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February 12 - February 18, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 597

Last Call for Longtime Hawthorne Tavern Marks End of an Era

By Martin Wilbur

Gordo's Restaurant & Lounge, a fixture on Hawthorne's Commerce Street where locals celebrated birthdays, grabbed a drink after work or hung out with friends for nearly 40 years, shut its doors on Sunday.

Forlorn customers, many of whom were longtime regulars, gathered one last time on the final afternoon to remember an old-fashioned neighborhood establishment where their fellow patrons became extended family.

"I live here in town, I drink here in town and that's what I'll miss most," said Hawthorne resident Lenny Sasin. "The familiarity with the people, the closeness of the people and the owner's a gentleman."

Owner Mike Schliman said he had been operating month to month with the landlord and had hoped to work out a more stable arrangement but couldn't come to terms. He let his staff know on Thursday that Sunday would be the last day.

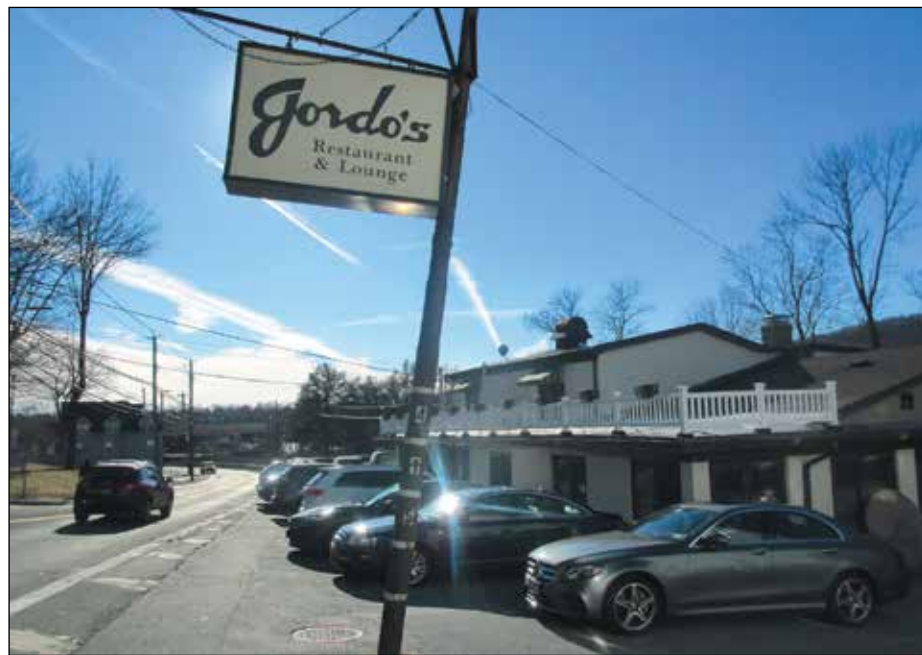
The landlord of record is Gordon Krueger and Arthur Greason, according to the Mount Pleasant assessor's office.

Schliman said he bought Gordo's 13 years ago after tending bar for the previous eight years. The one-story structure, which had a dining room on one side and the bar with flat screen televisions that typically showed ballgames on the other, had been known as Gordo's since 1980, he said. Before that it was Colonial Tavern and had been a similar type of operation for generations.

"I'll miss the people. I made some tremendous friends," Schliman said. "I've celebrated people's birthdays, their kids, moms and dads."

It wasn't surprising that most of the people in Gordo's on Sunday were Mount Pleasant residents. Danny Madera, who's lived in town for about 10 years, said he and his friends would stop by every Thursday after softball practice for good

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MARTIN WILBUR PHOTO

Gordo's on Commerce Street served its final rounds on Sunday after nearly 40 years in business.

Key Zoning Changes Recommended as Mt. Kisco Approves Comp Plan

By Sean Browne

The Mount Kisco Village Board adopted an updated Comprehensive Plan last week, marking the first time in 19 years the village had a revised document.

The board approved the plan in a 4-1 vote on Feb. 4. Trustee Karen Schleimer cast the dissenting vote.

"This is something that is so important to this town right now," said Trustee Peter Grunthal. "There is a number of reasons why we are doing this."

Revitalization of the downtown area is a key focus of the plan. It recommends significant zoning changes that could allow for mixed-use development in the South Moger and North Moger lots and a more walkable downtown that provides new and improved pedestrian

connections to help invigorate the main business district.

Among the potential scenarios outlined would be to develop parking for the downtown residents, shoppers and commuters within the developments in the South Moger and North Moger lots.

Recommendations for rezoning portions of Lexington Avenue to allow for the development of townhomes where residential units are limited to second- and third-story apartments over commercial enterprises and to create a mixed-use district on Radio Circle are also part of the plan.

The plan also includes ideas on how to pursue more effective traffic circulation with regional solutions and stresses the need for improved civic spaces to entice

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Yorktown Democrat First to Announce Bid for Kaplowitz's Seat

By Martin Wilbur

Vedat Gashi enjoyed his first run for public office so much that three months later he's ready to do it again.

Gashi, a Yorktown Democrat who lost his initial bid for public office last November to Assemblyman Kevin Byrne in the 94th state Assembly District race, announced last week that he will be running for the seat being vacated by Michael Kaplowitz on the Board of Legislators in District 4. The district is comprised of portions of Yorktown and Somers and all of New Castle.

While filling Kaplowitz's shoes will be difficult regardless of who his successor may be, Gashi said he's looking to pick up the mantle and represent the district with a similar drive and attention to detail as

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Vedat Gashi will run for the District 4 seat on the Board of Legislators later this year.

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Last Call for Longtime Hawthorne Tavern Marks End of an Era

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beer and delicious chicken wings.

He said it was a surprise having learned about the closure just a few days earlier. Madera said he thought Schliman was joking.

"You see the regulars that are here all the time," Madera said. "You see the bartenders, you see the owner, you see family and friends that are here all the time. This place was well-respected for God knows how many years, and it's just going to be weird."

His friend, Chris Fanelli, of White Plains, said he didn't have any

suggestions about where to go now that Gordo's is gone.

Mount Pleasant Chamber of Commerce President Tom Milliot said he's aware that a good segment of the community is saddened by Gordo's closure. While the restaurant and bar business has long been a difficult challenge, it's even more so today, he said.

"The chamber is sorry to see an institution like Gordo's closed and we certainly hope that it can reopen in the future," Milliot said.

Schliman said resurrecting the

business is not out of the question. He will be looking for new locations, preferably in the Mount Pleasant and Pleasantville area, so it would be easy for the many regulars to return.

The closure will also force employees to make other plans. Sabrina Johnston, who worked as a waitress for the past seven months but was a patron years ago when she attended SUNY Purchase, said watching a local, family-owned business close hurts.

"It's such a beautiful place," she said. "It's a comforting place to land and really I have such respect for (Schliman)

and it's a family and the they cared. You don't find that much anymore."

Rich DeNatale, who was sitting at the bar with Bob Colella and bartender John Desimone, said the shuttering of a small, family-owned business is typical of what's happening all over the county, particularly with restaurants. Desimone added that since Gordo's was a fun and comfortable neighborhood meeting place it won't be easily replaced.

"You might not see someone for a couple of weeks but you might see them in Gordo's," he said.

Key Zoning Changes Recommended as Mt. Kisco Approves Comp Plan

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people to remain downtown.

Trustee Jean Farber said the importance of the issues addressed in the updated 193-page plan made it clear that "this was one of the most important documents that I have had a chance to be a part of."

"This plan sets the course for the next 10 years of our village," Farber said. "That is something that is never to be taken lightly. This is definitely the most defining roadmap for the future of Mount Kisco."

Grunthal said the approved plan reflects extensive work and planning. Its adoption comes after a year of discussion, public

meetings and sessions with professionals from BfJ Planning along with input from experts and the village's Conservation Advisory Council, he said.

There was a public scoping session, a Generic Environmental Impact Statement developed and three public hearings. Grunthal said he believes it will help restore economic vitality to Mount Kisco.

"This has gone through a series of meetings bringing as many of the facts and problems to light as we could and ways to solve them," he said.

However, Schleimer didn't share the same sentiment as her colleagues.

One of the problems with the updated plan is the expansion of housing downtown.

"Fifty-foot buildings will change the character of Mount Kisco forever," Schleimer said. "We don't need to add 250 residences to an already crowded area. Also, the development of Radio Circle has not been thought out."

Schleimer said adding and concentrating more people in a specific area won't necessarily solve the village's problems.

"Does anyone think that changing the timing of a few traffic lights will solve the problem or even mitigate the impact of

new residential units?" Schleimer asked. "Does anyone really believe that there is really too much parking down there? Is the problem going to get better when you add 250 residences down there?"

Mayor Gina Picinich acknowledged the challenges facing the village and was confident Mount Kisco residents will consider changes to help the village. She expressed hope for Mount Kisco's future as a result of the updated plan.

The full final Comprehensive Plan can be found on the Mount Kisco website's home page at www.mountkisco.ny.gov.



Pain Shooting Down One Leg? What you need to know about symptoms and treatment of sciatica...

Ask the Doctor

John Abrahams, MD, FAANS
Chief, Neurosurgery
Co-Director, Spine Surgery,
Orthopedic & Spine Institute
Northern Westchester Hospital

Learn more about Dr. Abrahams
and advanced spine surgery at
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Q: Do I have sciatica?

A: You probably do if you feel a sudden and severe pain, along with numbness and weakness, radiating from the buttocks down the back of one leg to the foot. The pain can be crippling. It is usually intense when you walk, diminishing when you lie down.

Q: What causes sciatica?

A: The *sciatic nerve* branches from the spine in the lower back through the hips and buttocks and runs down the back of each leg to the foot. Sciatica occurs when this nerve is pinched in the lower back by spinal disc herniation – protruding disc material – or by a larger fragment of disc material. Disc herniation usually occurs during normal activities, such as rising from bed.

Q: Am I at risk for sciatica?

A: Sciatica is common. More than three million Americans are diagnosed with the condition annually.* Apart from the fact that 10 to 15 percent of patients have a family history of back problems, there are no risk factors. No behavior predisposes you to it.

Q: What are my treatment options?

A: If you have sciatica and it is not severe, you will typically receive oral steroids (anti-inflammatories) for seven days. Once you're more mobile, you will engage in physical therapy for a period of time and then be re-evaluated. If your symptoms persist, you may receive an injection of steroids at the nerve root to reduce pain. If this regimen fails, physicians will offer surgery. However, if a patient comes in unable to stand – basically bed-bound – we advise surgery sooner. It is important to know that 80 to 90 percent of patients get better without surgery.

Q: What can I expect from surgery for sciatica?

A: This minimally invasive procedure takes under an hour, and consists of removing the disc material pressing on the nerve. Most patients are pain-free following surgery. We have seen patients who arrived unable to stand or walk for more than a few minutes, walk out the same day after surgery, completely asymptomatic. Sciatica recurs in ten percent of people, who may suffer recurrent bouts of the condition throughout their life.

* <http://umm.edu/health/medical/reports/articles/back-pain-and-sciatica>

New Castle Sets Sunshine Well Monitoring Meeting, Issues Permit

By Martin Wilbur

A Mar. 6 public information session has been scheduled to review the Sunshine Children's Home and Rehab Center offsite well monitoring program after neighbors appealed to officials for a chance to review and assess the data.

Monitoring to determine the expanded facility's impact on neighboring wells is a condition of Sunshine's approval. However, Town Attorney Nicholas Ward-Willis recently told neighbors that issuance of the building permit is not limited or contingent upon the monitoring.

"The well monitoring program is being done to see what the impact would be when the building is constructed," Ward-Willis said. "The purpose of the well monitoring is to establish a baseline, which is being done now, and then when the new facility is built and in operation, to my understanding, that is when you would see the impact."

Last week Sunshine received its building permit and is the verge of beginning work at its Spring Valley Road Valley Road site, according to an update on the facility's website. Plans call for a significantly larger 143,000-square-foot facility with as many as 122 beds. The current 19,000-square-foot building has a 54-patient capacity.

A couple of residents addressed the Town Board at its Jan. 29 meeting, saying that tests that have been ongoing for about the past six months should be analyzed before any

site work is started.

Cedar Lane resident Laura Whitlinger said the neighbors have concerns because three years ago she heard the town hydrogeologist state there wasn't enough water at the time to support the expansion project as a result of drought conditions at the time.

She also mentioned that a 2013 letter has been uncovered from the former attorney for the Sunshine home that was sent to former town supervisor Susan Carpenter and the mayor and supervisor of the village and town of Ossining at the time which stated reliance on wells and electric backup was unacceptable.

"To issue building permits before we've had the chance to review that data would be no different than announcing the winner of the election before all the votes are counted," Whitlinger said.

The Sunshine application has been the subject of extensive litigation by neighbors who have contended that the town's Zoning Board of Appeals should have issued a positive declaration under the state Environmental Quality Review Act. That would have triggered a more robust environmental evaluation of the site and the project.

Supervisor Robert Greenstein said two weeks ago that the town would see that a meeting is held to update the neighbors. However, the Town Board has no authority

over the project and the building inspector independently determines when an applicant receives a building permit.

"It's not connected in any way, shape or form to your request for a meeting regarding the well monitoring," Greenstein said. "It has nothing to do with us being delinquent. It has everything to do with us being diligent, following the statute, following the law and doing everything the way it's supposed to be done."

Another neighboring resident, Charlie Bennett of Cedar Lane, appealed to town officials to have information available for the community regarding the construction

schedule and any updates. Bennett said the matter is an important quality-of-life issue, particularly since the Sunshine site borders Ossining's Cedar Lane Park and parents with small children visit the park in good weather.

Once Sunshine begins site work, improvement of the existing driveway is expected to be the first task that will be done.

The Mar. 6 informational meeting, which will be at Town Hall at 7 p.m., will include the town's consulting hydrogeologist William Canavan and Director of Planning Sabrina Charney Hull.

Look of a Champion

Chappaqua's own Pusheen Cats were recently honored at New Castle Town Hall for winning the third annual Hudson Valley First Lego League STEM championship last month at Robert E. Bell Middle School. The team developed an innovative



MARTIN WILBUR PHOTO

habitat for human habitation on Mars. Their victory earned them a berth last weekend as one of 25 teams at a regional competition at Dutchess Community College.

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Yorktown Democrat First to Announce Bid for Kaplowitz's Seat

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the longtime incumbent.

"I think it leaves a void and I think it comes at a time when we have some pressing questions before us," said Gashi, 40, a real estate attorney. "I think it's a challenge. I think there's a need and I'd love to advocate on behalf of what I regard as a changing or emerging demographic up here."

Among the top pressing issues facing the district and Westchester is helping the county get back on firm financial footing. Last year, Westchester's bond

rating was reduced from the highest to the second highest level by Standard & Poor's, Fitch and Moody's.

Gashi said he will also look to assist each of the district's municipalities push forward its long-stalled sewer projects. The three towns each have a project drawn up that will address the issue of failing septic systems in certain areas and prevent pollution in the New York City reservoirs.

The issue has been a problem that has thus far proven to be insurmountable to overcome. Yorktown, Somers and

New Castle have each been promised \$10 million in East of Hudson funds the county is holding that were derived from New York City in 1997. There is nearly \$30 million remaining; however, there are other communities that are also looking to tap into that funding, he said.

"I think all three together and separately can make a pretty strong argument to get a little more funds in there to get to the promised amounts and get that increased funding from the city and the state," Gashi said. "They all

benefit from that."

He also pledged to concentrate on issues that are more localized. For example, Gashi said he wants to tackle the noise complaints regarding air traffic to Westchester County Airport that have bothered residents in the flight path, including those in New Castle.

With his announcement, Gashi became the first candidate in either party to run for the seat. The new election schedule recently passed by the state, will see candidates begin the five-week petition process on Feb. 26 to get on the ballot, he said. If any race goes to a primary, that will be held in late June.

Although Gashi, who came to the United States from Kosovo with his parents when he was four years old, said he hasn't heard of any other candidates running for the seat in either major party. But he is ready for any challengers. He said he intends to eschew partisan politics and represent all residents, not just those in Democratic strongholds.

"I think you're doing the position a disservice by catering to just one part of the district," Gashi said. "We govern for everybody and the job is to be a representative not of the Democratic areas but the whole district, for everybody who lives here."

HV Honor Flight Seeks Veterans for Two Spring Flights

Hudson Valley Honor Flight (HVHF) is seeking veterans for its spring flights taking place on Saturday, Apr. 13 and Saturday, May 11.

The April flight will depart from New York Stewart International Airport in New Windsor and the May flight will leave from Westchester County Airport in White Plains. Flights will take veterans on an all-expense paid trip to visit the nation's war memorials. Veterans will travel by a police-escorted bus convoy while in Washington, D.C. for the

daylong trip and return to New York that evening.

All area World War II and Korean War veterans from the following counties who have not previously taken part in a Hudson Valley Honor Flight are eligible to participate: Orange, Ulster, Dutchess, Westchester, Rockland, Sullivan, Putnam, Pike (Pa.), Bergen (N.J.) and Fairfield (Conn.). In addition, veterans who served in the time between World War II and the Korean War are eligible to participate.

Hudson Valley Honor Flight is a local nonprofit based in Walden which honors Hudson Valley area veterans for all their sacrifices by bringing them to Washington, D.C. to visit their respective war memorials at no cost to them.

The organization is seeking sponsorship for future missions, as there are many worthy and eligible veterans and HVHF wants to continue honoring them. To learn more, including applications, call 845-391-0076 or visit www.hvhonorflight.com.



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No. Castle's Rec & Parks Super Moving Over to Pleasantville

By Martin Wilbur

Matt Trainor, North Castle's superintendent of recreation and parks, will be leaving the town at the end of the week and will move to serve in the same role for the Village of Pleasantville.

The Pleasantville Village Board Monday night voted to hire Trainor effective Feb. 25 to fill the vacancy to lead its Recreation Department. He succeeds Linda Bellofatto who retired as the superintendent of recreation in the village early last month.

"It's a little closer to home, a little bit of a change of scenery," Trainor said of the move. "That's really the two main pieces of the puzzle. I wasn't necessarily looking to leave."

Trainor came to North Castle in May 2012 after having worked in the City of Rye. Before that he had served in the Town of Mamaroneck.

A unique challenge he and other town officials faced was to take over the former Anita Louise Ehrman Pool on Greenway Road in Armonk, a facility that had been refurbished about 12 years ago. However, the nonprofit organization that oversaw the state-of-the-art aquatic facility became financially strapped and a town resident who operated it as a private concern also ran into problems.

While there was some spirited



Matt Trainor, North Castle's superintendent of recreation and parks, is headed to Pleasantville later this month to take over the comparable position in the village.

discussion whether the town should expend resources to bail out a nonprofit or a private outfit, Trainor said the facility was seen as an important amenity for North Castle to hold onto.

"To come in and do it and to give residents something that maybe they didn't have and be able to provide and be at the forefront of that, that was certainly

gratifying," he said.

Trainor's pending departure will require North Castle to fill another department head vacancy. Supervisor Michael Schiliro said the town has begun the hiring process and has contacted the county and requested its civil service list to search for a replacement.

Although no one is irreplaceable, Schiliro said that Trainor comes close.

"His commitment to the town's Parks and Recreation and to our residents was exemplary and his efforts showed," Schiliro said. "Our town pool, our

year-round programming and online brochures, summer camp, senior program, etc., Matt touched a lot of people in this town. We wish him well on his journey."

North Castle is in the midst of a search for a permanent village administrator. The town's human resources office has also had a vacancy.

The Town Board is scheduled to vote on Trainor's resignation from the superintendent's position at its meeting this Wednesday night.

Bet Torah Nursery to Offer Two New Parenting Programs

Bet Torah Nursery School in Mount Kisco is offering parenting programs for infants and toddlers from February to April.

On Mondays, there will be the Musical Mensch class from 9:30 to 10:10 a.m., where parents can enjoy time together with rhythm, music and fun. The Tuesday Art Club, also held from 9:30 to 10:10 a.m., parents

can bond with their budding artists while their child thrives, explores art and enjoys fun, creative play.

Bet Torah Nursery School is located at 60 Smith Ave. in Mount Kisco. For more information about the programs and fees and to register, call 914-666-7595 or visit www.bettorah.org.

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Challenges of a Local Immigrant Waiting for Word on His Future

By Martin Wilbur

Life was hard for Juan when he arrived at the United States border in Texas seeking asylum 14 years ago.

He left Mexico determined to make a better life for himself than the meager wages he was subsisting on working 90 hours a week.

Juan, then 25, would soon migrate to Westchester. He was first dropped off in Port Chester where he fortuitously ran into a boyhood school classmate at a Mexican restaurant, then landed in Mount Kisco where he got a job in the kitchen of Mount Kisco Country Club as a dishwasher.

In those early days, Juan was often afraid he would be sent back to his homeland by immigration authorities. Now, a married father of two children, Juan is a green card holder. It's no guarantee his journey will end in U.S. citizenship but he is trying his hardest to make sure he gives himself the best chance.

"I'm a good resident, I'm a good person," said Juan, who went only by his first name. "I try to do the best that I can in this country. I try to follow the rules. I try to do everything the way it is. I pay my taxes, you know. I don't drink and I try to stay by the rules, so that's why I'm not afraid."

On Sunday, Juan, a Mount Kisco resident, was the guest speaker organized

at an event at the First Congregational Church of Chappaqua by the Westchester Youth Alliance, a northern Westchester-based interfaith group of high school students whose mission is to broaden understanding through religious and cultural diversity. The Alliance invited representatives from Neighbors Link to talk about the work it does to help integrate the area's immigrant population into the wider community.

Neighbors Link Executive Director Carola Bracco said in the past two years the United States' policy regarding who could get deported has changed drastically. Previously, only new arrivals as of Jan. 1, 2014, and those with a criminal conviction would be among the estimated 11 million undocumented individuals – people without immigration status – targeted for deportation. Today, any undocumented person could be detained by Immigration and Customs Enforcement (ICE) and sent back.

Although requesting asylum is legal, there are tight parameters to be allowed to stay.

"To get asylum you have to show credible fear," Bracco said. "You also have to fall in a certain protected category. There are really certain protected categories. So you can't say I'm afraid, gangs are going to kill me. You have to show you are part of a group that this country is willing to



MARTIN WILBUR PHOTO

Carola Bracco, executive director of Neighbors Link, speaks to a local group about immigration issues on Sunday at the First Congregational Church of Chappaqua.

protect in order to not be sent back.

"So many people apply for asylum; very few people certainly get it and can show credible fear," she added.

The advantage of having an asylum request approved and obtaining a green card is not only being able to stay in the country but it makes someone eligible to obtain a driver's license, Bracco said. The license is a legal form of identification

signifying the person is authorized to be here, along with the safety of being able to have insurance and to drive to jobs.

Bracco said New York State is considering the controversial measure of allowing undocumented individuals to obtain a driver's license. There are 12 states, including Connecticut, that have approved similar legislation.

She said the reason why people from other countries continue to arrive in the United States is because there are jobs. Certain segments of the population rely on the labor, including for child care, allowing many suburban families to have dual income families.

About 5 percent of the nation's workforce is undocumented, she said.

"The reason we have 11 million undocumented people is we have work for them," Bracco said. "So we hire them. They come here to work and we have jobs for them."

Juan, who was promoted to sous chef before taking a job at another area establishment as the breakfast chef, now works as a waiter at a Bedford restaurant. He also waits and hopes that one day he will be a citizen.

"I'm happy to be in this country and happy to find all these people like you guys who like us, and thank you so much for opening up to us in your country," he said.

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RESIDENTIAL BROKERAGE

State Legislature Pushes Through Tighter Gun Restrictions

By David Propper

Already boasting some of the strictest gun laws in the nation, state lawmakers recently passed a series of bills that made the laws even tougher, but left a sharp divide among political parties.

With a Democratic majority in the state Senate and Assembly leading the way, new gun control legislation passed easily as Albany continues to move forward with a progressive agenda promised by Gov. Andrew Cuomo during his State of State address last month.

The legislation included the “red flag” bill that allows law enforcement, school staff and family members to request a judge stop a person they believe is a threat to themselves or others from temporarily owning or buying a gun until a hearing is held. Other measures ban teachers from carrying a firearm on school grounds, extended the waiting period for someone to purchase a gun if they don’t pass an instant background check and banned the manufacturing and sales of bump stocks sales, which can increase the rate of fire in a semi-automatic weapon.

“We take a big step forward today,” Cuomo said during a gun safety forum. “No one wants to take guns from legal gun owners who are mentally healthy. We don’t want people who are mentally

ill or are past felons to have gun. That’s all this is.”

This is the second time during Cuomo’s tenure in office that sweeping reforms aimed at gun control have been passed. The first time was in 2013 when the state approved the SAFE Act in the aftermath of the Sandy Hook school shooting.

Putnam state representatives were split over the new set of bills. Assemblywoman Sandy Galef and Sen. Peter Harckham, Democrats, voted in favor of the complete package of bills while Assemblyman Kevin Byrne and Sen. Sue Serino, Republicans, did not.

The most controversial piece of the package was the red flag bill.

Supporting the set of gun laws, Harckham said the “red flag” bill was a “common sense gun safety” measure. He added that there needs to be a “high level of proof” that could result in a firearm being taken away.

Serino, who lost a brother to suicide, said while she understands the intent behind the “red flag” law, the bill is too broad and fails to get to the heart of the issue when it comes to mental health and gun violence. She added the Democratic majority played politics and rushed the legislation through without getting input from appropriate stakeholders.

“I could not in good conscience support legislation that allows ordinary citizens, with no mental health training or background, to single out others as harmful while then failing to provide any mental health services, support, or legal assistance to the accused,” Serino said in a statement. “That’s a recipe for disaster.”

She pushed for legislation that would’ve put more mental health professionals in schools, but it was rejected by leadership within the state legislature.

Byrne voted against the “red flag” law because of numerous flaws, including opportunities for exploitation and abuse, lack of timely due process and that it provides no additional attention, services, or supervision for those individuals flagged for mental health help. Once a person is flagged as a possible danger, no action is required after confiscation until a hearing is held to determine whether or not that person should have their gun back, Byrne said.

“If these people are such a danger, we should not be leaving them in society where they may have access to alternative methods to harm themselves or others; they should receive an immediate mental health evaluation and the state should be providing assistance and support,” Byrne said in a statement.

“Without this added attention, there is a very legitimate concern that this law could unintentionally escalate a situation and further endanger public safety.”

Byrne did vote to ban bump stocks, a piece of legislation he has consistently supported.

Meanwhile, Assemblyman David Buchwald (D-White Plains) said the vote on the package of bills was an easy decision to make.

“It’s just common sense to keep guns out of the hands of those who pose a danger to their community or themselves,” Buchwald said. “Passing the so-called red flag law and extending the wait time for background checks on gun purchases will go a long way to better protect New Yorkers from gun violence.”

The Putnam County Firearm Owners Association (PCFOA) slammed the new set of gun laws rolled out and accused Cuomo of pandering for political reasons all while depriving residents in the state from their right to bear arms. The PCFOA said the state assembly and senate attacked several different amendments in the Constitution and the new legislation “has no basis in law and no basis in fact.”

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SMALL NEWS IS BIG NEWS

More State Funding Sought for Seniors' Needs, Tobacco Fight

By Jade Perez

Community members and representatives of various organizations urged the area's state senators to increase funding for senior care and tobacco control along with improving state roads during a public hearing last Friday afternoon.

Westchester's state Senate delegation listened to two hours of comments

on Gov. Andrew Cuomo's proposed 2019-20 executive budget at the Greenburgh Public Library.

Jacob Reckess, a member of the Empire State Association of Assisted Living's Board of Directors, said there are more than 1,500 Supplemental Security Income (SSI) recipients in the senators' districts in Westchester and there hasn't been an increase in 12 years. SSI is a needs-based program that provides monthly benefits to people with limited income and resources who are disabled, blind or at least 65 years old.

"There's a recognition that this is a problem. So I ask you to continue the fight and get the message across," Reckess said.

Beth Finkel, the state director of AARP New York, asked that the governor's proposed \$15 million investment in home and community-based services be increased to \$25 million to keep pace with need. As the population ages, there are fewer people available to care for the growing number of frail and elderly

people. Finkel said there are 2.6 million caregivers in New York contributing \$32 billion of free care to family members.

"If you had to go pay for that in the open market...those people would have to go into institutional care, which we all know how much more that costs," Finkel said. "So we need to get more money into those services that can provide meals, transportation, etc."

Elizabeth Hamlin-Berninger, the director of advocacy for the American Lung Association in New York, called for an increase in funding for tobacco control, which aims to help people stop smoking and raise awareness of the e-cigarette problem.

"The CDC recommends that that program be funded at \$220 billion (nationwide) and New York is funding it at \$39,000," Hamlin-Berninger said. "New York brings in about \$2 billion of tobacco-taxed money and the MSA master settlement agreement money and we're not really sure where that money's going."

Hamlin-Berninger also expressed concern that the U.S. Surgeon General called e-cigarette smoking an epidemic. Citing data from a National Youth Tobacco Survey that appears on the Food & Drug Administration's website, e-cigarette use among high school students increased by 78 percent from 2017 to 2018. Most of those kids will go on to smoke regular



JADE PEREZ PHOTO

Residents pack the meeting room at the Greenburgh Public Library last Friday to urge Westchester's state senators to increase funding for tobacco control programs, seniors and their caregivers and state road improvements in the 2019-20 state budget.

cigarettes, she said.

Abe-Baker Butler, a 16-year-old high school student who is vice president of the Westchester County Youth Board and Director of the Legislative Advocacy and Expansion for Students Against Nicotine, also called for more resources to combat teen cigarette and e-cigarette use.

Although the governor announced his intention to increase the legal age for buying tobacco and e-cigarette products from 18 to 21 in the state budget, Butler said that the age restriction is just part of the solution.

Butler noted that JUUL use has risen alarmingly because of its appealing flavors to teenagers. More than 37 percent of high

school seniors used e-cigarettes in 2018, he said.

"These cigarettes can result in severe lung cancer, decreased immunity, inhibited brain development and popcorn lung," Butler said. "For the sake of our youth, we must take action to increase funding for preventive education, restrict flavors and regulate e-cigarettes."

Greenburgh Supervisor Paul Feiner pushed for the state to make an investment to improve its roads. He showed recent photos of roads with large potholes, which drivers have had to cross onto the wrong side of the road to avoid, he said.

Feiner called the situation "dangerous and life-threatening."

"The last time a (state) road in Greenburgh was repaved was four years ago and that's really unconscionable," Feiner said. "I'm not here to ask for more funding for the town, cities or for villages, but I'm saying maintain the roads that are owned by New York State."

Last Friday's forum followed a similar one held by Westchester's Assembly members on Jan. 31. Sen. Shelley Mayer announced to a packed meeting room at the start that two hours would be devoted to public comments, which limited the number of speakers.

State lawmakers are expected to vote on the 2019-20 budget by the Mar. 31 deadline.

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Police Blotter

County Police/Mount Kisco

Feb. 6: Report of a dispute between neighbors over a blocked driveway on Carton Drive at 2:44 p.m.

Feb. 6: The parents of a girl who lives in the village reported at 6:42 p.m. that their daughter has received lewd text messages from an unknown party.

Feb. 7: Report of a domestic dispute in progress on Main Street at 6:27 p.m. Officers determined that a dispute had occurred between a mother and son but

it was verbal in nature only.

Feb. 7: Police responded to Mount Kisco Elementary School at 8:16 p.m. following a dispute between custodial staff members. The party who called in the complaint was advised that it was not a police matter and that he should pursue his complaint with school officials.

Feb. 8: A village resident arrived at the Green Street precinct at 12:36 p.m. to report that someone has been using a credit card that was recently stolen from

her. An investigation is ongoing.

Feb. 8: Police responded to Lundy Lane at 2:46 p.m. on a report that a woman was suffering chest pains. She was taken by ambulance to Northern Westchester Hospital.

North Castle Police Department

Feb. 3: An officer on patrol reported at 5:58 p.m. that numerous vehicles have parked on North Broadway and patrons are running into Toxic Wings and Ralph's Ices to pick up orders. The officer will be out issuing summonses at listed location.

Feb. 4: An officer reported at 1:56 p.m. that he will be out at the listed location attempting to serve a subpoena on a listed employee at La Quinta Inn on Business Park Drive. The officer reported negative results.

Feb. 4: An Intervale Avenue resident reported at 3:10 p.m. that two males wearing Verizon jackets and having Verizon identification were soliciting at her door. She stated that they do not have Town of North Castle permits. The responding officer issued summonses.

Feb. 5: Report of a larceny on Lafayette Avenue at 2:30 p.m. The party responded to headquarters to report stolen property from his workplace.

Pleasantville Police Department

Feb. 1: A Thomas Street resident reported at 11:21 a.m. that someone tried to get into her residence and that they broke the door. Police were unable to gather more information because of a language barrier. Early that afternoon the landlord arrived at headquarters to fill out a deposition regarding the damaged property. Then at 5:15 p.m., a 27-year-old White Plains man reported at headquarters stating that he had attempted to pick up his belongings at the address. He was subsequently arrested and charged with criminal mischief.

Feb. 2: A woman reported at 12:48 p.m. that she parked her 2015 Mitsubishi on Wheeler Avenue and that it was unlawfully entered and items were removed.

Feb. 7: A 43-year-old Pleasant Valley man was arrested at 3 p.m. for operating a vehicle, a 2010 Ford Escape, with a suspended license following a traffic stop on Pleasantville Road. Mark's Towing was called to take the vehicle away.

Feb. 7: A 57-year-old Sleepy Hollow woman was charged with various vehicle and traffic law violations at 4:33 p.m. following a stop on Manville Road near Vanderbilt Avenue.

Obituary

Barbara DeAngelis

Barbara DeAngelis passed away peacefully at her home on Feb. 5 at the age of 87.

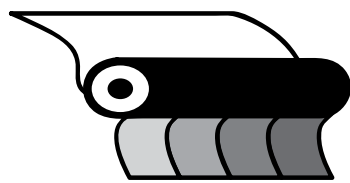
DeAngelis was born Barbara Louise Spagnolo on Jan. 16, 1932, to Helen and Fred Spagnolo. She graduated from Yonkers High School in 1949, and went to art school at the former Phoenix School of Design in New York City.

She married Vincent DeAngelis on Dec. 1, 1957. DeAngelis worked in the advertising field before moving to Valhalla in 1964. She went on to earn a bachelor's degree in fine arts from Purchase College

in the early 1980s.

DeAngelis is predeceased by her husband, Vincent. She is survived by her two daughters, Janet Andrews and Elizabeth Kennedy; her two son-in-laws, David Andrews and Timothy Kennedy; and five grandchildren, Aidan and Caroline Andrews and William, Annie and Jessica Kennedy.

Visitation was at Hawthorne Funeral Home on Feb. 8 and where funeral services were held on Feb. 9. Interment followed at Kensico Cemetery in Valhalla.



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United Way Unveils New Text Messaging Feature for Help Line

United Way of Westchester and Putnam's President and CEO Alana Sweeny announced last Thursday that callers to its 2-1-1 Referral Line can now text message for help.

Sweeny said that the 2-1-1 Call Center acts as a lifeline to more than 8,000 callers a month and United Way wants to make its services more accessible to a wider audience.

"We want people to be able to reach us in different ways. More and more people are using their fingers instead of their voices to talk," Sweeny said.

She added that text messaging would be available from 2 to 6 p.m. initially and expanded once more funding is available. Users can text to 898-211 to contact a call specialist.

United Way's 2-1-1 Call Center provides referral services 24 hours a day, 7 days a week to food assistance, housing and shelters, utilities, abuse prevention, suicide, foster parenting, medical help and more.

As New York State deliberates its budget, the United Way is reaching out to its representatives to appeal for continued funding as demand for

services is increasing. A recent United Way report showed that 40 percent of Westchester residents and 34 percent of Putnam residents were Asset Limited Income Constrained Employed, meaning that their incomes were not enough to cover their expenses on a consistent basis even though they were above the poverty line. The 2-1-1 call line and access to vital services helps these families to survive.

The United Way's 2-1-1 has grown exponentially since it was launched in 2006. The call center, located in the United Way of Westchester and Putnam's offices in White Plains, is a hive of activity most days. It receives calls from four regions: Long Island, the Hudson Valley, Adirondack and Northeast, covering thousands of square miles of territory.

Call specialists have an expansive database at their fingertips that they can use to search out resources by zip code. They also have access to a service that can translate 200 languages, ranging from Swahili to Mandarin. Several call specialists are also fluent in Spanish, the most common second language spoken by callers.

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Mt. Pleasant Comp Plan Talks Center on Zoning, Traffic, Parking

By Sean Browne

Discussions related to the Mount Pleasant Comprehensive Plan update continued last week with several new ideas raised for each of the town's three business hamlets.

Residents who are part of Envision Mount Pleasant, which the update effort is called, met with representatives from Sullivan Architecture, a company specializing in site planning and architectural design. Much of the firm's work is done in Westchester.

Envision Mount Pleasant is led by a nine-member steering committee and a consulting team consisting of planning professionals from Cleary Consulting, the Pace University Land Use Law Center, Sullivan Architecture and Adler Consulting.

The purpose of the Feb. 7 informal meeting at Town Hall was to discuss proposals for potential changes that could be incorporated into the plan for the town's downtown business districts.

"Moving forward we are going to start refining policies and see what recommendations we should take and that is why (Sullivan Architecture President) John Sullivan is here," said Director of Planning Pat Cleary.

Sullivan presented his ideas to the board for changes in the Valhalla, Hawthorne and Thornwood commercial zones.

In Valhalla, Sullivan raised the idea of expanding building area with new development or enlarging existing structures. In order to accomplish that goal, the town would have to change zoning requirements.

"The big question with Valhalla is

space," Cleary said. "What would fit in that particular area, and in the case of Valhalla, that is what we would need to figure out."

Parking was another discussion topic for Valhalla with an idea floated for the addition of a municipal parking lot. That would also require zoning changes.

In Thornwood, Sullivan proposed a traffic circle at the Four Corners, where Marble Avenue, Broadway, Franklin Avenue and Kensico Drive meet.

"A rotary is a traffic calming device (that) when installed appropriately

provides appropriate frontage around the area; you don't even need traffic lights and it works intuitively," Cleary said. "It's a character-changing kind of thing."

Sullivan also suggested modifying the area around the Hawthorne train station. Cleary and Sullivan mentioned that the town could propose a public-private partnership with the MTA regarding the parking lot across from the station.

"The MTA has done partnerships where if you build them a parking lot

you can do whatever you want to (with) the rest of that land (and) you can build upon it," Cleary said. "What that does is it rapidly brings the developing community into the community."

Sullivan stated that he previously worked with other communities that entered into similar partnerships with the MTA.

Sullivan said for the next session he would present sketches based upon the ideas discussed at last week's meeting.

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'Birth of a Movement' Author to Speak in Chappaqua Feb. 25

A year after the shooting at Parkland's Marjory Stoneman Douglas High School, Dave Cullen, The New York Times bestselling author of "Columbine," offers an intimate, deeply moving account of the extraordinary teenage survivors who became activists and pushed back against the NRA and congressional leaders.

On Monday, Feb. 25, Cullen will speak about his new book, "Parkland: Birth of a Movement" followed by a panel discussion and a Q&A. Panel members will include representatives from some of the local co-sponsoring organizations.

The event will be at 7 p.m. at the Chappaqua Performing Arts Center, located at 480 Bedford Rd. Free tickets are available on Eventbrite.

New York Medical College Professor Leading Fight Against Obesity

By Martin Wilbur

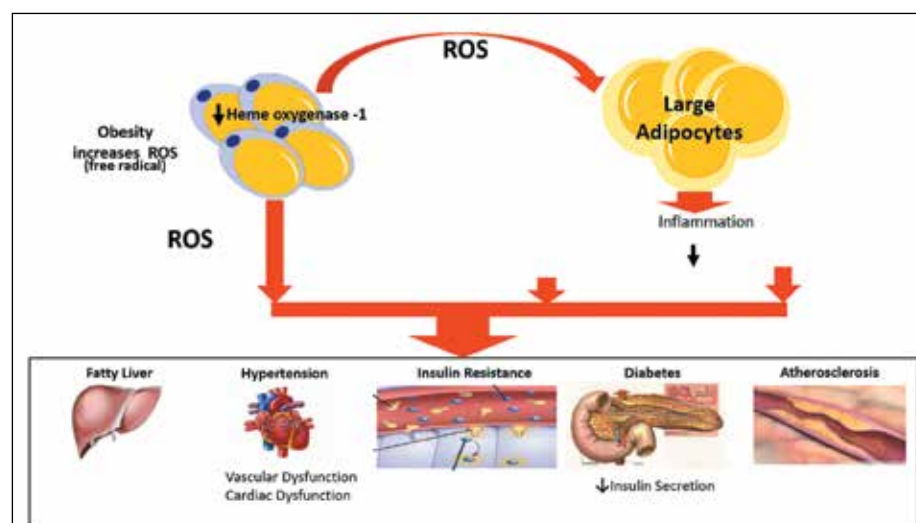
Dr. Nader Abraham is professor of medicine and pharmacology at New York Medical College in Valhalla where he has helped develop future generations of doctors and researchers.

But it is his role at exploring how obesity impacts blood pressure and insulin levels and the effect on organs such as the heart and liver that has made Abraham one of the world's leading experts in the field.

Abraham currently leads a team looking to uncover clues about genes and how they function in order to develop medications to forestall the consequences of obesity on the body. With 67 percent of women and 74 percent of men in the United States considered overweight or obese, he said, the cost of treating patients with these health issues has placed an increasing burden on the nation's healthcare system.

"We will need about 10 million livers for transplant over the next five to 10 years unless we control obesity, because (with) most obesity, we have more lipid or fat form in the liver and fat in the liver is not healthy," said Abraham, explaining one consequence of the scourge of obesity.

Obese patients are also susceptible to fat sitting on certain organs and



A schematic image of what happens when someone's heme oxygenase levels are low, leading to obesity and health problems.

insulin resistance, hypertension and cardiovascular disease will occur.

Throughout his career, Abraham, who earned his doctorate in biomedical science from Mount Sinai School of Medicine, has been at the forefront of research on obesity. In 1986, he was part of a research team that discovered the bone marrow stromal cell relation to blood cell development, which is now called Mesenchymal Stem Cell. That discovery has helped the medical community understand the progression

of fat cells – which all people have – to enlarged fat cells that creates inflammation leading to obesity and the likelihood of related health issues.

Finding medications to slow that progression is key. A significant piece of the responsibility falls on each person to eat a healthy diet and exercise regularly in hopes of keeping the Body Mass Index under 30, which prevents the fat cells from enlarging, Abraham said.

But there are additional factors, whether it's a person's metabolism or other medications. For example, some medications to help combat high blood pressure actually may promote fat cell expansion, he said.

"If you have the drugs to prevent adipocyte enlargement, that makes inflammatory factors a pathway of obesity, it will help prevent diabetes, hypertension," said Abraham while pointing to an illustration of the progression of cells between a pre-adipocyte cell to a mature adipocyte.

During his postdoctoral studies at Rockefeller University in the 1970s, Abraham was involved in studies that identified the first 10 amino acids of human heme oxygenase (HO-1) that enables to fully identify HO-1, an enzyme. It is the only enzyme that metabolizes free heme, a prooxidant, to antioxidant products. Later on, Abraham was the first to determine the critical role it plays in reducing oxidation and inflammation to fight the effects of obesity. He said an obese person's HO-1 is lower than normal.

"This protein has become the focus of my research for the last four decades in humans and in animal studies," Abraham said in a New York Medical College article.



MARTIN WILBUR PHOTO

Dr. Nader Abraham, one of the foremost researchers in finding medications to combat the negative effects of obesity on organs, at his New York Medical College office in Valhalla.

Over the years, Abraham's studies have revealed that some people have more large fat cells than others, which in turn, makes them more prone to obesity, which requires them to work harder to make sure the cells don't enlarge. A diet of lots of fish, limited amounts of carbohydrates and a moderate intake of chicken along with plenty of exercise is a start, he said.

At one point, Abraham had studied populations in Brooklyn and Huntington, W. Va. of lower socioeconomic standing that didn't have access to consistently healthy food or ways to exercise. Both groups displayed a high level of inflammatory markers in the blood.

If eating habits aren't controlled, the person will have lots of large fat cells and will be obese, he explained.

"That's why young people in America, many between nine and 14 (years old) in several parts of the country, including West Virginia, developed hypertension and diabetes at the age of 15, 16, due to the presence of large amounts of large fat cells," he said.

Abraham and his team of researchers will continue to press forward with their work in hopes of developing medications that won't solve obesity but will lessen the effects of the damage it can do to the body.

SMALL NEWS IS BIG NEWS

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told me to be fresh

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- Dr. Ellen Lestz

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Guest Column

Essential for Congress, Including Rep. Lowey, to Support Green New Deal

By Zachary Fisch

I write to express my continued disappointment at Rep. Nita Lowey for her failure to take the bold and urgent steps needed to combat the growing threat of climate change to our region.

Lowey failed to support the call for a Green New Deal subcommittee that would have had actual power to draft legislation to address climate change. She only signed on to a non-binding resolution indicating general support for the Green New Deal after activists spent months flooding her office with calls and visits, and the day after this paper published a previous version of this commentary online where I called on her to support the resolution, which she originally declined to cosponsor. This is not leadership, and it is not enough.

Climate change is an existential threat to our civilization right now. Disasters like Superstorm Sandy, which affected thousands of families in Westchester including my own, will become common. The Lower Hudson Valley is 50 percent more likely to have a 100-year flood in the 2020s, and up to 190 percent more likely to have one in the 2050s. Large parts of our infrastructure, including Amtrak and Metro-North, will be underwater within our lifetimes.

We don't have much time to stave off catastrophe. A recent U.N. report found that we need to reduce emissions by 45 percent in the next 12 years to keep the rise in global temperatures to a manageable level.

A Green New Deal would do just that. It

would put people to work to decarbonize our economy and protect our homes and infrastructure. Not only could it literally save the planet, it would make our communities more livable and help us prepare to rescue the economy during the next recession. All the while, it would help lessen our county's staggering income inequality, among the worst in the nation.

We need policies that match the scale of this impending crisis. A select committee on a Green New Deal would not have enacted those policies; it simply would have studied the problem and recommended legislation for Congress to pass in 2020. It was a reasonable approach backed by people across the political spectrum: 81 percent of voters approved of the committee, including 64 percent of Republicans. But Lowey let it die.

Rather than backing a select committee on a Green New Deal like over 40 other members of Congress, Lowey did what she has done for most of her 30-year tenure in Congress: resist bold action. She instead backed a watered-down climate change committee whose chair, Kathy Castor, signaled a willingness to kowtow to fossil fuel companies and other polluters that have an interest in kneecapping our ability to avert climate catastrophe. That committee is unlikely to produce legislation that will stop our seas from rising and our forests from burning.

I was glad to see Lowey co-sponsor the resolution for a Green New Deal last Friday. Her statement offering support for this vital effort is important, and we thank

her for it. But if it is not followed up with real leadership and action, it will mean nothing in the end.

I challenge Lowey to use her power as chair of the Appropriations Committee to take the concrete steps needed to protect Westchester and Rockland – and the planet. Push to replace Indian Point with renewable energy, not fossil fuels like coal or natural gas. Support debt-free college to enable young people to secure their futures in fields critical to decarbonization, such as solar engineering and urban planning, without taking on debilitating student debt. Provide for jobs programs that pay a good wage to workers who help retrofit our buildings to the highest energy efficiency standards.

Climate change is not happening in 10 years. It's happening now. It's time for Lowey to realize that and act accordingly. We do not have time to wait. If we continue to allow her to play it safe, we will all pay the price for the rest of our lives.

Zachary Fisch is a Tarrytown resident and a third-year student at Harvard Law School.

Editor's Note: Lowey's office contacted Examiner Media after the original version of this article was published online and stated that the congresswoman supported the resolution in principle prior to signing on as a cosponsor. She was never an opponent of the resolution, a Lowey spokesman said. The spokesman also said the column did not lead to the congresswoman's decision to join as a cosponsor.

Ways to Make Better Brain Health a Top Priority

Alzheimer's disease is expected to impact nearly 14 million Americans by 2050, according to the Alzheimer's Association. However, science suggests you can lower your risk of cognitive decline by adopting key lifestyle habits.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, often a precursor to Alzheimer's and other dementias.

Discovering risk factors and preventive strategies for cognitive decline that can cause problems with memory, language, thinking and judgment is a hot topic in Alzheimer's research, as are multifaceted lifestyle interventions to slow or prevent dementia. The good news? Many such interventions are things you might already be doing or thinking about

doing, such as eating well, staying physically active and getting good sleep, just to name a few.

One easy way to encourage brain health at any age is to stimulate your mind with problem-solving challenges. Working on a jigsaw puzzle, learning a new language and playing strategy games are a few ways to strengthen your memory – as long as they are new and challenging tasks. Research has also found correlations between higher levels of formal education and a better cognitive reserve – so sign up for a class.

Another way to promote brain health is taking care of your mental health. Managing stress and anxiety is not only important for overall health and wellbeing, but studies have found a link between depression and increased risk of cognitive decline. Take care of yourself and seek medical treatment if you have symptoms.

Being social may also support brain health. That's right. Add "hang out

with friends" and "have fun" to your list of healthy habits. Better yet, take on several of these lifestyle changes for maximum impact. For example, enroll in a dance class with a friend.

Alzheimer's researchers are now looking into whether a "cocktail" of these interventions can protect cognitive function. The Alzheimer's Association's U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

While there's currently no certain way to prevent Alzheimer's and other dementias, there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy, so that you stick with them for the long haul.

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My Doctor

told me to take a seat

“I tell families to eat meals together for health benefits that go beyond nutrition.”

- Dr. Samantha Lowe

Eating together has nutrition, health, social and mental benefits you don't get dining alone. Children may improve self-esteem and communication, as well as develop overall better eating habits. That's why pediatrician Dr. Lowe tells parents in addition to regular preventative care for their children, try and find time to sit down and eat as a family.

To hear more from Dr. Lowe, visit wphospital.org/family

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Program Promotes a Very Special Kind of Ice Hockey

By Martin Wilbur

On a cold and clear Sunday, Max Maksimyadis arrives at the Brewster Ice Arena to prepare for a morning of hockey.

With the help of a friend, he goes through the ritual of strapping on his goalie equipment, something he's done since childhood – chest protector, skates, goalie pads, mask, blocker and catching glove – before heading onto the ice.

"I saw how fun it was to just be out on the ice," Maksimyadis said of his love for the sport. "It's sort of like quiet. When you're on the ice there's nothing that can hold you back. I just fell in love with it when I was seven, eight years old."

The Mount Kisco resident, who is the goalie for a squad which calls itself the Northern Bravehearts, never played in high school and he isn't part of one of the many adult leagues in the region. Instead, Maksimyadis, 31, is a participant in a small but what he and others hope is a growing group of players in a hockey program for individuals with special needs. On the second Sunday of each month they gather at the Brewster Ice Arena and hit the frozen surface at 11:30 a.m. for a one-hour session.

Last month, about a half-dozen participants were on hand, including children as young as four years old. They joined Maksimyadis, who has cerebral palsy, and 21-year-old Jacob



MARTIN WILBUR PHOTOS

Instructors and parents assist individuals with special needs at a skating and hockey clinic. Getting used to the ice is often a major hurdle.

Weiner on the ice. Maksimyadis and Weiner are both veterans of the New York Raptors, a special-needs team that plays at Westchester Skating Academy in Elmsford. There were also two instructors, parents and siblings with hockey backgrounds to help out.

The fledgling team, established last year, has started slowly. Graham Smith, president of RSC Westchester, a nonprofit organization that provides a variety of

activities for the local special-needs population and who is managing the program to help get it off the ground, said ice hockey is a challenge because of the need to learn to skate and the multiple skills involved.

But he sees a very hopeful sign; everybody in a core group of about seven or eight who started out has returned. He wants people, whether they are children or adults, to come, enjoy and stay.

"I don't mind the pace of it," Smith said. "It's more ice learning rather than ice hockey."

Ice hockey for those with disabilities isn't new. The Bravehearts are currently one of 82 clubs that are members of the American Special Hockey Association (ASHA), said Jen O'Brien, its executive director. ASHA was established more than 25 years ago and has between 4,000 and 5,000 players on teams throughout the United States and Canada, she said.

O'Brien said anyone who has been diagnosed with a physical or developmental disability, from five years old through adulthood, is eligible to play. Participants are grouped not by age but by ability level, since some, like Maksimyadis, have been at it for years, she said. Some of the ASHA teams have two or three squads consisting of players of varying proficiency.

O'Brien said most programs like the Bravehearts start as a basic hockey skills clinic, where emphasis is placed on learning to skate for those who don't know how. Many of the players involved are likely to be on the autism spectrum, have Down syndrome, cerebral palsy or ADD/ADHD, she said.

While the program is more therapeutic than competitive, as skill levels rise there are tournaments and regional events.

continued on next page

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Advertorial

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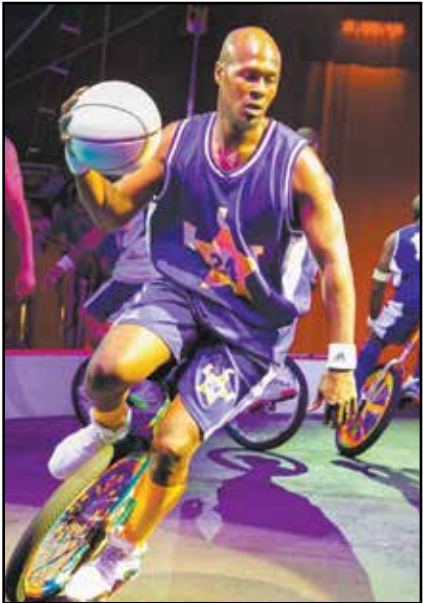
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Program Promotes a Very Special Kind of Ice Hockey

continued from previous page

No previous experience is necessary for anyone who wants to try.

"We don't coddle the kids and they're going to play," O'Brien said. "They're going to get out there and play and play hard."

While activity and exercise are beneficial for anyone, Smith said learning how to skate offers enormous benefits for those with special needs.

"For balance and leg strength this is a fantastic challenge," Smith said. "It's also wonderful for focus. You have to be focused while you're doing it. Balance and focus, because you can't be unbalanced when you're on the ice."

There are other advantages for participants. Chappaqua resident Tony Napolitano said his youngest son, Max, who has delayed speech, is not only part of his own group but he can join his older brother, eight-year-old Victor, who plays youth hockey, on the ice. Victor was one of the family members who helped at the January session.

"It takes a lot of skill, a lot of practice, it's a complicated sport, a lot of equipment also," Napolitano said. "When you think about special needs kids, they don't always look for something like that. They're doing some basic activities, but like any team sport, the values that you learn are wonderful. It's great for Max to see other kids with challenges and other issues and see how he's fortunate in many ways, how other children are overcoming their limitations."

Maksimiyadis said that when he was seven years old his mother learned about the New York Raptors being established in Elmsford and asked him if he would like to try. It didn't take much convincing.

"I really wanted to be on a team and then the next thing you know I was at the first skate of the New York Raptors," said Maksimiyadis, who lives in a group home and works at Whole Foods in White Plains. "I've met a ton of people. My friends are all in the organization."

Dan Donnelly has been bringing his 12-year-old daughter Deanna, who is autistic, to the monthly sessions. Since Donnelly coaches at the Brewster ice rink, a special education teacher in his home



Max Maksimiyadis in the locker room at the Brewster Ice Arena before the Northern Bravehearts, a new hockey team whose players have special needs, hit the ice.

school district of Somers contacted him about the program.

Donnelly, a former goalie when he was young and whose younger daughter plays youth hockey, was intrigued and thought it would be good for Deanna. His wife is involved with the Somers Special Education PTA and they hope to get more youngsters involved and eventually see the Bravehearts grow.

"I think it's a great idea," Donnelly said. "There's not a lot of programs, especially for ice hockey. (Deanna) plays roller hockey with the Special Olympics. This is a little different, ice is a little different. It's an opportunity for these people to actually get out onto the ice, because a lot of people like hockey, and it's a good way for them to get out on the ice and play the game they want to play."

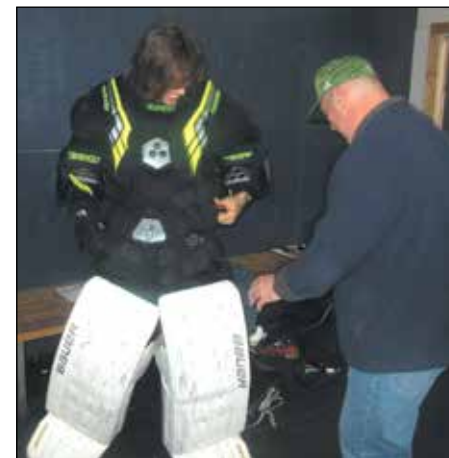
Smith said the Brewster Ice Arena has been helpful in finding ice time in the facility's studio rink for the program. He hopes to build a strong foundation, and like the other participants, see the Bravehearts take off.



Maksimiyadis during a break in play.

"You have to get the players and the players are really getting used to the ice first," he said. "You don't suddenly manufacture ice hockey players. It's a process but the people here at this arena are absolutely fantastic."

To learn more about the program, contact Graham Smith at 914-772-0864 or e-mail Grahams.rscinc@gmail.com.



Dan Donnelly helps Max Maksimiyadis put on the goalie equipment.



People from five years old through adulthood who have physical and developmental disabilities are eligible to participate in special needs hockey.

Making a Difference



Maria Fareri Children's Hospital and the Westchester Warriors Youth Hockey Program recently unveiled Westchester Warriors Way, a new entrance to the expanded Center for Pediatric Oncology and Cellular Therapy at the hospital. Since 2016, the program has partnered with Maria Fareri to fight children's cancer, a mission started by Warriors co-founders Luis Panchame, Denis DuFresne and Ron Vitale. The Westchester Warriors has now raised over \$230,000 for the hospital and the club's efforts will continue throughout the year.



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Show Your Community Some Love This Valentine's Day

By Quint Studer

Most of us love our community and want the best for it. It's our home. It's where we live, work, learn, play and raise our families. And yet, it's easy to go about our daily lives without ever stopping to think what can I do to make my community better?

I get it. We are all busy. And it's easy to assume that someone else will do what needs doing.

But if there's one thing I've learned from my work with communities across the United States it's this: We are all owners. We don't need an official title. We don't have to be assigned a task. We don't have to be wealthy. We all have gifts to share and the ability to make a difference in the lives of others.

My dream is that, in honor of Valentine's Day, every citizen would do just one small thing to make their community better. We all know that random acts of kindness have positive ripple effects that reach far and wide, often unexpectedly so. Could you imagine the amazing results if everyone took part in a mass

outpouring of love and positivity?

I'm not talking about big, complicated improvements. If you're a homeowner, you know something as simple as a fresh coat of paint can be a quick fix that makes a huge difference in how a room looks (and how you feel living in it). The same is true of a community.

You might start by taking a slow drive around your city. What do you see that needs to be repaired or replaced? Is there a field that needs to be mowed? Does a city park need some shade trees? Do flowers need to be planted? Is there an empty lot that needs trash hauled away or a dangerous road in need of a crosswalk?

Next, consider what resources you have at your disposal. Maybe you, personally, have the skills or the funding to fix something that's broken. If not, you may know someone who does. If you need proper permission, try to get it. There are always potential reasons why something can't be done, but it's often amazing what can happen

when we just ask.

Maybe your way of showing your community some love is to serve on the school board, to head up a "housing for the homeless" committee or to spend a day at your local food pantry or animal shelter. Not only will this single action serve a great practical need (many places are desperate for volunteers), it may inspire you to get involved on a deeper level.

This is a great opportunity for a group to work together on a project, but you don't have to join an organized effort. Individual acts of love and kindness are meaningful, too. You can offer to clean up a cluttered yard or place a bench under a tree at the park. Once you start looking, you'll find lots of simple things you can do to make things better.

And we can all express our gratitude for what's right in our community. We can write a letter to the editor that celebrates the bright spots in our community. (Every community has them!) We can send a heartfelt thank you note to the hospital that

took care of our loved one. We can thank a maintenance worker for keeping the streets clean. Positivity and gratitude are contagious. They make a difference. And it feels good to practice them.

Making the decision to love our community is a powerful first step. It's a mind shift that truly changes the conversation around what's possible. I've seen it over and over: When a community decides "we are worth it" and takes control of their future, huge transformations can follow.

Happy Valentine's Day.

Quint Studer is author of "Building a Vibrant Community" and founder Studer Community Institute in Pensacola, Fla., a nonprofit organization focused on improving the community's quality of life and moving Escambia and Santa Rosa counties forward. He currently serves as the Entrepreneur-in-Residence at the University of West Florida. For more information, visit www.vibrantcommunityblueprint.com and www.studeri.org.



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The Front Door is Often the Key to a House

The front door can say a lot about a house, either reflecting the condition of the space within or contradicting it.

A beautiful, sturdy door with quality hardware greets the visitor with a confident hello; a weathered door, perhaps out of alignment with old or poorly functioning hardware, conveys something quite different about the house, something unappealing.

Just as a person can be judged within the first few seconds, a house is judged in great part by the condition, functionality and look of its front door. When showing properties to prospective buyers, I'm always surprised to find an older home that has been upgraded, but the owners haven't paid proper attention to the front door, especially its hardware.

If the door needs painting or is warped and if the hardware is tarnished and in poor working order, a pall can be cast over the entire house. Perhaps some homeowners are unaware of a deteriorating front door. Many people enter a side entrance or into the mud room or kitchen. However, visitors normally come only to the front door.

While the functional purposes of a front door are to withstand the elements, help toward energy efficiency and provide protection, visitors view it as an aesthetic



By Bill Primavera

statement, even a psychological one. If the door is attractive and in good shape, that perception extends to the entire household – and to its owner as well.

Look at your front door and determine whether it needs simply sprucing up or a total replacement. Some door problems can be repaired and others cannot. If the door is improperly hung, has trouble closing or latching, is slightly warped or is just sticking, these problems may be worth fixing. But if it has rot or is outrageously outdated in style, consider replacement options.

Whether you use a contractor or a handyman, get different opinions about which kind of new door to choose. Some would suggest that the top-quality material is still wood. Steel or aluminum may be recommended as the most sturdy and secure, but according to most remodeling contractors, the best choice today is the new high-quality fiberglass door. The insulation quality of the latter is better than that of a wooden door and it will not warp or crack.

The feature I like best about a good fiberglass door is that the manufacturers have managed to develop an incredibly realistic grain that matches real wood. Also, the number of door styles are plentiful with

beveled glass options available. Fiberglass can be stained or painted and fancy hardware can be applied to them, just as you would a wood door.

Door hardware, which in aesthetic terms, can make a door “pop.” But if it's worn, that pop can be a dull thud.

The polished look is one factor, but a lock and handle's functionality are the primary things to consider.

Basically, locksets fall into two different categories, mortise or cylindrical. While I don't fully understand the difference in mechanical workings, my trusted locksmith tells me that mortise locksets, which are installed into a rectangular dugout in the door, offer the ultimate in security, design and ruggedness.

The choice of locksets and handles can be a daunting experience. When I went hunting for new hardware, I was overwhelmed by the selection. I took a picture of the set I thought the most attractive and showed it to my locksmith. I asked him to supply the best choice for my particular door. Better to leave such things to the experts, unless you're a great do-it-yourselfer, which I am not.

Highly polished solid brass knobs, backplates, thumbatches are desirable but, fair warning, they can be quite expensive.

When it comes to selecting a color for the front door, it is a situation of relating to, or contrasting with, one of the other tones

found in the house or the landscape that surrounds it. Many people today choose a deep green or red (which has many hues such as black cherry and adobe) to have their front doors stand out. There is a bigger trend now toward selecting yellow, which can be toned down with a covering glaze.

One cardinal rule about color: a front door should never be stark white. The theory is that the door should relate to the landscape in some way and pure white is rarely found in nature. If your preference leans toward white, it should have a hue of another color, such as pink or yellow. The large casing around the door should be a different color than the door itself. The casing should be treated like a trim, matching windows and other trim.

For both curb appeal and resale value, spruce up the front door, and in a sense, you have a new home.

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Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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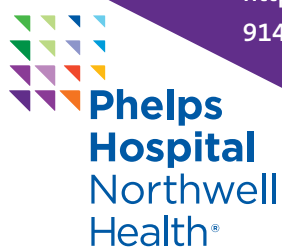
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Tuesday, Feb. 12

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

Reading With Tobie and Karen. A program for school-age children. Tobie and Karen are with The Good Dog Foundation. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 p.m. Free. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

English Conversations. For speakers of other languages seeking to improve their English. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Tuesday. Info: 914-666-8041 or www.mountkisco.org.

DIY Pretzel Rod Log Cabin. Celebrate President Abraham Lincoln's Birthday and the type of home he lived in by creating a log cabin made of pretzel sticks and vanilla frosting. For children three to 10 years old. Children under five must be accompanied by a caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Space limited; registration required. Info and registration: 914-864-0130.

Current Affairs Book Club. "How Democracies Die" by Steven Levitsky will be discussed. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:15 p.m. Free. Info: 914-273-3887 or www.chappaqualibrary.org.

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

Women Reading Women Book Club. "Housekeeping" by Marilynne Robinson will be discussed. Copies of the book available at the circulation desk. New members welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7:30 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

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Wednesday, Feb. 13

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. 9 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.

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 Feb. 18 and 20). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday (except Feb. 18, 20 and 22). Info: 914-769-0548 or www.mountpleasantlibrary.org.

Adult Art Program: Acrylics Plus. The group works in acrylics but also dabbles in other mediums. Facilitated by Nina Bertolino. Participants need to bring supplies from a list she provides. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 10:30 a.m. to 12:30 p.m. Free. Meets the second and fourth Wednesdays through April. Info: 914-669-5161 or www.keelerlibrary.org.

Senior Benefits Information Center. Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and prescription plans, food stamps, HEAP, EPIC, weatherization, minor home repair and tax relief programs. Mount Kisco Public Library, 100 Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Wednesday. Info: 914-231-3260.

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

language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday (except Feb. 18, 20 and 22). Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Every Wednesday (except Feb. 20). Info: 914-273-3887 or www.northcastlelibrary.com.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Every Wednesday (except Feb. 20). Info: 914-273-3887.

Valentine Candy Crafts. Make candy airplanes, bling rings and candy heart bird feeders. Open to all ages. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 4 p.m. Free. Info: 914-669-5161 or www.keelerlibrary.org.

Affordable Care Act Navigator. A trained navigator provided by the county Department of Health will be available to help people with choosing and signing up for health insurance under the Affordable Care Act and the state health marketplace. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2:30 to 7 p.m. Free. Every Wednesday. Also Thursdays from 1 to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. Appointment required. Info and appointment for Wednesday sessions: 914-336-6026. Info and appointment for Thursday and Saturday sessions: 914-813-5192.

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

Knitting at the Library. Knitters and crocheters of all skill levels. For ages 10 and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free.

Every Wednesday. Info: 914-864-8041 or www.mountkisco.org.

Lego Club. We provide the Legos, you bring your imagination. A fun-building club for students in grades 2-6. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 6 p.m. Free. Meets the second Wednesday of each month. Registration required. Info and registration: 914-864-8041.

Ben's Chess Classes. Learn to play or improve your game with Ben, a North Salem resident and ninth-grader, at a series of classes. Open to grades K-5 with a USCF under 900. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 5 to 6 p.m. Free. Wednesdays through Feb. 27. Registration required. Info and registration: 914-669-5161.

Art Series: Meta Vaux Warwick. Born June 9, 1877, this African-American artist became famous for her African-centered themes. A painter, poet and sculptor, she studied under Rodin. Famous in France for her sculptures, Vaux Warwick was respected for her talents in Europe way before the U.S. recognized her importance. 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.

"The Ripple Effect." This feature-length documentary focuses on the effects of suicide and the positive ripple effects of advocacy, inspiration and hope. The film highlights the journey of Kevin Hines, who at 19 survived a suicide attempt of jumping from the Golden Gate Bridge. Today, Hines is a world-renowned mental health advocate, motivational speaker and author. Followed by a panel discussion that will include mental health professionals and community members. MHA Board Member Sean Mayer, who became an advocate for mental health awareness and suicide prevention following the loss of his brother, Ryan, in 2014, will moderate. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Free. Registration required. Info and registration: Visit www.bthrippleeffect.eventbrite.com.

Lucy's Laugh Lounge Open Comedy Mic. This is where the comedians come out to work on new jokes, change old jokes or experiment with words that they just learned. The performers can say and do whatever they want where they can be bold, creative, daring, insulting, and controversial if they so choose. Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Every Monday. Info and tickets: Visit www.nomacomedy.com.

Men's Night Out: For Men Living With Loss. Open to men to have lost a spouse or partner to breast, ovarian or

continued on page 26

Closer to Home: Birding in Winter (Hat and Gloves Optional)

By Brian Kluepfel

Winter in the northern hemisphere gives us good reason to stay home, near hearth and family, and huddle in collective warmth and comfort. The colder months provide an excuse to be indoors and cuddle up with a good book and hot chocolate and observe the winter weather from a distance.

Luckily, the Audubon Society has an activity next week that ties perfectly into this theme.

The Great Backyard Bird Count (GBBC) has taken place since 1998. All that's asked of you is 15 minutes of your time between Feb. 15 and 18. Whether you're walking across your office parking lot or down the street to the local pub or checking out your bird feeder from the safe space of your kitchen or living room, take

15 minutes to count the bird species you encounter. Even in winter, you get quite a few: cardinals, blue jays, juncos, sparrows, robins, finches – and the list goes on.

In the end, GBBC citizen-scientists enter their data into e-bird, an app developed by the Cornell Lab of Ornithology. E-bird is a way for you and the larger birding community to contribute to the overall avian data for the planet by simply walking (or sitting) around, counting birds and making a few clicks on your smartphone.

Last year, the GBBC in New York tallied 171 species. Birdwatchers in more than 100 countries participated; worldwide 6,400-plus species were observed. You're part of a global event, folks.

Like the historic Christmas Bird

Counts (CBC), you don't have to go far to join in the fun. (The CBC comprises dozens of 7.5-mile radius circles around the world. Participants tote up all the species within the circle in a 24-hour period.) In fact, I plan to watch my feeder next weekend and make my list from there. (I did go outside for the Christmas Bird Counts, but I'll play it closer to the vest this time.)

In another close-to-home story, one of my Instagram friends, she_birds (aka Ronique Bartanen), a Seattle area resident, has undertaken a project to count all the bird species within a five-mile radius of her home. She's recorded 57 different species already. Bravo, I say.

In this day and age of global warming – which I truly believe is happening, and is a threat to all species on earth – it's great when we can set out to do something and not drive far to accomplish it. The

GBBC can be done by consuming no gas and without adding to the carbon footprint. You can just sit on your couch and count the birds as they come in to your feeder.

Another fun place to participate, if you're inclined, is the Croton Point

Nature Center where they count the birds all winter and serve awesome

hot chocolate and cookies.

So, download the e-bird app and let the counting begin!

More info on the Great Backyard Bird Count can be found at [www.http://gbbc.birdcount.org](http://gbbc.birdcount.org) or at [#greatbackyardbirdcount](https://www.instagram.com/greatbackyardbirdcount).

Brian Kluepfel is a Saw Mill River Audubon board member and a writer for publications including *Lonely Planet*, *Fodor's travel guides* and *Birdwatching* magazine. His favorite bird is the brown pelican. You find him at www.brianbirdwatching.wordpress.com.



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Croton Free Library

Sunday, April 28, 6:00 pm

Welcome to Spring Community Potluck

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Visit www.sawmillriveraudubon.org for details & more events and to learn about our eight local wildlife sanctuaries.



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LEGAL NOTICES

NOTICE OF FORMATION OF EATON TAX SERVICE LLC. Articles of Organization filed with the SSNY on 01/02/2019. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **Eaton Tax Service LLC, 142 Mt Joy Pl, New Rochelle, NY 10801. Purpose: Any lawful purpose.**

The name of the LLC is Goodbear Holdings LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 20, 2018. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Westchester County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is **c/o 25 Bank St. Apt 214K, White Plains, New York 10606.**

The name of the LLC is Goodbear Property LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 20, 2018. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Westchester County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is **c/o 25 Bank St. Apt 214K, White Plains, New York 10606.**

DB PRINTING & PROMOTIONAL PRODUCTS LLC, Arts. Of Org. filed with SSNY 9/26/2018. Office loc: Westchester County. SSNY has been designated as agent upon whom process against LLC may be served. SSNY shall mail process to: LLC: **United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful purpose.**

NOTICE OF FORMATION OF CASA CORDOVA, LLC. Arts. of Org. filed with SSNY on 1/16/19. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **1251 Wilson Road, Yorktown Heights, NY 10598. Purpose: any lawful act or activity.**

NOTICE OF SALE SUPREME COURT OF THE STATE OF NEW YORK: COUNTY OF WESTCHESTER. CONQUISTADOR JY L.P., Pltf v. F & B FUEL OIL CO., INC. et al., Defts. Index No. 64165/2017. pursuant to the Judgment of Foreclosure and Sale dated November 26, 2018 and entered on January 15, 2019, I will sell at public auction at the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Blvd, White Plains, New York 10601, on February 26, 2019 at 10:00 a.m., prem. k/a 12 a/k/a 10 Ludlow Street, Yonkers, N.Y. 10705 (Section 1, Block 161, Lot 9) Approx. amt of judgment is \$427,401.90 plus costs, attorneys' fees and interest. Sold subject to terms and conditions of filed judgment and terms of sale. Barbara Lerman, Esq., Referee. JACOBOWITZ NEWMAN TVERSKY, LLP, Attys. for Plaintiff, 377 Pearsall Ave., Ste C, Cedarhurst, NY.

NOTICE OF FORMATION OF NEWCASTLE BUILDING INSPECTORS, LLC. Arts. of Org. filed with Secretary of State of NY (SSNY) on 1/7/2019. Office Location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at: **P.O. Box 99 Dobbs Ferry, New York 10522. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF THUMBS UP! ENTERPRISES, LLC. Articles of Organization were filed with the SSNY on 1/24/19. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to principal business address: **420 South Riverside Ave, Croton on Hudson, NY 10520. Purpose: Youtube Channel.**

TOWN OF PUTNAM VALLEY WORK SESSION February 13, 2019 1. Pledge of Allegiance 2. Presentation by Michael Adamovich regarding repairs needed by

continued on next page

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The Importance of Touch to Good Health

From the time we are children, touch is an important part of our lives. When an object is placed into an infant's hand (and the palm is touched), his or her fingers close reflexively around that object in a primitive and powerful manner. The hand doesn't want to let go.



By Joanne Witmyer

Physical touch is soothing and offers wellness benefits in many ways. The rewards of touch can be found by kissing a close friend on the cheek, stroking the fur of a cat or dog or receiving a spontaneous hug from your nephew.

Connecting with one another

generates feelings of happiness in these ways:

- Increasing the so-called "feel-good" hormone oxytocin, helping with thinking positively and maintaining optimism in our daily approach.
- Contributing to feelings of more compassionate and trusting interactions with others.

- Lifting dopamine and serotonin, which impact mood and reduce anxious, stressful feelings.
- Improving the strength of immune systems, lowering heart rates and blood pressure.

As you interact with others

this week, consider noticing how you feel after connecting with appropriate and meaningful touch. And think of ways to add more of that into your life. A friendly pat on the arm with a good friend, an extra cuddle with your cat or a longer embrace with your grandmother who is visiting will all go a long way toward promoting health and wellness.

I look forward to hearing how after you try these suggestions and how it benefits you.

Joanne Witmyer is the founder of Indigo Health and Wellness based in Croton-on-Hudson. She teaches group classes, offers wellness consulting to companies and helps private clients achieve their health goals - particularly during



The need for people to touch others, whether it's a pet or a loved one, is known to bring positive health benefits.

times of change and transition. You can reach Joanne at 914-208-1022 or Joanne@IndigoHW.com.

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PV Historical Society 3. **Approve purchase** of three "Welcome to Putnam Valley" banners 4. **Appoint** Philip Ammann for the Board of Assessment Review 5. **Consider** concept approval of tower 6. **Set date** for public hearing for NRI 7. **Appoint** Daniel Gibbs Bulk Drop-Off Attendant 8. **Appoint** Jarred Buchanan as Zoning Board ad hoc member 9. **Parks** and Recreation refunds 10. **Request** to lower the cell tower building permit fee 11. **Discuss** expenditure for library sign 12. **Acceptance** of property donated by Mel and Eileen Kowal 13. **Discuss** LED

light conversion for all street lights. 14. **Begin discussion** re: de-icers. 15. **Audit** of monthly bills.

FORMATION OF ETNA CAPITAL ADVISORS LLC FILED WITH THE SECY. OF STATE OF NY (SSNY) ON 1/25/19. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to **Richard Imprescia, 1821 Casey Ct., Mohagan Lake, NY 10547. Purpose:** Any lawful activity.

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Happenings

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gynecological cancer. Travelers Rest, 25 Saw Mill River Rd., Ossining. 7 to 9 p.m. Free. Pre-registration required. Info and pre-registration: 914-962-6402 or 800-532-4290.

Native Plants at Home. Native plants can provide your yard with year-round beauty while providing essential habitats and food sources for wildlife. Micah Slavkin, of Symbiotic Ecological Design, will discuss what makes a plant “native,” why you should consider incorporating them into your garden and which native plants are best suited for the home landscape. Dobbs Ferry Public Library, 55 Main St., Dobbs Ferry. 7 to 9 p.m. Free. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

“Night Comes On.” Actress-turned-filmmaker Jordana Spiro and co-writer Angelica Nwandu have crafted a remarkably balanced story, which is all the more impressive considering it’s a debut. The real standout is the performance from relative newcomer Dominique Fishback. She carries substantial emotional heft seemingly effortlessly. Many films this year felt like thinly veiled arguments, manipulative and didactic, but “Night Comes On” captured the personal and political without sacrificing the heart of the story. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Feb. 14

The Breakfast Club. Designed especially for seniors, includes breakfast, a presentation on a healthy lifestyle topic and a light exercise program. Phelps Hospital cafeteria (G Level), 701 N. Broadway, Sleepy Hollow. 8:30 to 10:30 a.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail ewoods3@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, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday and Thursday (except Feb. 19 and 21). Info: 914-741-0276 or www.mountpleasantlibrary.org.

Knitting Circle. This group is open to everyone who has an interest in knitting. Live, love, laugh, learn and have fun together during these creative journeys. Come share patterns and ideas and celebrate creative spirits together while enjoying the ancient art of knitting. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday (except Feb. 18). Info: 914-273-3887.

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half-years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Every Tuesday and Thursday (except Feb. 19 and 21). Info: 914-741-0276 or www.mountpleasantlibrary.org.

Osteoporosis Program. For people concerned about bone loss and fractures. Physicians, therapists and dietitians meet to discuss risk factors, causes, proper body mechanics and medication options. The lecturer is from the New York State Osteoporosis Prevention and Education Program. Phelps Hospital boardroom (C Level), 701 N. Broadway, Sleepy Hollow. (Closest parking is near the auditorium entrance.) 10:30 to 11:30 a.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail ewoods3@northwell.edu.

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

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

“The Awful Truth.” In this 1937 Oscar winner, Cary Grant (in the role that defined his on-screen persona) and Irene Dunne display affection, charm and a knack for rapid-fire one-liners as a couple who decide to divorce. But as they try to move on with their lives, he can’t help but try to sabotage her relationship with a stodgy Oklahoma businessman (Ralph Bellamy). Directed by Leo McCarey, “The Awful Truth” is a warm but unsparing comedy about two people whose flaws only make them more irresistible to one another. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1, 3:05, 5:10 and 7:15 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

“Tibet: The Trail of Light.” An encore screening of this film that follows the wanderings of Ani Rigsang, a Tibetan nun Hamid Sardar first met 15 years ago when she began her travels with the ultimate goal of attaining the immortal “Rainbow Body.” Sardar’s extraordinary eye for image and place is on full display in this rich and mysterious film, taking us through some of the world’s most remote and difficult settings, traversing a landscape that is simultaneously real and mythic, secular and sacred. Sardar is one of the most thrilling documentary filmmakers and photographers working today. Jacob

Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Pre-K Storytime With Craft. Stories, songs and a take-home craft. For children three to five years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5 to 6 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkisco.library.org.

ABBA Dancing Dream Valentine’s Day Concert. Celebrate with your valentine the Dancing Dream tribute band is one of the best ABBA tributes bands since ABBA itself. This New York City-based band electrifies audiences of all ages with the best ABBA hits. They have been featured on the Stephen Colbert Show and in large venues across North America. Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford. Dinner at 6:15 p.m. Show at 8 p.m. \$89 per person (plus tax). Show only: \$55 per person (plus tax). Info and tickets: 914-592-2222 or visit www.broadwaytheatre.com.

Friday, Feb. 15

Ketogenic Mini Workshop. Keto centers on eating real, whole foods that are high in good fats and low in carbohydrates. The idea is to starve the body of sugars, forcing it into using its own stored body fat and nutritional fat as fuel. Ketosis is a natural state for the body, where it is almost completely fueled by fat. When the body doesn’t have enough carbs from food for energy, it burns fat instead. Health benefits include increased energy and well-being; safe and steady weight loss; mental clarity; diminished sugar and excess food cravings; and reduced inflammation. Led by Riku Baker. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10:30 to 11:30 a.m. Free. Info: 914-273-3887 or www.northcastlelibrary.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.

Explore Osmo. Children explore, learn, create and interact with digital games in a whole new way. For children in grades 3-5. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 4:30

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

Winter Howl for Adults Only: Mating and Dating. Wolves are “mono-estrus” – breeding only once a year during the winter months. Hence, Valentine’s season is an exciting time for wolves in North America. This year the Wolf Conservation Center is hosting five critically endangered wolf breeding pairs. Learn about lobo love and enjoy visiting the wolves during their favorite hour – dusk. Guests will also learn about the mythology, biology and ecology of wolves in North America while enjoying a lovely spread of wine and cheese. Guests will take a short sunset hike to howl with ambassador wolves Alawa, Nikai and Zephyr and potentially behold the endangered red wolves and Mexican wolves, too. For adults 21 and up. Wolf Conservation Center, South Salem. 5:30 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

“The Hate U Give.” A teen movie night with pizza. For students in grades 5-12. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6 p.m. Free. Registration suggested. Info and registration: E-mail paulsen.cathy@gmail.com.

Purchase Symphony and Jazz Orchestras Celebrate Black History Month. The concert includes an excerpt of William Dawson’s “Negro Folk Symphony,” an orchestral suite from Gershwin’s landmark “Porgy and Bess,” and a set of big band music by African-American composers and arrangers. The Performing Arts Center at Purchase, 735 Anderson Hill Rd., Purchase. 7 p.m. \$20. Info and tickets: 914-251-6700 or visit www.purchase.edu/music.

Lucy’s Laugh Lounge: Goumba Johnny Sialiano. Most famously known as one of the top radio DJs for decades under the Z100 and WKTU banners, Johnny is set for a new headlining comedy tour, which kicks off in Pleasantville. This show also features the hilarious Oscar Aydin who has become a regular on various shows on Sirius XM radio. Lucy’s Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$25. Info and advance tickets: Visit www.lucyslaugh.com. Type in the promo code Examiner at the prompt when buying tickets online.

Great Composers Lecture Series: The Music of Love and Passion. Musicians can certainly hear and have not been deaf to the sirens and sounds of love – passions that have animated music almost as much as life. Acclaimed pianist and lecturer Michael Boriskin leads this steamy session exploring different kinds of love – romantic, physical, religious, spiritual – in the works of Mozart, Strauss, Mahler, Ravel, Prokofiev, Bernstein and others. Their music, with or without words, has

continued on page 30

The Weekly Feature from Entergy

Ballerina Brings Love of Ballet to New Hawthorne Academy

By Martin Wilbur

It isn't often that young children as well as the more serious ballet student can receive training by an accomplished and still active ballerina.

But that's what students who sign up for classes at the French-American Ballet Theatre in Hawthorne get to experience.

Last month, Marie Loréne Fichaux, who has danced with major companies throughout Europe and is the principal dancer with the Boston Ballet, opened her program in the downstairs portion of the building that houses Dance 26.

Unlike other schools that may offer a variety of dance styles, Fichaux concentrates on what she knows best.

"My program is definitely ballet specialized," said Fichaux, who was born and raised near Paris. "I'm focusing on refined ballet. I think it's missing a little bit in Westchester. Because I have an international background, this is what I wanted to bring to my students here."

Instruction starts for children as young as six years old with the Ballet I class on Sunday mornings, which introduces basic technique. There is also Ballet II/III on Wednesday and Friday afternoons and

evenings for intermediate and advanced dancers that focuses on ballet technique, pointe technique, jumps and turns and work with the double ballet barre. All of those classes are taught by Fichaux.

Performances are scheduled for the students throughout the school year, including a gala.

On Saturday evenings, she holds a Master Class for top students looking to go on to dance in college. She brings in professional dancers to lead those sessions.

For young children she includes some fun and socialization in the 90-minute Ballet I class. Fichaux tries to instill a love for ballet that will make her students return and work hard.

She said ballet is sometimes looked upon as a difficult discipline in order to acquire the best results or that a certain body type is needed, but she looks to dispel those preconceived notions.

"I have kids here who are maybe a little less talented physically or gifted but they have passion, they have drive and they want to be here and I help them give the best of themselves," Fichaux said. "Then the body follows."

Whether or not they go on to study ballet



Marie Loréne Fichaux, inset, brings her extensive international experience in an illustrious career to local students hoping to excel in ballet. In January she opened the French-American Ballet Theatre in Hawthorne.

at some of the top collegiate programs or ballet schools, as some of her former students have done at other schools, Fichaux wants to see them acquire the discipline that will help them regardless of what they choose to do in life.

Fichaux was attracted to ballet as a young girl when she accompanied her best friend to a class. She excelled when one of her teachers believed in her students so much that many of them went on to dance professionally.

She graduated from the Paris Opera Ballet School and completed her studies at the Ballet School of Teatro alla Scala in Milan, and later performed with its company. Fichaux also went on to dance in Madrid and was the First Artist at the Royal Ballet of

London before coming to the United States. She continues to perform throughout the year in Boston and in Europe.

Her international experience allows her to blend the French and American styles of ballet. Fichaux also looks to customize the programs as much as possible for each student.

"Not everybody responds the same way and as an educator you have to be able, I believe, to adapt each style to who I am looking at," she said.

The French-American Ballet Theatre is located at 26 Broadway in Hawthorne. For more information, visit www.fabtheatre.com, e-mail contact@fabtheatre.com or call 347-943-9882.

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Risko Music School Offers Summer Rock Band, Musical Theater Camps

Since 2000, Mike Risko Music School has been offering the coolest summer camps around.

Children from kindergarten and up can choose either Rock Band Camp or Musical Theater Camp. All levels of musicians, actors and singers can

participate – even if they are a beginner.

There are two weeks to choose from this year – the weeks of July 8 and Aug. 19. The camps run from 9 a.m. to 3 p.m. with a showcase at 6 p.m. on one of the evenings.

Musicians in Rock Band Camp

are placed in a band with children in their age range. Each band has a band manager who is one of Risko Music School's instructors. From concept to concert, they create a band from the ground up, which includes writing original music, learning covers, coming

up with a band name and marketing plan and working toward a concert at week's end.

Children in Musical Theater Camp are also placed in a cast of peers in their own age range with a director, who is also an instructor at the school. They work on creating a cabaret show of several of their favorite Broadway songs. They create skits and choreography to go with their songs and present their finished work at the concert.

Whichever camp a child chooses, everyone gets to take electives, including music lessons, master classes and more. They work on fun art projects geared toward their show, such as designing concert t-shirts and posters and create a promo video and design a program. Each day, there is lunch at the park and fun games such as band versus band kickball and other outdoor activities are planned. Participants can also do yoga and tai chi.

Both programs are \$599 for the week. Registration before Feb. 28 results in a \$100 discount.

For more information and to register, visit www.mikeriskomusicschool.com. Space is limited to 30 children each week. Tuition must be paid in full. For any questions, call Mike Risko Music School at 914-762-8757.



Hoff-Barthelson Music School in Scarsdale and Mike Risko Music School in Ossining both offer summer programs for the young budding musician.

Enrollment Open for Hoff-Barthelson Music School's Summer Arts Program

Enrollment for Hoff-Barthelson Music School's Summer Arts Program is underway.

Learn about the many facets of the program; enjoy students in performance; participate in a demonstration class to experience the fun first hand; and meet and mingle with students and parents. Attendees can also take advantage of a special open house registration discount.

The Summer Arts Program provides a joyous, transformative opportunity for artistic exploration for students in grades 1-10. Students form lasting friendships that help catalyze and reinforce learning. Each participant's program is individually tailored to his or her needs and interests.

Taught by top-flight faculty, offerings include instrumental classes, orchestra, chamber music, visual arts, world

drumming, music technology, chorus, piano for non-pianists, jazz, rock, musical theater and frequent performance opportunities.

Unfettered by schoolwork and the scheduling challenges faced during the school year, Summer Arts Program students have the latitude to try additional instruments, experiment musically, take lessons every day and perform each week. Consequently, they're able to make tremendous progress over the program's five weeks (July 1-Aug. 2). Morning only, extended day and afternoon only options are available. Early bird discounts are available through Mar. 29.

Learn more about the program by calling 914-723-1169, visit www.hbms.org or e-mail summerarts@hbms.org.

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Preparing Your Child – and Yourself – for Best Camp Experience

For parents, the most heart-racing, adrenalin-pumping moments happen when you let go and watch your child try something on his or her own.

The moment the training wheels come off, the first trip down the driveway on the skateboard, the time our children ride the school bus are more than just memories, these are critical moments that define growth and change.

For many families, the first time they send their child to camp is one of the biggest let-go, hold-your-breath and watch-them-soar moments in childhood.

In today's world of high-tech kids and families who have a constant connection to each other, it's essential to take the time to emotionally prepare for camp. It is, of course, important to prepare the first-time camper, but families need to make sure that Mom, Dad, younger siblings at home – virtually everyone – is ready to adjust to camp life.

The American Camp Association® (ACA) provides these tips to help ease first-time families into the camp experience.

- **Parents.** As parents, it is important to focus on the positive aspects of camp. Remember that separation is natural, necessary and inevitable. What better place to have that first experience than in a caring and nurturing environment designed specifically for children? Parents can also focus on the amazing



benefits of camp – an experiential education like no other – teaching valuable 21st century survival skills like leadership, teamwork, problem-solving and interpersonal communication.

- **Siblings.** Family therapist Bob Ditter, one of the nation's leading experts on camp, cautions it is likely that the child left at home will experience separation anxiety and truly miss his or her sibling. To help them prepare, be sure to talk about that. Before the eldest child leaves for camp, take a picture of your children together that the sibling can keep in

their room or carry around. Remind your children about the communication they can have with each other through letters and postcards.

- **Other family members.** Be sure that everyone is aware of the upcoming experience. Family members should know how to contact the camper, if they are interested, through letters and care packages. Make sure to be aware of any communication policies the camp may have, such as no phone calls or restrictions on what can be sent in a care package.

In addition, an increasing number of camps are using websites to display photos or video during the camp session. According to ACA's 2011 Emerging Issues Survey, 75 percent of responding camps indicate that they post photos or videos to a website for families to view. Forty-five percent indicate that they post information, photos and videos to social media outlets like Facebook. Families should be sure to ask camp directors about these options.

Camp is an equal opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. Taking steps to mentally prepare for camp, families not only keep from getting "kid-sick" for their camper, but they can stay positive about the camp experience, which goes a long way toward helping first-time campers adjust to life at camp.

And just like taking off the training wheels, the moment families see their camper radiating confidence and joy they will feel that burst of pride and gratitude that they provided their child this experience.

For more information about preparing for the summer camp experience or to find a camp, parents can visit www.ACACamps.org. This online resource for families includes expert advice, information on health and safety and ACA's searchable database of more than 2,400 ACA-Accredited® camps.

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Happenings

continued from page 26

exerted the power of love's turbulence, chaos, drama, tenderness and intensity. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 7:30 p.m. \$25. Hoff-Barthelson students: Free. Space limited; reservations strongly encouraged. Info and reservations: 914-723-1169, visit www.hbms.org or e-mail hb@hbms.org.

Max Weinberg's Jukebox. An truly interactive experiences, Weinberg invites the audience to create the set list in real time that he and his crack four-piece group will play that night. Performing songs from the glory days of rock 'n' roll, guests get to choose from a video menu of more than 200 songs – everything from The Beatles to the Stones to Bruce and The E Street Band's biggest hits – and hear the group play them the way they want to hear them played. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$38, \$48 and \$58. Info and tickets: Visit www.tarrytownmusichall.org.

"Dancing Lessons." Arc Stages presents its next production, written by Mark St. Germain. The story centers on Ever, a young professor with Asperger's syndrome, who seeks the instruction of a dancer to learn enough about dancing to survive an awards dinner. Senga, the dancer, is recovering from an injury that may end her dancing career. As their relationship unfolds, they're both caught off-guard by the discoveries – hilarious and heartwarming – that they make about each other and themselves. Arc Stages, 147 Wheeler Ave., Pleasantville. 8 p.m. Also, Feb. 16. \$36. Seniors and students: \$28. Info and tickets. 914-747-6206 or visit www.arcstages.org.

Saturday, Feb. 16

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" from 2014 to 2018. With nearly 40 vendors participating in the Indoor Market, the delicious good time continues each week. The farmers market is a dog-free environment. There will be seasonal vendors throughout December. Pleasantville Middle School cafeteria, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Mar. 30. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Locally-raised and produced food to the community creating a connection between shoppers and small-scale food producers in the region. First Congregational Church of Chappaqua, 210 Orchard Ridge Rd., Chappaqua. 9 a.m. to 1 p.m. First and third Saturdays of each month through March. Info: Visit www.chappaquafarmersmarket.org.

Third Saturday Bird Seed Sale. The sale supports the local conservation work

of the Saw Mill River Audubon. Pruyn Sanctuary, 275 Millwood Rd., Chappaqua. 9:30 a.m. to 12:30 p.m. Third Saturday of each month. Info (including bird seed descriptions and prices): Visit www.sawmillriveraudubon.org/seedsale.

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

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 behold the critically endangered red wolves and Mexican gray wolves. Guests will 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 Feb. 17 at 2 p.m. and Feb. 18, 23 and 24 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

Opening Reception for "The Creative Spark." Mamaroneck Artists Guild members show their creative influences and vision in recent 2D and 3D work. Mamaroneck Artists Guild Gallery, 126 Larchmont Ave., Larchmont. 3 to 5 p.m. Free. Exhibit runs through Mar. 2. Gallery hours are Tuesday through Saturday from 12 to 5 p.m. Info: 914-834-1117, visit www.mamaroneckartistsguild.org or e-mail galler@mamaroneckartistsguild.org.

Daniel Tiger's Neighborhood Party. Attend this fun event for children three years old and up featuring stories and crafts. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 1 p.m. Free. Registration preferred. Info and registration: 914-669-5161.

"Sunrise: A Song of Two Humans." Enjoy this silent film classic that tells the allegorical tale about a man fighting the good and evil within him. Both sides are

made of flesh, one a sophisticated woman he is attracted to and the other his wife. Pianist Ben Model will accompany the silent film and have a discussion. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 3 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Winter Howl for Pups of All Ages. Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolf families and discover why it's a magical time for packs in North America. This time of year, wolf families are out searching for prey as their pups experience their first winter season. Guests will take a short sunset hike to howl with ambassador wolves Alawa, Nikai and Zephyr and potentially behold the critically endangered red wolves and Mexican wolves. Guests will enjoy hot beverages in a woodstove-heated classroom. Dress for cold weather and bring flashlights. Wolf Conservation Center, South Salem. 5 p.m. Adults: \$16. Children (under 12): \$13. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Lucy's Laugh Lounge: Escape From New York! Jason Scott and Ron Nobles present their popular touring comedy show. Along with Charles McBee (FOX's Laughs) and Eric Neumann (Sirius XM). Lucy's Lounge, 446 Bedford Rd., Pleasantville. 6 p.m. \$20. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Cirque Zuma Zuma. This African-styled acrobatics show, featuring acrobats who made their U.S. television debut on "America's Got Talent," includes uniquely talented individuals from 16 African nations. Acrobats, tumblers, lion dancers, contortionists, singers and gymnasts band together for a high-flying, off-the-wall spectacle of pulse-pounding movement. Traditional arts and circus skills blend with classic African style. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 7 p.m. \$24. Seniors and students: \$22. Children (under 13): \$18. Info and tickets: 914-785-6262 or visit www.sunywcc.edu/smartarts. Tickets may also be at the box office 30 minutes before the performance.

Robin Spielberg in Concert. Treat your Valentine to a romantic evening with this pianist, composer and recording artist. Spielberg is known for her expressive, lyrical performances that bring tradition, classic, original and popular music to life. Her concerts intertwine captivating music with stories that inspire, enlighten and make us laugh. Names to the prestigious Steinway Artist Roster, Spielberg has sold one million CDs, and has hundreds of millions of spins on Pandora Radio and Spotify, making her one of America's most popular contemporary female artists.

Black Box Theatre, 735 Anderson Hill Rd., Purchase. 8 p.m. \$97.50 (includes dinner). Info and tickets: 914-251-6200 or visit www.artscenter.org.

A Good Old-Fashioned Comedy Show. Bill Cannon and Andrew Bayroff are back with another big night of comedy. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$20. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

"True Stories." Talking Heads singer David Byrne, making his directorial debut, plays host to this bizarre patchwork of tabloid-inspired tales set in the fictional town of Virgil, Texas. Cruising the streets in his cherry red drop-top, Byrne introduces viewers to the local eccentrics gearing up for the town's 150th anniversary. They include a community leader (Spalding Gray) with a thing for veggies, a wealthy woman (Swoosie Kurtz) so lazy she won't leave her bed and a lovelorn country singer (John Goodman) prepping to make his live performance debut. The film also features an incredible score by Byrne and several original songs sung by the cast. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 10 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Sunday, Feb. 17

Winter Wolves for Kids. This is the best introduction to wolves for families with young children. Children 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 behold the critically endangered red wolves and Mexican gray wolves. Guests will 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 Feb. 23 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Monday, Feb. 18

Morning Bird Walk. Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve. (Use Sleepy Hollow Road entrance.) 8:30 a.m. Free. Meets the third Monday of each month. Info: Visit www.sawmillriveraudubon.org.

Belly Dancing. Learn this captivating Middle Eastern dance and enrich your cultural knowledge. Whether you want to dance professionally or just have fun

continued on next page

Exploring the Perception vs. Reality of Sweet and Dry Wines



By Nick Antonaccio

I know what wine you're drinking.

Oh, I hear you trying to convince me of a particular varietal or style you're drinking, but I know what you're buying – and enjoying.

And I have the facts and stats to prove it.

Last week, I reviewed a report on the wine drinking habits of Americans. I decided to compare the data with anecdotal inputs. And I was surprised at the results. Well, maybe not. Nevertheless, I now know what you are drinking.

I encounter many wine consumers who, when asked their favorite style of wine, will emphatically reply "I only drink dry wine."

Whether they prefer white or red, I often receive a response such as "I don't like sweet wines, the drier the wine the better."

Here are the facts I've culled, based on an independent poll of consumer preferences. (The format offered specific choices; respondents were requested to check all that apply.)

Semi-sweet: 45 percent
Smooth: 44 percent
Fruity: 40 percent
Sweet: 38 percent
Dry: 36 percent

Savory (less fruit): 18 percent

Tannic: 6 percent

Clearly, a dry style is not the dominant preference of consumers. My conclusion? American wine consumers have a sweeter tooth than I believed.

It has been extensively reported that Americans consume alarming amounts of sugar. We've all read of the epidemic of obesity and diabetes in the United States. Soft drinks, chocolate, other candies and breakfast cereals continue to be consumed at alarming rates, albeit abating lately.

Why should our preference for wines be different?

The generally accepted definition of sweet wine is one with residual sugar of 30 grams per liter. This includes Sauternes and Ice Wine. Wines with nine grams or less are generally considered to be dry, that is, all of the sugars in the fermented grapes have been converted to alcohol. That leaves a significant range for semisweet wines.

I define sweet-style as fruit forward with a hint (or more) of sugar, either in the mouth or in the finish, and low in acidity. (The higher the acidity the lower the perception of sweetness.)

I tend to write about drier styles and varietals of wines. I've expounded on dry white wines I prefer, from Sauvignon Blanc to Burgundian Chablis to Brut Champagne to bone-dry Riesling. I've espoused the virtues of drinking dry red wines such as

Chianti Classico, red Burgundy, Aglianico and Sagrantino.

I rarely write about sweet-style wines. Past columns have fleetingly touched on sweet Riesling, Gewürztraminer, Moscato, Prosecco, even White Zinfandel, each with equal disdain. I have treated certain reds with similar snootiness, from the current rage of fruity red blends to fruit-forward Merlot.

Perhaps I should change my focus.

The wine companies that dominate the American wine market understand the American consumer better than I. Americans participating in their focus groups have let down their guard, expressing their preference for sweeter-style wines. These elite 2 percent of wine companies account for more than 80 percent of wine sold in the United States; their marketing focus is spot-on.

On a smaller scale, a number of wineries with tasting rooms typically produce a sweet white and/or red wine, to meet consumer demand. And sales justify these decisions. This is especially so in New York State regions. Finger Lakes wineries cater to consumer demand with multiple offerings of Rieslings and Gewürztraminers. Some consider these to be the finest in the

country. Even I prefer several to pair with Asian dishes.

The Italians have also capitalized on the American sweet tooth. Prosecco, a typically sweet style of sparkling wine, has enjoyed skyrocketing sales in the last 10 years. Several producers supplement their wines with doses of sugar to meet the American preference. For a portion of Americans, Prosecco is the sparkling version of White Zinfandel.

Everyone's palate is different. My sensory receptors may conclude a particular wine is

a dry style, while you may consider it a sweeter style. My palate's physiology may detect dryness before sweetness in a wine.

Drink as your palate dictates, not as a wine writer suggests.

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*

Happenings

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and get in shape, this is the place to start. Josie's International School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 7 p.m. \$20. Every Monday. Info: 914-332-8670 or visit www.josiedance.com.

Tuesday, Feb. 19

Senior Steps. A program offering health screenings. Once a month, seniors can attend one of the following screenings: hearing, cognitive, balance, hand and incontinence or receive Medicare counseling. Phelps Hospital, 701 N. Broadway, Sleepy Hollow. 10 to 11:30 a.m. Free. Appointments required. Appointments and info: 914-366-3937 or e-mail ewoods3@northwell.edu.

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.mountkisco.org.

Kurt Gallagher Concert. Children from two to seven years old will have a blast moving, giggling and making music as they stomp, slap, clap and flap along to Gallagher's interactive songs. A few lucky audience members will be invited to join him on stage to show off

their singing skills. Younger and older siblings welcome. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 12 to 1 p.m. Free. Registration required. Info and registration: 914-864-0130.

Family Bingo. Bring the family to this fun event and win prizes. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 1 to 2 p.m. Free. Info: 914-669-5161 or www.keelerlibrary.org.

Library Afternoon Coffee. Meet with Director Edie Martimucci. Each month some of the new offerings will be highlighted at the North Castle Public Library. There will then be an open discussion of ways to improve and new ideas for programs. Make suggestions and volunteer ways to help. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Mount Kisco Public Library Board of Trustees Meeting. Mount Kisco

Public Library, 100 E. Main St., Mount Kisco. 6:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.org.

Armonk Book Readers Club. "An American Marriage" by Tayari Jones will be discussed. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:45 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Wednesday, Feb. 20

Functional Medicine: An individual Approach to Health. Phelps' Functional Medicine Program will host monthly lectures to discuss the many intricate topics along a continuum of health that affect overall functionality. There will be a physician lecture followed by exercise or meditation. Phelps Hospital, 755 N. Broadway, fourth floor. 9 a.m. Free. Info: Contact Ellen Woods at 914-366-3937 or e-mail ewoods3@northwell.edu.

Book Group Discussion. "The Friend" by Sigrid Nunez, winner of the National Book Award 2018, will be discussed. Led by Martha Iwan. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1:30 to 2:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.org.

"Chisholm '72: Unbought & Unbossed." Majority Leader Andrea Stewart-Cousins and state Sen. Shelley

Mayer will co-host a Black History Month celebration with a screening of this documentary about the late New York congresswoman Shirley Chisholm, the first black woman elected to Congress and to seek a major party nomination for president. Presented in partnership with the Port Chester/Rye NAACP, White Plains/Greenburgh NAACP, New Rochelle NAACP, and the YWCA of White Plains & Central Westchester. White Plains Public Library, 100 Martine Ave., White Plains. 6 p.m. Free. RSVP suggested. Info and RSVP: www.eventbrite.com/e/free-screening-of-chisholm-72-unbought-unbossed-tickets-55979011731.

Art Series: Edward Mitchell Bannister. Our celebration of African American artists during Black History month continues with an analysis of Bannister's work. Born in New Brunswick, Canada around 1828, Bannister was a tremendously talented Tonalist painter who was inspired by Millet and created mostly pastoral subject matter. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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