of Phil Keating from the Parks and Recreation Commission Highway Department 12. Request to go to bid for materials Building Department 13. Daily Fee Report Summary Finance Department 14. Budget Transfers 15. Public Comment 16. Audit of Monthly Bills

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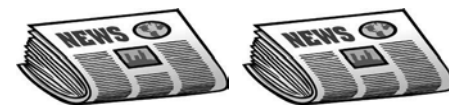
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# ExaminerSports



Katie Moses provided the dramatic tying and go-ahead goals in Pleasantville’s 3-2 victory in the state final.



Members of the Pleasantville girls’ soccer team stand together for player introductions during their run to the state championship.



Panther senior Avery Manna tries to settle the ball in the Section One title game vs. Bronxville.

## PLEASANTVILLE PANTHERS 2019 Class B State Champions



Allison Portera celebrates after one of her three goals in the Section One championship game.



Lauren Drillock, Avery Manna, Allison Portera, Analese Picart and Norah Foley proudly display the Panthers’ Section One title plaque after blanking Bronxville in the finals.



Panther junior Julia O’Reilly surveys the field before passing the ball.



Grace Capko sets her sights on the back of the net as she races up the field.



Mary Grace O’Neill considers her options before moving the ball up the field.



Isabelle Kapoor controls the ball in the Panthers’ road game vs. Westlake.



Lexie Rippstein takes the ball down the right sideline during the 3-0 victory over Bronxville in the sectional final.



Pleasantville goalkeeper Lila Donohue anchored a defense that shut out four straight opponents in the postseason.



# Valhalla Football Team Advances to the State Semifinals

By Andy Jacobs

The Valhalla football team continues to grow up right before our very eyes.

Playing with poise and purpose that seems to increase by the week, the Vikings took control in the first half on Friday night with a pair of big touchdown plays and went on to a 19-8 victory over Section 9 champion Chester Academy in a state regional Class C final at Dietz Stadium in Kingston.

"It's just amazing. It gets more amazing each week, what these kids do," said Vikings head coach Stephen Boyer after watching his team win for the eighth consecutive time following its 0-2 start. "The kids did great. We didn't have many penalties. We scored early on them and I think we just took the wind out of their sails."

Mahari Davis Jr. scored on a 47-yard pass play on the Vikings' second possession of the evening and later tossed a 31-yard touchdown pass on an option play to a wide-open Sammy Mussuto, staking Valhalla to a 14-0 lead that its ever-improving defense was not about to relinquish.

Chester had scored six touchdowns in trouncing the host Vikings when they met in the season opener back in early September. But this time, with the stakes much higher, Valhalla's defense rose to the challenge and kept the Hambletonians off the scoreboard until late in the final quarter.

"Defensively, they were all over the field today," said Boyer. "Our secondary played great. Our goal was to contain and put a lot of pressure on the quarterback, and I think we did throughout the whole game. Coach (John) Consorti did a great job with our defense and we are moving on."

For a few moments early in the contest, though, it seemed Chester might have the same kind of success it had the first time around. Running back Jacob Angeles burst up the middle 53 yards all the way to the Viking 14-yard-line on the Hambletonians' second play from scrimmage. But a couple of penalties stalled their drive and Valhalla eventually took over on downs.

The Vikings wound up moving the football 69 yards in four plays, the last 47 coming when quarterback Michael Dawson tossed a short pass to the left to Davis, who deked



Valhalla quarterback Michael Dawson looks downfield before passing the ball in Friday night's state playoff game.

one defender, then another, and raced down the left sideline for a touchdown. The point-after kick from Elias Gonzalez gave Valhalla a 7-0 lead with 5:07 remaining in the first quarter.

"Once we got that touchdown," said Dawson, "we knew this was gonna be a different game."

On the final play of the first quarter, Chester quarterback Joe Battiatto connected on a 37-yard pass play to Kevin Stein down to the Valhalla 40. But once again, the Hambletonian threat was thwarted by penalties. Just past the midway point of the second period, a poor snap during a Chester punt gave the ball to the Vikings at the Hambletonian 31-yard-line.

On first down, the ball was handed to Davis, who then threw it down the right side of the field to Mussuto, standing in the secondary all by himself. The Vikings'



The Vikings' Mahari Davis Jr. runs with the football in the first half of the 19-8 playoff win over Chester.

second touchdown of the night was followed by another Gonzalez PAT, stretching the lead to 14-0 with 5:47 left in the half.

Another Chester second-quarter threat fizzled when the Vikings' Joe O'Neill recovered a fumble at the Valhalla 31-yard-line. The Vikings later took possession of the ball again at the Hambletonian 43 with just 45 seconds left before halftime. A 23-yard pass from Dawson to Mussuto, followed immediately by a 10-yard pass to Daniel Tamarro, set the stage for a 32-yard field goal by Gonzalez on the final play of the half that gave Valhalla a 17-0 cushion.

"That was awesome. That was great," said Boyer about the three points Gonzalez provided just before intermission. "I mean, we just barely missed two plays in the end zone. We got pushed out of bounds. But we



Valhalla senior Sammy Mussuto runs past Chester's Rob Espallat during Friday night's regional final at Dietz Stadium in Kingston.

have a weapon in Elias Gonzalez. So that made it a three-score game. That was very important."

The second half began with Chester moving the ball all the way to the Vikings' 5-yard-line. But two running plays went nowhere and then the southpaw Battiatto, who was pressured into a 12-for-40 passing night, threw consecutive incompletions that ended the drive.

More frustration awaited the Hambletonians late in the quarter after punt returner Alex Buchanan was swarmed by the Valhalla defense and tackled at the Chester 9-yard-line. Battiatto was sacked for a six-yard loss on first down, then brought down in the end zone on the next play for a safety. With just over a minute left in the period, the Vikings' lead was up to 19 points.

"Yeah, the defense did great today," said Dawson. "Coach Soup (Consorti) added a bunch of new schemes and it all worked out. He's a great defensive coordinator."

With his team's state title hopes quickly fading early in the fourth quarter, Battiatto threw a screen pass on third-and-10 to Angeles, who turned it into a 64-yard pickup. But the Hambletonians got no closer than the Vikings' 12-yard-line, and four incomplete passes, along with a big penalty, stopped them again.

*continued on next page*



Rahsean Melvin of Valhalla finds some running room against Section 9 champion Chester.



The Vikings' Daniel Tamarro returns a kick in the regional final against the Hambletonians.



The Valhalla defense brings down Chester running back Jacob Angeles in Friday night's 19-8 Viking victory.





Michael Dawson fires a pass in the first quarter of the Vikings' 19-8 win in the state playoffs.

*continued from previous page*

They finally managed to get on the scoreboard with four minutes remaining after Battiato, on a fourth-and-10 play, passed over the middle to Jacob Delgado, who ran for an 80-yard gain to the 2-yard line. One play later, Stein ran in for the Hambletonian touchdown. He then tossed to Battiato for the two-point conversion.

Unfortunately for Chester, the ensuing onside kick was controlled by the Vikings. When the Hambletonians did get the ball back again, there was just 2:09 left on the clock. Battiato threw four more passes that fell incomplete, the last one under heavy



The Vikings' Rahsean Melvin tries to elude Chester's Jacob Angeles and Jimmy Lusignan in the first half of Friday night's game at Dietz Stadium.

pressure, and then the Vikings' Dawson, named the offensive most valuable player for the second week in a row, took a knee three straight times to run out the clock.

"It feels great," said Dawson, asked about winning another MVP award, "but it wouldn't be like this if I didn't have the athletes on the outside and the good offensive line."

The Vikings, winless after their first two games and fortunate to beat Highland on the road in overtime in week three of the season, are now just two victories away from a state championship.

"I wouldn't say it's crazy because I knew this team had it in them," said Dawson. "Once we got that win (at Highland), we wanted more and we just kept on going."



Sammy Mussuto celebrates in the end zone after scoring the Vikings' second touchdown vs. Chester.

Next for the Vikings comes a state semifinal matchup against Section 10's Gouverneur at Middletown's Faller Field this coming Saturday, with a noon kickoff. The Wildcats are 10-0 this season and have scored at least 42 points in seven of their games.

For the Vikings, it might be a bit hard to comprehend how far they've come since that overtime win at Highland turned the season around.

"Amazing," said Boyer. "Little did we know back then that we'd be in the regional finals here. Basically, we had lost nine games in a row from back to last year. So we just kind of saw what it takes to win and I think the kids have continued that. They had to learn how to win. We know how to win right now. It's kind of like a dream, we just keep going."



Valhalla junior Joseph Nolan carries the ball during the win over Section 9's Chester.

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Madeline Adams-Miller of Horace Greeley swims during the 500 yard freestyle.



Horace Greeley freshman Kelly Byrne competes in the 100 yard breaststroke.



Fox Lane's Emily Grasso finished fifth in the 100 yard breaststroke.



Fox Lane's Alexa Vitti competes during the 500 yard freestyle at the sectional championships.



Greeley junior Kristin Cornish took first place in the 200 yard freestyle and second in the 100.

*focus on*  
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Isabella Gualtiere of BPVW swims to a fifth-place finish in the 100 yard backstroke.



Fox Lane sophomore MaryKate Loveless swims the 100 yard backstroke at the recent sectional championships.



Annabelle Kung, a freshman from Briarcliff/Pleasantville/Valhalla/ Westlake swims in the 100 butterfly at the Section One championships.



Horace Greeley sophomore Sabrina Johnston was the winner in the 100 yard freestyle race.



Anna Ketron of the combo team Briarcliff/Pleasantville/Valhalla/Westlake swims in the 500 yard freestyle race at Felix Festa Middle School.



Horace Greeley senior Melissa Carousso wound up in fourth place in the 500 yard freestyle.



# Pace Basketball Team Hoping to Build on Early Success

By Andy Jacobs

It's been quite a while since the Pace men's basketball team began a season with three consecutive victories.

How long exactly?

Well, the last time it happened, all the way back in 2003, LeBron James was a rookie with the Cavaliers shooting a career-worst 42 percent from the field, Eli Manning still hadn't entered the NFL, Aaron Judge and Pete Alonso were hitting their homers in Little League uniforms and Rafael Nadal hadn't yet won the first of his 12 French Open titles.

But on Saturday afternoon inside the Goldstein Fitness Center, the Setters finally did what their 15 most recent predecessors couldn't. With a 97-55 rout of visiting Concordia College, Pace improved to 3-0 while providing fans with a glimpse of its solid returning core and a couple of promising freshmen.

Peyton Wejnert and Brandon Jacobs both finished with 18 points and newcomer Bryan Powell continued to impress with 15 points and 11 rebounds as the Setters used a dominant second half to break open a game that was close for the first 20 minutes.

"I think we've established an identity here the last couple of years," said Setter head coach Matt Healing shortly after witnessing the most lopsided win by a Pace team in 28 years. "When I first took over, we were kind of trying to find ourselves a little bit. And now, with some guys that have played together for a couple years and the continuity of that, I think fans can expect us to play tough, play hard."

Making their home debut following double-digit wins in their opening two games, the Setters found themselves trailing Concordia 9-5 just four minutes into the game. But a 12-0 burst highlighted by seven points from Powell, the 6-foot-6 freshman forward already averaging a double-double in his first week of college ball, quickly gave Pace a lead it never lost again.

The Clippers were still within 36-26 at halftime, but Pace opened the second half with an 18-4 spurt over the first five and a half minutes. Eight of the points came from Wejnert, a 6-7 senior forward who led the team in scoring and rebounding a year ago. By the time the big run was concluded with a 3-pointer from Ray Montilus, the Setters' lead was suddenly up to 24 points.

"It was really about just sharing the ball," said Healing, now in his fifth season at the Setter helm. "I thought the ball was sticking a little too much in the first half. But credit to our guys making the adjustment and getting a little more comfortable out there. Concordia's a solid team regardless of their record. So we figured it would be a dogfight. It was certainly that way for the first half."

The Setters, just 14 of 34 from the field in the first half, shot 57 percent over the final 20 minutes as they outscored the Clippers by a whopping 61-29 margin. Wejnert, held to just four points in the opening half one week after scoring a career-best 29 points in the first game of the season, erupted for 14 more after halftime.

By the late stages of the contest, the Setters' starting five was sitting on the bench watching seldom-used teammates add to the big lead. 13 different Pace players saw



Pace University forward Peyton Wejnert improvises in midair during a drive through the lane in Saturday's rout of visiting Concordia College.

playing time, and 10 of them scored a basket.

"Seeing them out there having fun, seeing them be rewarded for all the work they're putting in was great, was special," said Healing, who knows one-sided games like Saturday's will be a distant memory when Northeast-10 Conference play starts. "We know we're gonna have some significant challenges coming up as we get into conference play. So just another good tune-up for us."

A year ago, the Setters won 16 games, including their first in the NE-10 playoffs in a dozen years. With the trio of Wejnert, Jacobs and Austin Gilbertson playing together for a third straight year, and the arrival of Powell and Christian Adams, Healing is expecting even more this time around.

"I think we have one of the better frontcourts in our league, maybe in our region," he said. "A lot of guys pay attention to Wejnert, and obviously he's a special player and does a great job, but to have two young guys like Powell and Adams just playing and rebounding and just being where they're at from a maturity and physicality standpoint is impressive already."



Christian Adams, a 6-foot-5 freshman forward, gets inside for a bucket in Pace's win over visiting Concordia.



Junior point guard Brandon Jacobs sets up the Pace offense in the second half vs. Concordia.

With the Setters' first conference game just a few days away, Healing is hoping his team's best start in more than 15 years will carry over for a while.

"We're excited to get it going, so we like where we are right now," he said. "Obviously with our league it's challenging every night. But we're excited for the challenge. A little loftier goals this year with a little more edge and experience on this team."



Pace freshman forward Bryan Powell is averaging 12 points and 10 rebounds through the Setters' first three games.



Austin Gilbertson of Pace shoots the ball in the first half of Saturday's game.



Pace sophomore Chris Matthews provided 13 points in Saturday's 97-55 victory.

ANDY JACOBS PHOTOS





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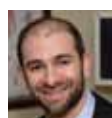
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