

The Examiner

twitter.com/ExaminerMedia

FREE

Serving Mount Kisco, Pleasantville, Chappaqua/Millwood/New Castle, Mount Pleasant, Armonk/North Castle & Briarcliff

December 31, 2019 - January 6, 2020

SMALL NEWS IS BIG NEWS

Volume 13, Issue 643

Happy
New Year
2020

New Castle Fire District Plans on Firehouse Expansion Referendum

By Martin Wilbur

A late winter referendum is being planned by New Castle Fire District No. 1 that would ask district residents for funding to build a three-bay addition to the existing firehouse at 495 King St.

Shortly before the holidays, fire district officials received a report from the architectural firm Mitchell Associates Architects in Voorheesville, N.Y. that has been retained to develop the plans, said Fire Commissioner Board Chairman Erik Nicolaysen. Estimates are still being reviewed to make sure nothing has been omitted from the plans and no miscalculations have been made, he said.

In the early weeks of 2020, commissioners are expected to develop and send the first of two mailings to residents containing the specifics on cost and the scope of the project. The district is also expected to schedule at least two public information sessions that will enable residents to ask questions, Nicolaysen said.

"Hopefully, at this point in time we can do



Residents in New Castle Fire District No. 1 will likely decide on a firehouse expansion referendum for the King Street facility in the coming months.

most of that within 60 days and aim for a vote sometime in late February, early March so we can start with construction next summer because we have to get it approved and go out to bid under state contracts," Nicolaysen said. "So it's all a time schedule thing, but if we can

get some bids back by May or June, we can start construction and at least get the ground stuff in before next winter."

The land where the addition would be built is the site of the old animal hospital, which was authorized to be purchased by district voters

through the \$2.6 million referendum held in February 2017. That proposition followed the soundly defeated \$12.6 million referendum in October 2016 that angered some voters because it was thought that the district hadn't done enough to answer questions directed toward justifying the expense.

Nicolaysen said the district will have full transparency through various modes of communication, including the mailings and public forums, to answer as many questions as possible and avoid rekindling past accusations regarding unnecessary expenditures. Currently, the district does not have an estimated total for the work.

"We're looking at some other departments, what they did for their mailings and communication as to how much time we allow the stages," Nicolaysen said. "But we're going to have to have at least two mailings and at least two public sessions with the ability to ask questions at the regular monthly meetings."

Nicolaysen said the new wing would be a drive-through facility that would house

continued on page 2

Mt. Kisco Banking on Mixed-Use Plan to Transform Village's Downtown

By Martin Wilbur and Joan Gaylord

What could be the most significant development in Mount Kisco in more than a generation is likely at some point to generate more than its share of community interest in 2020.

The project, Kirby Commons, a two-parcel, 217-unit mixed-use proposal with 51,600 square feet of commercial space, will be split between the North Moger and South Moger lots in the heart of Mount Kisco's downtown. It promises to transform the area around the train station by putting people where officials want the focus to be – downtown.

Along with nearly 900 parking spaces – the village would maintain the same number of commuter spaces as there are now – in a

multilevel parking structure at each site, rooftop greenspace and a 3,100-square-foot community center that could be used by the Mount Kisco Arts Council as gallery space, officials hope they have the workings of a plan that would provide the center of the village's commercial district the jolt needed to set it apart.

There's little doubt that it's an exciting undertaking. But for local officials to consider, how much would it change the village and would it be the right type of change?

Mayor Gina Picinich said change has been happening to Mount Kisco for more than the past decade without the village courting its arrival. That includes the rise of online shopping and the aftereffects of the Great Recession that led to a spike in storefront vacancies. While

the vacancies have diminished, it's up to municipal leaders to take on an initiative for the long-term health of downtown, he said.

"What we have to do is maintain this beautiful fabric of this village but manage the change, and the big change for us is figuring out a way to build a long-term viable economy downtown, and we have to do that in a way that generates more foot traffic, and if possible, reduces vehicle traffic," Picinich said. "The solution for that is putting people where the businesses are."

"This is what this is all about, so, finding a partner who understands who we are and doesn't want to change the village, (but) wants to enhance what already currently exists," the mayor added.

Development Partners

Following the Mount Kisco



An artist's rendering of the mixed-use development planned for the South Moger parking lot in Mount Kisco by Gotham Organization, Inc. and its development partner Charter Realty & Development.

Village Board's Nov. 18 approval of a letter of intent to sign a 99-year lease, the village's development partners are Gotham Organization, Inc. of Manhattan, which would

develop the residential component, and Greenwich, Conn.-based Charter Realty & Development with its experience in commercial

continued on page 4



Briarcliff Manor (914) 250-2134
Jefferson Valley (914) 250-2750

2020 To-Do List:

- ✓ Belong to a fitness **COMMUNITY**.
- ✓ Secure supportive personal **TRAINER**.
- ✓ Build connections & **RELATIONSHIPS**.
- ✓ Seek adventure with new **FITNESS** classes.
- ✓ Engage kids in enjoyable **SPORTS**.
- ✓ Indulge in self-care with regular **MASSAGES**.

- ✓ Obtain peace of mind with reliable **CHILD CARE**.
 - ✓ Enhance **TENNIS** skills.
 - ✓ Relax in heated **SWIMMING** pool.
 - ✓ Nourish body with healthy **FOOD**.
 - ✓ Join today & earn points (**UP TO \$100 VALUE**).
- WE CHECK OFF ALL THE BOXES.**

*Offer expires 1/31/20.

New Castle Fire District Plans on Firehouse Expansion Referendum

continued from page 1

the larger trucks and additional equipment required to be carried by today's fire departments. Trucks would enter the facility through Oak Lane and exit onto King Street, he said, eliminating the need for trucks to back in when returning from a call.

The larger facility would include room to accommodate the rescue truck, the ladder truck and a pumper and also have room to include a special washer to decontaminate equipment. Equipment and an antique fire truck would be moved from the old Senter Street firehouse, to be housed in the current structure.

In the coming weeks, fire district officials will be forced to make several decisions

that could have an impact on project cost, Nicolaysen said. Commissioners must decide whether to include a second floor for the new wing and whether the department needs to acquire a larger ladder, mainly because of development of the retail and multifamily housing at Chappaqua Crossing, he said.

"We are having some discussions about whether Chappaqua Crossing is going to require a larger aerial ladder then what we currently have," Nicolaysen said. "The other one is beginning to age, so somewhere down the line we're going to have to replace it, but whether we buy a larger aerial ladder is something for considerable discussion."

During the December Board of Fire Commissioners meeting, resident Lynne

Lambert asked a series of questions about the likelihood of a referendum and whether the board has studied whether the fire services will continue to be served exclusively by volunteers.

If there's a possibility that it may need to switch to all or part of a paid fire department, based on recruitment and retention, Lambert asked how that might impact the decision about an upcoming bond.

"We need to know what our commissioners expect the department to look like in two years, five years, 10 years," Lambert said. "Will the service be paid, volunteer or a combination of both? We rely on this board and its members of their guidance."

Nicolaysen said that the intention is

to maintain a volunteer service primarily because of expense. He said it would cost residents \$1.5 million a year in additional taxes, based on the need to supply a truck around the clock with professionals. A volunteer department costs roughly 15 to 20 percent of what a paid department costs.

"To the extent that we continue with volunteers, that's what we'll be aiming for," he said.

Updated statistics from the department revealed about 25 interior firefighters with about another five who are close to being trained.

Before the close of the commissioners' last meeting, Commissioner Brian Jabloner announced his resignation with two years remaining on his term. Although he has questioned the need for new construction, Jabloner said the likelihood of a bond in the coming months was not a factor in his resignation.

However, since there is the possibility of him leaving town in the next few years, Jabloner said it is best for him to step aside now.

"I don't think I should be making long-term decisions for the New Castle Fire District No. 1, and so I've agreed to resign my seat so that the voters can elect another commissioner to fill out the remainder of my term," he said.

The board will appoint an interim member until next December when there will be an election to complete Jabloner's unexpired term.



Here Comes the Westchester Wedding Expo on Jan. 4

On Saturday, Jan. 4, the 20th annual Westchester County Wedding & Bridal Expo returns to the Westchester County Center in White Plains.

The atmosphere will sparkle with glamorous wedding gowns, elegant formal wear, door prizes, entertainment, wedding photographers, videographers, limousine services, breathtaking floral designs and bridal bouquets and food samples from the finest caterers and reception halls in Hudson Valley. Come and see the latest dances performed live and listen to wedding DJs, bands and classical music. It's one-stop shopping and planning at this bridal convention with many of the best local and regional wedding vendors and professionals. Whatever your taste and budget you will find everything you need to plan your wedding. There will be a fashion show with premier designer Nicole Wzorek, and new this year, will be a singing performance by Leme Nolan.

The Westchester Wedding & Bridal Show is produced by Jenks Productions, LLC. It will be held from 11 a.m. to 4 p.m. Tickets cost \$8 and can be purchased online or at the door. Register for the bridal show grand prize and get \$2 off your total ticket purchase. It's a wedding conference not to be missed. For more information, floor plans, vendor lists and the latest information on show events and entertainment, visit www.jenksproductions.com/event/westchester-bridal-expo.

The Fountain of Youth may be the stuff of fairy tales. But looking and feeling your best doesn't have to be.

From time-freezing laser and medi-spa services to reconstructive surgery and mommy makeovers, we offer restorative and enhancing procedures to help you look and feel your best.

Our most widely performed cosmetic procedures include:

- Facials and treatments
- Laser skin resurfacing
- Laser hair reduction
- Laser stretch mark reduction
- Nose surgery (Rhinoplasty)
- Facials and treatments
- Breast augmentation and reduction
- Body contouring, including liposuction and tummy tuck
- Upper/lower eyes
- Facelift
- Injectables



Schedule your consultation today.
Call (914) 223-8272.

To learn more, visit
nwhplasticsurgery.org/FeelYourBest

Family, Friends Remember Diego Trejo at Candlelight Vigil

By Abby Luby

Dozens of sparkling blue balloons bobbed over the parking lot at the Boys & Girls Club in Mount Kisco last Monday night where more than 80 people came together to remember Diego Trejo.

The candlelight vigil was held by Trejo's family a week after he was tragically killed in a car accident. They welcomed friends and acquaintances to share their memories of the 22-year-old Trejo. Teary-eyed, people hugged one another and held lit candles and small posters with pictures of Trejo and words of remembrance.

Those who attended were asked to wear blue clothing because that was Trejo's favorite color.

"My brother may not be with us on earth anymore but he will continue to love us," said Trejo's sister Stephanie Trejo. "I believe that's who he is and who he was."

Speaking in Spanish and English, Trejo's mother, Maria Camacho, spoke lovingly of her son and thanked God.

"I love you, God, without you I couldn't get through this," she said.

William Martinez, Trejo's uncle, said he loved his nephew like a son.

"He loved everybody. He was so gentle and you could never get mad at him," Martinez said. "He touched the lives of

many people. He made us laugh, he made us smile."

Trejo was killed in a head-on collision on Route 172 on the evening of Dec. 16 while he was on his way home to his Pound Ridge residence, where he had recently moved. The other car was driven by Robert Schuster, 51, of Bedford. Bedford police are still investigating the accident.

Trejo was born and raised in Mount Kisco and was a Fox Lane High School graduate. He was attending Westchester Community College and had been a volunteer at the Boys & Girls Club.

Humorous stories were shared by friends and cousins that painted a picture of a good-natured and free-spirited young man who was openly compassionate and loved life. One young cousin recalled Trejo's love for his grandmother's home-made cooking, especially empanadas, and how he would finish off a full platter in one sitting. Trejo's other sister, Sophia Trejo, recalled a family gathering where her brother was acting silly and ended up under the dinner table looking for water.

A best friend remembered a trip to Colorado and how traveling with Trejo was an adventure in and of itself.

Smiling lightly, Stephanie Trejo recalled that when she recently came home from college for Thanksgiving, she argued with



ABBY LUBY PHOTO

Sophia and Stephanie Trejo at last week's candlelight vigil for their older brother, Diego Trejo.

Diego about moving his stuff out of her room.

"The day I left to go back was a day we didn't argue," she said. "Diego was helping me pack my car. He asked to say goodbye

twice. I was the last person to see him alive."

At precisely 9:24 p.m., the time Trejo died last Monday, the blue balloons were released and gently floated up into the sky.

SMALL NEWS IS BIG NEWS • 914-864-0878

Gullotta House Presents the Third Annual

**"Escape from Sing Sing"
Plunge**

February 15, 2020

at 12 Noon

**Louis Engel Park Beach Area
Ossining, NY**



To register teams or individuals
email gullottahouse@gmail.com
**This community event needs
Everyone's Support!!**

**Benefiting Gullotta House helping Westchester Residents
in need and providing local scholarships.**

Donations may be made at www.gullottahouse.org



A New Year Starts, the Old One Ends

**CALL *SCLAFANI*
ENERGY**

We make warm Friends

**Generators, complete high-efficiency heating
and cooling systems now on our Winter Sale**

Licensed, insured and bonded!

Quality guaranteed!

845 628-1330

sclafanienergy.com

Mt. Kisco Banking on Mixed-Use Plan to Transform Village's Downtown

continued from page 1
projects.

Gotham, which lists 1912 as its founding date, has increasingly developed high-end apartment complexes over the past 20 to 30 years, mainly in New York City, moving away from its public building development of hospitals and schools generations ago. Picinich said that Gotham, one of three entities to respond to the village's Request for Proposal (RFP), presented a design that most of the board thought would be best for Mount Kisco.

Trustee Peter Grunthal said he views Kirby Commons as an opportunity that Mount Kisco should embrace. The downtown now reflects "a 20th century paradigm," which is no longer effective. South Moger Avenue lacks vitality and regular foot traffic to support local businesses, he said.

"The scale needs to be transformative to be effective," Grunthal said. "And it has to be of a size that will be financially viable to the developer."

He expects the apartments will appeal to young professionals who will commute into New York City as well as active, older residents who will appreciate a vibrant, walkable downtown. The retail spaces could draw restaurants, including the possibility of a microbrewery, and an upscale grocery, Grunthal said.

For Picinich, the units would provide the type of housing that's not only absent in Mount Kisco but surrounding communities as well. The one- and two-bedroom rental



An artist's rendering of the North Moger Avenue portion of the proposed Kirby Commons mixed-use proposal.

units, both with and without dens, and a small number of studio apartments on the North Moger side of the project, would see a nearly even distribution of units between the sites. Estimated unit sizes are 800 to 1,340 square feet at the South Moger site with slightly smaller apartments on North Moger.

During Gotham's November presentation, representatives estimated rents would be between \$2,667 and \$4,355 a month on the South Moger site and from \$1,880 to \$3,160 for the North Moger building.

"What we don't have right now in Mount Kisco is an offering of quality rentals, and the truth is in northern Westchester an offering like this does not exist," Picinich said. "So this actually fills a gap. These are rentals, different than condos and co-ops, which go for purchase. A different target audience there. (This is for) people who don't want to buy something. Some people want to rent, and so

I believe this fills a need because this doesn't exist."

Fifteen units would be reserved for tenants earning 90 percent of area median income. Mount Kisco, a socioeconomically diverse community, was not one of the 31 communities included in the county's 2009 affordable housing settlement with the federal government.

Challenges

Certainly, there will be issues for the developer and the village to address. Deputy Mayor Jean Farber said traffic and congestion, are the perennial challenges for Mount Kisco. She said the plan would be to begin construction on the North Moger parking garage in an effort to address the parking situation.

Picinich said the developers intend to keep the road open between the back of the current South Moger lot and the train station to help with vehicular flow.

Trustee Karen Schleimer, the dissenting vote on the letter of intent, said the village was taking too large a risk diving into the project. She said she supported trying the North Moger site as "a trial balloon," rather than committing to a 99-year lease on both sites.

"This is being done on such a huge scale," Schleimer said. "It could be a big hit or it could be a total flop. We don't know and I'm concerned."

She is also worried about the impact on local businesses during construction, a time when traffic and parking will be even more

challenging than usual.

Schleimer said the anticipated rents are extremely high for the community and that if a resident were to commute into Manhattan that would cost them another \$383 a month from Mount Kisco.

"These are expensive," she said of the apartments. "A two-bedroom with den for \$4,400 a month? You can rent a house for less."

Then there is the issue of two federal lawsuits filed in 2019 against Gotham by the Fair Housing Justice Center, a nonprofit organization that advocates for housing for people with disabilities. Last May, the plaintiff filed litigation alleging that two buildings built in the past four years by Gotham, The Ashland, a 53-story, 586-unit residential rental building in Fort Greene, Brooklyn, and The Nicole, a 20-story, 145-unit building located in Hell's Kitchen, Manhattan, had too many areas inaccessible by wheelchair.

A second lawsuit filed in November makes similar allegations regarding Gotham's 272-unit building The Forge in Long Island City.

Gotham released a statement saying it is "fully committed to providing accessibility for all individuals in their multifamily residential units."

"We aim to build the highest standard of accessibility," the statement continued. "Gotham has a more than 100-year history with civic nonprofit organizations across the city and state and with being a gold standard in the communities in which we participate."

continued on page 11



They count on you,

So count on us to keep you going.






Medicare Advantage with Prescription Drug Plans

\$0 or Low Cost Plan Premiums

Health plan options for those with Medicare and those with both Medicare and Medicaid

Call for eligibility and enrollment

agewellnewyork.com

718-696-0206

TTY/TDD 800-662-1220

AgeWell New York, LLC is a HMO plan with a Medicare and Medicaid contract. Enrollment in AgeWell New York, LLC depends on contract renewal. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-237-3210 (TTY/TDD: 1-800-662-1220). Hours are 7 days a week from 8:00 am to 8:00 pm. Note: From April 1 to September 30, we may use alternate technologies on Weekends and Federal holidays. Assistance services for other languages are also available free of charge at the number above. AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of races, color, national origin, age, disability, or sex. AgeWell New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. AgeWell New York 遵守適用的聯邦民權法律規定,不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。

H4922_Count4002_M Accepted 09082019

Menorah Lighting Unites Gathering in the Face of Anti-Semitism

By Pat Casey

After a string of anti-Semitic attacks across New York over Hanukkah, members of the Jewish community and broader Westchester community came together in a public sign of unity at a menorah lighting in White Plains Sunday night.

The ceremony, held on the final night of the holiday, was organized and led by Rabbi Avrohom Butman of Chabad of Westchester County and took on a heightened tone of solidarity after the violent stabbing attack in a rabbi's home in Rockland County that left five people injured Saturday night.

Attended by more than 100 people and dignitaries, as well as numerous police officers and firefighters, Butman noted there was a noticeably higher police presence to ensure those attending the event was safe.

He highlighted the eternal lesson of the menorah, which is that light always triumphs over darkness.

"No matter how much darkness we may see around us, we must always remember that just a small candle dispels much darkness," Butman said. "In times where darkness seems to have the upper hand, it is truly heartening to see the whole community come together in a ceremony that reminds us that light will always triumph over darkness."

The event was attended by County Executive George Latimer, state Sen. Shelley Mayer (D-Yonkers), members and members-elect of the White Plains City



Over 100 people and dignitaries gathered in Tibbits Park in White Plains for a public menorah lighting Sunday evening, the last night of Hanukkah.

Council, White Plains Police Commissioner David Chong, Board of Legislators Majority Leader Catherine Parker (D-Rye) and other officials.

Also in attendance was Rabbi Chaim Marder of the Hebrew Institute of White Plains, who helped publicize the event, and several religious leaders from local churches who came to show support for the Jewish community.

Latimer shared words of support, and was honored with lighting the Shamash, the candle that is set apart on the menorah. White Plains City Councilman Justin Brasch led the blessings and lit the 10-foot menorah.

Before the lighting, the Board of Legislators issued a statement expressing

that its members "deplore the attack Saturday night at the home of Rabbi Chaim Rottenberg in Monsey and offered their strong support to the victims, their families and Congregation Netzach Yisroel where the attack took place."

"While we wait for all the facts to be investigated, we do not hesitate to categorically condemn all acts of violence, hatred and bigotry wherever and whenever they occur," said Board of Legislators Chairman Ben Boykin (D-White Plains). "But we need to do more than offer our condemnation after the fact. We must work proactively and with vigilance to protect one another and to combat the rising tide of violence and intolerance plaguing our nation

and the world."

He said lawmakers would continue to work with the administration and the county's Human Rights Commission to "face the scourge of bias, discrimination and related violence during this holy time of year and always."

Parker vowed to explore strengthening Westchester's definition of hate crimes and hate incidents when the legislature reconvenes.

Latimer directed the Westchester County Police Patrol Units to conduct additional inspections of synagogues and other Jewish facilities within the county's jurisdiction.

"If any are occupied, we are having our officers stop in to reassure that we are here to protect them," Latimer said in a statement. "Westchester County stands with the people of Rockland County and condemns the horrific act of violence in Monsey."

The county has also been continuing Operation Safeguard taskings, which have been ongoing throughout the holiday season in conjunction with the state police. These consist of daily inspections and high-visibility patrols of places of mass gatherings, transportation facilities and retail centers. The county police also has a detective that is part of the response to the Rockland County stabbings.

"This is a very holy time of the year, one where we must come together and protect and support our neighbors. We pray for the victims and pray that unity and tolerance prevails," Latimer said.



**Got Stuff?
We've got space.**



safehavenselfstorage.com



FIVE LOCATIONS

- ACCESS TO YOUR UNIT 7 DAYS A WEEK
- WE SELL BOXES, CARTONS, LOCKS
- FULL INSIDE LOADING DOCK
- SAFE AND SECURE
- CLIMATE CONTROLLED ENVIRONMENT

NEW CUSTOMERS

50% OFF

FIRST 3 MONTHS*

*Restrictions Apply

Experience = Success

This is the formula needed if you are looking to sell or buy your home.

As a lifelong resident of Pleasantville with 20 years of experience and success in Real Estate, and now with the power and tools of ERA behind me, I will be happy to answer all your questions.

Please Contact Sharon Foley (née Tompkins)
And remember - my time is your time.



Sharon Foley
NYS Lic Real Estate Salesperson
ERA Insite Realty Services
370 Manville Rd., Pleasantville
Office: 914-769-2222
Cell: 914-649-1157
E-Mail: Sharon.Foley@ERA.com



Full Service Jewelers!

- Special Orders • Appraisals
- Jewelry Repairs • Engraving
- Restrings • Watch Repair

\$5 OFF Any Repair of \$35 or More

Only with this ad.

- Diamond Settings • Polish
- Rhodium & Gold Plating

Most work done while you wait.








968 Broadway • Thornwood
(ShopRite/ CVS Shopping Center)
914-741-1920



Thornwood Jewelers
A Perfect Piece for Every Occasion

Organization Helps Members Build Speaking, Leadership Skills

By Martin Wilbur

About 10 years ago, Seth Greenwald was preparing to make the leap from his job as an architectural designer to a project manager.

He had the qualifications needed to move up the professional ladder but found that he lacked in two key areas – the ability to communicate effectively and lead colleagues at the firm where he worked.

Soon after, Greenwald, a Pleasantville resident, attended his first Toastmasters International meeting, the Greater Stamford Toastmasters, in Connecticut. It is

one of the organization's more than 16,000 clubs throughout the United States and abroad that helps its participants improve their communication, public speaking and leadership skills.

A naturally quiet and introspective person, Toastmasters was the key to helping Greenwald unlock his potential and transform his life.

"I really feel connected when I'm on stage," said Greenwald, who currently serves as the vice president of public relations for the Hudson River Toastmasters, which meets at Maryknoll in Ossining on the second and fourth Tuesday evenings of the month. "I feel like I'm connected to the world, connected to people, connected to myself. There's a great sense of immediacy when I'm on stage."

A Toastmasters meeting – there are close to 30 different clubs in Westchester and about 250 throughout the metropolitan area – is a well-structured session that can run one to two hours. Each club's members take turns filling a variety of roles to make each meeting productive and efficient.

A meeting is opened by the club president, who then introduces that session's Toastmaster of the Day, someone who is the equivalent of a master of ceremonies.

At Hudson River Toastmasters' Dec. 10 meeting, there were three members who were tabbed as speakers. The speakers, determined before the end of the previous meeting, prepare five- to seven-minute talks on any subject where they use



The officers of the Hudson River Toastmasters, which meets two evenings a month at Maryknoll in Ossining. Included in the photo is Sergeant at Arms Anne Marie Discala, far left, Seth Greenwald, center, and President Dianne Marino.

guidelines set by the club to achieve certain goals, which could include delivery, vocabulary, inflection or use of their hands to enhance their presentations.

Each speaker has a designated evaluator from the group who provides feedback on what was done well and where there is room for improvement.

There is also a timer to keep the

meetings flowing; a grammarian and "ah counter," a member who charts the number of filler words, sounds and wrong usages; and a general evaluator who takes notes throughout the meeting and reports to the group on the overall flow of the meeting.

Finally, there is a Table Topics Master who comes up with a topic that members can speak about for one to two minutes, an

continued on next page

Aardvark Pet Supplies, Inc.

Not your Average pet store

For all your pet needs

Visit us at:

**58 Washington Avenue,
Pleasantville**

(914) 747-4848

E-mail: aarvarkpet@verizon.net

B.F.

BEECHER FLOOKS FUNERAL HOME, INC.

"The place to turn in your time of need!"

Personally Owned and Supervised By

William F Flooks, Jr. & William J Flooks
Proprietor Licensed Funeral Director

Caring for our community since 1928
Personal and Complete Funeral Service

418 Bedford Road...Pleasantville, NY 10570...769-0001

www.beecherflooksfh.com

CHANGE A LIFE

PUTNAM SERVICE DOGS

FREE Informational Lunch

Recruiting for Our February 2020 Class
Raise a carefully selected, mixed breed pup from a rescue organization. Help mold it into a service dog.

• ALL NOON-1:30pm •

Sat. Jan. 4
Putnam Diner
2600 NY-22, PATTERSON, NY

Sun. Jan. 5
Coach Diner
340 Downing Dr, YORKTOWN HTS

Sat. Jan. 11
Mill Plain Diner
14 Mill Plain Rd, DANBURY, CT

Sun. Jan. 12
Hudson Hills Cafe & Market
129-131 Main St, COLD SPRINGS, NY

Sat. Jan. 18
Freight House Cafe
609 US 6, MAHOPAC, NY

*** or apply online by Jan 25th**
putnamservicedogs.org/puppy-raiser-application
info@putnamservicedogs.org

putnamservicedogs.org

We're a 501(c)3 and Platinum Level GuideStar

P.O. Box 573
Brewster, NY 10509
917-449-5359



Happy New Year

All Roads Lead to PLEASANTVILLE ACTION SALE

YEAR, MAKE, MODEL	MILES	STOCK	PRICE
2005 SUBARU LEGACY LTD	71775	P8177B	5,995.00
2006 FORD EXPLORER	87130	19-141A	5,995.00
2004 SUBARU FORSTER LTD	94100	P8121A	7,995.00
2012 NISSAN SENTRA	64656	19-535A	7,995.00
2010 MAZDA M6	97795	P8232	8,995.00
2010 SUBARU LEGACY 5-SPD	104310	P8021B	8,995.00
2012 HONDA CIVIC LX	106598	P8262	8,995.00
2008 ACURA RL	43782	19-424A	9,995.00
2013 FORD EDGE	102721	P8084	10,995.00
2014 FORD EDGE SEL	110070	F280-19A	11,995.00
2012 VW JETTA S/W TDI	98000	P9000	11,995.00
2016 FORD FIESTA SE	18069	P8095	11,995.00
2015 VW PASSAT SE	70703	19VW-129A	11,995.00
2015 FORD TRANSIT	69945	F134-19A	12,995.00
2017 VW JETTA SEL	70249	12VW-167A	12,995.00
2014 SUBARU FORESTER	114732	19-488A	13,995.00
2013 SUBARU OUTBACK	62338	P8164A	14,995.00
2014 SUBARU CROSSTREK LTD	101119	P8165A	14,995.00
2013 SUBARU OUTBACK	61126	P8234	14,995.00
2016 FORD MUSTANG	43690	P8198B	15,995.00
2016 SUBARU IMPREZA	26103	P6266	15,995.00
2013 VW BEETLE CONV 50'S	58000	19VW-122A	15,995.00
2015 CHRYSLER 200M	40384	P8257	15,995.00
2013 FORD MUSTANG CONV	33666	19-107A	15,995.00
2015 SUBARU WRX	89389	20-056A	17,995.00



SUBARU

TAKE AN ADDITIONAL \$500 OFF WITH THIS AD!*

Pleasantville Ford, Inc. Prestige Imports
a division of Pleasantville Ford Inc.
914.769.1800
44 & 47 Pleasantville Road • Pleasantville, NY
www.pleasantville-ford.com

*Must present ad at time of purchase. Cannot be combined with any other offers. Offer expires 1/13/20

In Business for over 50 years! Come See Why!

Not responsible for typographical errors

Police Blotter

North Castle Police Department

Dec. 20: Report of a suspicious incident on North Broadway at 9:45 a.m. A caller reported monitoring his camera system and an unidentified person climbed over the fence with a ladder on his property. The responding officer reported that the matter was corrected prior to his arrival.

Dec. 21: A complainant reported at 3:10 p.m. losing her keys somewhere on Main Street. The caller stated there are about four to five keys on a long camouflage-style lanyard, including a Volvo car key.

Dec. 22: Report of a one-vehicle

accident on Route 22 at 3:56 a.m. One subject was arrested for DWI.

Dec. 23: At 7:25 a.m., a complainant reported construction work in the parking lot of Brynwood Golf & Country Club on Bedford Road, causing loud noise about 10 minutes in the past in violation of the town code. The responding officer stated that construction employees were on the scene and were advised of the proper start time of 7:30 a.m. on weekdays. Matter adjusted.

Dec. 23: A caller reported at 1:33 p.m. that a suspicious white male with a black jacket, sweatpants and black hat is on Main Street. Believed to a person with a

history of criminal mischief in the area, the responding officer reported that the subject is on his way home and left the area.

Dec. 24: The manager at Equinox gym on Business Park Drive reported at 10:01 a.m. that a party was at the listed location and has been verbally harassing other gym members on several occasions. The complainant stated that he has revoked the party's membership and wishes to have him removed from the premises. The responding officers reported that that individual exited the location without incident.

Pleasantville Police Department

Dec. 23: At 9:06 a.m., report of a vehicle damaged on Tompkins Avenue. The matter is under investigation by detectives.

Dec. 23: A party walked into police headquarters at 5:16 p.m. to report that a Verizon account was opened in his name.

Dec. 26: Village DPW personnel reported at 7:50 a.m. the possible larceny of a meter on Marble Avenue. However, it was discovered that the department had the meter in its possession.

Two Mount Kisco Men Nabbed in Attempted Burglary of Jewelry Store

Two 19-year-old Mount Kisco men were arrested last Thursday for attempting to burglarize a Katonah jewelry store, Bedford police reported.

Kevin J. Alvarez and Hugo A. Lopez-Ramos were both charged with third-degree attempted burglary, a Class E felony, police said. Alvarez was also charged with third-degree criminal mischief, a Class E felony, and seventh-degree criminal possession of a controlled substance, a Class A misdemeanor.

At about 3:20 a.m. on Dec. 26, Bedford

police responded to an activated burglar alarm at 27K Jewelers, located at 27 Katonah Ave. Upon arriving at the scene, patrols discovered an attempted break-in of the business by damaging the front door.

Following a brief investigation, two subjects were found at the Katonah Metro-North station and taken into custody, police said.

Both suspects were released without bail and are due to appear in Town of Bedford Justice Court on Jan. 8 at 7 p.m.

—Martin Wilbur

Registration for Mt. Pleasant Library's ESOL Class Jan. 7

The Mount Pleasant Public Library will be accepting registration on Tuesday, Jan. 7 for those looking to enroll in the library's free English for Speakers of Other Languages (ESOL) classes. The classes are given in partnership with Southern Westchester BOCES and will meet on Tuesdays and Thursdays

from Jan. 9 through Apr. 30 from 5:45 to 8:45 p.m. at the Mount Pleasant Public Library, located at 350 Bedford Rd. in Pleasantville. Space is limited and registration is required.

For more information, call 914-769-0548 or visit www.mountpleasantlibrary.org.

Advertise in The Examiner • 914-864-0878 • advertising@theexaminernews.com

Your Daily Examiner News Fix

Exami Blast

Visit TheExaminerNews.com to subscribe to Examiner Media's FREE, daily e-mail newsletter

Get the latest headlines from:

The Examiner

The NORTHERN WESTCHESTER
Examiner

The PUTNAM
Examiner

The WHITE PLAINS
Examiner



SMALL NEWS IS BIG NEWS

Hawthorne Funeral Home

21 West Stevens Ave.
Hawthorne, NY 10532

Ernest J. Carpentieri ~ Douglas A. Daniels

Tel: 914-769-4404
Fax: 914-769-5306

www.hawthornefuneralhome.com
Serving all faiths ~ Independently owned
Conveniently located on the Taconic State Parkway

Trumbull PRINTING

Newspapers • Publications • Shoppers • Catalogs • Magazines
Directories • Coupon Books • College Course Catalogs
Business and Financial Periodicals
Free Standing Inserts • Advertising Supplements

205 Spring Hill Road, Trumbull, CT 06611 • 203.261.2548
www.trumbullprinting.com

Mother, Daughter Whose Bill Was Signed into Law Recognized

Assemblywoman Sandy Galef (D-Ossining) and state Sen. David Carlucci (D-Clarkstown) honored 15-year-old stem cell transplant survivor Dream Shepherd and her mother, Diana Lemon, on Dec. 21 after Dream's Law was signed by Gov. Andrew Cuomo.

Dream's Law guarantees safe and continued care for patients with a central venous line after being discharged from the hospital, something not afforded to Shepherd following her release.

"Dream's story is one of strength in the face of adversity, but is also a story of the medical system failing New York families," Galef said. "Sen. Carlucci and I advocated for this bill because no family should be left in the lurch when dealing with a life-threatening illness."

In December 2014, Shepherd had a stem cell transplant to battle sickle cell disease

and doctors put in a central venous line that went to her heart to administer medication. Upon discharge, insurance would not cover a home nurse to care for the line because it was not deemed medically necessary.

Dream's mother, Diana Lemon, could not afford a caretaker and without the proper medical knowledge had to care for her daughter. In New York State health facilities, only registered nurses are allowed to administer medications with the use of a central venous line. According to the New England Journal of Medicine, about 28,000 people die each year in intensive care units due to blood stream infections from a central venous line.

In the wake of this experience, mother and daughter made it their mission to work with lawmakers so that no other family would find themselves in a similar position.

"As a parent my goal is to raise my children



Ossining resident Dream Shepherd, center, flanked by state Sen. David Carlucci and Assemblywoman Sandy Galef, is recognized by the lawmakers for her persistence in pressing for legislation that guarantees patients in need of a central venous line have access to it after being discharged from the hospital.

New Castle Democrats Seek Candidate for Town Board Seat

The New Castle Democratic Committee is interviewing candidates for the November 2020 election to serve the one-year remaining term of the Town Board seat being vacated by Ivy Pool.

"We have been contacted by several potential candidates with whom we are talking," said Nominations and Candidate

Development Committee Chair Jane Silverman, "but we always are looking for new people to get involved and bring new strengths to our town government."

Potential candidates should contact Silverman no later than Jan. 10 at silvermanjfs@gmail.com.

up to be victors over any circumstances put before them and that's what has been done," Lemon said. "Four long years of lobbying Dream's law, it's my intention that this legislation will empower caregivers and give adequate care for patients that need it the most."

"I have no doubt this law will improve health outcomes for children with pediatric cancer, sickle cell disease, children who have had transplants and any other child who is discharged home with a central venous line," added Rhonda Ryan, director of the Family Support Program for Friends of Karen. "I

believe there will be a decreased risk of infections and fewer hospitalizations as a result of this law. We are grateful at Friends of Karen that this important law has been passed."

Galef and Carlucci are now working to amend Dream's Law to apply to all New Yorkers leaving the hospital, regardless of condition or further care needed so appropriate patient care is part of any discharge plan from a hospital.

Dream's Law will take effect immediately and can be amended when the legislative session begins in January.

GRAND PRIX
NEW YORK RACING & ENTERTAINMENT

SPINS BOWL

● BIRTHDAY PARTIES	● FUNDRAISERS
● BAR / BAT MITZVAHS	● FIELD TRIPS
● PRIVATE LESSONS	● CORPORATE EVENTS

333 North Bedford Road | Mount Kisco, New York

gpnny.com | info@gpnny.com | 914-241-3131

FISHLIN & FISHLIN, PLLC - ATTORNEYS AT LAW
WESTCHESTER, ROCKLAND AND NEW YORK CITY

Probate | Administration | Wills | Trusts
Estate Litigation | Guardianship
Commercial Litigation | Real Estate

f&f FISHLIN & FISHLIN

TODD FISHLIN | LEWIS FISHLIN

WESTCHESTER OFFICE	NEW YORK CITY OFFICE
100 SOUTH BEDFORD RD.	60 EAST 42ND STREET
SUITE 340	SUITE 4600
MT. KISCO, NY 10549	NEW YORK, NY 10165

FOR ALL APPOINTMENTS CALL OR EMAIL
(212) 736-8000 | WWW.FISHLINLAW.COM
ATTORNEY ADVERTISING

To advertise in The Examiner,
call 914-864-0878

or e-mail

advertising@theexaminernews.com

The Examiner

Adam Stone

astone@theexaminernews.com
Publisher

Martin Wilbur

mwilbur@theexaminernews.com
Editor-in-Chief

Examiner
MEDIA

also publishes

The NORTHERN WESTCHESTER
Examiner

The WHITE PLAINS
Examiner

The PUTNAM
Examiner

To inquire about paid
subscriptions, email

subscriptions@theexaminernews.com
for pricing and other details

PO Box 611

Mount Kisco

NY 10549

914-864-0878

www.TheExaminerNews.com

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to mwilbur@theexaminernews.com. The Examiner requires that all letter writers provide their name, address and contact information.



Member of

NEW YORK PRESS ASSOCIATION
NYPA

Editorial

Time to Polish Off the Crystal Ball and See What's in Store for 2020

For this edition of peering into the crystal ball, we get to throw ourselves not just into a new year, but a new decade. Doesn't 2020 sound so futuristic? Well, we'll get used to it in a few weeks.

As the new year gets underway, there is a wide variety of issues that are percolating, from development, traffic and taxes, to potential propositions for voters to sift through and all sorts of candidates running for office. There will certainly be plenty of other storylines to watch in the weeks and months ahead.

So, in keeping with The Examiner's nearly annual tradition, we reach into the attic for the crystal ball and look at what's coming down the road in 2020. If just a handful of these wishes come true, it will be a very happy New Year.

Improved playing surfaces for the students and sports teams at Westlake High School.

That Bedford school officials find a way to keep open all of the district's five elementary schools.

For all candidates running for public office to remember that they're the peoples' servants.

All shoppers and motorists to be able to find a parking space a minute or two from the store they're looking to visit or office where they have their appointment. If not, isn't five additional minutes of mild exercise (as in walking) manageable for almost everyone?

For North Castle officials to find all the parking they need in downtown Armonk to keep the hamlet thriving.

That the next five years of Mount Kisco's police coverage provided by the county is as successful as the past four and a half years.

No more mass shootings.

Long overdue gun reform laws to be approved by U.S. Senate.

That Pleasantville is able to move forward without many delays on its Manville Road improvement project.

Some meaningful progress to be made on the Mount Pleasant Comprehensive Plan update.

For quality-of-life improvements for those residents who live in the flight path of too many airliners landing at Westchester County Airport.

That the draft of Mount Kisco's new plans to develop its South Moger and North Moger parking lots are as good in reality as they appear on paper.

The Mount Kisco firehouse expansion projects get completed without any additional snafus or cost escalation.

For the New Castle Fire District No. 1 to get the space it needs to house its equipment.

For the residential project proposed on the grounds of the old Mariani Gardens to fit seamlessly into the neighborhood.

Something gets built at the site of the old lumberyard on Bedford Road in Armonk.

That no one has a friend or loved one ravaged by opioids.

For people to understand that vaping should only be for those who are desperately trying to kick their cigarette smoking habit.

That the remaining Chappaqua Crossing approval for 91 town homes is resolved by summer.

For someone to talk some sense into Connecticut Gov. Ned Lamont and convince him to drop the asinine plan to put a toll for trucks for the brief moment they are on the Connecticut portion of I-684.

Traffic to ease during peak hours on Route 22 in North White Plains, Main Street in Mount Kisco and all other hotspots where drivers waste too much time every year.

Pleasantville resident Phil Alderman finds a kidney donor match sooner rather than later.

No problems next summer for the Village of Pleasantville's pool complex.

An accurate Census count to be held everywhere.

No voters to be purged from the voting rolls anywhere.

For area and county residents to enjoy one day in the not-too-distant future the grounds at Merestead.

That New York State Department of Transportation stop shirking its responsibility and start improving the embarrassingly poor quality of state roads all over the state, but particularly here in Westchester.

For everyone to be free of the scourge of hatred, bigotry and anti-Semitism for all time.

No more tragedy to befall our local communities.

The Pleasantville High School girls' soccer team successfully defend their state title.

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

For all first-responders, both the professionals and the volunteers, to know how much they are appreciated.

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

And to all our readers, advertisers and supporters everywhere, a happy, healthy and prosperous 2020.

Guest Column

Are You Getting All Your Vitamins? Revamping Your Diet in 2020

Getting all the vitamins and nutrients you need each day is one of the most important things you can do to feel your best.

The good news is that you don't need to devote hours each week to meal prep to ensure you're healthfully getting essential vitamins. As you make your 2020 plans to revamp your diet, here are a few things to keep in mind.

- Don't follow fads. When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors, sweeteners, dyes and negatives. Look for products that transparently list all their ingredients.
- Drink your vitamins. Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve stick packs that make it easy to get the essential

vitamins you need. Among its offerings is Vitamin Coffee, a natural sustained energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice, less than one gram of sugar, and is only 15 calories per serving.

- De-stress. Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging – discover what hobbies and wellness activities help you reduce your stress levels and be sure to make time for them.
- Refuel wisely. If you hit the gym frequently, you likely have tried one or two sports drinks and know how

important it is to refuel quickly and wisely after a workout. For optimal high performance, consider upgrading your drink of choice. With double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-to-sodium ratio intended for high-quality hydration, as well as amino acids for mental focus and muscle repair.

- Maximize meals. To maximize meals, make sure the bulk of the calories you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. This new year, resolve to revamp your diet for optimal nutrition.

This article is printed by permission of statepoint.net.

Mt. Kisco Banking on Mixed-Use Plan to Transform Village's Downtown

continued from page 4

We're working with the Fair Housing Justice Center and understand how we can ensure our existing portfolio and our future developments achieve and exceed their expectations."

Picinich said she was satisfied that Gotham would adhere to all local, state and federal guidelines, and that many of the lawsuits brought by organizations such as the Fair Housing Justice Center are test cases.

"Their proposed development here in Mount Kisco, they are deeply committed to the buildings being fully, fully compliant in addition to being this best-in-class development organization, which they are," she said.

Next Steps

Picinich said she expects that during 2020 Gotham will obtain its lease access agreement, which will permit it to go onto the land, and finalize the formal contract. The applicant would go to the Planning Board for site plan review with a formal application.

Given the complexities of the project, Picinich doesn't foresee a very complicated site plan review because of last winter's update of the village's Comprehensive Plan and ensuing rezoning of the parcels in question. Gotham completed its general design of the project to the standard of the village's new form-based code's overlay district, she said.

Once approvals would be granted, construction is expected to last two years.

When construction is finished, Farber



Mount Kisco Mayor Gina Picinich

said the project would offer many benefits, particularly the new apartments. Farber said the targeted demographic of young professionals and empty-nesters would help, not hurt, the Bedford School District.

"The school district will get the extra money from the additional taxes collected but it will not have to deal with significantly more students," she said.

Picinich said positioning Mount Kisco to be competitive years into the future is the goal.

"We need to be building, growing, not just for today but we need to be thinking about the future as well and we want something in our downtown that's sustainable and that adds value," Picinich said.

Newest Eagle to Soar

David Koestler, 16, a member of Chappaqua Boy Scout Troop 2, has earned the Eagle Scout Award, the highest rank of the Boy Scouts of America. He will be honored during an Eagle Court of Honor on Sunday, Jan. 12 at the New Castle Community Center on Senter Street in Chappaqua at 2 p.m. Koestler, a junior at Horace Greeley High School, built an enclosure for a large refuse container in the preschool playground area of the First Congregational Church in Chappaqua. The service project was developed in collaboration with the church and the final product a result of several hundred hours of collaborative efforts among members of the community.



SMALL NEWS IS BIG NEWS

ATTENTION STUDENTS & PARENTS



Opportunity is Knockin'!

**ARE YOU A COLLEGE STUDENT? ARE YOU THE PARENT OF A STUDENT?
DO YOU KNOW A COLLEGE STUDENT WHO WANTS TO EARN \$2,600 THIS SUMMER?**

Paid Summer Internship Position Available

The New York Press Association Foundation is sponsoring a paid summer internship at this newspaper for a qualified undergraduate student.

Any student currently enrolled in a recognized program of undergraduate study is eligible to compete for an internship with a net \$2,600 stipend provided by NYPA. Applicants must attend college during the 2020-2021 academic year.

Hurry! Application deadline is **March 1, 2020.**



Application forms available online at:
www.nynewspapers.com

click on **NYPA** click on **Internships**

From Everyone at

(914) 271-9119

FINANCING
OPTIONS FROM
GreenSky

WC. Lic. #10415H99
P.C. Lic. #1817
YNK 307 • H-12519-07-23-00

**ROOFING • WINDOWS • SIDING • DOORS • DECKS
SEAMLESS GUTTERS • LEADERS**

Robert & Mary Sniffen, Owners
**2010 Albany Post Road,
Croton-on-Hudson, NY**

www.miraclehomeimprovements.com

Hamstring Injuries: Why They Occur and How to Treat Them

The hamstrings are a group of three muscles on the back of the thigh: biceps femoris, semitendinosus and semimembranosus. They flex the knee and also extend the hip.

Additionally, hamstrings act to decelerate the knee during running. Hamstring injuries can range from a minor strain or pull, to a complete tendon rupture, with treatment depending upon the extent of the damage.

A grade 1 hamstring strain occurs when the hamstrings are overstretched, but no tearing occurs to the muscle fibers. This is the most common injury to the hamstrings, and typically occurs from running, especially if they weren't sufficiently warmed up.

Recovery for a grade 1 strain can take one to three weeks, with treatment focusing on decreasing pain, improving hamstring flexibility and restoring normal dynamic function through the hamstring's entire range of motion.

Improving hamstring flexibility is very important for maintaining healthy function and for preventing re-injury, which tends to happen with hamstring strains. Static stretching – when you hold a stretch for a given duration (30 to 60 seconds, for example) without any further movement

– is used to cause permanent changes in tissue length. This type of stretching actually increases flexibility. Dynamic stretching, such as doing high kicks and walking hamstring stretches, are used as a warm up, as these movements prepare the hamstrings to be quickly stretched, as they would be during activity/sport.

In addition to stretching and proper warm up, eccentric strengthening of the hamstrings is essential. The eccentric contraction of a muscle is when it's being elongated against resistance. When you are doing a biceps curl, lifting the weight up is the concentric biceps contraction, and lowering the weight is the eccentric biceps contraction.

For the hamstrings, the eccentric contraction occurs when the knee is being straightened. This is important because the hamstrings eccentrically contract to slow down the knee while it is being straightened and again when the front foot hits the ground during running. Eccentric strengthening would include exercises such

as Romanian deadlifts, lying hamstring curls and physio ball bridge hamstring curls, with a five-second lowering portion of the movement.

Ideally, hamstring strength would be at least 60 percent of quadriceps strength,

otherwise the quadriceps will overpower the hamstrings during running.

Grade 2 hamstring strains means there is some degree of tearing of tendon or muscle. If you strain your hamstring and it starts to turn purple, you have at least a grade 2 strain. The blood which causes the bruising is present due to a structure tearing. You'll also probably be limping. Grade 2 strains can take up to two months to recover, as more healing needs to occur.

The treatment is similar to a grade 1 strain, in that flexibility and eccentric strengthening are the focus; however, the aggressiveness of a treatment program is dialed back significantly, as immediately doing dynamic stretching may progress tearing or re-aggravate symptoms.

Another component to treatment is soft tissue massage, either in the form of deep tissue massage, Graston Technique or Active Release Techniques. This is important for grade 2 strains to prevent scar tissue from adhering to surrounding tissue. Scar tissue will develop regardless, which is part of the healing process. But the scar tissue should be kept as mobile as possible, since it is a thicker, less elastic type of tissue, which shouldn't be present



Dr. James Cassell

in a muscle that needs to be moving quickly.

Lastly, grade 3 hamstring strains are actually complete ruptures, which can occur to one, two or all three of the hamstrings. If this occurs, the hamstrings will turn purple and you may be unable to walk due to the pain. This injury requires surgery to reattach the hamstrings. Recovery for a hamstring rupture can take up to a year to restore full

dynamic function, with many surgeons having different post-operative protocols.

If you sustain a hamstring injury and not sure of the level of injury, it is always best to seek medical attention. A physical therapist would be able to diagnose the severity and recommend any imaging that may be necessary, especially if there is a complete rupture or a suspicion of one. A therapist would also be able to help with the recovery and potential re-injury of a grade 1 or grade 2 strain.

Dr. James Cassell is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Armonk. For more information about this article or about ProClinix, Cassell can be reached at 914-202-0700 or at james@proclinix.com.

ProClinix
Sports Physical Therapy • Chiropractic Wellness, PLLC

CRUISE Through Caregiving: How to Reduce the Stress of Caring for a Loved One Who Has Dementia

Presented by Jennifer FitzPatrick, MSW, LCSW-C, CSP

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has dementia is no vacation ... but you can choose to cruise more smoothly through the process. This presentation will help family caregivers identify some of the major stressors involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and the prevent stress of dementia caregiving by following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

Please RSVP by Monday, January 13th

Thursday, January 16th

11:30 a.m. - 12:00 p.m. Registration & Lunch
12:00 - 2:00 p.m. Presentation

Being held at:

Doral Arrowwood Resort
975 Anderson Hill Road
Rye Brook, NY 10573

To RSVP, or for more information, please call 877-287-3715
or visit www.TurnToArtis.com/Examiner



The Artis Way of exceptionally personalized and respectful Memory Care is coming to Briarcliff Manor in 2020 in a brand-new, custom-designed community that honors and supports each resident as the unique individual they are.



WELCOME CENTER: 520 North State Road, Suite 101, Briarcliff Manor, NY 10510
COMMUNITY LOCATION: 553 North State Road, Briarcliff Manor, NY 10510

Check out our other nearby community in Chestnut Ridge.

NBA Hall of Famer Delivers Message of Care, Love to Youths

By Martin Wilbur

It has become a tradition for Armonk resident David Simon to hold his post-Christmas basketball clinic for some of Westchester's most vulnerable youths.

Not only did Simon keep his promise to hold the two-day clinic this year, but he brought along one of the NBA's greatest point guards of all time.

Hall of Famer Isiah Thomas spent part of his morning after Christmas putting a group of 22 boys through a workout at The Children's Village's Lanza Activities Center gym in Dobbs Ferry.

"Isiah and I met over 10 years ago. We've remained friendly," said Simon. "He's a true advocate for youths and he's also been a great role model as a community person. He really cares."

But it wasn't all about basketball, even though Thomas, a two-time NBA champion with the Detroit Pistons in 1989 and 1990, made the youngsters do jumping jacks, a few laps around the gym and oversaw the basketball drills. During a break near the close of his appearance, he spoke to the youngsters, who are mainly in middle school and high school, about making the effort to focus on their studies, to listen to their coaches and mentors at The Children's Village and to be ready to contribute to the world.

"You've got a program right now where people are trying to help you," said Thomas, who grew up in Chicago, the youngest of nine children. "These folks are



MARTIN WILBUR PHOTOS

NBA great Isiah Thomas and Armonk resident David Simon addressed more than 20 youngsters during the first day of a basketball clinic for kids in the foster care system at The Children's Village in Dobbs Ferry last Thursday.

trying to help you. The program is trying to help you."

The Children's Village Director of Recreation Vincent Price said he and the staff work every day with hundreds of children in the foster care system, offering them a variety of programs. Part of the challenge is to constantly remind them that they can be successful despite most of them having suffered some sort of trauma in their lives and at some marked disadvantages.

Bringing in one of the greatest players in

NBA history who didn't have his success handed to him was part of the message he wanted to get across to the children.

"It means a lot because it reinforces education, it reinforces learning even though its recreation, even though we love basketball," Price said. "Learning never stops and we're learning from one of the best ever and it's something I think the kids will definitely enjoy."

Thomas implored the kids to take their studies seriously, because that will be their ticket to a happy and successful life,



Isiah Thomas had a quick game of one-on-one during his stop on Dec. 26 at The Children's Village.

as much as everyone enjoys playing and following sports.

"Let me tell you have you can make some money. It's not with this," Thomas said while holding up the basketball. "This is like one in three million, right? This is like hitting the lottery. The easiest way to make some money is learn how to read, learn how to participate in society."

Thomas reminded them to be on the lookout for people who are ready to help and to accept it and to reciprocate.

"Don't think that nobody cares, because there's always somebody out there that cares," he said. "You may not see them, you may not hear them, but your responsibility is when you feel that love, when you feel that care, you've got to honor it."

Jenks Productions presents the 20TH Annual Westchester Wedding &

BRIDAL EXPO

JANUARY 4

Westchester County Convention Center

198 Central Ave. | White Plains, NY

SATURDAY 11AM-4PM

ADMISSION \$8 • BRIDES REGISTER ONLINE FOR \$2 OFF!

OVER 100 PARTICIPATING COMPANIES:

Bridal Shops • Formal Wear • Dance Lessons • Caterers
Photographers • Videographers • Jewelry • Disc Jockeys
Florists • Entertainment • Hotels • Make-Up & Hair Stylists
Travel Agents • Banquet Facilities • Wedding Officiants
Health & Wellness • Gifts & Much More!

SIGN UP AT THE SHOW TO WIN OUR 2020 GRAND PRIZE PACKAGE!

OTHER 2020 BRIDAL SHOWS IN:

FARMINGTON, HARTFORD, & WALLINGFORD, CT • SPRINGFIELD, WORCESTER, & NEWTON, MA

WWW.JENKSPRODUCTIONS.COM • (800) 955-7469

To Place a Classified Ad
Call 914-864-0878 or e-mail
classifieds@theexaminernews.com

EXAMINER MEDIA Classifieds

Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication

ANTIQUES & ART/COLLECTIBLES

MOST CASH PAID FOR paintings, antiques, furniture, silver, sculpture, jewelry books, cameras, records, instruments, coins, watches, gold, comics, sports cards, etc. **PLEASE CALL AARON AT 914-235-0302**

ATTORNEY/ LEGAL

LUNG CANCER? AND AGE 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-951-9073 for Information. No Risk. No Money Out Of Pocket.

AUTO DONATIONS

DONATE YOUR CAR TO WHEELS FOR WISHES, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 914-468-4999 Today!

BUYING/SELLING

BUYING diamonds, gold, silver, all fine jewelry and watches, coins, paintings, better furs, complete estates. We simply pay more! Call Barry 914-260-8783 or e-mail Americabuying@aol.com

****COMIC BOOKS WANTED! TOP PRICES PAID!**** 30 years experience. Reliable and honest! Call or Text: 917-699-2496, or e-mail: smileLP@aol.com. Thanks.

GOLD / SILVER WANTED

HIGHEST PRICES PAID - Visit West- chester's Top Buyer for Gold, Silver, Diamonds, Coins & Currency, Watches, Jewelry. Licensed, Professional, **No Appointment Necessary. Tuesdays-Saturdays 10am-6pm, Mt. Kisco Gold & Silver, 139E Main Street. 914-244-9500**

CABLE & SATELLITE TV

SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-977-7198

EDUCATION/CAREER TRAINING

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7094.

TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET)

FINANCE

Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help! Win or Pay Nothing! Strong, recent work history needed. 866-979-0096 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

HEALTH

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. **CALL Today For A Free Price Quote. 1-866-569-7986 Call Now!**

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-855-579-8907

HELP WANTED

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

HOME IMPROVEMENT

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-657-9488.

INTERNET AND TV

Get DIRECTV! ONLY \$35/month! 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT All Included Package.) PLUS Stream on Up to FIVE Screens Simultaneously at No Additional Cost. Call DIRECTV 1-888-534-6918

DISH TV \$59.99 for 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-800-943-0838.

MISCELLANEOUS

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call: 1-800-404-8852

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY SERVICE, In-home repair/ On-line solutions . \$20 OFF ANY SERVICE! 844-892-3990

To Place a
Classified Ad Call
914-864-0878 or
e-mail classifieds
@theexaminernews.com
Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication

ELEVATORS • STAIR LIFTS • WHEELCHAIR LIFTS • RAMPS

• Sales • Rentals • Service • Buybacks
New and Reconditioned Lifts

Stay in the home you Love!

Locally Owned & Operated

The **ALBANY**
Lift Company
EasyLift Albany Division

(518) 393-2274 or (888) 558-LIFT

www.thealbanyliftcompany.com

Visit Our Display Center: 836 Troy-Schenectady Rd., Latham, NY 12110



Wheels For Wishes

benefiting

**Make-A-Wish®
Hudson Valley**



* 100% Tax Deductible

* Free Vehicle Pickup ANYWHERE

* We Accept Most Vehicles Running or Not

* We Also Accept Boats, Motorcycles & RVs

Call: (914) 468-4999

WheelsForWishes.org

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, call (213) 948-2000 or visit www.wheelsforwishes.org.

THE FAVORITE GIFT

- 4 (6 oz.) Filet Mignons
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Signature Seasoning Packet

\$218.92* separately

COMBO PRICE \$69⁹⁹

+ 4 FREE BURGERS

THAT'S 16 MAIN COURSES!

ORDER NOW! 1.866.749.2741 ask for 59104VSL

www.OmahaSteaks.com/cook31

*Savings shown over aggregated single item base price. ©2019 Omaha Steaks, Inc. Exp. 2/29/20

Neutralizing a Home for Sale is No Longer Automatic

It's been just over 17 years that I've been an active real estate agent. It's always easy for me to remember how long I've been involved in the buying and selling of houses and commercial properties because it was during my first office Christmas party that my grandson Richard was born, and he just celebrated his 17th birthday.

A lot has changed in the real estate industry during that time and a lot has changed in my own head about how I conduct my affairs within it. Sometimes, I reverse myself about real estate matters. For instance, for many years I advised my sellers, as I was taught in the real estate courses I took, to "neutralize" their homes for sale so that buyers can more easily project their own taste into what they see. Nothing was to be too oversteered.

Maybe I received an early lesson in that philosophy, if somewhat outdated today. When I was about 15 years old, I decided that my bedroom needed to better express who I was. Against the wishes of my parents, I painted the walls a bright blood red. I loved the results, which made me feel encompassed simultaneously by warmth and excitement.



By Bill Primavera

But when it came time to sell that house, my mother reported to me that one couple, upon entering that room, exclaimed "Wow!" My mother was convinced that the bold statement in my room turned off the prospective buyers. If my memory serves correctly, I believe my parents repainted that room a neutral beige.

During the many intervening years, I bought my own homes (two of them), both historic structures, one in Brooklyn Heights and the other in upper Westchester. In both cases, I wallpapered most of the rooms in highly personalized wallpaper patterns, and against realtors' advice at the time, I didn't bother to remove the wallpaper before I put the homes on the market. I don't think that decision deterred the sale of either home. Today, HGTV has educated the prospective homebuyer to look beyond the personalized taste of the current homeowners and to project in their imagination their own tastes in any property they toured.

To me neutralize is equivalent to dull and I would never recommend it to my sellers. Why not present bold statements to the buyer that can present a more

dynamic design for living? Over the past weekend, the real estate section of The New York Times coincidentally echoed the same sentiment.

That said, there are certain staging essentials that I would recommend. Chief among them is to de-clutter. Remove large pieces of furniture that tend to diminish the size of a room by placing them in storage and clear table surfaces of unnecessary items. If there are heavy draperies, remove them to lighten up the room. Arrange furniture in a way that looks most welcoming when standing at the entrance to the room, as a prospective buyer would first see it. One caveat: remove photographs of family members. This tends to personalize the house and shares with the prospective buyer information that should be private to the seller.

Remember to appeal to other senses, not only sight but smell. One thing that is difficult to discuss with seller clients is that sometimes there is a certain odor associated with a home that is unpleasant,

whether associated with animals or spicy cooking. It is necessary to discreetly approach the subject and to suggest an air freshener.

While some advisers may suggest that a home for sale be neutralized to the point of eliminating all distinction and personality, I would strongly advise against it. Don't strive to make it too "stagey" as though it's ready for a photo shoot for a magazine feature. The family life you show may not be the same as the buyer's, but for lands' sake, show them that the house was a true home, both lived in and enjoyed!

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



To Place a Classified Ad
Call 914-864-0878 or e-mail
classifieds@theexaminernews.com

EXAMINER MEDIA Classifieds

Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication

continued from previous page

Saving a Life EVERY 11 MINUTES

I'm never
alone

Life Alert® is always
here for me even when
away from home.

One touch of a button
sends help fast, 24/7.



Help at Home

Life Alert®

Batteries Never Need Charging.



Help On-the-Go



FIRST AID KIT
FREE! WHEN YOU ORDER!

For a FREE brochure call:
1-800-404-9776



Includes FREE American Standard Right Height Toilet
Limited Time Offer! Call Today!

888-609-0248

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.walkintubs.americanstandard-us.com for other restrictions and for licensing, warranty, and company information. CSLB B982796; Suffolk NY 554-314; NYCHIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

Discover the world's best
walk-in bathtub from
American Standard

5 Reasons American Standard
Walk-In Tubs are Your Best Choice

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

\$1,500 SAVINGS



FREE IN-HOME EVALUATION!

DENTAL Insurance

Physicians Mutual Insurance Company

A less expensive way to help
get the dental care you deserve!

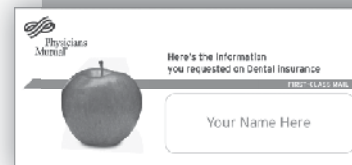
CALL NOW! **1-855-225-1434**

- ✓ Get help paying dental bills and keep more money in your pocket
- ✓ This is real dental insurance – NOT just a discount plan
- ✓ You can get coverage before your next checkup

Don't wait! Call now and we'll rush you a FREE
Information Kit with all the details.

Insurance Policy P150NY
6129

FREE
Information Kit



1-855-225-1434

Visit us online at

www.dental50plus.com/hypress

MB17-NM003EC

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. 31

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. Also Jan. 1, 2 and 3 from 5 to 10 p.m. and Jan. 4 from 4 to 10 p.m. Info and tickets: Visit www.winterwonderland.com.

Wednesday, Jan. 1

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

Thursday, Jan. 2

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.

School's Out/Art's In: Abstract Nature Scrolls. Combine natural materials with fun watercolor techniques to create colorful expressive paintings inspired by the scroll paintings of Rotem Reshef. Katonah Museum of Art, 134 Jay St., Katonah. 10 a.m. to 3 p.m. Members: Free. Non-member children and adults: \$10 each. No registration necessary. Info: Visit www.katonahmuseum.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 Jan. 16. 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 to 4 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkiscoliberal.org.

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

DIY Polar Bear Art. While we might feel like a polar bear in winter, come in and warm up and create a beautiful work of art featuring these magnificent animals. For children of all ages. (Children under five years old must be accompanied by a caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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.

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. Free. Continues every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Friday, Jan. 3

School's Out/Art's In: More Than Meets the Eye. When looking at an abstract painting, it may appear messy and disorganized. However, there are many artistic choices along the way. Learn how to use color, line and shape to create balance, pattern and movement in your own abstract work of art. Katonah Museum of Art, 134 Jay St., Katonah. 10 a.m. to 3 p.m. Members: Free. Non-member children and adults: \$10 each. No registration necessary. Info: Visit www.katonahmuseum.org.

ZUMBA® With Amy. Fun cardio dance fitness workout, low-impact approach,

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

Passport to Fitness for Kids. Get fit and learn dance moves from around the world with a fun Zumba class. For children four to six years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 a.m. to noon. Free. Every Friday. Registration required. Info and registration: 914-864-0130.

Friday Night Film Series: "The Picasso Summer." Celebrate this road trip film starring Albert Finney as a frustrated architect taken with the idea of traveling Europe in search of Pablo Picasso. Also starring Yvette Mimieux, this film, released the same year as the Woodstock music festival changed the world, utilizes animated Picasso sequences, split screen scenes and features gorgeous views of various European locations. In English. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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

Westchester Photographic Society: Photo Competition. Members compete in digital competitions. All prints and digital black and white. Critiqued by a professional judge. For adults 18 years old and up. Westchester Community College's Technology Building, Room 107, 75 Grasslands Rd., Valhalla. (Use Parking Lot 11) 8 p.m. Free. Info: 914-827-5353 or visit www.wpsphoto.org.

Saturday, Jan. 4

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. Info: Visit www.pleasantvillefarmersmarket.org.

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10 a.m. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 960-4097.

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

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

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

Open Art Studio. All supplies are provided to create your own artwork. For children four years old and up; with parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11 a.m. to 1 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkiscoliberal.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, *continued on page 18*

Thoughts on Pursuing New Lifestyle Paths in the New Year



By Nick Antonaccio

We've become polarized in many aspects of our social, political and even dietary viewpoints. In the new year, I recommend, and have personally resolved, to seek a more centrist viewpoint and conduct in my inward and outward lifestyle, all with the goal of seeking a more balanced perspective on life.

I encourage you to join me to experiment with changing select aspects of your personal life, whether you conduct yourself at either end of the social/political spectrum or closer to the center. It's always beneficial to hit the reset button on occasion.

A few recommendations:

1. Are you viewing and reading every news bulletin, e-mail, text and tweet as soon as they appear on your home screen banner? Experiment by spending one day a week with your smartphone at least 10 feet from your reach. Maybe begin with one hour a day.
2. Have you experimented with a Meatless Monday? Try a Meatless week. Over

the past two years I've witnessed an undercurrent of dietary change in our country. The western diet of the baby boomer generation (high levels of fat, sugar, processed foods) has slowly been rejected by younger generations. The Millennial and Generation Z population are shifting their diets to more plant protein based, grounded in natural foods. Anecdotal evidence of this is the growing number of restaurant menus and food markets featuring prominently identified vegetarian and/or vegan dishes or shelf items.

3. Enjoying a glass of wine with meals most evenings? Try consistently abstaining from any alcohol for several days or a week. Or join the growing ranks of consumers experimenting with the concept of a Dry January (and/or March or any months you select).

Wine in moderation has

always been my hallmark. For me, abstention for any prolonged period diminishes the joy and enhancement that a glass of wine brings to a meal. But I've noticed the growing trend of Dry January across multiple generations of adults.

This phenomenon began in Great Britain nearly 10 years ago and has gained popularity in the United States over the

last two years. Health conscious adults are abstaining from alcohol during this month in an effort to curb their alcohol consumption and seek a healthier diet.

Anecdotal results I've gleaned are all positive. In Britain, the University of Sussex has been tracking the results of those who practice Dry January. During and after the month-long abstention, they report a "host of health benefits, like improved sleep, more energy and weight loss." How to measure the effect of short-term abstention? Do you have more energy, feel more productive and healthier? Do you feel inclined to continue to follow this regime again?

How to cope with the temptation of alcohol during the month? I recommend multiple glasses of sparkling water, in place of sparkling wine, in a stemmed wine glass. And be sure to not engage in an excessively Wet February.

I believe that alcoholic consumption (of any type) is intrinsically dangerous and unhealthy. I also espouse the volumes of medical evidence that, drunk in moderation, wine has long-term health benefits that seem to outweigh the obvious risks.

I endorse the USDA guidelines that moderate consumption is acceptable. Men should consume no more than two glasses per day; women one glass. But is the

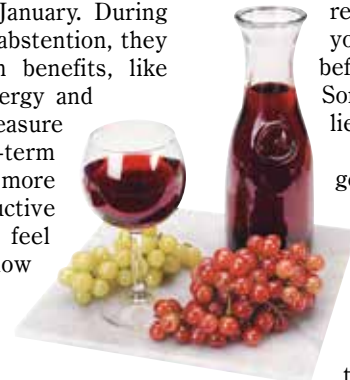
USDA's acceptable consumption definition valid for your physiological make-up? Try the Dry January experiment and measure the effects.

The bottom line for me has always been three principles: moderation in consumption, drinking responsibly and consulting your medical professional before consuming alcohol. Somewhere in those maxims lies a reasonable approach.

But now I find myself getting caught up in the growing appeal of temporary abstention. As I'm at my desk penning this week's column, I've convinced myself it is appropriate that I too join the ranks of teetotalers for the month of January.

And perhaps even cut back on my animal protein and my social media consumption.

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.



You Heard It Through the Grapevine

We have the party. Do you have the kids?

Eliminate The Dullness.

HAVE A BIRTHDAY PARTY WHERE ALL THE KIDS MOVE!

Dates Still Available.
Reserve Your Party Now.

Contact Donna Arena at:
darena@sawmillclub.com

Or Call 241-0797

No One Does FUN FOR KIDS Like Saw Mill Club!

KIDS RULE @ SAW MILL CLUB

77 KENSICO DRIVE • MOUNT KISCO • N.Y. 10549

When details, service and price matter..

Discover the difference at
Pleasant Manor Funeral Home, Inc.

575 Columbus Avenue, Thornwood, NY 10594
914 - 747 - 1821
www.pleasantmanorfh.com

Trusted, Compassionate Care for Three Generations

Family Owned And Supervised

Patrick J. McNulty Jr.

Daniel J. McNulty

Patrick J. McNulty Sr. • Patrick T. McNulty
Patrick J. McNulty Jr. • Daniel J. McNulty

Happenings

continued from page 16

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.mountkiscolibrary.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.mountkiscolibrary.org.

Sunday, Jan. 5

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

Colin Mochrie (Of Whose Line is it Anyway?) Presents HYPROV: Improv Under Hypnosis. From the brilliant minds of improv and comedy legend Colin Mochrie and master hypnotist Asad Mecci comes a brand new, mind-blowing, jaw-dropping, side-splitting show. Hypnosis and improve – two arts forms that have mystified and entertained fans, sceptics and everything in between for decades worldwide – come together as two masters of their crafts unite for a totally unique comedy experience. Twenty random volunteers from the audience will be put under hypnosis (the process of which is a show in its own right), their inhibitions evaporated and their minds no longer their own. The four or five best are left on stage when one of the worlds' leading improvisers enters. Mochrie will initiate and manipulate those under hypnosis himself and turn the show into an improv extravaganza. In the hands of two masters and solely crafted from the audience's uninhibited subconscious, this will be an entirely original and completely unforgettable show, for who knows where the unconscious mind will go. Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. \$35, \$43 and \$48. Info and tickets: Visit www.tarrytownmusichall.org.

Monday, Jan. 6

Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. 719 Bedford Rd., Bedford

Hills (next to ShopRite). 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail tinacampbell@masternetworks.net or drop in.

Keeping Memory Alive. For older adults who are still in good cognitive condition and want to maintain their healthy brain. Learn about lifestyle factors that improve brain health. It is important for individuals to fire up their neurons often to keep a strong cognitive health. This new program we will provide educational information, fun exercises and stimulating activities to keep your brain active and sharp. Phelps Hospital's Family Medicine Conference Room, fourth floor, 755 North Broadway, Sleepy Hollow. 10 a.m. Free. Registration required. Info and registration: Call 914-366-3937 or e-mail Vitality@northwell.edu.

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday (except Jan. 20). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

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

Here We Are Together: Story Time for Children. Story time for children of all ages, from newborns to school age children; with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday (except Jan. 20). Info: 914-666-8041 or www.mountkiscolibrary.org.

DIY Duct Tape House. Tape is good for mending things but it can also be a fun decoration. Create your own house with boxes and colorful duct tape. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

Ending Pain Naturally. Learn how arthritis, muscle aches and nerve pain can respond to improvements in diet and the use of specific nutritional supplements. A lecture by Dr. Michael Wald, a certified nutrition specialist, doctor of nutrition and host of the radio show "Blood Detective" on Gary Null's PRN.FM. New Castle Town Hall, 200 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.northcastlelibrary.org.

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

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

Tuesday, Jan. 7

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

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Info: 914-741-0276 or www.mountpleasantlibrary.org.

Bridge for Beginners. Sharpen your mind and enlarge your social circle by learning the fascinating game of Bridge. You will learn the suggested rules of bridge through card playing. Moving at a comfortable pace, also experience a passion for this game. Led by Doris Paucaldo. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 10:30 a.m. to 12:30 p.m. Free. Every Tuesday. Registration required. Info and registration: 914-273-3887 ext. 3.

Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 125 Lozza Drove. Valhalla. 11 to 11:30 a.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Drop-In Breastfeeding Support Clinic. Join other moms and Certified Lactation Counselor Cabiria Dougherty at this drop-in clinic for breastfeeding concerns and

questions big and small. This clinic is designed to lessen the pressure to perform that can arise from the usual hour-and-a-half home visits or 30-minute office visits, and afford time to observe more than one feeding in a relaxed and welcoming space. Latch assessments and suggestions for improved positioning and feeding outcomes are the main focus, but moms with babies at all ages and stages are welcome. Questions about pumping, weaning, solids and more are answered with evidence-based, current knowledge and judgement-free respect. Drop in any time. NUR Space, 596 Warburton Ave., Hastings-On-Hudson. 1:30 to 4:30 p.m. \$30. Every Tuesday. Info: Visit www.nurspace.com/nur-calendar/drop-in-breastfeeding-support-clinic-mf83s.

DIY Snowman Slam Game. Bring winter fun indoors with this game. Topple a stack of snowmen with a "snowball" and see if you can knock them all down. For children of all ages. (Children under five years old must be accompanied by a parent or caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended. Info and registration: 914-864-0130.

Current Affairs Book Club. "Confirmation Bias" by Carl Hulse will be discussed. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Saw Mill River Audubon Nature Book Club. Participants will discuss "Ice: The Nature, the History and the Uses of an Astonishing Substance" by Mariana Gosnell. It's a long book but it's divided into distinct chapters, so feel free to read those chapters in which you are most interested, and then get out into the cold to look at the ice; you'll never look at it in quite the same way again. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: E-mail Kathleen_Williamson@msn.com.

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, Jan. 8

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



Andrew Kanovsky and the rest of the Briarcliff boys' lacrosse team had to plenty to celebrate as the Bears won the sectional title and reached the state final.



Vin Spaziante and the Westlake Wildcats captured the sectional championship with a 12-inning victory over Briarcliff at Pace University.



Briarcliff tennis star Rebecca Lim blasts a forehand return en route to earning her second sectional title.

ExaminerSports

2019

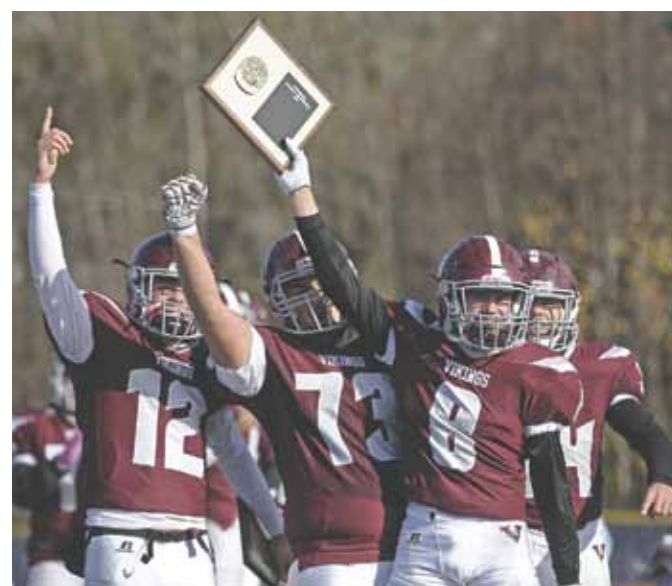
THE YEAR IN PHOTOS



Valhalla's Stephanie Sicilian (left) and Linda Rossi display the championship plaque following the Vikings' victory over Rye Neck in the sectional volleyball final.



Lauren Drillock and her Pleasantville teammates hold aloft the championship plaque after the Panthers won the Class B sectional championship.



The Valhalla football team recovered from two early losses this season to capture the Section 1, Class C football title.



Horace Greeley field hockey players celebrate after scoring the only goal in their win over Mamaroneck in the sectional final at Nyack High School.



Pleasantville’s Len Balducci had plenty to smile about after winning his third straight sectional title.



Horace Greeley track & field standout Kira Lindner captured first place in Division 1’s discus competition at the state qualifier meet.



Members of the Byram Hills volleyball team stand together moments before the start of the sectional final at Pace’s Goldstein Fitness Center.



Valhalla’s Mahari Davis Jr. carries the football in the Vikings’ state semifinal playoff game at Middletown High School.

IMAGES 2019



The Horace Greeley bench watches intently as the Quakers battle visiting Mamaroneck to a tie in an early-season field hockey showdown.



Casey Begleiter of Byram Hills does some celebrating after scoring a goal in a game at Greeley early in the season.



With the scoreboard displaying the final score, Horace Greeley’s Chris Melis embraces teammate Sean Dunleavy after the Quakers lost in overtime to host Tappan Zee in the sectional semifinals.



Briarcliff’s Alana Lombardi sails to the basket in the Class B sectional final vs. Irvington at Pace University. The Bears were beaten by the Bulldogs in the title game for the third successive season.



Westlake's Tom Iazzetta clutches the championship plaque after the Wildcats won the Section 1, Class B final against Briarcliff.



Briarcliff's Jordan Smith and Pleasantville's Analiese Picart set their sights on a potential rebound in a game hosted by the Panthers.



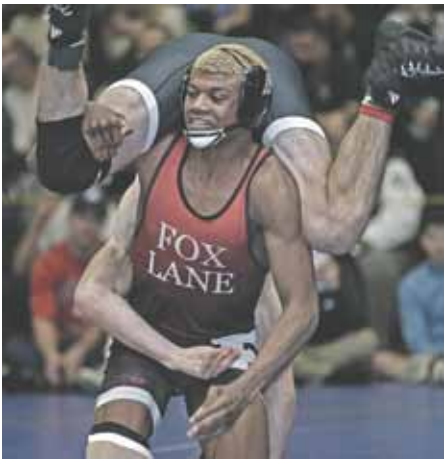
Fox Lane's Dean Massari arrives safely at second base in a cloud of dust.



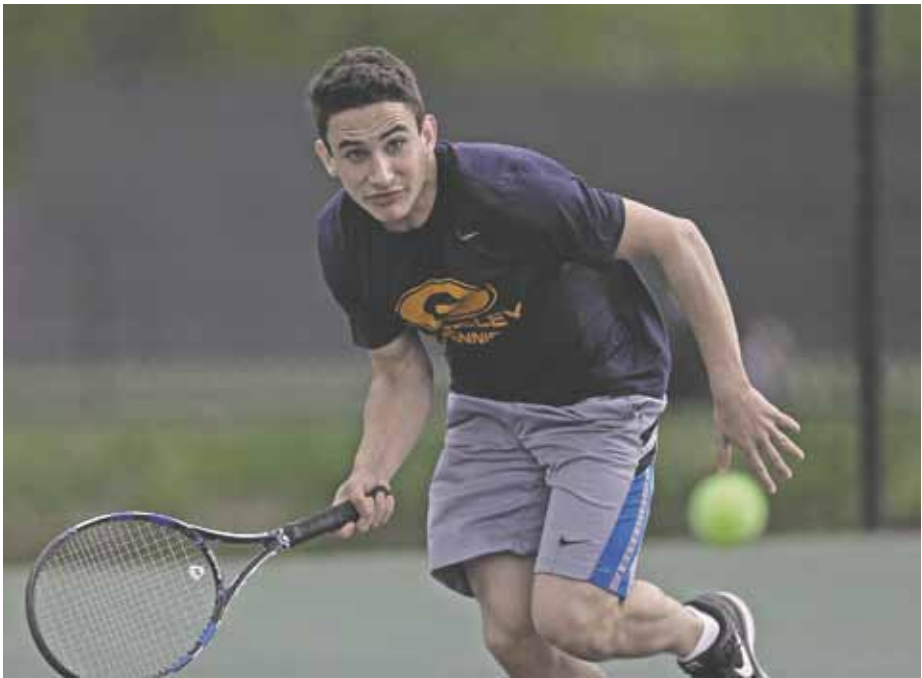
Horace Greeley's Ryan Renzulli takes the puck up the ice during a Quaker home game.



Greeley's Nick Townsend scores a basket during his dazzling freshman season for the Quakers.



Fox Lane's Quincy Downes is in complete control of his match on the way to winning the sectional Division I title at 160 pounds.



Greeley's Ryan Guber races in to retrieve the ball during the Section One championships at John Jay High School.



Fox Lane's Michael Gallary tries to keep control of the puck even after falling to the ice during a game against Byram Hills.



Briarcliff head coach Don Hamlin talks to his players during a timeout in the sectional final vs. Irvington.



Fox Lane shortstop Adriana Piccolino scampers to her left to field a grounder up the middle.



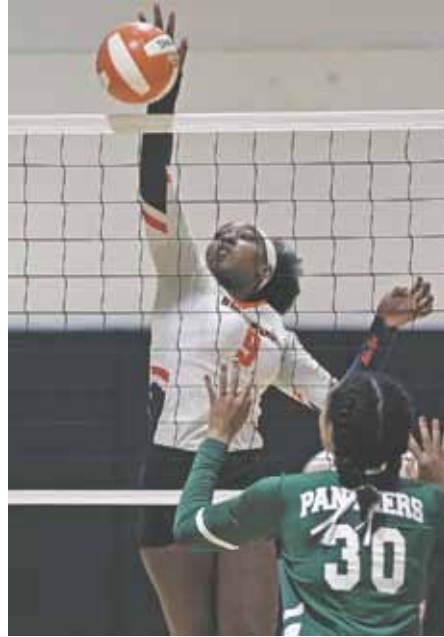
Ryan Pohly of Greeley surveys the field as he moves toward the ball during a Quaker home soccer game.



Byram Hills standout Kallie Hoffman concentrates on regaining control of the ball during a Bobcat home game.



Nicole Meyer of Byram Hills competes in the 400 hurdles at the state qualifier, hosted by White Plains High School.



Briarcliff's Ashley Sutton rises high over the net to put the ball away in a match against visiting Pleasantville.



Yusuf Hafez of Byram Hills gets set to deliver a pass to a teammate in an early-season game at Beacon.



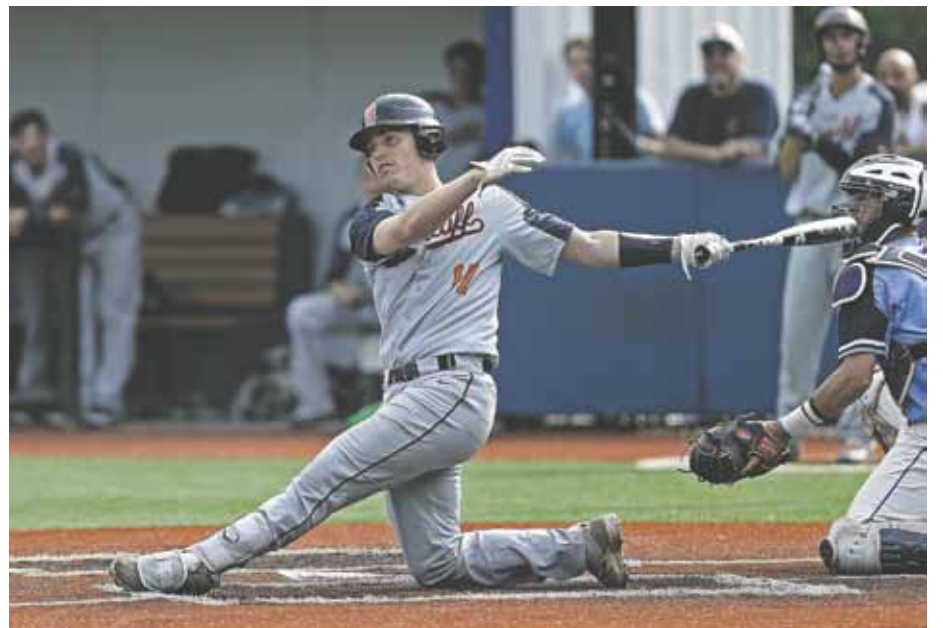
Pleasantville's Allison Portera reacts after scoring one of her three goals in the sectional final against Bronxville.



Fox Lane's J R Trumpboor keeps his eyes on the rim while battling for rebound position between a pair of Yorktown opponents.



Briarcliff and Pleasantville lacrosse players pursue a ground ball during their regular-season game. The two teams also met in the sectional final.



Briarcliff slugger Michael Hardy swings for the fences during his five-hit day in the Class B sectional championship game at Pace's Finnerty Field.



Sammy Mussuto celebrates after Valhalla’s first win of a memorable season, in overtime up at Highland High School.



Sophie Ruhl of Pleasantville does some celebrating after scoring a goal in a Panther field hockey game.



Briarcliff’s Matt Waterhouse is about to score the first goal of the game in the Bears’ state playoff victory over Mattituck at Adelphi University.



Westlake’s Dylan Donnery manages to maintain possession of the ball as he tumbles to the turf in the Class D playoff game hosted by Briarcliff.



Nick Ferrante of Byram Hills celebrates the Bobcats’ home playoff victory over Pearl River.

IMAGES 2019

ANDY JACOBS PHOTOS



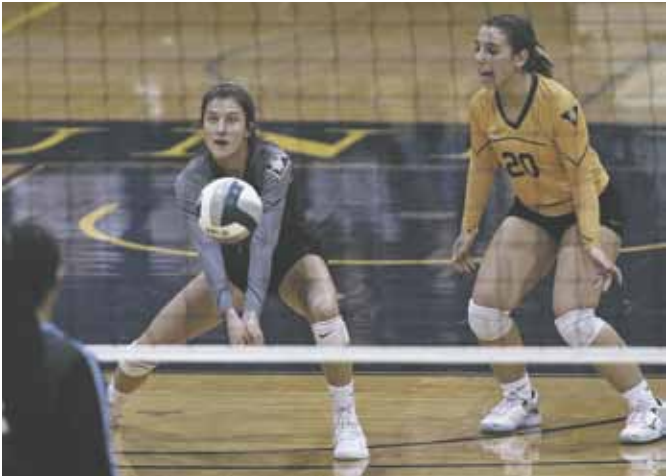
Members of the Fox Lane girls’ cross country team break from the starting line together during the league championship at Croton Point Park.



Westlake quarterback Jason Ausiello is greeted by teammates following his touchdown run in a win over Red Hook.



Briarcliff soccer players, left to right, Allison Labick, Kaitlyn Ryan, Samantha Franks, Sarah Aframian and Nico Vargish form a defensive wall in a home game against Bronxville.



Valhalla’s Sophia Cavallo bumps the ball as teammate Isabella Masucci looks on in the sectional finals. The Vikings went on to capture the state title up in Glens Falls.

Believe In Yourself.
Because a little effort goes a long way.



At Saw Mill Club we believe in you.
Together let's make 2020 your year.



Two incredible locations. One Amazing Experience.

Join Saw Mill Club and you'll receive membership to Saw Mill Club East for FREE.

Join today for \$75

Saw Mill Club
77 Kensico Drive, Mount Kisco
914-241-0797

Saw Mill Club East
333 N Bedford Rd, Mount Kisco
914-242-9760

www.SawMillClub.com   @SawMillClub #MySawMillClub