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See Page 30, 31



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December 3 - December 9, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 639

Pastor Charting a New Course for Methodists in Pleasantville

By Abby Luby

The United Methodist Church is looking to make its presence felt again in Pleasantville, but don't expect to find traditional services at the large church on Bedford Road or anywhere else for now.

Pastor Susan Chupungco, who moved to the village in July with her husband Angelo and 19-month-old son Grayson, instead is looking to ignite the passion for and sharing of faith-based ideas at the library, Starbucks, the playground or diner.

It's these types of gathering spots that Pastor Susan, as Chapungco prefers to be called, can be found meeting her Pleasantville friends and getting to know the village.

"We love the village. Everyone has been fantastic and welcoming," she said. "People here are very supportive of a new family."

A California native, Pastor Susan has been a lifelong United Methodist. She attended college in northern California, earning her bachelor's degree in political science in 2001. She worked at the 2002 Winter Olympics in

Salt Lake City, then moved to Washington, D.C., where she worked in nonprofit event planning and fundraising.

In 2008, Pastor Susan returned to California to work in the ministry with youths in Sacramento and became involved with helping the poor and engaging in social justice issues.

She received a master of divinity degree in 2014 from Drew Theological School in Madison, N.J.

Pastor Susan has been a practicing Methodist pastor for six years and was ordained in June by the United Methodist Church. Although she is affiliated with the Southern New York Conference for the United Methodist Church, her access to the church at 70 Bedford Rd. is limited.

Last June, the Pleasantville United Methodist Church officially disbanded after more than 200 years because of a dwindling congregation. The building, which was built in the early 1960s, is owned and overseen by the Southern New York Conference and as the case with all its properties, is held in



ABBY LUBY PHOTO

Pastor Susan Chupungco, her 19-month-old son Grayson and husband Angelo at their Sutton Place home in Pleasantville.

a trust.

"Pastors are appointed by the Methodist Church to communities, not to church buildings," Pastor Susan explained. "I was appointed to serve the whole Pleasantville community and become immersed in their

needs and concerns."

If Pastor Susan eventually attracts a sizable gathering, the group could worship at the Methodist Church in Pleasantville, but that remains to be seen, she said.

Pastor Susan's concept is to create a new community of faith tailored to Pleasantville.

"People are now experiencing God in ways that they haven't been able to in a traditional church setting," she said. "We have the opportunity to come together and find out how this new community will take shape and where and how we may want to worship."

Gathering in small groups was something Pastor Susan experienced years ago when she attended a newly-formed church in Sacramento. At that time, she had questions about her faith and found the small, more diverse and eclectic group more welcoming. Some had left the church but were comfortable discussing their feelings in the more informal setting.

From that experience, the concept of

continued on page 2

Mt. Kisco Consultant Says Traffic to Improve from ShopRite Move

By Ed Perratore

Diamond Properties' plan for ShopRite to move to 333 N. Bedford Rd. in Mount Kisco received a boost last week after the village's traffic consultant largely concurred with the results of the applicant's traffic study.

Plans call for the supermarket to move from Bedford Hills to a 85,652-square-foot space at The Park, the sprawling 38-acre site that also hosts the entertainment complex Grand Prix New York, the fitness center Saw Mill Club East and other businesses.

A major part of the plan is to align the driveways to and from the complex with roads on the other side of North Bedford Road, making accurate traffic projections critical.

If anything, the applicant's traffic study erred on the conservative side when it

continued on page 4



ED PERRATORE PHOTO

Mount Kisco's traffic consultant George Jacquemart of BFJ Planning presented the outcome of his review of the traffic study for the ShopRite proposed at 333 N. Bedford Rd. at last week's Planning Board meeting.

Chappaqua Man Arrested at Meeting Settles With Town for \$9,200

By Martin Wilbur

The Chappaqua man who sued the Town of New Castle for \$20 million in connection with his arrest and an injury outside a 2018 Planning Board meeting has settled with the town for \$9,200.

Last week, the Town Board voted to agree to the settlement with Will Wedge, who had sought compensatory and punitive damages of \$10 million each in a federal lawsuit filed last January.

On Jan. 16, 2018, Wedge uttered a profanity during a public hearing on the controversial Sunshine Children's Home expansion project, getting himself ejected from the meeting room. After a conversation with the two responding officers who were summoned from the downstairs police headquarters to escort him from the meeting, Wedge was ushered to the lower

level of the building. Within moments he could be heard screaming and was seen on the ground just outside the building's doors getting handcuffed.

The New Castle Police Department and sergeants Kelly Close and Mary Hansen, the two responding officers, had also been named in the lawsuit.

A final agreement is being worked on by attorneys for Wedge and the town, said Town Attorney Ed Phillips. The tentative agreement covers legal fees and medical costs, The Examiner has learned.

"The parties are in the process of drafting a settlement agreement that will contain standard provisions," Phillips said.

Wedge was charged with two counts of harassment, resisting arrest, obstruction of governmental administration and disorderly conduct. He pleaded guilty to disorderly

continued on page 4

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Pastor Charting a New Course for Methodists in Pleasantville

continued from page 1

"The Table" emerged – one that was symbolic of the communion table but also the kitchen table where everyone is freer to chat casually. Pastor Susan has set up her own website version of The Table at www.thetableny.org, which is geared to the Pleasantville community but welcomes anyone and everyone.

"Building relationships outside of a church building creates trust among those who might not otherwise go to church," she said.

The pastor noted that meeting someone at the grocery store or the park can prompt open and honest conversations about faith.

"In me you are not going to find any judgment," Pastor Susan said. "You're

welcome no matter what. At The Table, you are invited to come as your full, authentic self, no matter who you love or how you express your identity. All are welcome. All means all."

As a young parent, Pastor Susan saw the need for stay-at-home parents, working parents and grandparents of toddlers to have a place to come together. She organized

a free Parent-Child Playdate group that meets every Tuesday at 9:30 a.m. in a room at the Methodist Church on Bedford Road. Everyone brings a toy or two for shared play. It is geared toward toddlers from one to three years old who are too young for many of the local programs, she said.

"It provides a chance for parents to chat," Pastor Susan explained.

One of the mothers in the group is a teacher specializing in early-childhood education and provides age-appropriate activities that encourage coping skills. The setting offers parents a chance to discuss what's on their mind.

"We have talked about many issues including how people transition back to work, to healthcare issues, and we have found support from one another," Pastor Susan said.

A preview event will be a Christmas gathering for all ages on Sunday, Dec. 15 at 4 p.m. at the Soul Brewing Co. on Wheeler Avenue. Anyone attending is asked to bring a pack of diapers or make a cash donation to support the Westchester County Diaper Bank.

"Anyone is welcome to attend our preview event," Pastor Susan said. "For those who are curious about what we're doing we will share the vision for this new church as we celebrate the story of Christmas together."

Methodists Plan to Hold on to Pleasantville Church Property

By Abby Luby

When the Pleasantville United Methodist Church officially disbanded its congregation last June ending a 240-year presence in the community, it was believed to have marked the end of the church's run in the village.

But its demise may have been premature. During the past six months speculation has surfaced about the church's future and the roughly four-acre parcel zoned for single-family residential. For several years, the Se Kwang Korean Presbyterian Church has been renting space at the Methodist church.

Rev. David A. Gilmore, director of Congregational Development & Revitalization for the New York Conference of the United Methodist Church, said current plans call for re-establishing the site as a place of worship and the church is working in tandem with Pastor Susan Chupungco.

"The hoped-for goal for the church building is to create a new United Methodist worshipping faith community that engages

in an authentic relationship in and with the Pleasantville community," said Gilmore. "As we explore and discern next steps, currently there are no plans to sell or build on the property."

Methodist leaders want to identify the community's needs and to explore repurposing the church for a Methodist congregation and for use by various nonprofit groups, he said. According to Gilmore, an effort is underway to connect with potential groups who might be interested in using space within the church. A daycare group was one example, Gilmore mentioned.

"Pastor Susan is our point person in Pleasantville and we have a team working with her who are trying to identify potential partners," he said.

Within the past decade, the church tried contracting with two developers of assisted living facilities to buy much of the land. However, the two applicants, Benchmark Senior Living and Sunrise Senior Living failed to obtain the required zoning change

from the Pleasantville Village Board to pursue the project.

The church is working on a parallel path with the new pastor, who was appointed by the church to personally reach out to residents. Its plan is to relocate to Pleasantville seminarians studying theology at Drew University in Madison, N.J. so they can directly engage with the community.

"These seminarians want a more hands-on practice while serving the ministry," Gilmore said.

Until there is a formal plan for a future Methodist congregation, Gilmore said the Se Kwang Korean Presbyterian Church will continue to use the church for its services.

"We want the dream to take shape and become a reality first before making any major changes," he said.

Gilmore said the goal is to see changes within a year.

"Ultimately our goal and our desire is to plant and nurture a worshipping community in the Pleasantville area," Gilmore said.



Erectile Dysfunction

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Q: How do you recognize erectile dysfunction?

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

Q: What causes ED?

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

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

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

Q: Who should I see about possible ED?

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

Q: What if pills don't work?

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

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Mt. Kisco Consultant Says Traffic to Improve from ShopRite Move

continued from page 1

doubled the traffic ShopRite generates by counting it in both its current and future locations, said George Jacquemart, a principal for the Manhattan-based BFJ Planning.

"The applicant's traffic report made a series of worst-case assumptions that accumulated, one assumption on top of the other, and we agreed that their results were worse than they probably would be," he reported at last week's continuation of a public hearing before the Mount Kisco Planning Board. "So we sat together and came up with some more reasonable but still worst-case assumptions."

Traffic levels of service are graded qualitatively from A, which represents unimpeded flow at the posted speed limit, to F, a near-constant traffic jam with vehicles moving only as those in front do. Jacquemart's review concluded that even at Route 117's worst intersection, Bedford Road and Green Lane, the service level

qualifies as a C, which is nearly free-flowing.

The worst service level for northbound drivers turning left onto Green Lane is a D (approaching unstable flow, with increased driver anxiety). However, the anticipated scenario does not drop to the worst scores of E or F.

Drivers traveling past 333 N. Bedford Rd. should have easier travel even before the new supermarket opens, since the plan calls for road improvements to be completed first.

"There are two improvements that are proposed," Jacquemart said. "One is to signalize those two intersections and upgrade them to much more high-performance intersections. The other is to introduce signal coordination. Those two combined will improve conditions in that segment of (Route) 117."

Furthermore, the Bedford Road-Green Lane intersection will be fitted with a communication device that transmits data on traffic conditions to the state Department of Transportation (DOT), so it can remotely

tweak signal timing as needed.

Jacquemart also validated the applicant's assessment of parking. Plans call for 872 spaces for the main site, excluding The Park's adjacent properties at 309 and 383 N. Bedford Rd. It was concluded that parking occupancy during the peak periods on Fridays and Saturdays would be 85 percent of the complex's 872 spaces once ShopRite opens.

However, Jacquemart recommended that once the new ShopRite is operational, parking should be monitored to ensure it doesn't veer uncomfortably close to full capacity.

Project engineer Stephen Spina of Armonk-based John Meyer Consulting appealed to the Planning Board to conclude the process.

"We're hoping to get the public hearing closed and receive a positive recommendation to move to the zoning board, as well as the SEQRA determination," Spina said. "We're hoping we're at that point."

The state Environmental Quality Review Act (SEQRA) process requires the approving governmental body to identify the significant environmental impacts of a project and to mitigate those impacts.

The village appears ready to draw up the necessary papers to complete the SEQRA determination, among other permitting, and refer the applicant to the Zoning Board of Appeals.

But two potential obstacles could slow the process. First, the Bedford Planning Board must also sign off on the plan since a small portion of 333 N. Bedford Rd. lies in Bedford. Spina said representatives for Diamond Properties have heard nothing from Bedford, despite regular attempts to contact them.

The other potential obstacle is that the DOT must also sign off on the plan since Route 117 is a state road.

"We need to meet with them because they don't fully understand the context of the project and its related properties," said Spina. "They don't understand the topography of the site, how the adjacent properties of 389 and 383 (N. Bedford Rd.) interact with one another, which buildings behind those properties need access to get in or out. With a meeting, we think we can eliminate a lot of their concerns."

The Mount Kisco Planning Board is expected to grant its approval provided Bedford and the DOT each give the go-ahead. Short of that, last week's hearing was adjourned and kept open.

Chappaqua Man Arrested at Meeting Settles With Town for \$9,200

continued from page 1

conduct, a violation, early last February, a few weeks after the civil litigation was filed. He was fined \$250.

Wedge's attorney, Robert Berkowitz, declined to make any comment on the settlement citing a confidentiality clause.

Wedge had claimed numerous injuries in the suit, including a broken thumb and an

injured shoulder as a result of his encounter with police.

During the Jan. 16, 2018, Planning Board meeting, Wedge argued that the town had failed to conduct proper oversight of the Sunshine Home, allowing them to do unauthorized work on its Spring Valley Road property during Thanksgiving weekend in

2017.

When the attorney for the Planning Board refuted Wedge's assertion, Wedge called out from his seat "bull---."

The Sunshine Home has been moving ahead with site work since earlier this year after obtaining its approvals.

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Exterior Preservation Likely for 1850s Chappaqua Crossing House

By Martin Wilbur

New Castle is faced with limited alternatives to preserve an 1850s farmhouse on the Chappaqua Crossing campus, one of the key issues that need to be resolved to approve the development's proposed 91 town homes.

During last Tuesday evening's sparsely attended public hearing on whether to amend developer Summit/Greenfield's Multi Family Planned Development Preliminary Development Concept Plan (MFPD PDCP), Town Historian Gray Williams told the Town Board that the two alternatives to preserve the Thomas V. Wright House are unpalatable because one would jeopardize the house and the other would fail to save the structure's interior.

One alternative would be for Toll Brothers, the luxury home building contracted by Summit/Greenfield to build the town homes in the campus's East Village, to leave the structure vacant without a practical purpose. The other is to repurpose the interior into a large space to use as a clubhouse for the residents of the 91 units. The house is located not far inside the Route 117 gate.

Williams said the first option would be "to condemn it to eventual destruction by neglect." The second alternative is equally unacceptable, he said.

"In our view it doesn't represent a

compromise but an abject surrender," said Williams, who was also speaking on behalf of the town's Landmark Advisory Committee. "Reducing this landmark house to an empty husk would utterly betray its history and its integrity."

He said the house, maintained by one family well into the 20th century, was later preserved by the Wallaces, founders of Reader's Digest. The unique structure is "a post and beam building" that depends on an internal structure to hold it together.

"You can't just empty it out like a box," Williams told the Town Board. "If all the interior supports are removed, a temporary exterior structure will be needed to keep the walls from collapsing and then a completely new structure has to be built. The process would be immensely expensive and if anything goes awry and if any of the walls collapse in the process there'll be nothing to show for the effort."

Board members and Town Attorney Nicholas Ward-Willis informed Williams that under the agreement with Summit/Greenfield, their options are virtually identical to the cupola building. Summit/Greenfield repurposed the interior of the former office building to have more than 60 market rate, workforce and affordable apartments.

"If they're not willing to preserve it as is, then they have the option to maintain the exterior," said Supervisor Robert



MARTIN WILBUR PHOTO

New Castle Historian Gray Williams implored the Town Board last week to save the interior of the guest house at Chappaqua Crossing. The developer is planning to re-purpose the inside of the house to use as a clubhouse for the 91 town home owners.

Greenstein. "That's their requirement according to the findings statement."

Councilwoman and Supervisor-elect Ivy Pool said when the town and planning boards met on Nov. 19, they came to an understanding that preserving the exterior to keep it as it appears from the outside would be a compromise.

The house has suffered significant intrusion of water and mold growth, said James Fitzpatrick, Toll Brothers' New York division president. It also fails to meet most

of today's accessibility standards.

"Everything from hallway width to handrail heights to doorway openings to ceiling height, there's accessibility and life and safety codes that you just can't meet in a structure that age to bring it up to (code) for a public congregation space," Fitzpatrick said. "We're trying to build a clubhouse that provides a real use to the residents that are going to benefit from that."

Only one other resident spoke during last week's hearing. Bedford Road resident William Bierce, who lives near Chappaqua Crossing, said he is opposed to many of the key changes requested in the site plan, including adding basements to all 91 units, which would help trigger shorter driveways, and an extra bedroom for nine of the two-bedroom town homes. That would bring the number of three-bedroom residences to 29.

Bierce said that would unnecessarily increase density at the site and traffic on the roads.

"I'm opposing any further changes because I think you've given enough, the town's been through enough," he said. "We don't need to surrender our discretionary authority."

The Planning Board is in charge of site plan review of the town home portion of the project.

The Town Board was scheduled to continue the public hearing Tuesday night.

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P'ville Middle School Students Pitch Composting Program

By Abby Luby

Three very confident Pleasantville Middle School students publicly requested food scrap composting last week for their school.

Siblings Zachary Neilson-Papish, 12, his twin brother Eli and 13-year-old sister Clara appealed to the Pleasantville Village Board and the Board of Education to during the annual joint board meeting on Nov. 25 to consider the program.

"We realized how much wasted food scraps from our cafeteria are being incinerated," said Clara Neilson-Papish. "We have been composting at our house for quite some time and thought it would be a great opportunity to bring composting to the middle school."

"When we looked into how we might be able to do this, we immediately thought of the food scrap recycling program in town and we know right now it's only residential," added Zachary Neilson-Papish. "We hoped you might make an exception for the middle school."

In October, PleasantvilleRecycles launched the municipal program for village residents to recycle food scraps on Saturdays from 9 a.m. to 3 p.m. at the Department of Public Works on Village Lane.

Before addressing the boards, the students had shared their ideas with middle school Principal Donald Marra, PleasantvilleRecycles members, Village Trustee Nicole Asquith and Village Administrator Eric Morrissey.

"We figured out that one of our main

problems is transportation for bringing the food scraps from the school to the composting place," Eli Nelson-Papish said.

Ideas included having receptacles earmarked only for food scraps prior to installing special composting bins so students could initially get used to the practice.

"We can have eighth-graders monitor the composting for community service hours," Clara Neilson-Papish proposed. "A lot of eighth-graders are desperate for those hours."

They also spoke of creating posters detailing food scrap recycling and introducing some type of recycling award system.

Superintendent of Schools Mary Fox-Alter told the students how proud she was of their efforts.

"You certainly have picked a wonderful topic that is near and dear to our hearts," Fox-Alter said.

Asquith, a strong supporter of local recycling programs, suggested getting in touch with Bedford Road School's (BRS) "green team," which encourages recycling and has a list of goals, including the reinstatement of composting at BRS and expanding it to the district's other schools.

She also suggested reaching out to recycling consultant Ashley Welde, co-founder of the nonprofit group We Future Cycle, which has offered free advice to schools in Westchester on how to recycle.

Last week's discussion focused on the costs associated with carting companies



ABBY LUBY PHOTO

Pleasantville Middle School students and siblings Zachary, Eli and Clara Neilson-Papish appealed to the village and school boards last week to launch a food scrap recycling program at their school. Listening to their presentation is Noreen Regan, administrative aide for the village.

that accept and process recycling, using compostable utensils and trays, how staffers would oversee parts of the process and the available space in the cafeteria.

Fox-Alter said that the district's new food service provides Pleasantville's schools with compostable utensils and trays. It costs the district about \$350 a month for each school to take away the compostable items.

Fox-Alter said recycling was previously tried at BRS but wasn't successful.

"Sadly, if everything wasn't 100 percent perfect [completely compostable], they put the bags in the regular garbage," she said. "That was a concern for us, especially after all that effort."

Board of Education President Angela Vella said the district's budget cycle starts in January and food composting is something school trustees would have to analyze from a fiscal standpoint. Expenses such as consulting and carting fees and equipment are significant, she said.

Asquith recommended school and village officials contact the BRS green team and consultants. When Asquith asked about returning to using regular utensils and washable trays, Fox said it was too expensive.

"However, I do encourage an art program for posters or producing a video public service announcement to encourage students to recycle at school and at home," Fox-Alter said.

Village Trustee David Vinjamuri told the siblings to stick with the initiative. "Don't give up. You may want to get 100 classmates to start composting at home," he said. "You can do something to increase the village-level composting and decrease the waste being incinerated."

Mayor Peter Scherer saw the bigger picture.

"Hopefully we can morph towards a world where composting programs are standard practice for everybody," Scherer said. "With the likes of the three of you, I'd say that's inevitable."

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New Castle Breaks Ground on Court, Playground Near Town Hall

By Martin Wilbur

After 20 years of waiting, the Town of New Castle will finally see its first municipal basketball court early next summer.

Last Tuesday, officials invited ambassadors from the Every Person is Connected (EPIC) committee, which helps to help people with special needs, to participate in a groundbreaking ceremony near the back of the Town Hall parking lot where the new 84-foot-by-50-foot lighted court with an asphalt surface and an inclusive playground will be constructed.

The playground portion of the \$1.1 million project will feature ramps, swings and slides to allow children of all abilities to participate, said Supervisor Robert Greenstein. It will also be wheelchair accessible.

Ike Kuzio, the town's superintendent of Recreation and Parks, said the facility will provide families another reason to come to downtown along with people who enjoy playing basketball. Another added feature is that the court will be able to be adapted to host pickleball games, an increasingly popular sport that is a combination of tennis and badminton.

"We're all excited," Kuzio said. "We're all looking forward to the playground for the residents and jumping on boards with the pickleball fad going on right now, so we look forward to that as well."

The playground, which will be in the approximate location of the current equipment, will have a rubberized surface to help prevent injuries for children who fall, he said.

Prep work has begun at the site but most



New Castle town officials along with three ambassadors of the town's Every Person is Connected committee participated in the groundbreaking last Tuesday evening for the new basketball court and inclusive playground behind Town Hall.

of the construction will be done when the weather breaks in early spring, Kuzio said. It is expected to be completed sometime in June.

On Nov. 6, the Town Board approved the bid from DeRosa Sports Construction, Inc. of Mamaroneck for \$959,260 to build the court and playground. Officials have added a 15 percent contingency bring the cost to \$1,103,126.

The town had originally budgeted \$584,000 for the work, before price escalation inflated the cost. The original budget includes state

grants from former state senator Terrence Murphy for \$225,000 and Assemblyman David Buchwald for \$100,000. The town had also bonded \$259,000.

Councilman Jeremy Saland said the town has made increasing recreational opportunities a priority for its residents. It's even better that the playground can be used by residents with varying needs and abilities, he said.

"It's to really make this a hub in the hamlet, to bring people here and that you'll have the rec field, you'll have the events in the summer,

you'll have a really terrific basketball court and playground, it'll be a place to go," Saland said.

This is the second major recreation-related project that the town has announced in the past six weeks. In late October, it made public its intentions of using a \$250,000 state grant from state Sen. Peter Harkham as seed money to help renovate Millwood Park.

Greenstein said in order to compensate for the loss in parking, the town has created additional spaces in front of the downstairs entrance to Town Hall that will be for employees only. That will leave all the spaces behind Town Hall open for the general public, he said.

In addition, the walking path from the commuter lot to the Town Hall property will be made more inviting, which will encourage some drivers parking their cars for either the town offices or the playground and court to utilize those spots, Greenstein said.

The town's quest for a basketball court started in 1999 when officials considered the community center but the type of soil in that location would have made the project too expensive. Then Gedney Park and Amsterdam Park were considered but not found to be suitable.

In 2014, town resident Jay Shapiro, the husband of current Town Administrator Jill Shapiro, suggested the area behind Town Hall.

"The basketball court will increase the availability of recreational programming in downtown Chappaqua, which is consistent with the 2017 Comprehensive Plan," Greenstein said.

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Police Blotter

County Police/Mount Kisco

Nov. 24: Police responded to Barker Street at 4:31 p.m. regarding a possible apartment fire. A resident told officers that a fire had started in his stove but he was able to extinguish it. The Mount Kisco Fire Department also responded and verified that the grease fire was fully extinguished.

Nov. 25: Police responded to Moore Avenue at 2:21 a.m. on a complaint of illegally parked vehicles. Two summonses were issued.

Nov. 26: A 58-year-old Amuso Drive man was arrested at 4:02 p.m. and charged with petty larceny and second-degree criminal trespass, both misdemeanors. Police responded to a store on South Moger Avenue on a report that a man had left the

premises with two cans of beer without paying for them. The trespass charge was filed because the suspect was previously issued a trespass warning letter from store management directing him to stay out of the store. The suspect was booked at the Green Street precinct and released pending a Dec. 12 appearance in Mount Kisco Justice Court.

Nov. 26: A Kensington Way resident reported at 6:10 p.m. that a wicker couch had been stolen from the rear porch of her residence. She had observed it the day before and noticed it missing at about 6 a.m.

Nov. 26: A 49-year-old Spring Street man was arrested at 8:41 p.m. and charged with petty larceny, a misdemeanor. The manager of the store on South Moger Avenue reported that a man had taken two

packs of underwear and left without paying for them. Officers located the man on Green Street and took him into custody. He was released pending a Dec. 12 appearance in Mount Kisco Justice Court.

Nov. 27: Police responded to a parking lot on North Bedford Road at 10:31 a.m. on a report that a small child had locked himself inside a car while his mom was standing outside it. As officers arrived, the child's mother was able to get the boy to unlock the door.

Nov. 27: An 82-year-old woman was injured in a fall at a North Bedford Road business at 12:57 p.m. She was transported by ambulance to Northern Westchester Hospital.

North Castle Police Department

Nov. 22: A citizen reported at 8:43 a.m. that he observed vehicles passing a stopped school bus on Route 22 at about 7:20 a.m. The citizen advised that he was on the southbound side and stopped in the right lane for a stopped northbound bus with its red lights activated. He stated that vehicles in the left lane of southbound Route 22 continued southbound past him without stopping. A bus garage employee reported that there is a northbound bus that stops at Byram Brook Place between 7:05 and 7:20 a.m. The information was forwarded to patrol for enforcement.

Nov. 22: Multiple calls were received at 7:02 p.m. reporting a three-car accident

with heavy damage on Route 22. The responding officer gathered the information and reported no apparent injuries. Vehicles 1 and 3 were removed by Armonk Garage. Vehicle 2 was drivable. A report will follow.

Nov. 23: A complainant arrived at headquarters at 12:20 p.m. to report a larceny from her vehicle while parked outside Equinox on Business Park Drive.

Nov. 26: Report of a fire alarm activation on Old Route 22 at 11:55 a.m. The responding officers reported a smoke condition on the second floor of the location that appeared to be caused by a burned-out ballast in a soda machine in the employees' lounge. The fire department was able to vent and clear the location and the parties were permitted to re-enter the building.

Pleasantville Police Department

Nov. 26: Report of youths congregating on private property on Campus Drive at 4:03 p.m. The group was dispersed by police without incident.

Nov. 27: A Manville Road resident reported unauthorized credit card charges at 2:10 p.m. The matter is under investigation.

Nov. 28: Report of a disturbance outside Paulies on Marble Avenue at 12:54 a.m.

Nov. 28: A complainant reported at 9:45 p.m. that their vehicle was stolen while parked on Meadow Lane. The subject notified police that the car was located after forgetting where it was parked.

Support Connection Program for Men Dealing With Loss Set for Dec. 11

Support Connection, Inc. announces a free program, Men's Night Out: For Men Living With Loss, will be offered on Wednesday, Dec. 11, from 7 to 9 p.m. at Travelers Rest in Ossining. The program is open to men who have lost a spouse or partner to breast, ovarian or

gynecological cancers. Spend a casual night out with good company and good food at a local restaurant.

To learn more about the evening or to pre-register, call Support Connection at 914-962-6402 or 800-532-4290. Pre-registration is required.

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PvilleCares is designed to help caregivers cope with the stress, guilt, shame, anger, fear, and social isolation that often accompanies the stigma of mental illness, substance abuse and addiction.

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

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Non-Profit Groups Seek Higher Increases in 2020 County Budget

By Rick Pezzullo

More than 100 adults and children packed the Cortlandt Town Hall meeting room last week for a mini-public hearing on the proposed 2020 Westchester County budget.

For the first time in nine years and for

only the second time in the last 19 years, a reduction in the county's property tax levy is being proposed by County Executive George Latimer in his \$2.1 billion spending plan.

If the proposed cut is approved by the Board of Legislators by Dec. 27, the size of the tax rate decrease would vary based on

the equalization rates and assessment roles of each municipality.

None of the speakers who addressed members of the board's Budget and Appropriations Committee last week mentioned the tax decrease or the proposed 52 percent raises legislators are considering for themselves.

Instead, the focus was nonprofit childcare and arts organizations that have contracts with the county and are proposed to receive 3 percent increases. The budget also proposes to reduce the parent contribution for childcare from 27 to 25 percent next year.

Organization leaders from Open Door Medical Center, ArtsWestchester and the Pace Women's Justice Center, all maintained a 10 percent increase in county funding was needed for them to continue providing their services.

Legislator Catherine Borgia (D-Ossining), chair of the Budget and Appropriations Committee, explained that Dec. 2 was the last day legislators could add items to the budget. A public hearing before the full 17-member board is scheduled for this Wednesday, Dec. 4 at 7 p.m. at the County Building in White Plains.

"We do try not to give people false hope," Borgia said.

Latimer explained last month a major reason for the county cutting the property tax



RICK PEZZULLO PHOTO

Advocates for greater spending on child care were among those who attended a public hearing last week on the 2020 Westchester County budget in Cortlandt.

Mount Pleasant Grants Special Use Permit for Assisted Living Plan

By Joan Gaylord

The Mount Pleasant Town Board approved a special use permit last week for a proposed 92-unit assisted living facility planned for Zeiss Drive in Thornwood.

The Nov. 26 vote, which followed a public hearing, granted the permit to Shelbourne Healthcare Development Group.

Town Attorney Darius Chafizadeh said the applicant had submitted the proposal to the Planning Board and that recent changes in the town code, which now allow for assisted living facilities with a special use permit, would accommodate the proposal. He said there has been extensive ongoing site plan review and noted that the project would require a steep slopes permit.

Representatives for Shelbourne shared with board members images of a similar facility they recently completed in Doylestown, Pa., noting their plans for this building are similar in concept.

The plan calls for 92 units with about one-third of the units earmarked for memory

care while the balance would be traditional assisted living. Zoning calls for .5 parking spaces per unit; Shelbourne is proposing 60 spots.

The average age at Shelbourne facilities is 83 years old and few residents drive, its representatives told the board.

Regular transportation to shopping and other local amenities will be provided along with a private ambulance service to prevent overburdening the town's first responders.

James Ryan, a principal for the engineering firm JMC, which is consulting for the applicant on the project, shared plans for addressing the steep slopes on the property. Plans include extensive plantings and working with the neighbors to ensure the plans work with existing vegetation in the area.

Shelbourne held a public meeting with the neighbors and will propose individual landscape plans for each property. Those landscape plans would only move forward after receiving the neighbors' approval.

The application returns to the Planning Board for additional site plan review.

levy was the Property Taxpayer Protection Act, which raised the sales tax on Aug. 1 from 7.375 to 8.375 percent, equalizing the tax in all of Westchester's municipalities. The action had bipartisan support from local and state governments, said Latimer, who had pledged to keep property taxes flat for 2020 and 2021 if the county was approved for the sales tax increase.

With the extra funds, Latimer is proposing to add \$10 million to the county's fund balance to bring it to \$79 million, a 23 percent increase over the current year.

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Obituaries

Kristin Seewaldt

Kristin Rollins Seewaldt was born on Jan. 23, 1964, in Drexel Hill, Pa. to Donald and Diane Ekquist. She passed away at her home on Nov. 25 with her loving husband, Al Seewaldt, caregiver Rachel Morgan and nurse Maureen Morgan from hospice at her side. She was 55 years old.

Seewaldt will be greatly missed. For over nine years, she and her family struggled bravely with her rare and highly aggressive form of dementia, Frontotemporal Dementia (FTD). FTD is a form of dementia that occurs in young people and progresses very rapidly.

As a child, Kristin loved horses and played the flute; she was valedictorian of her high school. Kristin attended Penn State University and graduated with a B.S. in engineering and a minor in electrical engineering. She was president of the Penn State Physics Society.

After graduating from college, she worked as an engineer for IBM. The company was impressed by her abilities and sponsored her to receive a master's degree in physics and rapidly promoted her to be a manager and senior marketing manager.

Seewaldt is survived by her husband, parents, sister Karla and two children, Rajesh (Raj) and Kailash (Kai). Raj is currently getting his PhD at Carnegie Mellon University; Kai is currently a senior at the University of California at San Diego,

will graduate this winter with a degree in computer science and will work for Amazon after graduation.

Kris married Alfred Seewaldt in 2007. They had a beautiful wedding at Castle on the Hudson and honeymooned in Bora Bora. She will be remembered for her compassion, joy and sense of humor. Kris was diagnosed with FTD in 2010; she and her husband and children faced her diagnosis with courage. She never lost her love of life and she and Al traveled to Hawaii, Bermuda and Niagara Falls, even after her disease became advanced.

The family thanks Dr. Marilyn Jacobowitz, My Second Home (a day program for individuals with dementia) and Ms. Rena Bellamy from hospice for their compassionate care. Al Seewaldt also wishes to thank Rachel Morgan and Dorothy Johnson for their exceptional care; they gave from the heart and he will always be grateful.

A wake was held on Nov. 29 at Beecher Flocks Funeral Home in Pleasantville. A memorial service was held on Nov. 30 at Beecher Flocks followed by burial at Fair Ridge Cemetery in Chappaqua. After the burial, lunch was served at the Chappaqua Firehouse.

In lieu of flowers, please send donations to the Association for Frontotemporal Degeneration Society at www.theaftd.org.

Rose Ruvo

Rose M. Ruvo passed away peacefully on Nov. 28 at the age of 93. Formerly a 40-plus-year resident of Thornwood, she most recently lived in Fishkill.

Ruvo was born June 5, 1926, in the Bronx, the daughter of the late Louis and Mary (Camino) Rovello. She married the love of her life, Salvatore Ruvo, on Nov. 12, 1949. Sal predeceased his wife on Oct. 10, 1980.

Before her retirement in 1992, Ruvo was the executive secretary to Dr. Joseph Hankin, formerly the president of Westchester Community College as well as the WCC Board of Trustees for over 15 years. While working was one passion, spending time with her family, children and grandchildren was what Ruvo ultimately enjoyed the most. Summertime around the pool and patio and watching the sunset in

Thornwood brought great joy to her.

Ruvo is survived by her son, Matthew (Maria), of Thornwood and Ronald (Lisa) of Hopewell Junction; her four cherished grandchildren, John, Paul, Sarah and Tyler; and her new great-granddaughter, Ellie. She will join in heaven her brother, Michael Rovello, sister Michelina Scarcella and grandson Jason Ruvo.

To celebrate her life, family and friends were received on Tuesday, Dec. 3 at Beecher Funeral Home in Pleasantville. A Mass and Christian burial followed at Holy Innocents Church in Pleasantville and at Gate of Heaven Cemetery in Valhalla.

In lieu of flowers, please make donations to the Jason Daniel Ruvo Memorial Scholarship Fund, Albany Medical Center Foundation, 43 New Scotland Ave., MC119, Albany, N.Y. 12208.

Mt. Kisco Lions to Collect Food Items at Dec. 6 Tree Lighting

The Mount Kisco Lions Club is asking community members who are coming to the annual Christmas tree lighting outside the library on Friday, Dec. 6 to bring a non-perishable food item to the event. All donations will

benefit the Interfaith Food Pantry and other local charities. The ceremony is scheduled for 6 p.m. outside the Mount Kisco Public Library, which is located at 100 E. Main St.



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Winter Weather Cuts Short Frosty Day Celebration in Armonk

By Martin Wilbur

A cold, snowy, icy day was perfect for Frosty the Snowman but it wreaked havoc for everyone else Sunday afternoon in Armonk.

The hamlet's annual Frosty Day celebration had to be curtailed during the event after there were several car accidents and deteriorating road conditions in the area.

At about 3 p.m., the Friends of Frosty Committee, in consultation with the North Castle Police Department, Highway Department and Town Board members, canceled the parade down Main Street that was scheduled for 4 p.m. The tree lighting was called off as well.

"It was the right decision by the decisionmakers, but it was disappointing because all of the work the volunteers put in," said North Castle Supervisor Michael Schiliro. "So it's disappointing for all of them because people don't realize how much work goes into coordinating this and then putting it on. It seems magical but it doesn't happen by magic."

Schiliro also said he felt badly for the families with young children who look forward to the event every year.

While the 10th annual Frosty Day started on time around noon with many of the indoor and outdoor activities scattered throughout downtown, the crowd was extremely light, certainly compared to the last few years, said Robbie Morris, one of the event's lead organizers. Some of the attractions, including the horse-drawn wagons and a few of the musical groups, didn't make the trek to



Despite the poor weather on Sunday, children still got a thrill meeting Frosty the Snowman, who seemed to be one of the few truly in his element.

Armonk because they were concerned about returning home.

"It's people getting to and from with the streets being what they are," Morris said of the challenges on Sunday. "I think that's really what did it."

That was true not only for the performers but for the 4,000 to 5,000 visitors that had been anticipated, he said. That was the estimated turnout last year when Frosty Day, traditionally held on the Sunday of Thanksgiving weekend, went off under clear skies and about 50 degrees.

Morris estimated that the turnout was no better than about 20 percent of last year's, with most of those on hand from town or a neighboring community.

However, there were some who braved the



MARTIN WILBUR PHOTOS

The Dixie Dandies braved the harsh conditions and performed throughout the downtown.

conditions. The Dixie Dandies, a Dixieland band, entertained with holiday-themed songs. The band's leader, Al Fennell, said if the event was going to be held, they were going to be on hand.

"It's tough but we're under contract and we're keeping the spirit alive for this beautiful season," Fennell said.

Morris said the stilt band also made the trip but had to put away the stilts once the streets became wet and icy.

For those families who did show up, there were free treats throughout town, including hot chocolate, hot dogs, cookies and cotton candy, along with face painting and train rides through Wampus Brook Park.

Visitors could warm up by making a Frosty craft at the Hergenhan Recreation Center on Maple Avenue, watch a continuous loop of the Frosty movie at the North Castle Public

Library or sit down in the upstairs seating area at DeCicco's.

Councilman Stephen D'Angelo said weather was going to be a problem given the forecast. In previous years, the weather cooperated except for one instance when it was held during a light rain. Crowds would swell just prior to the start of the parade, he said. That wasn't going to happen this year.

Schiliro said it's likely that the town and the organizing committee will discuss the possibility of scheduling a snow date in future years. However, some of the performers have other commitments on the other weekend days and it might not be feasible.

"It would really be up to the Friends of Frosty Committee," he said. "I think it would be difficult because so much that goes into it, it would be hard to reschedule everything."

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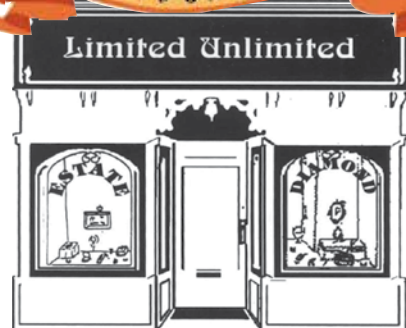


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Children Artists Take Up Cause Dear to Chappaqua Girl's Heart

By Martin Wilbur

Robin Chwatko and her family have been regular volunteers at the SPCA of Westchester in Briarcliff Manor. So it wasn't particularly surprising that last year her daughter, Scarlett, devised a way to raise money for the no-kill shelter.

Scarlett launched a program called Draw for Paws, where a donation of a least \$20 would get the donor a portrait of their pet by one member of a group of artists, most of them local children in Chappaqua and neighboring communities.

What was eye-opening, however, was that Scarlett was eight years old and had been battling brain cancer for close to three years. She even came up with the name for the effort, its mission and its logo.

"She literally loved animals more than anything in the entire world and literally said if she could adopt every animal in the world she would," said Chwatko, a Chappaqua resident.

In March, Scarlett lost her fight with brain cancer, but Chwatko and her family, along with her daughter's friends, community supporters and the SPCA, have been hard at work to make sure that her effort lives on.

In its first six months, Draw for Paws raised about \$30,000, using the services of now more than 40 volunteer artists, dubbed the Scarlysquad. Some of the children artists will be at Desires by Mikolay on King Street this Friday from 3 to 5 p.m. to draw live pet portraits for anyone making the minimum



A couple of the pet portraits done by the Draw for Paws artists called the Scarlysquad that raises money to rescue animals from Mississippi shelters. Child artists will be at Desires by Mikolay in Chappaqua this Friday from 3 to 5 p.m.

\$20 donation to the SPCA and brings their pet with them. It is part of the jewelry store's annual Shop for a Cause event.

Chwatko said that her daughter was driven to help others because of her love for animals. But the family takes seriously the importance of community service, something that has also been instilled in her son, Max, she said.

"I know that she wouldn't want (her illness) to be her legacy," Chwatko said. "She would want instead to know that she was helping every possible animal and that's how all of this started. She laid all of the groundwork."

Lisa Bonanno, the SPCA's director of



events and communication, said the money raised through the portraits goes to help Scarlett's Rainbow Rescue Fund. The shelter works with the Homeward Bound Project of Mississippi to rescue pets who are stuck in shelters in the south, many of which euthanize animals if they haven't been adopted after a certain length of time.

The money that is raised by the SPCA for the effort is used to have volunteers drive down in a van to Mississippi to pick up the animals. Homeward Bound is run entirely by volunteers, many of whom are veterinary students or are affiliated with the Mississippi State University College of Veterinary Medicine.

Bonanno said the children who volunteer to draw the portraits love what they do.

"I know the kids really enjoy doing it. They're really proud of their work," she said. "They love it and the best part is everyone knows that it goes toward literally saving animals for this program. It's very rewarding for everyone and that's exactly what Scarlett would have wanted."

Chwatko said Scarlett learned quickly from the efforts of her older brother who organized a joke-telling fundraiser for pediatric cancer research at the Chappaqua Farmers Market and has also participated in the American Cancer Society's Swim Across America in the summer.

With friends and relatives throughout the United States, Chwatko said she and her family are looking to expand Draw for Paws in other areas, including Boston, Texas and California.

She said Scarlett seemed to be on a mission and wanted to make sure she made an impact.

"We happen to live in a community that is incredibly generous and incredibly supportive and I think she saw that, and again, she saw the wonderful thing her brother did, and that was his mission, and there was no question this was going to be her mission," Chwatko said.

Desires by Mikolay is located at 55 King St. in Chappaqua for those interested in participating in Draw for Paws this Friday. For more information on the project and how you can help, visit www.drawforpaws.org.



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The holidays are swiftly approaching and Mount Kisco is decked out and ready to show the community some serious seasonal fun.

The annual Holiday Tree Lighting is the kickoff event to the season this Friday, Dec. 6. Bring the young ones to the Mount Kisco Public Library at 5 p.m. where they can create a holiday craft, sponsored by the Friends of the Library. That will gear them up to head outside to Fountain Park at 6 p.m. when the festivities begin.

Gather around the steps to Village Hall and listen to an array of seasonal singing by some of Mount Kisco's own – the Mount Kisco Elementary School Chorus, the Westchester Family Church's guest singer, Patrick Vandiver, and the St. Francis Contemporary Choir. Everyone is encouraged to sing along and get in the holiday mood. Join Mayor Gina Picinich and a very special guest in the countdown to the lighting.

Join Santa in the library, tell him your Christmas wish, meet Mrs. Claus and enjoy refreshments provided by Holiday Inn and Fox Caterers, plus the opportunity to hang out with friends and family.

The Lion's Club Giving Train will be accepting canned or boxed food items to be donated to the Interfaith Food Pantry.

The second annual Fire & Ice takes place on Saturday, Dec. 14. The sheer genius of the ice carvers will captivate you throughout the afternoon. The wizards with chainsaws, coordinated by Mt. Kisco Seafood, will begin at 2 p.m. and continue until their creations are completed. See if you can guess what they will be before they are finished.

From 4 to 7 p.m. the bonfire will be lit. Gather the family around the warm glow of the fire, listen to holiday music, roast marshmallows, sip hot cocoa from Mast Brothers, check out the holiday decorated fire trucks that the Mount Kisco Fire

Department will be displaying, spin your own maple ice candy, sponsored by All Together Now, and enjoy the food from Ash & Ale food truck.

The Homespun Merry Go-Round, an artistic carousel sponsored by Rise Above Floatation, will stimulate the senses with its whimsy and beauty and entertain tots for a short ride. At 6 p.m., settle in



for the Mount Kisco Chamber of Commerce-sponsored Show of Shows – Fire Dancers. For 20 minutes be amazed and dazzled by their fiery dances, the artistry and majesty of their movements.

Chillin' with Frosty on Main Street will be sure to warm you up for your holiday shopping and dining. Between 12 and 2 p.m. on

Saturday, Dec. 21, take a short break from Mount Kisco's eclectic selection of holiday shopping and dining to hang with Frosty, sponsored by Mount Kisco Gold & Silver. Take a photo with Frosty, enjoy a free snow cone, complements of Kisco Sweets & Treats, and continue your quest for the perfect gifts.

On Sunday, Dec. 22 at 6:30 p.m., the Mount Kisco Hebrew Congregation will be at Fountain Park to light the menorah for the first night of Hanukkah. The ceremony includes the lighting of the first candle, live music by the Nesivos Olam Band, latkes, jelly donuts and a gift for all. Everyone is welcome.

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Community Sing, Tree Lighting This Saturday in Chappaqua

Enjoy the tradition of the tree lighting, a visit with Santa, a caroling singalong and an old-fashioned craft workshop while helping to decorate the community tree.

There will be the annual holiday singalong led by the Chappaqua Orchestra at Robert E. Bell Middle School in Chappaqua from 3:30 to 4:30 p.m. Then, stop by for an old-fashioned crafts workshop at the Horace Greeley House, located at 100 King St. from 4 to 6 p.m.

The tree lighting will take place outside the Greeley House along with caroling and a visit from Santa at 5 p.m.

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Editorial

Keep the Spirit of Giving Tuesday Alive More Than One Day a Year

It's better to give than to receive is one of the most oft-repeated phrases to the point of becoming cliché.

The idea behind Giving Tuesday is an easy one to support. A day of charity near the start of the holiday season is a wonderful reminder of how much need there is throughout the world, including many people, organizations and causes not far from home.

It also comes at a time when it can be simple to forget what the spirit of this season is all about. Rather than focusing on the incessant gathering of material possessions, it is a reinforcement that while many of us have been fortunate to

have the ability, health and support to succeed, there are millions of others who need help.

Westchester and many of its residents have a strong reputation for charity, so it may be redundant to implore readers that there is need every month of the year. The critical charity that resulted in an estimated \$400 million raised during the 2018 edition of Giving Tuesday is desperately sought throughout the entire calendar, not just the Tuesday after Thanksgiving.

There is certainly no shortage of causes to contribute toward. And it doesn't only mean contributing money. Volunteering time and energy toward a local school,

favorite nonprofit organization, the town in which you live or to a local volunteer fire department or ambulance corps can be even more rewarding in fulfilling the Giving Tuesday mission than opening up the pocketbook.

Many people have an idea of the causes they would like to help. That is an important first task of where you want to start. Or perhaps there are two or three competing missions.

Just remember you don't have to wait until Giving Tuesday of the holiday season to get started or to practice charity. It can and should be done anytime.

Guest Column

County Must Invest More in the Arts to Drive Economic Growth

At this time every year, county budget season begins and so too does the mad scramble for the allocation of precious few dollars.

If I could choose where to allocate more of those dollars, my choice would always be toward those things that are good investments for our community. I would choose to invest in things that will bring people to Westchester, that will stimulate our economy, that will create jobs, that will increase our sales tax base.

I would choose to invest in the arts.

Every five years, a study is undertaken to quantify the positive economic impact of the arts on Westchester's economy. Over the past 20 years, the economic impact of culture in our county rose by a record 189 percent. The most recent study, conducted in 2015, identified \$172 million of economic impact, in the form of 5,200 jobs and \$13.9 million in sales tax revenue.

And yet the term "starving artists" is more reality than cliché in Westchester.

With essentially level county funding for the past 12 years, the support for this key economic driver has not kept pace with inflation, much less the dramatic influx of cultural organizations that now call Westchester home.

In a \$2 billion county budget, ArtsWestchester already consists of less than one-tenth of 1 percent for the arts, which for many residents is why they stay here. A meaningful increase would maintain ArtsWestchester's position as a major driver of economic growth for the county and a significant source of sales tax revenue.

Let's be bold and ramp up cultural funding by \$500,000 a year for the next two years for a robust return on investment. The first edition of this year's budget with a 3 percent increase for the arts will barely



By Michael Minihan

move the needle to grow the positive cultural impact on our county's economy.

Please join me in my efforts on behalf of ArtsWestchester to convince our county government that the arts not only improve our quality of life in the county, but are a good investment in the sustained growth of our economy. Please join me in our request that the county provide a meaningful increase in the funding for ArtsWestchester in 2020 and

beyond.

Michael Minihan is board president at ArtsWestchester and managing partner of the venture capital firm BX3 Capital. A lifelong Westchester resident, Minihan has more than 20 years of experience as an international tax attorney and entrepreneur.

Why Communities Nationwide Need More Afterschool Programs

Research shows that afterschool programs not only help keep kids safe, but also help them succeed in school and life. Unfortunately, there aren't enough such programs in the country today, experts say.

While participation in afterschool programs has increased to 10.2 million students nationwide, for every child in an afterschool program, two more are waiting to get in, according to "America After 3PM," a household survey commissioned by the Afterschool Alliance, a nonprofit public awareness and advocacy organization.

"At this time when afterschool programming needs more funding, federal investments are under threat," said Jodi Grant, executive director of the Afterschool Alliance. "And any cuts would mean that more children are unsupervised in the afternoons and more working parents are left without the assurance that their children are safe until they return home from their jobs."

The positive effects of afterschool programs are broad. More than 5,000 sheriffs, police chiefs and prosecutors of the organization Fight Crime: Invest in Kids recently issued a report confirming that the hours between 2 and 5 p.m. are still prime time for juvenile crime. The report also documented positive outcomes for youth who participate in high-quality afterschool programs.

In many cases, these programs serve as a lifeline, offering nutritious suppers to children from low-income families who might otherwise go hungry.

Organizers of the recent "Lights on Afterschool" rally say the 20th anniversary celebration underscored the need to invest in afterschool programs, which offer students homework help, mentors, college and job readiness, healthy snacks, as well as programming in subjects like robotics, computer programming, arts, music and sports.

The only national rally for afterschool, the celebration, organized by the Afterschool Alliance, included some 10,000 events, including roundtable discussions, open houses, science fairs, fun runs, student showcases, academic contests, community service, sports competitions and more. Events focused on the environment, growing and cooking healthy food, space exploration, technology, arts and literacy, and other issues, providing an opportunity for community members to see the skills and talents students hone at their afterschool programs.

"Financial support is needed to expand access to afterschool programs and help keep their lights on," said Grant. "Every citizen can urge lawmakers at every level, as well as businesses and philanthropies, to invest in these programs, which help children, families and communities."

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Holidays in Mount Kisco



Join Us
for the
Annual

HOLIDAY TREE LIGHTING

Friday, December 6th 6pm
at Fountain Park by the Library



Come make merry with caroling, hot cocoa & a visit from Santa!
The Lion's Club Giving Train is Collecting food donations for the
Interfaith Food Pantry

Holiday craft for kids at the library at 5:00pm

Saturday, December 14th 2-7pm

Fire and Ice

At the Gazebo on
South Moger Ave.

2pm - Ice Carving on South Moger Avenue - Stroll & Shop
4-7pm - Bonfire, Marshmallows, Hot Cocoa by Mast Bros,
Ash & Ale Food Truck, Decorated Fire Trucks, Festive Music
6:15pm - Fire Dancers!



Saturday, December 21st Noon - 2pm
Chillin' with Frosty on Main St.

Shop & Stroll, take pictures with Frosty
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Sunday, December 22nd 6:30pm
Lighting of the Menorah

at Fountain Park by the Library
Music, Latkes, Jelly Donuts, Gifts for All



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Tracking the Evolution of the Closet in the Home

When my wife and I bought our first home in the suburbs, it was an historic structure built in 1734, and indicative of the times, it had no closets.

A makeshift place for us to hang our clothes was in our bedroom where a clothes bar had been placed between the outcrop of the fireplace and the corner of the perpendicular wall.

Considering that in my younger days I was somewhat of a clothes horse, I was concerned. My wife took a larger linear closet, and in my smaller closet, I immediately doubled the hanging space by moving the clothes bar up as far as I could comfortably reach and installing a second clothes bar beneath that.

While today a closet is a little room where you hang your clothes, for much of its history it had served a different purpose entirely.

In the Middle Ages having a bedroom was a rarity, even a bit of a privilege. Most ordinary people slept either on the floor of the great hall of the manor where they lived or in a single room that served multiple purposes as kitchen, living room, dining room and bedroom. Only very wealthy people had bedrooms, which were not just for sleeping but also for working and entertaining important guests. The bedroom, at this time, was not a very private place, which created a need for another space, to be known as the closet.

By the end of the Medieval period, well-to-do homeowners began adding small rooms adjoining their bedrooms as a place to store treasured possessions, but it was also a place for prayer, reading and quiet



By Bill Primavera

contemplation. It was by far the most private place in the house, and to this day the word "closet" can carry a meaning of secrecy and privacy.

In Europe, the closet eventually disappeared as houses grew larger and other rooms afforded opportunities for privacy. But the Puritans took the idea of a closet with them to the New World, although their use of it by then was simply a place to store things.

In older houses, closets are not as prevalent; there might not even be one in every bedroom because people then had a lot less clothing. It was much more likely that clothes were stored in a chest or armoire rather than hanging them in a closet. In fact, the coat hanger wasn't even invented until 1869. In that year, a shoulder-shaped hanger was invented by O. A. North of New Britain, Conn. An employee of the Timberlake Wire and Novelty Company, Albert J. Parkhouse of Jackson, Mich., has also been credited with the invention.

Today the closet is enjoying a bit of a resurgence, primarily because most Americans own (what would have been considered by the Puritans at least) enormous amounts of clothes. And hangers have diversified. There are shirt hangers, which should have divots or rubber-tipped ends to keep tank tops and silky fabrics from sliding off, pants hangers, sweater hangers, skirt hangers and suit jacket hangers.

The mania for luxury closets, such as those offered by California Closets, has even led to closets outfitted with sofas, vanities or desks, making them a sort of



retiring room/boudoir in addition to a storage space.

Which means that these closets have, in fact, come completely full circle.

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Saving Westchester Taxpayers Money Through Recycling

By Michael Gold

Some people think of recycling the same way a kid looks at a plate full of spinach. It may be good for you, but it's not very enjoyable.

Pleasantville residents who feel this way may want to rethink the idea. The village saves money on recycling because the more residents recycle, the less it costs to pick up and dispose the garbage, said Mario Parise, assistant commissioner, Solid Waste Division for the Westchester County Department of Environmental Facilities (DEF).

Westchester County pays \$79.33 per ton to dispose of solid waste, said DEF Deputy Commissioner Lou Vetrone.

"By reducing waste at the source, we can also reduce the amount that must be transported to and processed at our waste management facilities, thus saving the residents of Westchester County and local municipalities thousands of tax dollars, the DEF website stated.

Westchester saved about \$5.4 million in disposal fees in 2018, according to the DEF's Division of Solid Waste Management/Recycling Office's annual report last year. That's how much would have been spent had the waste been disposed of as garbage instead of being recycled. The county also earned \$4.2 million from selling recycled material, the report noted.

Westchester County's recycling rate is 52 percent. That means 52 percent of Westchester's collected waste is recycled. The national rate is a little less than 35 percent.

Pleasantville had a recycling rate of 64



MARTIN WILBUR PHOTO

The paper and the plastics are separated at the Westchester County Materials Recycling Facility in Yonkers. The county's growing recycling efforts saves taxpayers money every year.

percent in 2018, meaning 64 percent of the village's waste is recycled. That works out to about 4,051 tons. Disposed waste was 2,259 tons. By comparison, Briarcliff Manor's rate was 65 percent; North Castle's rate was 80 percent; New Castle 61 percent; Mount Pleasant 49 percent; and Mount Kisco 39 percent.

Curiously, a number of wealthy towns in the county have comparatively low recycling rates. Pound Ridge's stood at 43 percent; Somers 34 percent; Hastings-on-Hudson 33 percent; Bronxville 30 percent; and Dobbs Ferry 26 percent. The lowest rate in the county is Mount Vernon at 18 percent.

Looking statewide, each resident generates 4.5 pounds of waste per day, according to the state Department of Environmental Conservation (DEC). That translates to six million tons per year. About 2.5 million tons is

sent to waste-to-energy plants.

"Recycling spurs economic growth," states the U.S. Environmental Protection Agency's (EPA) website. Recycling "builds more competitive manufacturing industries and significantly contributes to the U.S. economy."

Recycling accounts for more than 534,000 direct and indirect jobs in the U.S., according to Global Recycling magazine, an industry journal. The magazine reported the industry generated about \$117 billion in 2017, and provides more than \$13 billion dollars in annual tax revenue for the federal, state and local governments.

A recent visit to the Westchester County Materials Recycling Facility (MRF), located off I-87 in Yonkers, showed vividly how the process works. Paper, plastic, metals and glass are loaded off trucks by 30 men and women who work at the facility and loaded

onto separate lines in different places on the facility's massive floor. Optical sorters separate milk jugs, detergent bottles and other containers.

Once sorted, the materials are pressed together and tied with bales. Each bale weighs about one ton. Once baled, paper, cardboard and plastic materials are loaded onto trucks parked in the front of the facility to go to buyers throughout the U.S., Canada and Vietnam, Parise said. Paper mills are frequent buyers of the MRF's recycled paper.

Metal goes to local metal recyclers in Westchester. The plastic recycled material can be reused for toys and other products.

Parise said the facility processes 1,300 tons of newspaper a month. About 175,000 tons from the MRF goes to the waste-to-energy plant in Peekskill every year, he said.

One important tip for recyclers is to thoroughly wash the containers for recycling. "If you can't clean a bottle, throw it out," Parise said. "It can contaminate the rest of the recycled materials."

Since 2003, Westchester has reduced its waste stream by 25 percent, Vetrone said. But he's hardly satisfied.

"I want more."

Pleasantville resident Michael Gold has published op-ed articles about the environment in the New York Daily News and the Albany Times-Union. He has written four books, including "Consumer Culture is Consuming Us" and "God in Crisis - The Destruction of the Environment and its Consequences for Our Relationship with God."

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Happenings

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

Tuesday, Dec. 3

Building the World of Harry Potter. This architecture lesson helps children learn about city planning and encourages collaboration. Each participant will take a role in creating the World of Harry Potter with recycled materials. For children seven to 11 years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 5 p.m. Free. Sponsored by the Mount Pleasant Public Library and presented by Knowledge to Grow On. Registration required. Info and registration: 914-769-0548 or at the library.

Read With Tobie and Karen. For school-age children. First-come, first-served. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 p.m. Also Dec. 10 and 17. Info: 914-273-3887.

Aromatherapy for Holiday Stress. 'Tis the season to be jolly – well, sometimes. The holidays are a magical time of year but they can also be stressful, exhausting, frustrating and bring on colds as temperatures drop. Learn how aromatherapy and essential oils can help you manage holiday stress. Participants will make a roller ball of their choice to take home. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5 p.m. Free. Registration required. Info and registration: 914-864-0038.

DIY Clothespin Snowflake. Get ready for winter with a glittering snowflake ornament that will brighten the darkest winter days. For children seven to 12 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Walk-ins welcome; registration recommended. Info and registration: 914-864-0130.

Pet Adoption: Everything You Need to Know. Open to anyone interested in or involved with the adoption process, including professionals, community members, expectant parents, adoptive or prospective adoptive parents and adoptees. Come learn about the domestic adoption process and meet the staff of Forever Families Through Adoption (FFTA). FFTA is Hague accredited and authorized in New York and Connecticut. Port Chester-Rye Brook Public Library, 1 Haseco Ave., Port Chester. 6 to 7:30 p.m. Free. Info: 914-939-1180, visit www.foreverfamiliesthroughadoption.org or e-mail adopt@ForeverFamiliesThroughAdoption.org.

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

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

Community Sing-Along and Lighting Ceremony. Co-sponsored by the

Pleasantville Chamber of Commerce and Pace University. Hot chocolate and cookies will be served. Tree Island, Manville Road and Great Oak Lane, Pleasantville. Events begin at 6:45 p.m. Lighting at 7:35 p.m. Free.

"The Triplets of Belleville." The wildly creative animated story of a boy, his grandmother, his dog, his dream of winning the Tour de France and the eccentric music-hall stars from the 1930s who save the day won many awards for its score and was nominated for the Best Foreign Film Oscar. Part of the Caramoor at the Burns: Movies Musicians Love series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Legendary Tuesday Night Jam. This jam has fostered many great musicians over the years. Some have gone on to tour, win Grammy Awards and achieve celebrity status. You never know who you'll hear. Come on down, play or listen, dance, drink and enjoy. All levels of musical talent are welcome. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. No cover charge. Every Tuesday. Info: 914-747-4740.

Wednesday, Dec. 4

Zumba Babies and Tots. A wonderful fun dance-and-play party for little feet. Age appropriate music and props are used to help children learn to love moving their bodies and dancing to their own rhythm. Singing and exciting activities will amuse delight and stimulate your child benefiting their cognitive, emotional and social development. For parents or caregivers and children one to three years old. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 9:45 to 10:30 a.m. Eight-week session: \$120. Maximum 12 children per class. Every Wednesday (except Dec. 25 and Jan. 1). Info and registration: Contact Dance Emotions at 914-238-8974 or instructor Peggy at 914-960-4097.

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday through Dec. 18. Info: 914-769-0548 or www.mountpleasantlibrary.org.

New Mommy and Daddy Meet-Up. Whether it's your first child or your fifth, this is a great way to get out of the house, meet new friends and enjoy time with your baby. World Cup Nursery School, 170 Joan Corwin Way, Chappaqua. 10:25 to 11:10 a.m. Free. Every Wednesday (except Dec. 25 and Jan. 1). Info: 914-238-4967.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday through Dec. 20. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Meditation Session. Meditation can

remove stress and replace it with a dose of inner peace. It's one of the best tools to balance emotions, deal with physical and psychological distress and promote the peace of the present moment. This session will help you practice mindfulness and learn how meditation can benefit overall health and well-being. Phelps Hospital's Family Medicine Residency Conference Room, 755 N. Broadway, Sleepy Hollow. 11 a.m. Free. Info: 914-366-3937.

Mother Goose. Listen to stories and sing along with the librarian for a fun morning. The session incorporates picture books that focus on colors, shapes, letters and more. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Wednesday (except Dec. 25 and Jan. 1). Info: 914-273-3887 or www.northcastlelibrary.org.

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday through Dec. 20. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Bilingual Storytime. Sing songs and read picture books in English and Spanish. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Wednesday (except Dec. 25 and Jan. 1). Info: Visit 914-666-8041 or www.mountkisco.org.

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Wednesdays through Dec. 18. Info: 914-273-3887 or www.northcastlelibrary.org.

Marketing Your Business. A workshop for business owners seeking an overview of the entire range of options for marketing their business. Learn how to create and build a marketing strategy and develop marketing tactics for your target audience and more. SCORE Headquarters, 120 Bloomingdale Rd., White Plains. 1 to 3 p.m. Free. Registration required. Info and registration: Visit www.westchester.score.org.

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

Mind Games for Fun. A fun way for seniors to stimulate various cognitive functions, including memory, problem-solving and focus. If you are having trouble remembering things or feel that you are easily confused, come join the fun. Phelps Hospital's Boardroom (C Level), 701 N. Broadway, Sleepy Hollow. 2 p.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail Vitality@northwell.edu.

"The Irishman." Robert DeNiro, Al Pacino and Joe Pesci star in master filmmaker Martin Scorsese's epic saga of organized

crime in post-war America told through the eyes of World War II veteran Frank Sheehan (DeNiro), a hustler and hitman who worked alongside some of the most notorious figures of the 20th century. Spanning decades, the film chronicles one of the greatest unsolved mysteries in American history, the disappearance of legendary union boss Jimmy Hoffa (Pacino), and offers a monumental journey through the hidden corridors of organized crime, its inner workings, rivalries and connections to mainstream politics. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 and 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.

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

Science Lab. Become junior scientists and learn about different science topics through stories, crafts and experiments. For children four to six years old. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Wednesday (except Dec. 25 and Jan. 1). Info: 914-273-3887 or www.northcastlelibrary.org.

Book Origami. Learn how to fold the pages of a book into the shape of heart. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Knitting at the Library. Knitters and crocheters of all skill levels. For ages 10 and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Every Wednesday (except Dec. 25 and Jan. 1). Info: 914-864-8041 or www.mountkisco.org.

YA Chess Workshop. Participants learn how to play chess and the fundamentals of good chess play through the study of strategy and tactics. Facilitated through guided instruction and supervised play. For young adults in grades 5 and up. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4:15 to 5:15 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

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

Art Series: Teresa Bernstein: Does art contribute to longevity? Coupled with *continued on page 22*

Don't Understand Millennials? Maybe Reading This Will Help

My name is Erin, and I have a confession. I'm a millennial.

We get a bad rap. And why wouldn't we? Generally, born between 1981 and 1996, ours is the first generation capable of ordering a meal, finding a job, video-chatting with our general physician and securing a date, all from the comfort of our bed. I get it, I'd be jealous of me too.

We vape instead of smoke, love our boozy, bottomless brunches and have become the champion of avocado toast, the ubiquitous millennial meal, which we probably munch on as we lounge on our parents' couch, as it takes us longer to move out compared to generations past.

By now, we've trashed those participation trophies from our youth, as we must rid ourselves of anything that doesn't "spark joy," under the pretense of cleaning maven/Netflix star Marie Kondo. And we'll



By Erin Maher

probably dedicate a six-part Instagram post or an entire podcast episode on the process, as anything we do in life must be documented as a testament to our "personal brand."

We travel the world in lieu of regular careers, a marriage and a mortgage. Because a one-way plane ticket to a faraway land where Sallie Mae doesn't reside is much more affordable than scrounging together enough cash for the down payment on a house as we struggle to climb out of the oppressive weight of student debt.

Any inconveniences in life we attribute to that pesky mercury in retrograde. Especially if, heaven forbid, our Amazon Prime packages arrive late or that restaurant we just ate at did not match its Yelp review.

Work for millennials is not just confined to the usual 9-to-5. Instead, work permeates into other facets of our life, and more often than not, our

employer name can be found in both our LinkedIn and Instagram bios, blurring the lines between professional and personal.

And now, I'd like to officially join that cohort. At 28 years old, I am what I'd like to call a "mid-level" millennial and proud of it, and I think it's time that I give all my Westchester neighbors a glimpse into the millennial milieu.

This is the first of eight monthly columns, exploring various topics, such as money, love, education and other interests concerning the millennial generation. I am here to be the unwanted, and certainly unasked for, voice for my generation.

It's not like my fellow millennials need me, either, since we have upwards of 280 characters to tweet out into the universe our most inane thoughts.

A bit about me: I'm a native of Westchester and a lifelong resident. I was born in White Plains Hospital and

then returned there, 27 years later, to get my appendix removed. What can I say, I'm brand-loyal. I'm a former Valhalla Viking and can confidently say that I led the Lady Vikings tennis team to no league, sectional or state titles. We lost, and we did it well. I worked at the North White Plains branch of the North Castle Public Library throughout high school and college but the Dewey Decimal System still eludes me. It was at the library where I once accidentally locked a member of the North Castle Police Department in the men's room. Consider this a belated "my bad."

So welcome, my Westchester neighbors, to your crash-course in millennialism. Make sure to take notes, and yes, of course you can use your iPad.

Erin Maher is a writer in Westchester County. Find more of her musings at www.erinmaherwrites.com, or follow her on Twitter and Instagram @erinmaherwrites.



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Happenings

continued from page 20

Clementine Hunter, Bernstein might be proof that there is an arts and longevity connection. This American centenarian artist, born in 1899, painted well into her nineties and was a respected member of the Ash Can Movement. We will also look at this important movement and how it influenced her style and subject matter. Led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Thursday, Dec. 5

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.

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.

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

Toddler Mixer. Come for free play and hang out with other toddlers and adults. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 a.m. to noon. Free. Also Dec. 12 and 19. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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 Dec. 19 in Room 235. Registration required. Info and registration: Contact Monica Hobson at 914-924-9593 or e-mail mhobson@northwell.edu.

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

mountkiscoliberal.org.

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. Thursdays, Fridays and Saturdays through Dec. 28. Info and tickets: Visit www.johnjayhomestead.org.

National Theatre Live's "Present Laughter." Matthew Warchus directs Andrew Scott as a star actor preparing for an overseas tour. Engulfed by an escalating identity crisis as his many and various relationships compete for his attention, he finds that his days at home become a whirlwind of love, sex, panic and soul-searching. The Financial Times calls Noël Coward's giddy and surprisingly modern play "a treat of a production: a timely depiction of the hollow nature of fame." Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Unicorn Party. Come for unicorn-themed crafts, games and snacks. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 3:30 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

DIY No-Sew Felt Fox Cozy. Grab a cup of hot chocolate and warm up your hands with this adorable fox cozy. For students 10 to 15 years old. 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.

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.mountkiscoliberal.org.

Gallery Nite Out: ArtsWestchester Holiday Mixer. Join the merrymaking, enjoy light bites and cocktails, view the Dataism exhibit, shop for holiday gifts and dance the night away to music. Plus, enjoy do-it-yourself holiday crafting. ArtsWestchester, 31 Mamaroneck Ave., White Plains. 5:30 to 7:30 p.m. \$25 (includes two drink tickets). Members: \$20. Info and tickets: Visit www.artswestchester.org.

Solving the Retirement Income Puzzle. A presentation on challenges unique to retirees. Social Security, retirement income and tax specialist Paul M. Petrone will discuss the four pieces that solve the retirement income puzzle. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5:45 to 6:45 p.m. Free. Registration required. Info and registration: 914-864-0038.

Great Books Forum Series. "Everything is Illuminated" by Jonathan Safran Foer will be discussed. Led by Professor Scott

Zaluda. Westchester Community College's Gateway Center, Room 131, 75 Grasslands Rd., Valhalla. 6 to 8 p.m. Free. Info: E-mail Professor James Werner at james.werner@sunywcc.edu.

La Dolce University Trivia Contest. Come for a trivia challenge, Italian-style. What food was considered scandalous if consumed by women in public during the Renaissance? Why is carpaccio called carpaccio; the Bellini, the Bellini? How did the Colosseum get its name? Test your knowledge while discovering surprising new facts about "The Boot." An interactive cultural trivia challenge for anyone in amore with Italy and all things Italian. Led by Carla Gambescia, travel writer and author will lead this entertaining and informative program/game. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 to 8 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

The How and Why of a Good Apology. Do you know someone who hates to apologize? Don't miss this lively presentation with author Donna Moriarty that will include reading excerpts from her new book, quizzing the audience on recent public apologies (good and bad) and troubleshooting tricky apology situations. Books will be available for sale and signing by the author. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8:30 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

"A Hidden Life." An advance screening of this film based on real events from three-time Academy Award nominee and visionary writer-director Terrence Malick. Starring August Diehl and Valerie Pachner, it is the story of an unsung hero, Franz Jägerstätter, who refused to fight for the Nazis in World War II. When the Austrian peasant farmer is faced with the threat of execution for treason, it is his unwavering faith and his love for his wife Fani and children that keeps his spirit alive. Premiered at the 72nd Cannes Film Festival where it won the Francois Chalais Award. The Picture House Regional Film Center, 175 Wolfs Lane, Pelham. 7:30 p.m. \$15. Seniors, students and members: \$12. Info and tickets: Visit www.thepicturehouse.org.

Friday, Dec. 6

Pleasantville Christmas Tree and Wreath Sale. Sponsored by the Pleasantville International Association and the Hiawatha Masonic Lodge. The Masonic Lodge, 283 Manville Rd., Pleasantville. 10 a.m. to 8 p.m. Fridays, Saturdays and Sundays until Christmas.

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

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

11:30 a.m. to noon. Free. Also Dec. 13. Info: 914-273-3887 or www.northcastlelibrary.org.

Keva Blocks. Come and build whatever your heart desires with our set of keva blocks. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Also Dec. 13 and 20. Info: 914-273-3887 or www.northcastlelibrary.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. Fridays from 5 to 10 p.m. and Saturdays and Sundays 4 to 10 p.m. through Dec. 22. From Dec. 23 through Jan. 4, 5 to 10 p.m. on weekdays and 4 to 10 p.m. on weekends. Closed Dec. 24 and 25. Info and tickets: Visit www.winterwonderland.com.

Jazz at Lincoln Center Digital Concert Series: Big Band Holiday. Celebrate the season with a swinging array of holiday classics. Two master vocalists join the band for the show. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. Refreshments at 6:30 p.m. Screening at 7 p.m. Info: 914-238-4779 or www.chappaqualibrary.org.

Friday Night Film Series: "Palio." This remarkable documentary delves into the tradition behind one of Italy's most heralded and most notorious traditions – the no-holds-barred bareback horse race held in the main square in Sienna every summer for centuries. A world where men are men and winning is everything, this film brings us into a unique, tightly-held world as no other film had done before. In Italian and English with English subtitles. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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.

"Employee of the Month." A staged reading of this new play from the mind of actor, playwright and HBO Def Poet Brian Dykstra. What starts out like a who's-on-first sketch about an out-of-service staircase turns into a sly commentary on office politics, glass ceilings, income inequality and racism in corporate America. Featuring actors Vince Gatton, Tracey Conyer Lee, Larry Powell and Lori Prince. A Q&A with all participating artists will immediately follow the performance. Whipoorwill Hall, 19 Whipoorwill Rd. East, Armonk. 7:30 p.m. \$10. Info: 914-271-2811 or visit www.hudsonstage.com.

Mandy Patinkin: Diaries. This production presents the acclaimed actor, singer and storyteller in Patinkin's most electrifying role – concert performer. Diaries is a marriage of many of his newest

continued on next page

Addressing Flat Feet Can Help Relieve Pain, Prevent Injury

Have you been told you have “flat feet” or do you feel like the arch of your foot collapses or is not as strong as it used to be? Have you been told you need orthotics or have you been wearing orthotics for years and continue to feel aches and pains?

There is something else you can do about your flat feet. Physical therapists and chiropractors are trained to assess foot posture and the alignment of the entire body to provide suggestions to help relieve associated pain and prevent injuries. Research supports that exercises can be prescribed to strengthen the muscles in your foot to help support the arch for normal and flat feet.

Arch-strengthening exercises are not working

There are many reasons why you could have developed a collapsed arch because everyone is different. You could have developed a flexible flatfoot deformity as a child and could benefit from foot and ankle strengthening and an orthotic. You could have gradually began walking with your feet turned out to compensate for tightness in your hips. This abnormal walking pattern over time can put increased load on the arch of your foot, in which you could benefit from hip stretching in addition to foot and ankle strengthening.

Walking mechanics can also be affected by tightness in your calf and stiffness in your ankle and these compensations can put increased load on the arch of your foot. You could benefit from calf stretching and manual therapy to improve joint mobility in your foot or ankle. Each case is unique and requires an individualized plan to treat, so getting a full body

assessment, including a gait assessment, by a healthcare professional is important in developing the correct exercise program for you.

Can an orthotic support my arch?

Orthotics provide a passive restraint to help support the arch, but when barefoot, you no longer have that support. You need an active restraint created by your muscles to help actively support your foot as well. It's also important not to forget that there may be other imbalances in your body that need to be addressed where an orthotic cannot help to decrease load on the arch of the foot.

Is there a link between flat feet and knee pain?

Ever hear the song “Dem Bones?”

Toe bone connected to the foot bone

Foot bone connected to the heel bone

Heel bone connected to the ankle bone

Ankle bone connected to the shin bone

Shin bone connected to the knee bone

Knee bone connected to the thigh bone

Having flat feet could contribute to injuries in the foot and ankle, knee, hip and even back. The collapsed arch can lead to internal rotation of your lower leg and knee, putting increased strain on your knee, which could eventually create an overuse injury.



By Dr. Brittany O'Rourke

Flat feet could also be associated with weakness or impaired posture and biomechanics at the knee or hip. Weakness in the hip muscles, especially the gluteal muscles, can lead to increased internal rotation of the thigh, knee and lower leg. This can put increased load on the arch of your foot and with time could lead to a collapsed arch. Other joints, in addition to the painful area, often need to be addressed to help effectively relieve strain and promote healing.

I don't have flat feet, but my feet hurt

Come get an assessment done by one of our skilled physical therapists or chiropractors. You may have a muscle imbalance somewhere in your body or there could be tightness in your foot/ankle or even hip, which could be contributing to your pain. Everyone is unique with different biomechanics so those online exercises for “foot pain” may not be for you.

Learn which exercises you should be doing specific to your body's impairments to help relieve your pain and prevent injury.

Dr. Brittany O'Rourke is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic and provides care at the Ardsley location. For more information about this article or about ProClinix, contact O'Rourke at 914-202-0700 or at borourke@proclinix.com. Also visit www.ProClinix.com.

Happenings

continued from previous page

recordings on Nonesuch Records, “Mandy Patinkin Diary January 2018” and Mandy Patinkin Diary April/May 2018.” From Randy Newman to Stephen Sondheim, from Harry Chapin to Rufus Wainwright, Patinkin takes you on a dazzling musical journey you'll never forget. Tarrytown Music Hall, 13 Main St., Mount Kisco. 8 p.m. \$58, \$78, \$88, \$98 and \$108. Info and tickets: Visit www.tarrytownmusichall.org.

Westchester Photographic Society: Photo Competition. Members compete in digital competitions of color and “open mind.” 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.

The Old Mill Singers. The group will present the program “What's on Your Christmas Stocking: A Program of Holiday Songs.” Come for an evening of song and good cheer. Clear View School, 480 Albany Post Rd., Briarcliff Manor. 8 p.m. \$20. Seniors: \$15. Children (12 and under): \$12. Info: Visit www.oldmillsingers.org.

Saturday, Dec. 7

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.

Totsaver Program. A class that includes the pediatric component of the American Heart Association CPR for Family and Friends. Due to the physical demands of the class, pregnant women in their third trimester may wish to consult their physician for advice on participation. A CPR handbook is mailed out upon registration. Phelps Hospital's Hoch Center for Emergency Education, 755 N. Broadway, Sleepy Hollow. 9 a.m. to noon. \$55 per person. Registration required. Info and registration: 914-366-3698.

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.

Holiday Craft and Gift Fair. Shop for a variety of unique items including aromatherapy, essential oils and wellness gifts; soaps, lotions and salt lamps; handmade ponchos; scarves; slippers; baby items; unique jewelry; handmade pocketbook accessories; artistic greeting cards; handmade chocolates; and seasonal silk

flower arrangements. Information and tours of the assisted living residence will also be available. Refreshments provided. Bethel Springvale Inn, 62 Springvale Rd., Croton-on-Hudson. 10 a.m. to 1 p.m. Free. Info: Contact Patricia Pelican at 914-739-4404 ext. 2204.

Hoff-Barthelson Music School Annual Holiday Music Festival. A weekend of music and fun for the entire family. Enjoy performances by student ensembles, find a special holiday gift at the holiday boutique or online auction and feast on international cuisine and scrumptious desserts. All welcome. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 10 a.m. to 4 p.m. Free admission. Info: 914-723-1169, visit www.hbms.org or e-mail hb@hbms.org.

Margaret Eberle Fair Trade Festival and Crafts Fair. The WESPAC Foundation, Memorial United Methodist Church, the Walkabout Clearwater Sloop, Inc. and the Westchester Martin Luther King, Jr. Institute for Nonviolence will be hosting this annual event providing an array of unusual and affordable items, created and sold with a conscience. Items sold will benefit the artisans who created them. Some artisans are local, while other artisans are from Asia, Africa and South American countries. Merchandise include pottery, bead work, baskets, fabrics, jewelry, mosaics, aromatherapy and body care products, organic beauty products, quilts, tablecloths, organic fair trade chocolate, cocoa, coffee, tea, olive oils, scarves, ornaments, recycled rice bag products, wallets, totes, tee shirts, linens, sculptures, decorative

planters, gloves, shawls, scrimshaw jewelry, and earthenware. Live music performed throughout the day will feature saxophonist Art Bennett, Jenny Murphy, The LOFT Pride Chorus and the Walkabout Clearwater Chorus. Homemade baked goods, hot food, bread and fair-trade coffee/tea will be available for purchase. Some proceeds will go toward supporting the Sunrise Movement, a youth-led climate justice movement. 250 Bryant Ave., White Plains. 10 a.m. to 4 p.m. Suggested donation: \$5.

Christmas Fair. Come do a little shopping and stay for a bit of lunch. Or bring the kids to participate in some fun and free activities – games, crafts, stories and a visit with Santa. There will be gifts, jewelry, Christmas decorations and wreaths for sale. The cafe will offer soup and sandwiches. All proceeds benefit the ministries of the church. United Methodist Church of Mount Kisco, 300 E. Main St., Mount Kisco. 10 a.m. to 4 p.m. Free admission. Info: 914-666-5014.

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

continued on page 25

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continued on page 26

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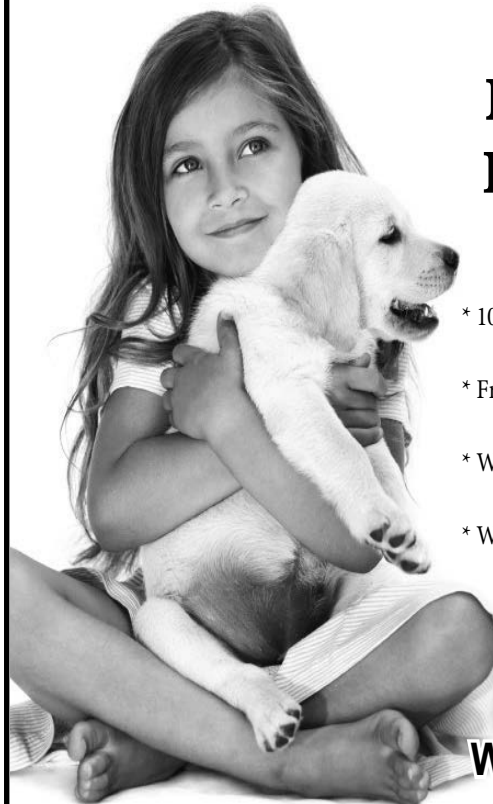


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Holiday Season a Great Reason for Creating, Giving Apple Pies



By Joanne Witmyer

Today, Dec. 3, is Giving Tuesday, which was initiated in 2011 on a global scale and intended to honor charitable giving during the holiday season.

Many individuals decide to donate monetary gifts to nonprofit organizations that mean something to them personally. Interestingly, Dec. 3 also happens to be National Apple Pie Day as well, so I decided to mesh these two topics.

Part of enjoying the snowfall this past weekend involved me cooking an apple pie with a recipe that has been in my family for years. Baking truly helps make the home feel cozier and the scent of a pie cooking is delightful. I look forward to seeing the recipes you share with me about your own family's apple pie recipes.

Please consider creating and giving an apple pie to someone as a surprise this week.

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

Ingredients

- Pie dough for two dishes (create from scratch or purchase, whichever stresses you out less)
- 1/3 cup of brown sugar
- 1 TSB maple syrup
- ¼ tsp ground nutmeg
- ½ tsp ground cinnamon
- ¼ ground cardamom
- 3 to 4 Granny Smith or Cortland apples, peeled, then cored (and sliced)
- ¼ cup butter, diced into little cubes
- 1 egg, beaten lightly
-

Instructions

Preheat your oven to 375 F. Place one of the pie dough circles in your pie dish.

Mix together the brown sugar, maple syrup, nutmeg, cinnamon and cardamom and set aside.

Place half of the spice mixture as a thin layer on the dough, then place half the apples. Repeat with the rest of the spice mix and the apples. Cover the apples, dot with the small butter cubes and top with the second pie circle. Seal the pie bottom and top together with a fork and cut a slit or festive design (such as a star) on the top layer. Brush the egg on the top of the pie.

Place in the oven for 35 to 45 minutes, let cool and enjoy.



Nourish

Happenings

continued from page 23

www.greenburghnaturecenter.org.

Katonah Museum of Art's Artisan Jewelry Pop Up Shop. Just in time for the holiday season, the Katonah Museum of Art invites jewelry lovers and holiday shoppers to explore and shop this exceptional selection of jewelry, curated by Pam Levine, by nine of the most respected contemporary award-winning artisans, designers and craftsmen. Many of these jewelry designers have work in collections of major museums and exhibit in top galleries worldwide. For those looking to gift themselves or others, there is a wide range of materials and techniques – traditional, high-tech and cutting edge – intricately beaded textiles, handblown glass, custom-cut gemstones, 3-D printing, diamond inlay, brass, bronze, coins, silver and gold. Visitors can meet the artists and learn what inspires them. Katonah Museum of Art, 134 Jay St., Katonah. 10 a.m. to 5 p.m. Free admission. Also Dec. 8 from 12 to 5 p.m. Info: 914-232-9555 or visit www.katonahmuseum.org.

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

Children's Concert With Beth and Scott Bierko. Happy Holidays! Songs for Christmas, Hanukkah, Kwanzaa and other

fun songs. Guaranteed to entertain children and families. Ideal for children ages three to seven years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 a.m. to noon. Free. Registration requested. Info and registration: 914-769-0548.

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.mountkisco.library.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. Free. Info: 914-666-8041 or www.mountkisco.library.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.mountkisco.library.org.

Wolves of North America. Learn about the mythology, biology and ecology of wolf

families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they celebrate the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Dec. 14, 27, 28 and 31 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Winter Hike. Join the hike and, if there is snow, look at the animals' tracks. Cranberry Lake Preserve, 1609 Old Orchard St., North White Plains. 2 to 3 p.m. Free. Info: 914-428-1005.

Westchester Choral Society Holiday Concert. A selection of holiday favorites, including Vivaldi's "Gloria," "O Magnum Mysterium" by Morten Lauridsen, "Hanerot Halalu, A Song for Hanukah" by Baruch J. Cohon and "Christmas Day, Choral Fantasy" by Gustav Holst. Also featuring the Queens Consort Baroque Ensemble led Associate Music Director David Baranowski. Rye Presbyterian Church, 882 Boston Post Rd., Rye. 3 p.m. \$25. Students: \$10. Info: Visit www.westchesterchoralsociety.org.

Dickens' "Christmas Carol." After a celebrated fall season performing Irving's 'Legend,' master storyteller Jonathan Kruk, along with musical accompaniment, returns to bring new life to the classic Dickens story of Ebenezer Scrooge, the ghosts of Christmas Past, Present and Future and Tiny Tim in this Historic Hudson Valley production. Old

Dutch Church, Route 9, Sleepy Hollow. 3:30, 4:45 and 6 p.m. Adults: \$25. Children (under 18): \$20. (Historic Hudson Valley members receive a \$5 per ticket discount.) Also Dec. 8, 14 and 15. Info and tickets: Visit www.hudsonvalley.org.

Lucy's Laugh Lounge: Two Mic Minimum Live Podcast Recording. Sean Barry and Peter Clark-Deutsch will be a doing a live recording of their podcast. Come through for drinks and special guests. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 6 p.m. Free. Info and tickets: Visit www.lucyslaughlounge.com.

Kids Night Out. Join in the fun. There will be pizza and ice pops and there will be a fun art project. Add in gymnastics in the 19,000-square-foot state-of-the-art facility and a movie and what's not to love? Best of all, mom and dad get their very own night out. For children three to 12 years old (Younger children must be potty trained.) Membership not required. World Cup Gymnastics, 170 Joan Corwin Way, Chappaqua. 6 to 10 p.m. \$40 per child; \$35 for each additional sibling. \$5 additional if registering the day of event. Info and registration: 914-238-4967 or visit www.worldcupgymnastics.com.

Lucy's Laugh Lounge: Two Mic Minimum Show. Sean Barry and Peter Clark-Deutsch from the Two Mic Minimum podcast are putting on their first stand-up comedy showcase featuring some of the best comedians from around the country. Featuring Samantha Ivey, Bryan Morris and Nick Fields and headlined by Monty Mason. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$10. Info and tickets: Visit www.lucyslaughlounge.com.

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continued from page 24

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Town of Putnam Valley Special Meeting Agenda December 4, 2019 5 PM
1. Pledge of Allegiance
2. Set Public Hearing for De-icer Law as December 11th at the Fire House, 5 PM.
3. Waive permit and building fees for the Fire Department building.
4. Waive all Building fees for the

Kasper Property sale. 5. Authorize the Supervisor to waive the \$17.50 fee for marriage license only for active members of the armed forces.

MISCELLANEOUS

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Following Wine from the Vineyard to Your Glass



By Nick Antonaccio

When we are enjoying a glass of wine, we invariably immerse our senses in its particular aromas, flavors, tannins and acid profiles. This is the crux of wine appreciation.

Yet while evaluating and assessing the wine at hand, we instinctively compare it to the same wine from a different vintage, or a different location within the region, or a different region. We discern the unique characteristics of a 2015 French Pinot Noir from a particular producer, as compared to one from the same producer but a previous vintage, as compared to one from a neighboring producer, or a producer beyond the next hill or a producer halfway around the globe. The same grape, grown and vinified in differing environments, may produce a unique wine.

The traits and characteristics of a wine are as much attributable to nature as they are to natural science. In the hands of a talented winemaker, that 2015 French Pinot

Noir you enjoy is the result of personal choices made in the vineyard and in the winery.

Wine is a living, breathing organism, and as such, each vintage reacts to the ever-changing climactic environment in the vineyard and the direct influence of the winemaker's application of natural and man-created processes and procedures. It is this interplay between man and nature that attracts us to one producer over another.

The evolution of wine as it ages in bottle is dependent on a number of factors. The compounds of wine interact with each other throughout its life. The effect of oxygen,

tannins, acids and other elements continually change our experience of wine. Should we consume a bottle early in its development? Or let it age for several years, even decades, to provide for the ideal interaction of these basic elements?

There are a number of factors at work that will potentially influence each bottle of wine. Even as you open and pour the Nectar of the Gods, the evolution continues. Many wines improve when exposed to air; the aromas and flavors that have been tightly confined since bottling are released when they come in contact with oxygen. But most

do not; they begin to deteriorate quickly.

Wine, in its most elemental form, is a fruit derivative and is perishable. It's just a question of time before oxygen accomplishes its dastardly deed – oxidation and spoilage.

This week we'll explore a wine's evolution from several additional influences.

Soil and climate affect the ripening and maturation of wine in varying manners. Each has an impact on the final product. However, once bottled, the natural chemical compounds in the juice and skins of crushed and fermented grapes continue to influence the wine.

1. Esters contribute to a wine's aroma. These compounds are created during fermentation from the chemical reaction of alcohol, acid, yeast and hydrogen. For example, the concentration of esters will influence the signature aromas of Cabernet Sauvignon, in its younger years in bottle and then again as it changes in its later years. The black fruit aromas may dominate initially, but over time may dissipate and earthy aromas may come to the forefront. Ester creation and evolution may differ greatly by vintage, vineyard or producer.

2. Phenolic compounds in the skins of red

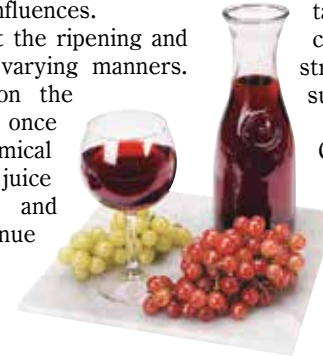
grapes affect the taste of wine throughout its life. They vary by grape, by fermentation method and by length of aging. One of the most influential is tannin. Simply described as imparting a bitter, mouth-puckering effect in a young wine, tannins change as they age. They combine with other tannin compounds, changing their chemical structure, losing their strength and thus creating a more supple, often silky, taste.

Wine aging is a science. Chemical compounds influence the ageability of a bottle of wine and its evolution.

Understanding their impact on a specific wine – and the artful influence of a winemaker – will greatly assist a consumer in finding a palate-pleasing wine.

We'll explore additional factors affecting the ageability and aging of wine in a future column.

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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ExaminerSports



Zak Irvin of the Westchester Knicks made all six of his shots from the field in last week's win over Fort Wayne.



Westchester Knicks guard Lamar Peters fires a jumper from the right wing in the first half of last Tuesday's game at the County Center.



Ignas Brazdeikis, the 2019 second-round draft pick of the New York Knicks, gets inside for a bucket in last Tuesday's win over Fort Wayne.

Westchester Knicks Snap Losing Skid With a Home Win Over Fort Wayne

The Westchester Knicks put an end to their five-game losing streak by defeating the Fort Wayne Mad Ants 109-95 last Tuesday night at the Westchester County Center. Andrew White III scored 17 points and Zak Irvin, shooting 6-for-6 from the field, added 16 as the Knicks came away with just their second home victory on their home floor in five tries this season.

Westchester never trailed all evening and opened up a 33-23 lead by closing the first quarter on a 9-0 run. A 3-pointer by White with 50 seconds left in the half gave the Knicks a 55-40 advantage and they took a 13-point cushion into intermission. The Mad Ants, who got a game-high 20 points from Ike Nwamu, never got any closer than 13 points in the second half.

A layup by Irvin in the final minute of the third quarter enabled the Knicks to take

an 85-67 lead into the final period. Another basket by Irvin three and a half minutes into the fourth quarter gave Westchester its largest lead of the game, 94-69, and the Knicks coasted the rest of the way.

Three other Knicks joined White and Irvin in double figures, while Ignas Brazdeikis, the 2019 second-round draft pick of the New York Knicks on brief assignment to the G League, added nine points in 27 minutes of action. Ivan Rabb finished with a game-high eight rebounds, Kadeem Allen had eight assists in just 19 minutes and Kenny Wooten blocked five shots.

The Knicks, currently 2-7, host the Santa Cruz Warriors on Wednesday, December 4, at 7:00. They don't return to the County Center again until Friday, December 27, which starts a three-games-in-four-nights homestand.



Westchester's Kenny Wooten rises for a shot over the outstretched hand of Fort Wayne's 7-foot-3 Hasheem Thabeet, who was the second pick in the 2009 NBA draft.



The Westchester Knicks' Andrew White III fires a jump shot in the first half of the 109-95 win over the Mad Ants.



Ivan Rabb, one of the New York Knicks' two-way players, drives to the basket vs. Fort Wayne.



Kadeem Allen glides to the basket for two points in the Westchester Knicks' home win last Tuesday.

Pace Comes From Behind to Extend Its Winning Streak

The Pace University men's basketball team equaled its best-ever start to a season on Sunday afternoon with a 69-61 victory over visiting Molloy College. Overcoming a 13-point first-half deficit, the Setters managed to outscore the Lions 15-2 over the game's final three minutes to come away with their seventh consecutive win.

Senior guard Tyrone Cohen Jr. came off the Pace bench to provide four 3-pointers, finishing with a game-high 17 points in just 19 minutes of playing time. Point guard Brandon Jacobs supplied back-to-back 3-pointers during the Setters' late surge. His second one, with just under two minutes remaining, gave the Setters a 63-61 lead they never relinquished.

The Setters had won each of their previous six games this season by double figures. But Molloy, riding its own three-game winning streak, began the contest by jumping out to a 12-2 lead. Sparked by the inside scoring of 6-foot-7 forward Justin Caldwell, the Lions soon stretched their advantage to 16-4. A basket by Caldwell, following a Pace turnover, gave Molloy its largest lead, 30-17, with 6:25 to go in the first half.

Following a timeout, a pair of baskets by Jacobs started a 14-2 Setter spurt that concluded with a 3-point shot from Chris Matthews and narrowed the big Molloy lead

to only one point. Pace went to the locker room trailing by just 34-31, but jumpers by the Lions' Josh Dennis and Nick Corbett early in the second half quickly increased the Molloy lead back up to seven points.

Consecutive baskets by Peyton Wejnert, the Northeast-10 Conference's leading scorer who was held to five first-half points, brought the Setters to within 40-37. Pace finally tied the game at 44-apiece when Cohen connected on a 3-pointer from left of the key with 10:44 remaining. A steal by Ray Montilus, one of his six on the day, then set up Cohen for an old-fashioned 3-point play that gave Pace its first lead.

But two free throws by Corbett, followed by a lefty layup from Colin Brady, gave Molloy a 59-54 margin with just 3:33 left on the clock. The Setters' big closing burst began 30 seconds later when the southpaw Cohen drained a 3-pointer from the right corner. Jacobs, who wound up with 14 points and seven assists, soon made the first of his successive treys, giving Pace a 60-59 edge.

Two more free throws from Corbett put Molloy ahead for the last time, with 2:15 remaining. But the Lions never scored again and the 3-pointer from Jacobs after one dribble to his left on the right side of the key gave the Setters the lead for good with 1:58 to go. A pair of free throws by Jacobs with



Brandon Jacobs



Tyrone Cohen Jr.

15.4 seconds left and two more from Austin Gilbertson with 7.2 on the clock provided the final margin.

The Setters, the last remaining unbeaten

team in the NE10, have now matched the 1996-97 Pace team that previously had the best start in program history. They play two games on the road this week, then return to the Goldstein Fitness Center next Tuesday evening for a 7:30 game against Adelphi.



Pace University's Jackie DelliSanti starts a drive to the basket in the third quarter of last Tuesday's 55-45 home win over New Haven.



Pace guard Brianna Wong drives past the foul line in the first half vs. New Haven. The Setters defeated the Chargers to improve to 6-1 this season and 2-0 in the NE10 Conference.

Pace Women's Team Defeats New Haven



Pace sophomore guard Lauren Hackett slips past New Haven's Brie Pergola before sending up a left-handed scoop shot in the lane.



The Setters' Naya Rivera tosses up a shot from the left side of the lane during the first half of last week's home win over New Haven.



Pace junior forward Lauren Schetter finished with a game-high 21 points and 10 rebounds in the win over New Haven.



Valhalla's Mahari Davis Jr. runs with the football during a Viking home game.



Sophomore running back Brandon Rispoli of Briarcliff/Hamilton eludes a tackle in the Bears' lopsided victory over visiting Haldane.



Pleasantville's Matt May scampers across the field as Westlake's Carter Falkenberg tries to keep him from getting to the right sideline.



Steven Franco of Byram Hills finds some running room during a late September road win.

FOOTBALL

2019

A Look Back



Greeley's Mike Meringolo runs past Jordan Sauro of Fox Lane in week two of the regular season.



Horace Greeley quarterback Brent Rosendorf gets set to throw under pressure vs. visiting Nyack.



Valhalla's Rahsean Melvin tries to elude a pair of Chester players in the Vikings' regional playoff win up at Dietz Stadium.



Pleasantville quarterback Michael LaCapria throws a pass in the Panthers' road game vs. Westlake.



Michael Washington of Fox Lane tries to pick up extra yardage after bursting past the line of scrimmage.



Eric Nieves of Westlake finds room to run during a game at Ardsley on the last week of the regular season.



Westlake's Matt Sardo runs for an 88-yard touchdown in the Wildcats' victory at Red Hook.



Matt Weiler of Byram Hills picks up big yardage during the Bobcats' sectional win over visiting Bronxville.



Quarterback Michael Dawson leaves a Highland defensive player behind as he carries the ball in Valhalla's overtime win early in the season.



Valhalla senior Sammy Mussuto and the rest of the Vikings had plenty to celebrate this season as they advanced to the state semifinals.



Thomas Brennan of Greeley carries the football in the season finale vs. visiting Brewster.



Fox Lane's Thomas Olsen heads toward the right sideline as he carries the ball vs. Horace Greeley.



Westlake quarterback Jason Ausiello searches for an open receiver as he drops back to pass.



The Westlake defense gangs up to bring down Red Hook's quarterback in the second week of the season.



Byram Hills senior quarterback Nic Picca fires a pass in the Bobcats' win at Westlake.



Jared Willens of Pleasantville tries to break a tackle against Byram Hills in a game under the lights at Parkway Field.



Cole Picca of Byram Hills carries the ball in the midseason win over Westlake.



Fox Lane senior quarterback Spencer Rowley throws on the run in the home win over Greeley.



Chris Beard of Briarcliff/Hamilton turns up the field after making a reception.



Briarcliff quarterback Nick Reish drops back to pass during a Bear home game.

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