

Police Continue Probe into Rt. 172 Fatal That Killed Fox Lane Grad

By Martin Wilbur

Bedford police are continuing to investigate last week's deadly head-on crash on Route 172 that killed a 22-year-old Fox Lane High School graduate and has left his family and community members grieving.

Diego Trejo, a former Mount Kisco resident, was pronounced dead at the scene following the crash at about 9:20 p.m. on Dec. 16. Trejo of Pound Ridge was apparently on his way home driving his 2004 Acura TSX on Route 172 near the Fox Lane campus when a 2018 BMW 750i

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Diego Trejo

New Jersey Daycare Operator Eyes Move into Valhalla

By Joan Gaylord

A New Jersey-based daycare and development center is seeking a special use permit from the Town of Mount Pleasant to open a new facility on Legion Drive in Valhalla.

Representatives for Lightbridge Academy presented a conceptual proposal last week to the Mount Pleasant Town Board.

Lightbridge Academy is hoping to modify an existing two-story office building located across the street from the American Legion hall. Jesse Cokeley, an engineer with Maser Consulting, said the building is currently zoned for mixed commercial use.

The plan, Cokeley said, calls for demolition of an abandoned house on an adjoining parcel of land. This would allow for the repositioning of the facility's driveway beyond the access road for the American

Legion, which the representatives expect would be safer and better equipped to accommodate the traffic flow.

Lightbridge Academy has not yet commissioned a traffic study for the proposed project, which will be required by the town. At last Tuesday's presentation, its representatives noted that based upon their experience with other facilities operated by Lightbridge, drop-off and pick-up times for the children would be staggered. Their operating hours would likely be 7 a.m. to 7 p.m.

Architect Justin Mihalik provided conceptual drawings that showed 13 classrooms in the building as well as an enclosed outdoor play area. They expect the facility would accommodate 150 to 160 children from six weeks old to pre-

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Chap Crossing Town Home Plan Revisions Approved By Town Board

By Martin Wilbur

Chappaqua Crossing developer Summit/Greenfield had its petition to modify aspects of the 91 town-home proposal unanimously approved by the New Castle Town Board last week, which will add basements to all units and nine bedrooms.

The board's resolutions amend the 2011 and 2013 findings statements and adopt a local law that will make text changes to the town zoning code and provide zoning amendments for the map, said Town Attorney Nicholas Ward-Willis. The actions also amend the Multi Family Planned Development Preliminary Development Concept Plan (MFPD PDCP) and the Office Park Retail Overlay District PDCP.

Ward-Willis explained that changes to the zoning related to required setbacks of the cupola building and subdividing that parcel and the Chappaqua Performing Arts Center

parcel are mainly technical. But the revisions to the MFPD PDCP overseeing the 91 town homes were needed in order for Summit/Greenfield to move on to the Planning Board in hopes of receiving final approval, he said.

"There still needs to be site plan review and subdivision review before the Planning Board," Ward-Willis said. "This will be the last step for the Town Board with respect to this project."

The most significant changes in the multifamily PDCP is adding basements to all units and increasing the number of three-bedroom units from 20 to 29. The remaining 62 town homes would have two bedrooms.

During the public hearing on the application to revise the PDCP, representatives for Toll Brothers, the home builder retained by Summit/Greenfield in 2017 to construct the town homes, said that the market for these types of units requires basements and more three-bedroom units.

Amendments to the residential PDCP also allow for certain other changes in the town home plan, including a reduction in the length of the driveways from 20 to 15 feet; reducing the width of the internal roadways; increasing the average size of the units by about 1,000 square feet; and preserving the exterior of the Thomas V. Wright House, the 1850s farmhouse just inside the Route 117 entrance to the campus, and to adaptively reuse the structure.

Two additional changes were also agreed to by the Town Board to minimize visual impacts on a Cowdin Lane homeowner, an issue that was discussed during the hearing – raising the elevation of the loop road inside the campus and relocating the end unit in Building U, the northernmost unit, to another building further south in the same row of buildings.

During the hearings, concerns were raised regarding potential impacts of

adding the basements and nine additional bedrooms to the town homes, referred to as the East Village, fearing it could flood Douglas Grafflin Elementary School with students, particularly if unit owners used the basements as an extra bedroom.

Another topic of contention was shortening the driveways, which could block the sidewalks and reduce sightlines for drivers pulling out of their driveways if vehicles were parked on the apron.

However, Councilwoman and Supervisor-elect Ivy Pool said parking will be prohibited on the aprons. Cars must be parked in either the two-car garage that every unit will have or in one of the designated spaces.

"In my opinion (it's) safer to have the 15-foot (driveway) but have the requirement to have the Homeowners Association rules that no one park on those aprons," Pool said.

Town Historian Gray Williams said while

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Chap Crossing Town Home Plan Revisions Approved By Town Board

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he was disappointed that Toll Brothers maintained that it could not use the current interior of the Wright house, he supported the resolution. In the initial petition submitted by Summit/Greenfield late last summer, the house was slated for demolition.

"I will state frankly, that I'm disappointed that Toll Brothers finds it impossible to re-use the interior spaces of the house as-is but a number of conditions have been introduced

into the resolution that will reduce what we consider still a considerable risk to the house as a whole by the reconstruction of the inside," Williams told the Town Board.

Ward-Willis said conditions imposed by the board for the guest house are among a series of conditions the applicant must comply with. Conditions related to the preservation of the house include forcing the applicant to meet with the town building

inspector within 30 days to go over a list of steps that must be addressed to prevent further degradation of the house.

Other conditions regarding the guest house require that the town inspect the guest house every three months; allowing the building inspector the authority to go inside when deemed necessary; for the applicant to meet with the building inspector and town historian within 60 days to review

any materials that can be salvaged from the interior for re-purposing; and for Toll Brothers to use an architect with experience in historic preservation.

During site plan review, the applicant must provide the town with a detailed report on the reconstruction of the interior without jeopardizing the exterior and a plan to save the house's outdoor portico.

New Jersey Daycare Operator Eyes Move into Valhalla

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kindergarten. There would be 26 to 28 staff members.

The plan also includes 44 parking spaces, which Mihalik said meets the town's requirements under the code.

In response to a question posed by Supervisor Carl Fulgenzi, Lightbridge Academy representatives mentioned that they are in the process of addressing questions posed by the town's Planning Board. They added they would return with a full site plan.

"I think it is a good idea and we need it," said Councilwoman Laurie Smalley. "But I am concerned about the traffic."

Lightbridge Academy operates facilities in Fort Lee and Bergenfield, N.J. and in Massapequa and Baldwin on Long Island. Its website mentioned that another facility in Elmsford is also under consideration.

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driven by 51-year-old Bedford resident Robert Schuster, struck his car, police said.

Trejo's dog, Lily, who was with him in the car, was also killed. There were no passengers in either vehicle.

Schuster was transported to Westchester Medical Center for nonlife-threatening injuries, according to Bedford police. He is a defense attorney who has a law practice in Mount Kisco and had also worked as a prosecutor for multiple district attorneys' offices in the New York area, according to his practice's website.

Detectives, working with investigators from the Westchester County District Attorney's office, are actively interviewing witnesses and collecting evidence. As of Monday afternoon, no charges had been filed but the investigation is ongoing and is in its "early stages," police said.

According to a gofundme page that was created on Dec. 18 to help the family pay for

the funeral expenses. As of Monday, more than \$22,000 had been raised, more than doubling the original \$10,000 goal.

"Whenever you saw Diego, he always said hello with a big smile," the gofundme page said. "He was a gentle soul and loved to have a good time, and was just starting to live his life. He was truly free spirited and full of happiness."

Trejo was attending Westchester Community College and had been volunteering at the Boys & Girls Club of Northern Westchester in Mount Kisco, according to reports.

Trejo's funeral was held last Friday morning at St. Francis of Assisi Church in Mount Kisco. A vigil was held Monday evening at the Boys & Girls Club.

Bedford police ask that anyone with information or an eyewitness account of the accident contact the department's detectives at 914-241-3111.

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Hillary, Chelsea Clinton Talk About New Book, Impeachment

By Martin Wilbur

Hillary and Chelsea Clinton have had innumerable role models to look up to throughout their lives.

Last Wednesday evening, the two women spoke of some of those who made a difference for them as they stopped at Pace University's Goldstein Health, Fitness and Recreation Center for the final night of their book tour promoting their first collaborative work, "The Book of Gutsy Women: Favorite Stories of Courage and Resilience."

The book contains essays and portraits of more than 100 women or groups of women from various generations, cultures and areas of interest, from Margaret Chase Smith, the first woman to serve in both the House and Senate, to astronaut Sally Ride to Wangari Maathai, the first African woman to win the Nobel Peace Prize after spearheading a campaign to plant 50 million trees on her native continent.

They said the women, some of whom persevered despite placing their safety at risk, have been an inspiration for millions of others who have had to overcome derision and the limitations placed on them by others.

"You can't imagine being able to keep doing that unless you were optimistic, not only optimistic about yourself, as hard as that is, that you can get right up and face the challenges and think about what other people are capable of doing," Hillary Clinton said.

Chelsea Clinton compared the struggles and accomplishments of many of the women they wrote about to the challenges that many women face in today's climate in the United States.



Hillary Clinton, center, and daughter Chelsea spoke to several hundred spectators last Wednesday evening at Pace University during a discussion to promote "The Book of Gutsy Women: Favorite Stories of Courage and Resilience," their recently-released work. Vanessa Williams, right, moderated the discussion.

"Optimism is a moral choice, and I just think we have to make the moral choice to be optimistic because this is not the world, it is so fundamentally not the world I want for my children or any child to grow up in," said Chelsea Clinton, who teaches public health at Columbia University.

The hour-long discussion was moderated by singer and entertainer and Chappaqua resident Vanessa Williams in front of hundreds of appreciative spectators. It also came on

the night that President Donald Trump was impeached, an issue that Williams raised to Hillary Clinton almost immediately after the start of the program.

Clinton said that she has been heartened that a majority of Americans believe the president should be impeached with respect to his dealing with Ukraine, which she contended presents a national security risk. Only once referring to Trump, her 2016 presidential opponent, by name, Clinton said whatever

the outcome of the Senate trial "it's really important that I do everything I can to retire the incumbent regardless of what happens."

"The facts are not in dispute. This is not a he-said, she-said," Clinton said. "Here's what happened: the president, his chief of staff, the people working for him, experienced nonpartisan diplomats, career military officers, everyone has had the same story, and it is a story of abuse of power, using the office of the presidency to further not the nation's objectives but his own personal objectives, and that is exactly the kind of actions that the founders warned us about."

Chelsea and Hillary Clinton compared their very different experiences and expectations in their formative years. Hillary Clinton said when growing up in the 1950s in suburban Chicago, the only women she saw working outside the home were her schoolteachers and librarians. When she was a young lawyer in Arkansas, women attorneys were a novelty.

Meanwhile, Chelsea Clinton said she had inspiration from women such as her pediatrician, the mayor of Little Rock, where she was born, and Geraldine Ferraro, the first woman to be on a national ticket as Democratic challenger Walter Mondale's running mate in 1984.

Hillary Clinton advised women, who often must overcome double standards that are imposed on them, to not take themselves too seriously and learn to accept criticism but to surround themselves with people they can trust.

"Find solidarity with other women and men to support you in your career, in your business or profession, whatever it might be," she said.



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DOT Forces P'ville to Undertake New Manville Intersection Study

By Abby Luby

A new traffic study for the intersection of Manville Road and Memorial Plaza has been mandated by the state Department of Transportation (DOT).

The warrant study is needed to justify the installation of a new signal that is part of the Manville Road project. The DOT wants the study in order to remove the current light that would eventually be replaced by a new signal and a right-hand lane. There would be the elimination of the slip lane from Memorial Plaza onto Manville Road.

Richard Williams, senior principal engineer for Insite Engineering in Carmel, informed the board at its last work session on Dec. 9 that the study will be conducted by HVEA Engineers, a Beacon-based engineering firm that specializes in transportation infrastructure.

“The DOT and the consultants at HVEA don’t believe anything in the study is going to justify that the signal should stay,” Williams told the board.

Previous applications to the DOT to remove the slip lane at Memorial Plaza and install a new traffic signal hadn’t prompted a warrant study because the light at the intersection wasn’t considered a full traffic signal.

The engineers and traffic consultants at HVEA took several “runs” at the DOT, questioning the necessity for the study, according to Williams.

However, the DOT is now requiring the extra step. Williams said the agency has taken “a lot of conservative steps lately and



Pleasantville officials hope to start the Manville Road corridor project next year; however, the state Department of Transportation recently called for a study of the Manville Road-Memorial Plaza intersection to install a new traffic signal.

this is one of them.”

The study will use mounted cameras at multiple vantage points at the intersection to record the flow of pedestrian and vehicular traffic for three full days. It is expected to be conducted next month. The study’s cost is projected to be between \$15,000 and \$20,000.

To keep the cost down, Williams suggested village officials try to convince the DOT to do a one-day study instead of three. Also, monitoring traffic could be done manually in order to avoid the costs of renting the cameras, he said.

The board balked at the new DOT requirement. The agency had originally

agreed that the traffic signal should be changed because of non-compliance.

“That’s good,” said Mayor Peter Scherer with a hint of sarcasm.

Scherer, who has on occasion criticized the DOT’s handling of the project, said “They are confident that we can spend our money to tell us what we already know.”

Last month Williams advised the board to scale back the Manville Road project because of rising construction costs. Revised plans are being prepared by Insite Engineering to present to the DOT. Proposed reductions to trim costs include having the village complete the slip lane demolition with its own personnel and removing the more expensive granite curbing for less costly concrete.

There has also been previous discussion of the removal of the light at Manville Road and Wheeler Avenue because some drivers are confused at the double set of lights in quick succession. That light was also deemed to be a non-standard signal because it is so close to the Washington Avenue intersection.

Williams said he expects the village will still be able to go out to bid for the Manville Road project, which also includes various streetscape improvements, sometime next spring.

Village officials voted on a \$2.6 million bond resolution to pay for the initial design. The project has also been awarded a \$1.5 million federal grant. The grant will be administered by the DOT, which will oversee the Manville Road renovation.

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Thruway Authority Announces Cuomo Bridge Toll Hikes for 2021

By Martin Wilbur

The New York Thruway Authority announced last Thursday toll increases by 2021 on the Mario M. Cuomo Bridge but Westchester and Rockland residents will have their tolls frozen through at least 2022.

Tolls for 2020 will remain the same for all motorists, but will increase from the current \$4.75 to \$5.25 in 2021 and \$5.75 in 2022 for the standard New York E-Z Pass holder, according to the schedule released Thursday by the Thruway Authority.

However, Westchester and Rockland motorists will continue to pay \$4.75 a trip for at least the next three years. Proof of residency when obtaining E-Z Pass must be provided in order to receive the discount.

Out-of-state E-Z Pass holders will see a toll hike from \$5 to \$6.01 in 2021 and \$6.64 in 2022 while drivers who have no E-Z Pass tags and who would have to pay by mail would see tolls shoot up from the current \$5 to \$6.83 in 2021 and to \$7.48 in 2022.

Commuter E-Z Passes will go from \$3 to \$3.15 in 2021 and \$3.45 in 2022.

Commercial vehicles and trucks will foot much of the increase. Trucks will see a jump from the current \$32.75 to \$43 in 2021 and \$55 a year later.

Thruway Authority Executive Director Matthew Driscoll, in a Dec. 19 correspondence to the Thruway Board that was posted on the agency's page on the state's website, said increases had eventually been planned for after the new bridge opened in 2018 and once the Authority had completed



The Mario M. Cuomo Bridge seen here before the demolition of the old Tappan Zee Bridge.

its statewide cashless tolling system by the end of next year.

The Thruway Board will have to approve the proposed tolls for them to go into effect. "While each of these groundbreaking projects will result in dramatic improvements for the travelling public, as a toll supported system, the Thruway Authority must continue to review and adjust its current toll rates to sufficiently fund its operations,"

Driscoll stated in the correspondence.

He noted that it has been nine years since the last toll adjustment took effect on the Tappan Zee Bridge. The Thruway Authority projects additional revenue needs above the levels generated by the existing tolls starting in 2022.

"Additional revenues will be necessary to allow the Thruway Authority to responsibly meet future capital needs, fund outstanding

debt and continue to provide reliable service to its patrons," Driscoll also wrote.

Assemblyman Thomas Abinanti (D-Pleasantville), whose district includes the area near the Westchester side of the bridge, said he was pleased that the Thruway Authority has apparently listened to state representatives in the Westchester and Rockland contingent and that tolls for Westchester and Rockland residents will remain the same for at least the next three years.

He also was happy that the burden to pay for the new bridge will be shared by toll payers throughout the state, not just local drivers.

"It was a good compromise on that issue, that the burden will be on the entire system, not just those who use the Tappan Zee Bridge, except for commercial traffic," Abinanti said.

One change that Abinanti said he would have liked to have seen is the implementation of the new commercial tolls sooner than 2021.



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Mt. Kisco Agrees to Sustainable Westchester Sharing Police HQ

By Joan Gaylord

The Mount Kisco Village unanimously approved a lease with Sustainable Westchester that will allow the environmental organization to occupy a portion of the town's former police headquarters on Green Street.

Seeking to resolve the matter before the

end of the year, the trustees held a special meeting last Thursday afternoon after they were unable to agree to the terms of the lease during their regularly scheduled Dec. 16 meeting.

Sustainable Westchester, which currently occupies space owned by the village at 55 Maple Ave., would move into a 1,200-square-foot space at the front of the building at 40

Green St., said Village Manager Ed Brancati. No date has been set for the move.

The Mount Kisco Historical Society is also scheduled to use 800 square feet in the same building, Brancati said. County police operations are being moved to the back one-third of the building, he said.

Comprised of local governments, including Mount Kisco, Sustainable Westchester pays a \$1,000 a month in rent. The monthly rent for the new space will be \$3,000, including utilities. The lease will be for one year with an option to renew twice for a year at a time.

Trustee Karen Schleimer expressed concern that the village could incur unanticipated utility costs. Brancati noted that Mount Kisco reviewed the records of the organization's utility use at the Maple Avenue space, which showed reasonable and consistent usage.

He estimated that for Con Ed to install a meter to monitor Sustainable Westchester's energy use would cost the village \$50,000 to \$60,000.

Schleimer also raised the issue that the village might need the space at some point in the future, such as if they were forced to return to having its own municipal police coverage.

Though the board agreed to add such a provision, Mayor Gina Picinich noted that any future plan to rebuild a village police department would take at least a year to implement and the lease already stipulated one-year terms.

On Dec. 5, village officials and the county announced it was entering a new five-year contract to extend county police service for Mount Kisco through 2024. While much of the building's space will be occupied, the village plans to hold onto "a sliver" of space in the facility, Brancati said.

The lease also includes 14 parking spaces dedicated for Sustainable Westchester. Brancati assured officials last week that those spaces would be situated so they would not interfere with police or village business.

The spaces will also not include public electric vehicle charging stations. Trustee Peter Grunthal he said he has noticed drivers parking at charging stations and leaving their car in those spaces for the entire day, preventing others from getting their vehicles charged.

Sustainable Westchester plans to install flooring as well as a kitchen at their own expense, Brancati said. While some discussion arose regarding the need to include a provision in the lease stipulating that the space must be returned to its original condition, Picinich noted that some of the changes could be appealing and would be ones that the village could want to keep.

Board members agreed to include in the lease that the tenant must seek approval before making any changes. Otherwise, the space must be returned to its original condition at the end of the lease.

"They are a known tenant," remarked Deputy Mayor Jean Farber, questioning the need for too much detail in the lease.

Picinich concurred, adding "they are a reputable organization."

Flower Power



The Mount Kisco Town Board paused during their Dec. 16 meeting to congratulate the winners of this year's Flower Basket Award, Stone Fire Restaurant. Joan Stewart, pictured at podium, chair of the town's Beautification Committee, presented the award to the restaurant's owners, Gianni Piccolino, third from right, and Tommy Calandrucci, fourth from right. Stewart said Stone Fire Restaurant, which is located on Lexington Avenue, was selected by the committee from all buildings in Mount Kisco as the one that had done the most during the past year to add to the beauty of the town.

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Police Blotter

County Police/Mount Kisco

Dec. 16: Police responded to Northern Westchester Hospital at 10:55 p.m. on a report of an irate person. The man, who was associated with a patient who was being admitted, agreed to leave the premises for the night.

Dec. 16: An officer on patrol observed a broken window at the rear of a pharmacy on East Main Street at 10:15 p.m. He and other officers entered the business and determined that a break-in had occurred. The investigation into the burglary was turned over to detectives and is continuing.

Dec. 17: A village resident arrived at the Green Street precinct at 4:47 p.m. to report that she has been receiving phone calls from a man who claims to work for her utility company. She said the caller insists she send him money or he will turn off her power. The resident was advised the calls are a scam and an officer showed her how to block the caller from contacting her again.

Dec. 17: Police responded to the 300 block of Lexington Avenue at 6:14 p.m. on a report that a man had been struck by a car. Officers determined that the pedestrian had walked out into the path of an oncoming vehicle and that the driver, who remained at the scene, was not at fault. The pedestrian was taken to Northern Westchester Hospital with non-life-threatening injuries.

Dec. 19: Report of a possible attempted break-in at a Moore Avenue residence at 6:51 p.m. Officers observed damage to the door of an upstairs apartment that appeared to be consistent with an effort to force it open. The case was turned over to detectives for additional investigation.

Dec. 20: Police responded to a South Bedford Road business at 12:21 p.m. on a report of an employee who was in a highly agitated state. The employee was transported to Northern Westchester Hospital for a mental health evaluation.

North Castle Police Department

Dec. 13: While investigating a motor vehicle accident on North Broadway at 6:35 p.m., it was revealed that one of the operator's vehicle and license is currently suspended. The subject was charged with aggravated unlicensed operation of a motor vehicle. The car was secured by Armonk Garage.

Dec. 15: Report of a suspicious vehicle on Business Park Drive at 11:45 a.m. A computer inquiry of the operator revealed her driving privileges in New York were suspended. The operator was placed under arrest and charged with aggravated unlicensed operation of a motor vehicle and processed at the scene.

Dec. 15: County Fire Control dispatched

the Armonk and Banksville fire departments to Alpine Drive at 4:30 p.m. on the report of a garage fire. One of the responding officers reported that the fire was extinguished by the fire department and the residence was ventilated.

Dec. 16: Report of a suspicious vehicle on Virginia Road at 12:34 a.m. The responding officer reported a vehicle had its driver side door open. The car appears to be unoccupied. The officer reported that the vehicle and surrounding area checked okay. The door was secured and the matter was adjusted.

Dec. 17: An E-911 call was received at 6:22 p.m. for a car accident with no injuries on Route 22. The crash involved a green Honda Element and another vehicle, which may have left the scene. The responding officers confirmed that a red SUV left the scene traveling northbound on Route 22 toward Route 120. The countywide hotline was broadcast. Armonk Garage responded to the location and towed the involved from the scene.

Pleasantville Police Department

Dec. 13: Report of a disturbance on Hillcrest Terrace at 5:24 p.m. No further information was made available because the incident is under investigation.

Dec. 14: A 41-year-old Pleasantville resident arrived at headquarters at 1:12 p.m.

to report that his iPhone was stolen off the roof of his car while parked on Washington Avenue on Dec. 8 between 5 and 6 p.m. The complainant had accidentally left the phone on the roof of his vehicle before going into Wells Fargo Bank and when he returned it wasn't there.

Dec. 16: A 36-year-old Hawthorne woman reported at headquarters at 9:25 a.m. that she was harassed in the Chase Bank parking lot on Bedford Road. She had parked her Chevy Suburban and was buckling her child in a car seat when a man operating a white Audi backed out of the spot next to her and hit the open door.

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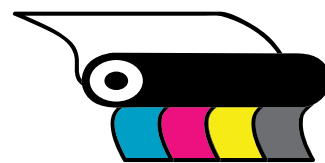
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No. Castle Eases Disclosure Obligations for Employees, Volunteers

By Martin Wilbur

The North Castle Town Board approved a revision to its ethics law that will no longer require employees and residents appointed to volunteer boards and committees to complete and file a disclosure form every year.

Over the objections of most Board of Ethics members, the Town Board concluded with its Dec. 11 vote that collecting and reviewing the forms is too burdensome for the Town Clerk's office and isn't necessary given the absence of ethics charges in recent years. There are roughly 150 people who have needed to complete the forms the past few years.

The town's eight elected officials – the five Town Board members, the two town justices and the town clerk – are still subject to the annual disclosures. The forms mainly inquire about whether an individual has any direct or indirect financial or professional conflicts of interest related to their duties and to disclose those in writing or through electronic communication.

Both boards agreed on the provision in June 2016 as part of an update of the town's Code of Ethics. Since then, there have been no allegations brought against any individual.

"We do a pretty good job at making sure the people that we either employ or put in positions on the Planning Board and so on, that they're the right people for the position," said Councilwoman Barbara DiGiacinto. "I don't see the necessity at this time to require any people (to file a disclosure form) other than elected officials."

Employees and board members must still file when they are hired or are appointed to their post.

While Board of Ethics Chairman David Simonds acknowledged that requiring all town employees to file every year turned out to be excessive for a town the size of North Castle, he pressed the council to reconsider the rollback of annual disclosures for Planning Board and Zoning Board of Appeals members as well as for department heads because they could make decisions with major repercussions.

Employees of municipalities of at least 50,000 in New York State are required to file disclosure forms every year.

"It's very broad right now, it's broad to the

extent that it really does implement what's required of towns much larger than the Town of North Castle," Simonds said of the town's Code of Ethics. "This is something that we deliberately did when we prepared that new ethics code and was adopted, but I think we've realized over the last few years that a town of 12,000 is much different than a town of 50,000."

Board of Ethics member Brett Summers said he feared the town could be weakening the code by rolling back the disclosure requirements too broadly. Before 2016, it had been 36 years since the town updated the code, he said. To eliminate the obligation

for nearly everyone except eight elected officials "is to undermine the most significant improvement that was made to our ethics laws in the last 39 years," Summers said.

Councilman Stephen D'Angelo took issue with some of Summers' comments, saying he impugned the town's employees past and present by suggesting the former ethics laws could lead to problems.

"Talking about going back to the '80s and '90s of the unethical North Castle that we used to have," D'Angelo said. "It wasn't there then, it's not here now that our employees... are going to act unethically if we don't make them sign this piece of paper."

The only Town Board member to differ slightly was Councilman Jose Berra, who believed that Planning Board and Zoning Board of Appeals members should be required to file annually. However, Berra conceded that when those volunteers are appointed, and should they be reappointed, they would still be subject to signing the disclosure form. He voted with his colleagues to adopt the change.

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Guest Column

Be the Kind of Influencer the World Needs in 2020

By Karen McGregor

Our world is full of so-called influencers vying for our attention. You can't miss them – they create tons of noise and are always in the spotlight.

Paying too much attention to this style of influencer leads us down a path of unhappiness.

The good news is more and more people are realizing this. They are ready for a new kind of influencer, one who creates good for themselves and for everyone else. Best of all, anyone can become this type of influencer – including you.

You may not think of yourself this way, but the truth is you influence people all the time.

Here are several tips to get started.

Replace old, habitual, fear-based wording with a new language. Words are powerful. They can lift spirits or they can drag us down in an instant – and others with us. When your mind spins its story

about what's wrong with your world over what's right, notice the words you say and find better words to use in their place. For example, instead of using the word "busy" to describe your life, say that it is "wonderfully full."

When you feel angry or annoyed, focus on gratitude. This can help to supplant old power patterns you've relied on for years. If you are angry with someone or arguing endlessly, remove yourself and ask, what is the gift in this moment? Without blaming or shaming anyone, look into your heart and ask, what am I grateful for? Try to reframe challenging circumstances as opportunities and practice appreciating them.

Start paying attention to your need to be right. This very common "ego need" diminishes your power and weakens your ability to influence. It also takes the life out of creativity and destroys new solutions to old problems before they see the light of day. The key to stopping this behavior is to

recognize where it comes from.

Resist the urge to label everything. We use words to label people, events and experiences as good or bad. As soon as we label something, our mind creates the opposite. Catch yourself labeling, which serves only to separate "us" from "them" and choose to stop.

Create "environmental stillness." A messy space at home contributes to a disorganized and chaotic mind. But if we can take small steps toward establishing stillness on the outside, we can experience more internal peace, wellness and harmony within. Take inventory, commit to doing something about it and set a date for when it will be done. The entire house can be completed in a month.

Karen McGregor is a leadership and influence expert, international keynote speaker and the bestselling author of several books, with her most recent, "Awakened Influence," debuting next June.

Three Simple Ways to Spread Holiday Cheer to the Homebound

By Joanna Ignatiades

For many of us, the holidays are considered the most wonderful time of the year. But for the frail, elderly or homebound, the holidays can be a disheartening reminder of one's isolation and stripped independence.

As a registered nurse and care coordinator, I understand the fragile set of circumstances that often define this time of year for many people, including grief, limited mobility and depression. Paying a visit to a shut-in friend, loved one or neighbor is not as consuming as you might think – and can go a long way to spreading the joy of the season in meaningful ways.

Here are a few ways to show a homebound

person you care about them this holiday season.

Bring the outside in. For many seniors with reduced mobility, gazing out the window can be an important connection to community and the outside world. Small plants make thoughtful gifts; no matter how small, nature always helps someone feel good. Helping an isolated loved one set up a small birdfeeder outside a window can help keep their spirits up and encourage them to engage with the outside world – however small its creatures may be.

Just-for-You coupons. Handmade "favor" coupons are free, yet meaningful. Offer a 10-minute back or shoulder massage, a free day of washing dishes or a walk in the park

for some guaranteed smiles.

The spice is right. Healthy spiced nuts and other sweet gifts are a two-fold opportunity to spend some quality time with a loved one without sabotaging special dietary needs. The Caregiver's Cookbook, at https://www.vnsny.org/article_category/caregivers-cookbook, also has great suggestions.

Joanna Ignatiades is a registered nurse and care coordinator with the Visiting Nurse Service of New York (VNSNY) CHOICE Health Plans. For more information about VNSNY CHOICE Health Plans from the nonprofit Visiting Nurse Service of New York, call 1-888-867-6555 or visit www.VNSNYCHOICE.org.

Letter

Bedford Central's School Closure Study is a Waste of Taxpayer Dollars

In April 2017, my husband and I moved our young family to Bedford Village. We relished the opportunity to raise our children in a neighborhood where we could walk to the park, elementary school, church, playhouse and local shops. We felt confident we were making a wise purchase since it wasn't just a house: we were investing in a walkable, family-oriented community.

Our love story quickly turned sour upon news that the Bedford Central School District (BCSD) Board of Education was considering closing one or more schools, including Bedford Village Elementary School. There are no truly creative solutions up for consideration, just the crude, blunt tool of school closure.

I've attended a number of the board's

public meetings and have found the content of the meetings and the publications of the hired consultant, Interactive, Inc., to be distressing in their misleading and sometimes incorrect data analysis, as well as the negative and combative tone of the board at public hearings.

The facts are:

While enrollment has decreased since the 44-year high in 2005, enrollment levels are currently one child below the 44-year average;

Kindergarten enrollment increased this school year by 38 children – the largest increase in over 30 years;

School closings will increase class sizes throughout the district, which will impede the quality of education for all BCSD

students; and

School closings will negatively impact property values by eliminating key neighborhood assets while also suggesting to potential homebuyers that we are a community on the decline.

The board has stated that finances are not an issue, so I ask: Why have trustees continued down this path when the data suggests closing a school will not provide any long-term benefits for our students or community? This exercise represents a tremendous waste of our taxpayer dollars that can and should be stopped now.

Terri Belkas-Mitchell
Bedford Village

New Cop in Town



JOAN GAYLORD PHOTO

Town Clerk Susan Marmol administered the oath of office to Mount Pleasant’s newest police officer, Daniel Lovett, at last Tuesday’s Town Board meeting. Lovett, a Thornwood resident, is a graduate of Iona Prep and Fordham University where he received a bachelor’s in sociology. Police Chief Paul Oliva, who introduced the probationary officer last week, said Lovett will begin service on Jan. 2.

Residents Safely Escape Thornwood Group Home Fire

By Martin Wilbur

A Thornwood group home sustained heavy damage as a result of a fire last Friday morning but there were no injuries to residents or staff.

The Thornwood Volunteer Fire Department received a call reporting a structure fire at the Lammers House at 1035 Broadway at 8:27 a.m., according to the department. The 1840s structure is one of two residences at the site owned and operated by A-HOME, which provides affordable, permanent, supportive house to adults with disabilities and single-parent families in northern Westchester.

A-HOME Executive Director Debbie Haglund said the seven residents of the Lammers House were able to leave the premises safely. The case manager and property manager responded quickly to ensure their safety.

“We are so grateful to the Thornwood Fire Department volunteers, and the other fire companies, for their quick response and that all who reside at that house were able to exit the house promptly,” Haglund said. “We are working now to relocate the residents and help them get settled.”

She said the organization is also grateful to the Red Cross workers who assisted the residents and staff along with other various agencies.

While the fire department was able to contain the fire, there was significant damage to the home, which will require extensive repairs, Haglund said.

A-HOME’s Thornwood property consists of the Lammers House and the Diversified Cottage, which was not damaged. Both properties are shared, permanent housing for older adults, which contains a private bedroom for each resident. The common areas of the houses are shared, Haglund said.

Thornwood firefighters were assisted by the Pleasantville, Chappaqua, Briarcliff, North White Plains and Elmsford fire departments as well as the Valhalla and Ossining FAST squads and Pleasantville EMT.

Haglund said the organization will not be satisfied until each resident is resettled and safe, but was grateful for the quick response from everyone involved to avert a disaster.

“It’s great to be part of a community that is ready to lend a helping hand,” she said.

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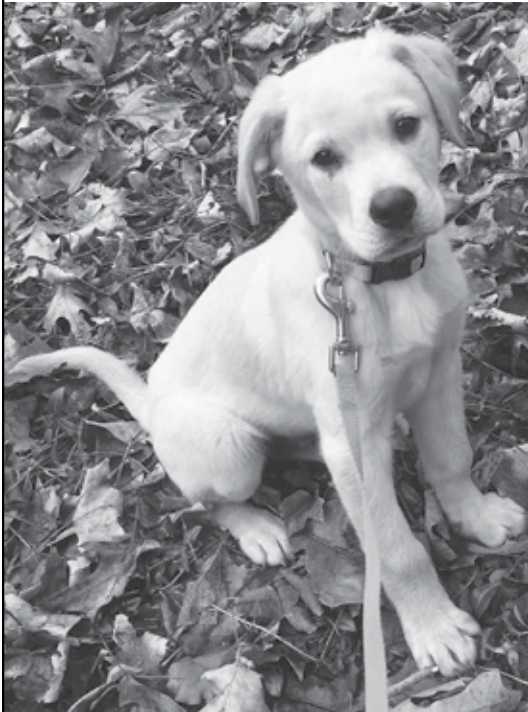
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Briarcliff Woman Fills Annual Role of Santa at Cottage School

By Martin Wilbur

When Phyllis Neider dresses up as Santa Claus in the days leading up to Christmas every year, some of the children at JCCA's Cottage School in Pleasantville at first don't believe that she's really Old St. Nick.

Maybe it's because she doesn't have a deep voice or they recognize her eyes. No matter, when it's time for the gifts to be doled out, the youngsters are deeply appreciative.

"The funny thing is the boys look at me and said, 'Weren't you dressed up in the other room?'" Neider said laughing. "But then as soon as they sit down by the tree and they call each boy up to get their gifts, all of a sudden their eyes kind of gloss over and I become Santa."

Last Thursday afternoon, Neider continued her tradition, attending the annual holiday lunch and getting dressed up in the oversized red suit, hat, boots and beard.

But this isn't just a once-a-year foray over to the Cottage School for her. For more than 17 years, Neider and a group of about a dozen friends make sure they get to the school every month to have lunch with the children and serve as companions and mentors for students who are trying to overcome long odds.

For Neider, a Briarcliff Manor resident, her involvement with JCCA, which operates the Cottage School, started innocently enough. For years, she been affiliated with the UJA-Federation, which supports the JCCA. Nearly 20 years ago, one of her friends was honored by the organization, which was also



A group of children at the Cottage School patiently awaited their gifts from Santa Claus, in this case Phyllis Neider of Briarcliff Manor. The holiday lunch event doubled as a Pajama Day party.



Briarcliff Manor resident Phyllis Neider decorates a tree at the Cottage School last Thursday during a special holiday lunch event.

looking to get additional people involved in various volunteering efforts.

So Neider decided to get a bunch of her friends together and form a lunch group, pick a cottage and visit the Cottage School every month. Each member of the group is in charge of arranging for lunch when it is their month and to bring gifts for any children whose birthday is in the month they are responsible for. All expenses are paid out

of the volunteers' pockets.

"I feel like the world is pretty broken," Neider said. "These poor kids come from these broken homes, they can't be with their moms and I feel very lucky how I live, how I raised my kids, and these kids don't have that. I donate time and I spend it with them and bring a little joy to their day. It really comes from my heart."

When she first started volunteering, an older gentleman who worked at the school did the honors of dressing up as Santa Claus. But a few years later when he left, it was Neider who stepped up and put on the costume to hand out the Christmas gifts. This year, the group's members decided to ask staff to have the children come up with a gift wish and they were able to fulfill their wishes.

young volunteers would come visit, play games and sometimes take them with their family to lunch or dinner.

A few years later, when her son was approaching his Bar Mitzvah, he organized a lunch group. Both children continued volunteering long after they had completed the project.

Their early experiences have served them well, Neider said. Out of college and working, they continue to help those less fortunate; her daughter is volunteering for a reading program while her son donates his time to youth sports.

"They're grounded and I think they realize how grounded they are and they wanted to give back," Neider said.

Neider has no intention of stopping her regular volunteer visits to the Cottage School or ending her role as Santa. She plans to keep on helping throughout the year and especially when the holidays approach and there's a need for Santa.

"Let's not forget their children and they haven't been lucky and haven't had parents like we're parents, and they have had a lot of trauma and a lot of bad stuff has happened in their lives and it's not their fault," Neider said.

THERE'S A WORD FOR IT

A vocabulary-building quiz • By Edward Goralski

Year-End Clearance. The year is almost over. The final quiz of 2019 features words that have waited patiently to be featured in one of the word quizzes. Given that it is the holiday season, you may find a few gifts to add to your vocabulary. **Happy Holidays!**

- | | | |
|-----------------------------|------------------------|--------------------------|
| 1. benefaction (n.) | | |
| A) an endowment | B) good wishes | C) a charitable donation |
| 2. abyssal (adj.) | | |
| A) amply supplied | B) immeasurable | C) meaningless |
| 3. abjure (v.) | | |
| A) to solemnly renounce | B) wait for | C) carry off |
| 4. luxuriant (adj.) | | |
| A) enthusiastic | B) yielding abundantly | C) delicious |
| 5. inspissate (v.) | | |
| A) to fill with spirit | B) impart gradually | C) thicken |
| 6. misprision (n.) | | |
| A) neglect of official duty | B) bad luck | C) lack of confidence |
| 7. susurrat (n.) | | |
| A) pleasant excitement | B) nourishment | C) a whispering sound |
| 8. balter (v.) | | |
| A) to dance clumsily | B) talk foolishly | C) increase rapidly |

ANSWERS:
1. C. A benefit conferred, especially a charitable donation
2. B. Of or like an abyss; immeasurable
3. B. Yielding abundantly; fruitful
4. C. To thicken; congeal; to increase in density
5. A. Neglect or wrong performance of official duty
6. C. A whispering sound; murmur
7. A. To dance or tread clumsily
8. C. To increase rapidly



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New Castle Honors Greenstein, Makowska for Serving Community

By Martin Wilbur

There will be a changing of the guard on the New Castle Town Board come Jan. 1, but before the calendar flips to 2020, the town celebrated its two outgoing officials last week.

In a ceremony prior to the board's final meeting of the year on Dec. 17, Supervisor Robert Greenstein and Councilwoman Hala Makowska were recognized by current and former colleagues and officials for their accomplishments and contributions to the town.

Greenstein won the first of three two-year terms in 2013, while Makowska, a longtime Millwood fire commissioner, is stepping aside after completing one four-year term. They thanked their fellow board members and all of the municipal employees, volunteers and residents for helping them move the town forward.

Greenstein said it "was truly an honor" to serve New Castle residents and said he is leaving the town in good hands with current members Ivy Pool, Lisa Katz and Jeremy Saland, and the new members, Jason Lichtenthal and Lauren Levin. Levin is expected to be appointed at the next board meeting to fill the vacancy created when Pool becomes supervisor on Jan. 1.

"I believe we are heading in the right direction," he said. "I'm very confident that Ivy, Lisa, Jeremy, Jason and Lauren will continue to make New Castle a better place to live, work and raise a family. And if I had to characterize the state of our town in one word, that word would be community."

Former councilman Adam Brodsky and Katz, who both Greenstein's running mates in 2013 and 2017, listed various changes and projects overseen by the supervisor that have been completed or are in the works. Advancing Chappaqua Crossing to near



MARTIN WILBUR PHOTOS

Outgoing New Castle Supervisor Robert Greenstein, with one of the many plaques he received last week during a ceremony to honor him for his six years of service to the town.

completion, the downtown infrastructure and streetscape project, environmental initiatives, the basketball court and inclusive playground that will be completed next year, luring DeCicco's to Millwood, launching various committees with volunteers to help the town do its work and enhanced communications through a regular e-mail newsletter are all improvements Greenstein led during the past six years, they said.

"I witnessed firsthand your devotion, Rob's devotion and tenacity to move this community by force of will into the future," Brodsky said. "You worked tirelessly at all hours, seven days a week, to create a vision and foundation for the continued success of New Castle."

Katz said his perseverance was extraordinary, and Greenstein always has been willing to fight for issues that he

was passionate about or taking up the cause of someone else's good ideas. Despite his sometimes combative nature, Greenstein is "a caring and compassionate person with a strong sense of community," she said.

"We're in such a better place than we were six years ago and really that's all thanks to you," Katz said.

Makowska remarked that she considered herself fortunate to have served a town filled with caring and thoughtful people. A key reason for Makowska leaving the board is having enrolled in culinary school. She hopes to open a restaurant in the future.

"For me personally, it's been 20 years of community service," she said. "A lot of it has been very intense and taken up a lot of time, and I'm on my Act Three, and I had no idea that this phase of my life would be so fantastic but it is. I'm grateful for the opportunity and you guys help make it so fantastic and I'm looking forward to what's going to happen next."

Pool said that despite having worked in government extensively, when she ran for Town Board in 2017, Makowska became a friend and mentor, taking her under her wing during the campaign and once she won a seat on the board.

She also lauded the councilwoman for her attention to detail highlighted by her data-driven approach by delving into any issue but making sure her research guided her decisions.

"She was the most patient and incredible teacher I could have asked for," Pool said. "Hala had a command of the issues that was absolutely unbelievable, and anyone who has talked to her about policy will tell you that she can recall facts and figures just off the top of her head. It's just incredible."

Saland called Makowska "genuinely a



Councilwoman Hala Makowska also received recognition from Councilman Jeremy Saland on the same evening.

friend" and said she was an outstanding public servant for the entire town and for Millwood and the west end.

"Collectively, the community is better," Saland said. "You've been involved and part of this process that made this happen and I can't stress enough I would not be here without you being part of the journey."

Pool and Saland also addressed the irony of Greenstein and Makowska being honored on the same evening. Throughout their four years together, their personal and policy differences made for some contentious dialogue.

However, Pool said while there was some cantankerousness between the two, in the end the town benefitted from their strong positions and advocacy.

"You kind of balanced each other out," she said. "Hala's analytical approach is really balanced by Rob's tenacious drive."

Officials Urge Cuomo to Sign Bill to Benefit Indian Point Workers

By Rick Pezzullo

With the scheduled closing of the Indian Point nuclear power plants in April 2021, about 1,000 employees and workers for subcontractors could be heading to the unemployment line.

State Sen. Peter Harckham (D-Lewisboro) and Assemblywoman Sandy Galef (D-Ossining), along with several local elected officials and business representatives, are looking to avoid that predicament.

Harckham and Galef last week sponsored legislation that would offer job protections and guarantees for workers at Indian Point following an ownership change from Entergy to Holtec International, which has been selected to oversee the lengthy decommissioning process of the plants.

The two lawmakers co-sponsored bills in their respective legislative house earlier this year that would require Holtec or whatever company heads up the decommissioning to hire from the existing pool of Indian Point employees first and offer a prevailing wage.

"There is a lot at stake here," Harckham said at a Dec. 19 press conference at Buchanan Village Hall. "We need to give

them (the employees) as much protection as we can."

"For generations Indian Point has been a facility for highly skilled workers," Galef said. "This bill is so important for those who work at Indian Point, their families and those who live in this area."

In January 2017, Entergy announced to the surprise of local leaders its plan for the shutdown of Indian Point by Apr. 30, 2021, as part of a settlement with the state and Riverkeeper.

Last month, Entergy Corp. and Holtec International, through their affiliates, announced they had jointly filed a license transfer application with the Nuclear Regulatory Commission (NRC), requesting approval for the transfer of the NRC licenses for Indian Point to Holtec after the last unit permanently shuts down.

Holtec plans to initiate decommissioning at Indian Point, following regulatory approvals, as much as 40 years sooner than if Entergy continued to own the units.

However, Riverkeeper has launched a petition urging Entergy, still the owners of the plants, and Gov. Andrew Cuomo to put the brakes on the transfer of Indian Point to Holtec International.

The organization wants a quick and safe decommissioning process once Indian Point closes but by a company with a long track record of experience, something Holtec doesn't have.

"Holtec has never decommissioned a nuclear facility before, and its entire nuclear 'fleet' was acquired less than a year ago," a Riverkeeper statement read. "Decommissioning is far more complex than just spent fuel management, especially at Indian Point, a site with known radioactive groundwater contamination. Even in its area of expertise, Holtec's spent fuel management system at San Onofre nuclear power plant is proven to have serious design flaws, and Holtec has a history of risk-taking with spent nuclear fuel canisters, brought to light by whistleblower actions."

During last week's press conference, Harckham, Galef, Buchanan Mayor Theresa Knickerbocker and others urged Cuomo to sign their legislation before the start of the new session in Albany on Jan. 8. If he doesn't, then new bills would have to be reintroduced and approved.

"This is a very important first step to help us weather the coming storm," Knickerbocker said.

William Smith, vice president of Local 1-2, NY, Utility Workers Union of America, AFL-CIO, which represents workers at Indian Point, said accepting anything less than fully trained professionals who are familiar with Indian Point to undertake decommissioning would endanger the area and jeopardize an already "economically devastated community."

Entergy spokesman Jerry Nappi, who attended the press conference, countered that the legislation could be detrimental.

"Entergy has treated its employees at Indian Point very well, offering those qualified employees who are willing to relocate a position within the company after the facility shuts down," Nappi said. "Entergy will also fill about 300 positions at Indian Point from current plant employees who will work for Holtec following regulatory approval and transaction close. As part of the sale agreement, Holtec is required to hire those first-phase decommissioning employees and honor their existing collective bargaining contracts. We feel the legislation is unnecessary and could have unintended consequences related to the timely decommissioning of the facility."

Happenings

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

Tuesday, Dec. 24

Parkinson's Support Group. Get the emotional support you need from others and learn more about treatment options to help alleviate symptoms and increase your quality of life. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. 2:30 p.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail vitality@northwell.edu.

Candlelight Christmas Eve Worship. Come for the most sacred of nights to welcome the newborn Christ. Includes special music and the sacrament of Holy Communion. The early service will also include a message for children. All welcome. United Methodist Church of Mount Kisco, 300 E. Main St., Mount Kisco. 6:30 and 11 p.m. Info: 914-666-5014.

Thursday, Dec. 26

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

The Paper Bag Players: Here We Go! America's longest-running theater for children, The Paper Bag Players bring us this family-friendly hour of new and old sketches featuring hilarious stories, lovable characters, original music, on-stage painting and signature paper and cardboard sets and costumes. Emelin Theater for the Performing Arts, 153 Library Lane, Mamaroneck. 11 a.m. and 1:30 p.m. \$15 and \$20. Also Dec. 27. Info and tickets: Visit www.emelin.org.

Holiday Howl. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical time for packs in North America. Guests will assemble "wolfy" gifts for ambassador wolves Alawa, Nikai and Zephyr and then enjoy watching the wolves tear them open. Guests will also potentially behold the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 11 a.m. and 2 p.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

Red Cross Blood Drive. New donors needed! Walk ins welcome! One donation can save up to three lives. New donors needed. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 12 to 5 p.m. Free. Appointments recommended; walk-ins welcome. Info and appointments: Visit www.RedCrossBlood.org and enter the sponsor keyword Blood Drive.

John Jay Homestead Holiday Tour.

John Jay Homestead State Historic Site will offer holiday tours of the historic house. Tour John Jay's 1820s home in retirement and discover what the winter holiday season would have been like for Jay and his family. Period decorations, historic foods and candlelight help celebrate the season. In the gallery is a specially curated exhibition featuring holiday-themed artifacts used by multiple generations of the Jay family. John Jay Homestead State Historic Site, 400 Jay St. (Route 22), Katonah. 1 and 3 p.m. \$10. Seniors and students: \$7. Members and children (12 and under): Free. Also Dec. 27 and 28. Info and tickets: Visit www.johnjayhomestead.org.

Mahjongg Club. Intermediate players welcome. Participants must bring their own set. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 4 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkisco.org.

Affordable Care Act Navigator. A trained navigator provided by the county Department of Health will be available to help people with choosing and signing up for health insurance under the Affordable Care Act and the state health marketplace. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 6 p.m. Free. Wednesdays from 2:30 to 7 p.m. (except Jan. 1), Thursdays from 1 to 6 p.m. and Saturdays from 10 a.m. to 2:30 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.

Family Movie. Come relax in the Children's Room and watch a movie. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 2 to 4 p.m. Free. Also Dec. 27. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Westchester's Winter Wonderland. Celebrate the holidays close to home. A one-of-a-kind holiday experience featuring Santa's Village, amusement rides, unlimited skating on an outdoor ice rink (skates included), the Winter Wonderland Holiday Circus, food and beverage options and a dazzling light show. Kensico Dam Plaza, 1 Bronx River Parkway, Valhalla. 5 to 10 p.m. \$20. Children (under 3): Free. Weekdays from 5 to 10 p.m. and Saturdays and Sundays 4 to 10 p.m. through Jan. 4. Info and tickets: Visit www.winterwonderland.com.

Citizen Cope. Singer-songwriter Clarence Greenwood, also known as Citizen Cope, will take the stage. His latest album, "Heroin and Helicopters," explores the personal struggles Cope has faced during his career as a musician. The album contains Cope's signature mix of blues, soul and roots music, along with socially conscious lyrics. Capitol Theatre, 149 Westchester Ave., Port

Chester. 8 p.m. Advance tickets: \$40.50 and \$56. Day of show: \$45.50 and \$61. Info and tickets: Visit www.thecapitoltheatre.com.

Friday, Dec. 27

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they celebrate the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also Dec. 28 and 31. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

ZUMBA® With Amy. Fun cardio dance fitness workout, low-impact approach, easy learning environment. This feel-good workout is exercise in disguise. Free trial class available. Addie-Tude Dance Center, 42 Memorial Plaza, lower level, Pleasantville. 11 a.m. to noon. \$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.

Live Animals Presented By Nature of Things. Get up close and learn all about some fun and fuzzy creatures during this wild program. All ages welcome. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 2 p.m. Free. Info: 914-666-8041 or www.mountkisco.org.

Kwanzaa Celebration. The program includes traditional drumming by Kofi and Sankofa Dance & Drum Ensemble and performances by White Plains Steppers, storytelling and books for children and more. A cultural Karamu feast will be provided by ShopRite following the program. Sponsored by the Community Unitarian Universalist Congregation, the Thomas H. Slater Center, Inc., the White Plains Housing Authority, the Martin Luther King, Jr. Freedom Library and more. Thomas H. Slater Center, 2 Fisher Court, White Plains. 2 p.m. Free. Info: 914-946-1660 or visit www.cucwp.org.

"Newsies." Based on the 1992 movie and inspired by the true story of the 1899 Newsboys Strike, this is a joyful and entertaining musical capturing the strength that young people have when they join together and stand up against injustice. With a funny, poignant book by Harvey Fierstein and stunning music by Alan Menken and Jack Feldman, "Newsies" is a classic with the power to inspire. White Plains Performing Arts Center, 11 City Place, White Plains. 2 and 7 p.m. \$37 to \$59. Also Dec. 28 and Jan. 3, 4, 10 and 11 at 7 p.m. and Dec. 28 and 29 and Jan. 4, 5, 8 and 12 at 2 p.m. Info and tickets: 914-328-1600 or visit www.wppac.com.

Family Film. Enjoy a movie on the library's big screen. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 4 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

chappaqualibrary.org.

Saturday, Dec. 28

Pleasantville Farmers Market. The delicious good time moves indoors for the winter. A great way to support regional agriculture and eat healthy, year-round with plenty of warm smiles and community togetherness. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Please note the market is a dog-free environment. Indoor market continues through Mar. 28, 2020. Info: Visit www.pleasantvillefarmersmarket.org.

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

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.

Pack Chat for Kids. This is the best introduction to wolves for families with young children. Kids will learn about the mythology surrounding wolves and the important role they play in the natural world. This is an exciting time for wolves as they are out searching for prey as they prepare for the birth of this year's pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Dec. 29 and 30 at 11 a.m. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

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

Drop in for Tech Help. Receive assistance with any of your technology devices. PC, Google, Microsoft savvy volunteers help with troubleshooting, downloading, Overdrive, Freegal, Hoopla or any other online service. First-come, first-served. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 2:30 p.m. Saturdays from 1 to 2:30 p.m. and Tuesdays from 3 to 4:30 p.m. (except Dec. 31) Free. Info: 914-666-8041 or www.mountkisco.org.

"Nutcracker Dream." A beautiful interpretation of the beloved holiday classic

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There's Good Reason to Be Particular About Mattresses

During the holiday season, my workload as a realtor slows down a bit and I get to spend more time cuddled up in my wonderful bed, featuring the most comfortable of mattresses.

That's exactly what I've been doing the past few days as I stretch my time in bed past my usual 6 a.m. wake-up call.

One of my favorite television commercials of all time, featured some years ago, was for Sealy, the world's largest mattress manufacturer. Its slogan was "No Matter What You Do in Bed, Sealy Supports It."

It reminded me of the first story I heard about mattresses, that of the princess and the pea. Even as a naïve child, I thought, "Yeah, right, she could feel that pea under 20 mattresses!"

But during my lifelong experimentation with mattresses, some delightfully comfortable and others deplorably torturous, I fashion myself somewhat an expert on them, and today I might run a close second to the princess about being finicky.

And why not?

Our relationships with our mattresses vie with any kind of personal liaisons we might ever have, considering that if you reach the average life expectancy, you will have spent close to 30,000 nights with your body snuggled up to your most supportive companion.

When it came time for me to buy my first mattress as a young college student, however, I found that I was far from sensitive about comfort. To create both a modern sofa and a bed, I bought a six-foot long piece of

foam rubber and laid it over a hollow door, supported by four cinder blocks. To keep my handyman special from looking primitive, I attached a pleated skirt to hide the cinder blocks. As a bed, it was torturous.

For my first apartment in New York City, I bought an inexpensive mattress from Macy's and, as I recall, it was the superstore's own brand. Even though it was inexpensive, it was dreamily comfortable. When my girlfriend – now my wife – came to my apartment for the first time, I showed her my antique sleigh bed, bragging that I probably had the most comfortable mattress ever.

"Why don't you give it a try?" I asked. She refused. Things were different in those days.

There is evidence that people have been seeking softer sleeping surfaces for more than 10,000 years. Since the Egyptian Pharaohs had beds of ebony and gold, it is assumed that they devised something soft to place in them, but common people simply slept on palm bows heaped in a corner. By Roman times, mattresses were stuffed with reeds, hay, wool or feathers. During the Renaissance, mattresses were made of pea shucks or straw and covered with sumptuous velvets, brocades and



By Bill Primavera

silks. Their filling, however, became a banquet for bugs.

In the 16th and 17th centuries, the term "sleep tight" was coined when mattresses were placed on a web of ropes that needed regular tightening to prevent sagging. The second part of that phrase, "don't let the bedbugs bite," expressed a condition that was common then and seems to have recently returned with a vengeance.

By the late 19th century, cotton mattresses dominated, which were less attractive to vermin.

In 1900, James Marshall invented and patented the pocket coil. A coil was placed inside a pocket made of cotton and individually suspended, with materials placed on top that provided comfort.

By the 1930s, innerspring mattresses with upholstered foundations gained the prominent position they still enjoy.

Futons were introduced in the 1940s, foam rubber mattresses appeared in the 1950s, followed by waterbeds in the 1960s and airbeds in the 1980s. But most of us still rely on innerspring mattresses to get our sleep.

In selecting a mattress, you might consider the suggestion of the International Sleep Products Association that you spend

at least 15 minutes lying on it. The last time I bought a mattress I tried six different models but can't imagine that I would have spent an hour-and-a-half dozing off at the mattress store.

The primary choices in selecting a mattress are the degrees of firmness and the size. Much of the firmness debate is solved by the new options for adjustability, even for each side of the bed.

Then there is the question of how big the mattress should be. Widths range from 39 inches for a twin to 76 inches for a king, and lengths range from 75 to 84 inches.

While the square footage of homes and the size of bedrooms is shrinking, anyone sharing a bed may think twice about diminishing the size of the bed proportionately. Did you know that if you share your bed with a partner and it is a simple double bed, you have only as much personal sleeping space as a baby in a crib?

When my wife took her 88-year-old mother to buy a new mattress and the salesman noted that it came with a 20-year guarantee, her mother said, "At my age, I only need a five-year guarantee. Can I get a better price for that?"

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), specializing in lifestyles, real estate and development. To engage the services of Bill Primavera and his team to market your home for sale, call 914-522-2076.

Traveler Determination Takes Center Stage in Compelling Film



By Brian McGowan

The Cantor Theater in Manhattan's East Village was sold out recently out to see the East Coast debut of "Float Like a Butterfly." Written and directed by Carmel Winters, the film traces the journey of Frances Joyce in her

quest of boxing fame.

Or so we think at first.

But this is no underdog-beats-all-odds-and-wins-world championship film. Joyce's challenges are more immediate – and closer to home. And her dream, aside from becoming a boxer, is to travel to Dublin to meet Muhammad Ali, then emerging as one of the world's most popular sports figures, especially in boxing-crazed Ireland, where fisticuffs has always been a time-honored tradition.

Joyce, brilliantly played by Irish actress Hazel Doupe, wins our hearts from the opening frames, which capture the magic and misery of a Traveler family in Ireland in the early 1960s. When a trio of policemen show up, making inquiry as to why she, a girl barely 10 years old, is not at school, all hell breaks loose, and within moments her life is turned upside down as her pregnant mother suffers a fatal injury and her father is hauled off to jail for assaulting a policeman.

We next meet Joyce as a teenager, helping to raise her younger brother, Patrick, in the midst of a Traveler band led by her

grandparents, Grandad Joyce (Lalor Roddy) and Granny Flynn (Hilda Fay), who both provide precious wit and wisdom throughout the film. It is their son, Michael Joyce (Dara Devaney), who as Joyce's father delivers a stunning portrayal of an equally charming, belligerent and pig-headed man, a truly conflicted character we simultaneously love and hate.

His arrival back home from prison presents challenges to everyone, but especially himself, as he struggles to adapt to the role of father, provider and "free born man." Fiercely proud, he balks at having to submit to authority, and decides that he and his children will "take to the road." And with horse and gaily-painted wagon, they embark on a journey that brings us the magic and mystery of Traveler life, along with a vivid demonstration of its challenges and the ostracism this free-spirited folk suffer at the hands of those who consider themselves of a better class.

We see a vivid display of this when Michael pays a visit to his dead wife's brother's house. The brother, who abandoned the Traveler way of life long before, now lives within four walls, has a steady job and doesn't drink – all foreign concepts to Michael. We don't wait long before fists are thrown, and Michael, Frances and Patrick are tossed out onto the road again.

Not wanting to give away more of the plot, I offer this advice: see this movie! Since its

release last year, it has garnered numerous awards, including one at the Toronto Film Festival, and adds to a long list of Irish cinema gems.

On an unrelated topic, I am happy to announce the publication of my second book, "Love, Son John," a fascinating collection of the World War II correspondence of close relation Private John F. McGowan. In both letters and narrative, the book traces John's journey from 18-year-old draftee from the Bronx to seasoned combat infantryman in the 65th Infantry Division of

Gen. George S. Patton's famed Third Army. At one point, the Allied Division closest to Berlin, the 65th (nicknamed The Battle Axe for its distinctive halberd insignia) liberated large swaths of Germany and Austria, as well as one of Hitler's notorious death camps.

If you hold dear anyone who has served in uniform, or just have an interest in World War II as told by people who experienced it first-hand, you will enjoy this book. It's a story from which everyone will take away something of value. It's available at Amazon.com, or inquire at The Village Bookstore in Pleasantville.

Pleasantville resident Brian McGowan was born and raised in the Bronx. He is a second-, third- and fifth-generation Irish-American/Canadian, as his immigrant ancestors followed several paths to the New World. In addition to "Love, Son John," he is the author

Irish Eclectic



of "Thunder at Noon," a work of historical fiction based on the Battle of Waterloo. Both books are available at Amazon.com. Reach him at 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.

Happenings

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that premiered last season and delighted audiences young and old with its artistry and storytelling. Inspired by the work of Marius Petipa and Rudolf Nureyev, this production is a one-hour family-friendly adaptation of the seasonal favorite, created by world-renowned choreographer Carole Alexis and performed by Westchester's premier dance company, Ballet des Amériques. Professional dancers from Ballet des Amériques perform the featured roles of the ballet, while additional roles will be cast by audition among young dancers from across the area. Emelin Theatre, 153 Library Lane, Mamaroneck. 2 and 5 p.m. Adults: \$25. Children: \$20. Info and tickets: 914-698-0098 or visit www.emelin.org.

Evening Howl for Adults Only. Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolves in North America while enjoying a spread of wine and cheese. Guests will take a short sunset hike to howl with ambassador wolves Alawa, Nikai and Zephyr and potentially behold the center's critically endangered red wolves and Mexican wolves, too. For adults 21 years old and up. Wolf Conservation Center, South Salem. 5 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Lucy's Laugh Lounge: Bill Cannon's Third Time's the Charm Comedy. Cannon's bringing the laughs. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$20. Info and tickets: Visit www.lucyslaughlounge.com.

Sunday, Dec. 29

Sunset Photo Session. A special opportunity to photograph 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. 2:30 p.m. \$100. Space limited; pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Monday, Dec. 30

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

Mommy and Toddler Yoga. Stretch and shine with your toddler during this playful introduction to yoga using games, songs, stories and more. For children one to four years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Here We Are Together: Story Time for Children. Story time for children of all ages, from newborns to school age children; with

a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday. Info: 914-666-8041 or www.mountkiscoblibrary.org.

The Brave Little Tailor. A loyal bird, a two-headed ogre, a wicked giant, seven flies and a jar of jam! It all adds up to a fantastic journey that one young tailor must make to become a royal knight. Based on the story by the Brothers Grimm and full of adventure and fun, this story teaches children that nothing is impossible if they put their minds to it. Suitable for children four to 11 years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3 p.m. Free. Registration requested. Info and registration: 914-769-0548.

DIY Snowman Bracelet. Add some sparkle to your outfits this winter with a beautiful snowman charm bracelet. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended; walk-ins welcome as supplies last. Info and registration: 914-864-0130.

Belly Dancing. Learn this captivating Middle Eastern dance and enrich your cultural knowledge. Whether you want to dance professionally or just have fun and get in shape, this is the place to start. Josie's International School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 7 p.m. \$20. Every Monday. Info: 914-332-8670 or visit www.josiedance.com.

Tuesday, Dec. 31

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

Art All Day. Use our stuff to make your art. For children of all ages; with an adult. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 9 a.m. to 4 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Short Films for Short People. Films based on beloved picture books. For children of all ages; with an adult. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 11 to 11:30 a.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Wednesday, Jan. 1

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

Thursday, Jan. 2

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. Info: Visit www.lifelinetheaterinc.org/index.html.

Bereavement Support Group. Members receive the emotional, educational and social support needed to successfully manage their issues. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. Noon. Free. Also Jan. 16. Registration required. Info and registration: Contact Monica Hobson at 914-924-9593 or e-mail mhobson@northwell.edu.

DIY Polar Bear Art. While we might feel like a polar bear in winter, come in and warm up and create a beautiful work of art featuring these magnificent animals. 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. Info: 914-273-3887 or www.northcastlelibrary.org.

Friday, Jan. 3

Passport to Fitness for Kids. Get fit and learn dance moves from around the world with a fun Zumba class.

For children four to six years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 a.m. to noon. Free. Registration required. Info and registration: 914-864-0130.

Friday Night Film Series: "The Picasso Summer." Celebrate this 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, utilizes animated Picasso sequences, split screen scenes and features gorgeous views of various European locations. In English. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Westchester Photographic Society: Photo Competition. Members compete in digital competitions. All prints and digital black and white. Critiqued by a professional judge. 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.

Saturday, Jan. 4

Saral Seva Trust Art Workshop. Participants will learn the different stages of the painting process from sketching to creating layers and building the final piece. Instructor Seema Varma will spend about 20 minutes going over various techniques and then let the participants paint and create their own masterpiece. Participants will go home with their very own art piece. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to 12:15 p.m. Free. Registration required. Info and registration: 914-864-0038.

Winter Wolves. Winter offers families a unique opportunity to visit the wolves during their favorite time of year. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as their maturing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially the critically endangered red wolves and Mexican gray wolves. Enjoy hot beverages in the woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$15. Children (under 12): \$12. Also Jan. 5, 12, 19 at 2 p.m., Jan. 18 and 26 at 1 p.m. and Jan. 20 and 25 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

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

Sunday, Jan. 5

Winter Wolves for Kids. This is the best introduction to wolves for families with young children. Youngsters will learn about the mythology surrounding wolves and the important role of wolves in the natural world. This is an exciting time for wolves; they're out searching for prey as their growing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially the critically endangered red wolves and Mexican gray wolves. Enjoy hot beverages in our woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$15. Children (under 12): \$12. Also Jan. 12 and 19 at 11 a.m. and Jan. 11 and 25 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.



Five Things I Was So Happy to Have When Giving Birth at NWH

By Hannah R.

My birth plan was simple. I expected to have a natural birth in the hospital where my doctor was affiliated, without any serious complications. After all, my pregnancy had been smooth. I was healthy, worked out five times a week and hadn't experienced any unexpected symptoms or concerns.

But one thing I learned from my pregnancy experience is that childbirth is unpredictable. A week past my due date, a surprising reality hit me: I was most likely going to be induced. I started to grow concerned. What if there are complications during delivery? How can I get the best possible care for my baby? How can I make sure I am there for my child every step of the way?

That's how I found myself contemplating something that was definitely not in my birth plan: switching hospitals when 41 weeks pregnant.

As I faced the possibility of a Cesarean section, it became increasingly important for me to be in a place where my baby and I could receive the best care should we need it. For me, that meant giving birth in a facility with a Level III NICU – a facility capable of caring for high-risk infants.

A friend recommended Northern Westchester Hospital (NWH), and I reached out to Lorraine Owens, mother-baby navigator for the labor and delivery team. Owens walked me through the induction process and gave me a tour of the hospital.

In the process, she introduced me to several things I hadn't thought about but made all the difference in my childbirth experience.

1. Level III NICU

When my doctor began talking to me about induction, I was scared. However, knowing that I was at a facility with a state-



of-the-art Level III NICU, the highest level NICU a community hospital can offer, gave me a sense of comfort as I faced the unknown. I knew that whatever happened, my baby would have access to board-certified neonatologists and highly trained nurses who could provide 24-hour care if needed. It was also meaningful to me that if my baby required medical assistance, my husband and I could be by my baby's side every step of the way.

2. A Guiding Hand

Before contacting NWH, I had never heard of a mother-baby navigator. I had no idea how much support Owens would provide. She prepared me for admission, delivery and bringing little Henry home. She explained everything, from how my induction would work and the security procedures the hospital uses to keep infants

safe, to the hospital's newborn classes and all the resources available to us for support after discharge.

After meeting Owens, I went from feeling frightened to being informed about the process. I began to relax and focus on the excitement of meeting my baby boy.

3. A Private Affair

Having a private hospital room gave my family time to bond after birth. I found this privacy especially important during breastfeeding. For a first-time mother, nursing can be difficult, and I appreciated the space to focus on feeding Henry. As my son and I adjusted to this new and sometimes challenging process, the peace offered by a private room helped to ease my nerves and make the transition into parenthood as smooth as possible. The room was so relaxing, in fact, that my husband and I

often joked that we felt like we were staying at a hotel instead of a hospital.

4. Boarding with Baby

I appreciated the options of having Henry stay in the room with us or be cared for in the nursery. Since I planned to breastfeed, I preferred my son to stay in the room. I also wanted him there so he could receive all the benefits of skin-to-skin contact, which is so important in those early days after birth.

That said, it meant a lot to me to know that, if I were to experience any complications with my own recovery, he could go to the nursery and receive excellent care there as well. Fortunately, we were able to keep our son in the room with us and the nurses repeatedly checked in to make sure we were all doing well.

5. Friendly Faces

Perhaps the best part of my experience at NWH was the great care I received from the nursing staff. Not only did they do all they could to put me at ease and tend to me and Henry, they also helped my husband. After almost 12 hours of labor and delivery, I was so exhausted that I fell asleep shortly after our son was born.

Left alone to care for our hours-old infant, my husband was understandably nervous. The nurses continually checked on him and helped him adapt to his first daddy moments. They showed my husband how to change our baby's diapers, and later, how to assist with breastfeeding and rock Henry to sleep.

As we cared for our newborn, the nurses made sure my husband and I didn't forget to care for ourselves, reminding us to eat, rest and stay hydrated. We couldn't have asked for better care as we adjusted to our first days as a new and happily growing family.

My family and I couldn't be happier!

To learn more about the maternity experience at NWH, visit nwhe.net/maternity.

NWH Receives Approval to Develop Cardiac Catheterization Lab

The New York State Public Health and Health Planning Council (PHHPC) has approved certification for Northern Westchester Hospital (NWH) to offer interventional cardiology services to residents who would otherwise have to travel long distances during cardiac events when every second counts.

The addition of percutaneous coronary interventions and electrophysiology and the construction of a cardiac catheterization lab to the hospital's already existing cardiology services will improve access to residents of northern Westchester to a comprehensive cardiac center. The center's Cardiac Catheterization Lab, a joint program with Lenox Hill Hospital, will serve as a regional center of excellence for interventional and procedural cardiac care.

"This is a significant milestone for cardiac care in our community, where residents have had limited access to this life-saving medical care," said NWH's Executive Director Derek Anderson. "When someone has a cardiac event, rapid treatment is necessary to prevent irreparable damage to the heart. Access to high-quality cardiac care locally will enhance the health and well-being of our community."



Dr. Carl Dietrich Reimers will serve as Northern Westchester Hospital's cardiac Catheterization Lab's on-site medical director.

Heart attacks are the result of blockages in blood vessels that carry oxygen and vital nutrients to the heart. When they last more than a few minutes, these blockages can cause permanent damage to heart muscle and tissue. The new facility will offer patients the gold standard of care,

which in interventional cardiology means opening the artery within 90 minutes of first medical contact.

"The opportunity to bring our community greater access to this level of care has been a longtime priority and is the culmination of efforts to expand our cardiac program," said outgoing hospital President and CEO Joel Seligman. "Since Northern Westchester and Lenox Hill hospitals are both members of the Northwell Health system, our patients will receive care from some of the nation's top cardiac physicians who have extensive training in high-risk cases."

Seema Boesky, a longtime NWH supporter, made a generous gift to the hospital, one of the largest in the hospital's history, which will enable the Cardiac Cath Lab to advance the level of care provided to the community, Seligman added.

The center, which NWH hopes to open in the first half of 2020, will provide diagnostic and interventional coronary angiography and stent placement for elective, urgent and emergency-level patients. In addition to the Cardiac Catheterization Laboratory, the center will feature an outpatient facility and specialized cardiac care for women.

The 1,709-square-foot facility will be

located on the second floor of NWH's Wallace Pavilion and will be open 24 hours, seven days a week. It will add to NWH's existing cardiology programs aimed at preventing, diagnosing and treating a full range of cardiovascular disease including an outpatient rehabilitation program located at Chappaqua Crossing.

Dr. Carl Dietrich Reimers, an interventional cardiologist, vice chairman of cardiology at Lenox Hill Hospital and assistant professor of cardiology at the Zucker School of Medicine at Hofstra/Northwell, will serve as the Cardiac Catheterization Lab's on-site medical director, and Dr. Garvey Rene of CareMount Medical will serve as associate director. Pat Soriano will be managing the center.

Interventional cardiologists will work at NWH and Lenox Hill, rotating through both hospitals to maintain the highest level of skill and quality, according to Reimers.

A leader in heart care, the cardiac program at Lenox Hill Hospital has been ranked among the top 5 percent of hospitals in the nation by Healthgrades for overall cardiac services for six years in a row. Its cardiology program was also recognized in U.S. News & World Report's 2019-20 Best Hospital rankings.

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Digging Deep into the Wine Tariff Wars With the EU



By Nick Antonaccio

We all deal with uncertainty in our lives and we all like to think we can overcome it.

When facing financial uncertainty, we tighten our belts and attempt to weather the storm.

And a glass of Chianti Classico helps mellow our stress and tension.

When facing health uncertainty, we heed our physician's medical advice to minimize or eliminate the potential consequences. And a glass of Sancerre helps mellow our stress and tension.

When facing social uncertainty, we strive to interact with others to reduce family friction, mitigate career crises or minimize political upheaval. And a glass of Champagne helps mellow our stress and tension.

But what happens if wine is no longer the readily accessible crutch that gets us through uncertainty? How do we deal with uncertainty if wine becomes the uncertainty, not the comfort resource on which we rely?

Such an uncertainty has been in the news for several months, and the situation now seems to be escalating.

In October, in response to a murky dispute over the European Nation's (EU) role in the Boeing/Airbus matter before the World Trade Organization (WTO), the

United States imposed 25 percent tariffs on select products, principally wine, exported to the United States from EU countries that historically have been subsidizing Airbus. Affected wines include those under 14 percent alcohol by volume from France, Germany, Spain and the United Kingdom. Higher alcohol wines and sparkling wines were inexplicably excluded from tariffs.

On Dec. 2, in response to a French tax imposed on the largest American technology companies, the United States threatened to increase the October tariffs to 100 percent on all French wines, cheeses and numerous consumer goods.

Then, on Dec. 12, in response to a WTO report stating the EU was not in compliance with a provision of a Boeing/Airbus dispute, the U.S. threatened to expand and increase tariffs on EU exported products. The potential 100 percent tariffs, which are slated for mid-January, affect all wines from all 28 EU members and are expanded to all of its produced cheeses, olive oil, whiskey and other consumer products.

What does this convoluted, somewhat arbitrary, set of import taxes looming on the horizon portend for the American wine industry and ultimately the American consumer?

Plenty.

Impact on the wine industry

The impacts of the 25 percent tariffs were borne by the wine distribution chain. Importers, distributors and retailers absorbed the costs without impacting retail prices in the hopes of maintaining market share. This is shielding the American consumers – for the time being.

The immediate uncertainty of the tariffs and their duration will strain the financial wherewithal of those in the wholesale chain.

Consumer resistance to price increases, made inevitable by prolonged tariffs, may drive many wineries, importers and retailers out of business. American producers might seize on this change in pricing dynamics. Increased prices, without commensurate cost increases, would result in a boon for them. But would consumers resist the new price points for American wines?

Impact on consumers

There is just so much the wholesale and retail chain can absorb. Imposing 100 percent tariffs are a game changer.

If they are imposed, all bets are off. Prices on European Union wines will increase exponentially. Consumers will be forced to make difficult choices. Pay prices beyond their comfort level? Beyond their resistance

point? Or revert to lower priced wines they previously avoided? Seemingly, this would make certain American wines more attractive.

Or maybe not.

Consumers tend to be creatures of habit. Finding a wine they enjoy, they typically become loyalists. But price-point resistance is a powerful purchasing dynamic. Gravitating from EU wines, will they invest in inflated American wines or seek out lower tier wines to the detriment of their (previously) favorite wines? Or join the growing wave of alcohol abstainers?

If you feel strongly about the tariff issue, I encourage you to communicate with the U.S. Trade Representative's office (<https://tinyurl.com/wtpw2q4>) and/or your congressional representatives (www.usa.gov/elected-officials).

We face uncertain situations each day of our lives. And each face unpredictable impacts.

What will the outcome be? Only time – and fractious international relations – will tell.

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



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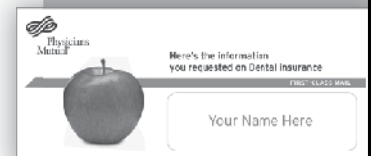
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ExaminerSports

Panthers Hold Off Rival Briarcliff in First Round of Tourney

By Rob DiAntonio

The lead was getting smaller and the pressure was rising for the Pleasantville Panthers against rival Briarcliff. But the moment wasn't too big for Panther senior Christian DeJesus.

DeJesus came through with two clutch steals and made three free throws to close out a 39-34 victory over the visiting Bears in the first round of the Lt. Garbarini Memorial Tournament last Thursday afternoon.

"Christian was big and our defense is what's going to keep us in the game," Pleasantville coach Bob Jordon said. "The kids played hard. We're overmatched athletically and maybe basketball-wise. But they just reached down at the right time and pulled it out. To keep a team like Briarcliff under 40 points, you've got a chance to win, and that's what happened today."

Besides the late-game heroics, DeJesus, a point guard, provides a nonstop motor and kicks the Panthers' offense into high-gear.

"Christian's got nothing but energy," Jordon said. "He plays hard all the time in practice and in games. He's our leader on the court. It's not always going to be points, but the energy is going to be there."

Missed opportunities haunted Briarcliff. Trailing 36-34 with under 30 seconds to go, the Bears came out of a timeout and got two inside looks but couldn't finish. They then



The Bears' Chris Parks shoots the ball in the lane as he's surrounded by Pleasantville's Willie Cahill (left) and Aiden Lynch.

missed the front end of a one-and-one with 20 seconds left.

"I don't really think it was about that and it was about everything that led up to that," Briarcliff coach Nick Friedman said of the missed opportunities in the final minute. "When you're not doing the little things, those last 30 seconds you feel tight and that often leads to misses. I would really say it was just stemming from the way that we started that third quarter. We started overthinking as opposed to just playing and reacting."

DeJesus was fouled with 14.5 seconds left and made one of two from the line. He then came through with the two steals and made one of two each time he was fouled.

It was Briarcliff that held a 17-15 lead at halftime, but the Panthers stormed out after the break. Aidan Lynch nailed a top-of-the-key three followed by a 3-pointer from Nick Doto to give the Panthers a 21-17 lead. Jonah Sreedhar, who paced the Panthers with a game-high 15 points, converted on a shot off the glass to cap the 8-0 run.

"The biggest thing we talked about at halftime is that we were only down two and we hadn't played well offensively," Jordon said. "We were in foul trouble. We really had to do something in the third quarter to make a difference in how the game was going to go. The kids once again picked it up defensively and we had some fast breaks that got us some points. That was key for us."

The Bears clawed back when A.J. Panarese drove, finished through contact and made the free throw to cut the deficit to five. Luke McCann scored inside to make it 26-23. But the Panthers responded with a 7-0 run behind a 3-pointer from Sreedhar, a putback from Justin Cronk and a fast-break layup by Jack Skopetos to give them a 33-23 lead after three quarters. Pleasantville outscored Briarcliff 18-6 in the third.

"I think they really just came out and wanted it more," Friedman said of what



Pleasantville's Nick Doto fires a jump shot over Briarcliff's Joe Murray (left) and Nick Reish in the Panthers' 39-34 win.

spurred Pleasantville's third-quarter surge. "They clearly wanted this win and their crowd was into it. Those turnovers are a killer on the road because it gives away the momentum. They had a couple of shots go in and we didn't. And next thing you know we were tight and they weren't."

Briarcliff went on an 11-3 run in the fourth, cutting the deficit to two points at 36-34 after a corner 3-pointer by Panarese.

"We started committing on the defensive end and that kind of makes offense a lot easier," Friedman said. "We just saw the ball go in. We had a couple of in-and-outs earlier in the game that could have got us rolling."

McCann paced Briarcliff with 13 points. Panarese added eight points and Jayden Larregue scored seven. DeJesus netted six points for the Panthers, while Doto and Lynch had five points apiece.

Pleasantville (5-1) suffered its first loss of the season on Saturday, falling to host Hastings 53-39. The Panthers will face Valhalla in the finals of the Garbarini Tournament on Jan. 9 at Pace University.

"We expect to win every game," Jordon said. "It doesn't matter who it's against. The kids don't get down on themselves at halftime when we're down. The last two games, we've been down at halftime and really played well in the third quarter. We

ROB DIANTONIO PHOTOS



Briarcliff's AJ Panarese sends up a shot in the paint during last Thursday's game at Pleasantville.

expect to win and there's no hoping in here. We have four seniors in the starting lineup, so that's helpful. They've been through the battles."

Briarcliff bounced back the next day with a 41-33 win over host Somers to improve to 3-3 this season. Panarese led the Bears with 15 points.

"I've been telling them from the beginning that we have a really high ceiling," Friedman said. "We have three sophomores in our top six, so we're young. We're getting going, but at the same time I know we're capable of playing better than this (against Pleasantville), so it's pretty frustrating."



Jonah Sreedhar scored a game-high 15 points in Pleasantville's home win over Briarcliff.



Pleasantville guard Christian DeJesus tries to dribble past Briarcliff's AJ Panarese in Thursday's game won by the host Panthers.

Vikings Stay Unbeaten With a Victory at Westlake

By Andy Jacobs

Valhalla boys' basketball coach Richard Clinchy certainly knew his Vikings were in for a frenetic 32 minutes of action when they arrived at Westlake High School last Wednesday evening.

"It's not," he would say afterwards, "for the weak-hearted if you're out on that floor."

With both the Vikings and Wildcats fresh off of tournament titles and still unbeaten this season, the showdown between the neighboring rivals figured to be even more intense than usual. As it turned out, Valhalla, spurred by its early pressure defense, converted on three fast-break layups in the opening 90 seconds to jump out to a 6-0 lead and never trailed after that, coming away with a 61-52 win over the Wildcats.

"Yeah, we try to keep pressure on people," said Clinchy after his Vikings had snapped Westlake's season-opening six-game winning streak and advanced to the finals of the Lt. Garbarini Memorial Basketball Tournament at Pace University the second week in January. "We have a very deep team and we keep going with new guys. We try to wear people down. Running, pressing. It's just constant pressure and constant movement and that's what we try to do."

"We had 19 turnovers," said Westlake coach Chad Charney. "If you're gonna beat a team like Valhalla, you can't turn it over 19 times. I think they're a potential section and then possibly state championship team. They're extremely deep. They're good."

Marlin Wise scored 14 points to lead a balanced Viking attack. Sean Kelly wound up with 11 and Drew Drayton-Bey nine, while Marco Mazza and Mahari Davis added eight points apiece. The Wildcats were led by Carter Falkenberg's 19 points. Matt Martin finished with 13 and Mike Mancuso had 12.

The Vikings opened up a 15-point lead nearly three minutes into the third quarter, but Westlake began the fourth quarter with four straight baskets to close within 50-44.



The Wildcats' Mike Mancuso takes the ball to the basket during last Wednesday's home game vs. Valhalla.

A 9-2 response by Valhalla over the next two and a half minutes of the final period all but sealed the outcome.

"We missed a ton of wide-open 3s in the first half," said Charney. "We had a lot of opportunities to make this game a whole lot closer."

The Wildcats found themselves playing from behind all night once Valhalla's Wise began the scoring with a layup 45 seconds into the game. Westlake turnovers quickly led to baskets by Sebastian Pacheco and Mazza. Just 81 seconds after the opening jump, Charney was forced to call a timeout.

Valhalla's early lead stretched to 16-7 with a minute to go in the first quarter after a 3-pointer from the top of the key by Davis rattled in. The Wildcats' Evan O'Brien answered with a trey from the left corner 30 seconds later, cutting the Westlake deficit to six points again.

A put-back basket by Mancuso, followed by a 3-point shot from Hamad Azmar, sliced the Valhalla lead to just 16-15. But the Wildcats never managed to go in front. James McAndrew connected on a 3-pointer



Matt Martin of Westlake tries to drive past Marlin Wise of Valhalla in last Wednesday's game, hosted by the Wildcats.

from the right elbow and Rahsean Melvin added a put-back 12 seconds later, restoring the Vikings six-point lead again.

The first half ended with Valhalla scoring three baskets in the final minute, two of them from Wise, to build a 33-23 advantage at the break.

"The big thing is we kind of gave 'em eight points," said a frustrated Charney. "End of the first half, we should've been milking the clock. There was 34 on the game clock and they should never have got the ball back. And they ended up scoring five points. In the third quarter, same thing. We had a sideline out of bounds, like 14, 15 seconds. We got it in and shot it with eight and the kid (Davis) hit a 3 at the buzzer. So you take away those eight points, it's a different game."

A 3-pointer by Wise opened the second half and Westlake never got closer than 11 points after that during the third quarter. Falkenberg's 3-point shot with 20 seconds left in the period moved the Wildcats within 47-36 before Davis made his buzzer-beating trey to give Valhalla a 14-point cushion.

But the fourth quarter began with a



Westlake guard Carter Falkenberg sends a left-handed shot over Valhalla's Mahari Davis in the first half of last week's game.

Mancuso layup, followed quickly by another layup by Falkenberg after a steal. A minute later, Falkenberg drove the left baseline for a runner and then Martin, on a cut to the basket, scored on another layup, trimming the once-big Valhalla lead to just six points.

The Vikings, though, then held off the resurgent Wildcats with their game-clinching 9-2 spurt that featured buckets from Pacheco, Kelly, Drayton-Bey and, with three minutes left, Mazza. The Valhalla lead was back up to 13 points and not even three late baskets from the Wildcats' Martin was going to change the outcome.

"We have a more experienced team than last year," said the Vikings' Clinchy. "We have a lot of guys back. And what I was just saying in the locker room is that composure under pressure is something that carries you a long way in life in a lot of ways. So I was really proud of that ability to hold it together and not get so nervous. Just on to the next play. It's what winners do."



ANDY JACOBS PHOTOS



Valhalla's Marlin Wise goes up for two of his team-high 14 points in the Vikings' win over Westlake.



Valhalla point guard Sebastian Pacheco dribbles the ball across midcourt in last Wednesday's game.



Drew Drayton-Bey of Valhalla shoots the ball from the left baseline in the second half of last Wednesday's game at Westlake.

Marco Mazza of Valhalla has a clear path to the basket in the 61-52 win over Westlake.



Caitlyn Moccia dribbles the ball up the floor in Fox Lane's 55-27 rout of visiting Clarkstown North last Wednesday afternoon.



Fox Lane's Susannah Kimsal leaves a trio of Clarkstown North players behind as she heads to the basket in the second half of last week's game.



Fox Lane junior Holly Ades lines up a 3-pointer early in the second half vs. Clarkstown North. She finished with a game-high 21 points.



Eighth-grader Lauren Antolino shoots the ball from the left corner in the first half of last Wednesday's home win.



Fox Lane's Natalie Pence dribbles across midcourt in last Wednesday's game. She scored 19 points in the 55-27 win over Clarkstown North.

Fox Lane Defeats the Rams



Horace Greeley junior goalie Arye Wolberg makes a save late in the third period of Friday night's game at the Brewster Ice Arena.



Evan Scott, a senior captain, awaits a faceoff during Greeley's home game vs. Scarsdale on Friday.



Ben Cohen of Greeley moves the puck up the left wing in the second period vs. visiting Scarsdale.



Greeley's Gabriel Adams pursues the puck along the boards vs. Scarsdale. The Quakers jumped out to a quick two-goal lead, but wound up losing 3-2.



Dylan Mutkoski waits for the puck to drop in Greeley's 3-2 home loss to Scarsdale at Brewster Ice Arena.



Horace Greeley senior forward Jake Potter tries to stickhandle his way to the goal in Friday night's home game vs. the Scarsdale Raiders.

Greeley Loses 3-2 to Scarsdale

Tigers Rout Shorthanded Greeley at the County Center

By Andy Jacobs

If anyone had any question about the huge impact Horace Greeley center Nick Townsend makes on a basketball court, it was certainly erased on Saturday evening.

Forced to play without their sophomore star, the previously unbeaten Quakers were overwhelmed in the second half by the White Plains Tigers, who cruised to a lopsided 69-37 victory in a highly-anticipated opening-round game of the 21st annual Slam Dunk Tournament at the Westchester County Center.

Jayon Norwood scored a game-high 20 points, while Tymir Greene and Quion Burns combined for 32 more as White Plains overcame woeful 2-for-19 shooting in the first quarter, outscoring the Quakers by 35 points over the final three periods to turn the contest into a rout.

"They're a good team. They took it to us tonight," said Quakers head coach Matt Simone, shortly after his Townsend-less team was trounced by the Tigers. "From watching film, we knew that they were probably the best shooting team in the section."

With Townsend reduced to a spectator on the Quaker bench after getting hurt at practice a day earlier, White Plains took advantage immediately, starting the night with early 3-pointers from Greene and Burns to jump out to a 6-0 lead. But the Tigers proceeded to miss every shot they took the rest of the opening quarter, going scoreless for the final six minutes as Greeley went on a 9-0 run.

The spurt started when Matt Crowe



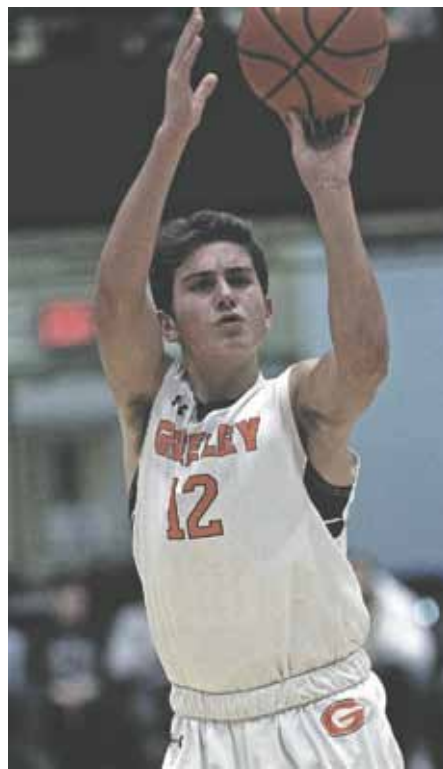
Horace Greeley junior forward Matt Crowe drives toward the lane in the third quarter of Saturday night's Slam Dunk game at the Westchester County Center.

connected on a fall-away 15-foot jumper that finally put the Quakers on the board with 4:40 left in the quarter. Nearly a minute later, senior guard Christoph Sauerborn drained a 3-pointer. A jump shot from Seth Brail near the foul line gave Greeley a 7-6 edge with just under two minutes left in the period. A layup by Crowe with 30 seconds to go enabled the Quakers to take a three-point advantage after the opening eight minutes.

But a basket by Elijah Pierre 15 seconds into the second quarter finally ended the Tigers' long scoring drought. When Norwood followed with a 3-point shot a minute into the period, White Plains grabbed an 11-9 lead and never trailed again the rest of the way. Greene's pullup-trey from right of the key nearly midway through the quarter capped a 12-3 Tiger burst and left the Quakers suddenly trailing by six points.

Greeley got a couple of baskets from Will Laforteza late in the half, but a runner in the lane by Norwood closed the scoring and provided White Plains with a 24-16 margin at halftime. After their dreadful first quarter, the Tigers made seven of 11 shots from the field in the second to gain control.

"We played a good first half," said Simone. "First quarter, we played strong. Second quarter, we gave up some shots. But we felt



Greeley guard Christoph Sauerborn fires a jump shot at the County Center on Saturday night.

good at halftime, and then we just kind of came out flat in the third and they came out strong. So that was the difference."

It took the Quakers over four minutes to score once the second half began. Unfortunately for them, the basket by Laforteza was preceded by 11 straight points from White Plains that opened up a 19-point cushion. A 3-pointer from the left corner by Sauerborn, who led Greeley with 10 points, moved the Quakers to within 39-24 with two minutes left in the third quarter, but that was as close as they would get.

The Tigers erupted for 28 points in the fourth quarter and used a 13-2 spurt midway through the period to stretch a 20-point lead to 63-32. Greeley, crushed on the boards 47-25 without Townsend on the floor to patrol



The Quakers' Seth Brail tries to score inside in the second half of Saturday's game against the White Plains Tigers.

the paint, also missed 10 of its 17 free throws to go along with 2-of-17 shooting from beyond the 3-point arc.

"Obviously Nick does make a big difference, but I think we just didn't come to play tonight," said Simone. "It was one of those games. Even though we were a little shorthanded, it's still disappointing to lose the way we did."

The Quakers, 3-0 before the tournament, wound up losing for the second time in less than 24 hours when they dropped a 44-36 decision to New Rochelle in Sunday afternoon's consolation game. Again playing without Townsend, they were outscored 15-2 in the third quarter after trailing by only two points at halftime.

Simone is hoping to have Townsend back in uniform when the Quakers play in the Suffern holiday tournament this coming weekend. Looking further ahead, when Greeley has to face White Plains again in the regular-season finale, and then perhaps in the sectional playoffs, he expects the memory of Saturday's one-sided encounter to pay some dividends for his players.

"Hopefully, this can be something that drives them," he said, "and they remember this beating they took tonight. Hopefully, they remember it and we learn from it and we get better from it."



Greeley's Ben Troob concentrates on a free throw at the County Center.

ANDY JACOBS PHOTOS



An airborne Sam Rosenberg improvises in the lane during the fourth quarter of Greeley's loss to White Plains in the 21st annual Slam Dunk Tournament.

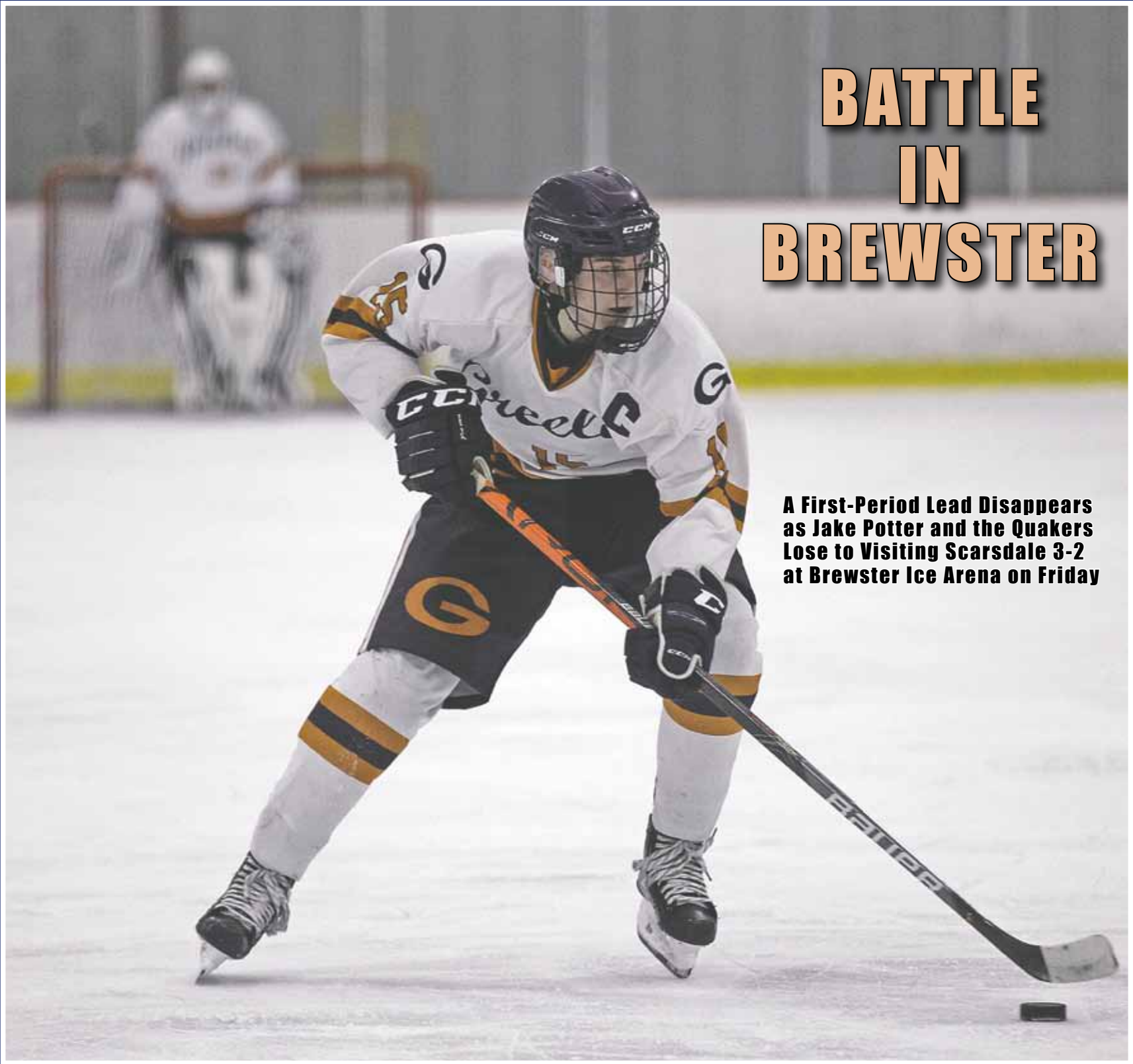


Will Laforteza gets to the basket in the first half of Greeley's game vs. White Plains in the opening round of the Slam Dunk Tournament.



Horace Greeley senior guard Sean Dunleavy handles the ball out beyond the 3-point arc in Saturday night's game.

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BATTLE IN BREWSTER

**A First-Period Lead Disappears
as Jake Potter and the Quakers
Lose to Visiting Scarsdale 3-2
at Brewster Ice Arena on Friday**

ANDY JACOBS PHOTO



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