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March 5 - March 11, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 600

P'ville Approves Prohibition of Marijuana Sales in Village

By Jade Perez

The Pleasantville Village Board last week approved a prohibition on the retail sale of marijuana and associated products within the village as the state legislature grapples with its potential legalization.

The board's 3-0 vote on Feb. 25, which followed the conclusion of a public hearing, was met with a positive response from those in attendance, including Pleasantville STRONG Coalition Coordinator Nicole Malgarinos. She stressed that the village is no place for the sale of recreational marijuana.

"To add another layer (along with alcohol and tobacco) takes away protective factors, which in terms of the public health model reduces perception of risk and harm and increases access," Malgarinos said.

Trustees Joseph Stargiotti and David Vinjamuri were not present for the vote, but Mayor Peter Scherer said that they both

would have voted in favor of the local law.

While it is unclear whether individual municipalities will have the right to opt out and prohibit marijuana sales should legalization be approved, Scherer said the village has been focused on protecting its youngsters. There has been discussion that only counties and cities of at least 100,000 residents would have that choice.

"Regardless of what may happen at the state level, at least for the moment, our laws would outlaw the retail sale of marijuana," Scherer said. "There is the possibility that the state would preempt that, but in an effort to get out in front of this we propose to enact this change in our zoning code now," Scherer said.

With the help of an interactive map, Malgarinos showed all of the areas in Pleasantville where youngsters frequently congregate and said that it's crucial to

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Strong Opposition to 50-Unit Housing Plan for Armonk Nursery

By Martin Wilbur

North Castle officials heard strong resistance last week to Mariani Gardens' 50-unit residential proposal as residents argued that the development would be too dense and out of character with the neighborhood.

During the opening of the public hearing last week, opponents said the project would also run counter to the town's newly revised Comprehensive Plan. The plan, which saw its first significant update in more than 20 years last spring, calls for "limited residential" development as one possibility for the 4.1-acre parcel at 45 Bedford Rd. in Armonk.

The property is particularly sensitive because it lies just outside the Bedford Road Historic District and is part of



Representatives for Mariani Gardens have their work cut out for them to convince North Castle officials to support their 50-unit residential development at the site.

the gateway to downtown Armonk. The district was placed on the National Register of Historic Places 35 years ago, said Christine Eggleton, president of the

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Young at Heart



Last Thursday, Bristol Assisted Living in Armonk celebrated not one, but two residents who turned 100 years old. Henriette Bard, second from left, hit the century mark on Feb. 28 while Diana Lamberti, second from right, achieved the milestone on Feb. 8. Pictured with the two birthday girls are Suzanne Reuter, left, executive director of The Bristol Assisted Living at Armonk, and Maytha Ramirez, the recreation director.

Missing Mt. Kisco Site Plan Throws Art Center Proposal Into Confusion

By Sean Browne

The absence of a document showing an approved site plan for a Radio Circle building has the Mount Kisco Planning Board split on how to address the latest issue surrounding the Katonah Art Center application.

Officials have learned that there is no current site plan on file in the village offices for the 40 Radio Circle property.

"The applicant recently discovered that there was an approval in the 1980s for a site plan that is somewhat similar to the existing conditions," said Mount Kisco Village Planner Jan Johannssen. "Although we don't have a signed site plan, one that is endorsed by the Planning Board chairman."

While there are meeting minutes reflecting a 1982 approval for the Karafin

School, which still operates at the address, a copy of the document has not been located. If, in fact, site plan approval was granted that was apparently the last approval for the property.

Johannssen said the current parking arrangements provided to the village by the Katonah Art Center's representatives reflect what is there now. The proposal includes 40 spaces, which is sufficient, he said.

However, there is no certainty that the art center's plans accurately reflect all current conditions.

"So what has been presented to us may be the site plan but it may not, but it is the only document that you or the village has applied," said Planning Board Chairman Douglas Hertz. "So, we are going to go under the assumption that it may be the site

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County Faces Development Questions With Gas Moratorium Looming

By Martin Wilbur

Con Edison's moratorium on new natural gas customers throughout most of Westchester could produce a profound change on development in the county once the prohibition goes into effect on March 15.

With much at stake, Westchester County filed a seven-page statement on Feb. 25 asking the Public Service Commission (PSC) to force Con Edison to hold off on enacting the moratorium until after a PSC report into supply and demand and market conditions are reviewed. The staff report is scheduled for July 1.

In the statement, signed by County Attorney John Nonna, it argued that Con Edison has not justified the need to stop accepting new gas customers, particularly because the utility had cited potential gas service interruptions on the coldest winter days.

Since the coldest winter days have historically been from late December to early March, interruptions should not occur after March 15, the statement contended.

"Con Edison has failed to document that there are gas supply constraints that would interrupt firm service to customers after March 15, if the applications of new customers in Westchester are accepted," the county's statement read.

Westchester has asked the PSC to use its power to postpone a moratorium until Aug.

1, a month after the report is due.

The fiscal consequences for Westchester could be severe. At risk are 16,000 new residential units; two million square feet of new commercial space; 25,000 construction jobs; as many as 7,000 permanent retail jobs; loss of 48,000 residents; and \$60 million a year in lost rental income, according to figures supplied by County Executive George Latimer's office.

While there had been some previous reports of a looming natural gas crisis facing Westchester, Con Edison issued a three-paragraph statement on Jan. 18 explaining the need for a Westchester moratorium. It includes most of the county, except for northern communities such as Cortlandt, Yorktown, Somers, Lewisboro and North Salem.

"The demand for natural gas in our service area has been experiencing significant growth primarily due to the construction of new buildings, the opening of new businesses, and conversions from oil to cleaner-burning natural gas in existing buildings," the first paragraph of the utility's statement read. "But all of this new demand for gas is reaching the limits of the current supplies to our service area."

A joint meeting last Tuesday of the New Castle town and planning boards featured discussion about the issue. The approaching moratorium has blindsided many residents who might be looking to build or expand



MARTIN WILBUR PHOTO

New Castle Town Attorney Nicholas Ward-Willis last week addressed the audience at a joint meeting of the town and planning boards regarding next week's scheduled start of Con Edison's natural gas moratorium.

a home or business and even some in the development community.

Town Attorney Nicholas Ward-Willis, who specializes in land use and real estate matters, said while there are alternatives to natural gas for smaller developments, the uncertainty could have a chilling effect on redevelopment in the county, particularly the empty or underutilized large office campuses.

"I think the problem with it is the suddenness of it, the lack of preparation, which is a problem," Ward-Willis said. "It's been predicted but it's not been publicized. That's the issue I have with it."

Some municipalities have taken action. New Castle followed up last Thursday with its own letter to the PSC, also asking for a postponement of the moratorium until Aug. 1.

Mount Kisco Mayor Gina Picinich said as soon as Con Edison's announcement came in January, the village's Building Department notified active applicants telling them of the looming change. Under the guidelines put forth by Con Edison, an application for new connections must be filed with the utility by next Friday and the hookup must be made within two years.

"I think the biggest challenge here is the timeline and if the timelines are not going to be moved or changed then we're going to have to accelerate other alternatives, particularly those geared toward alternate solutions, alternate energy solutions," Picinich said.

Con Edison spokesman Alan Drury said last Friday that there are no plans to postpone the implementation of the moratorium.

"Our plan is March 15," Drury said. "I don't expect it to change, no."

The key reason is the increase in demand and the lack of pipelines to keep up with increasing demand, he said. The reason for the county's northern towns not to be included is that those areas are serviced by the Algonquin pipelines rather than the Tennessee pipeline, Drury said.

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P'ville Approves Prohibition of Marijuana Sales in Village

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guard against exposing them to another potentially addictive substance.

Resident Swamy Sunkara agreed with Malgarinos, saying it's critical to protect children.

"I have five children...and the area we have is very limited. In the shopping area,

we have the new table tennis club, which a lot of kids are joining and playing around," Sunkara said. "And they don't go straight there and come back. They walk around. Apart from that, there's the Soldiers and Sailors (Park) and other places. These are all hangout places for kids. Therefore, it's a bad idea to bring (marijuana) in here."

Should the state legislature approve

legalizing recreational marijuana, its use would still be permitted.

Pleasantville joins North Hempstead on Long Island in prohibiting marijuana sales in anticipation of its legalization this session. Last week, the Town of Hempstead voted to place a one-year moratorium on marijuana sales pending the outcome of any legislation in Albany.

Neighboring communities, including North Castle and New Castle, are also wrestling with how to guard their populations, particularly youngsters, from marijuana, and are contemplating legislation by regulating sales through zoning restrictions. Last month, North Castle officials held off taking action until more specifics of the state legislation are known.

State Sen. Peter Harckham (D-Lewisboro) said he welcomes the recent legislative expression from the Pleasantville Village Board and other communities in the area. The Pleasantville Board of Education also approved a resolution and composed an advocacy letter that is on the school district's website calling for tight restrictions should recreational marijuana be legalized. It has attracted 150 resident signatures in support as of last week.

Harckham said these actions are "significant contributions to the discussions going on throughout the state regarding the governor's proposal to legalize and tax marijuana."

Harckham will hold a public forum to discuss concerns regarding the sale and use of recreational marijuana this Friday, Mar. 8 at Mahopac High School at 7 p.m. Mahopac High School is located at 421 Baldwin Place Rd. in Mahopac.

Missing Mt. Kisco Site Proposal Throws Art Center Plan Into Confusion

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plan but to assume that it is taking a step that we don't want to go to."

The missing site plan is the latest snafu regarding the property. It had been discovered that the art center, which moved into its 4,700-square-foot space last September, had failed to obtain a Certificate of Occupancy and a completed safety plan and have a fire inspection conducted before moving in. That was discovered after a routine Oct. 3 fire inspection of the grounds was conducted.

Building Inspector Peter Miley said that the Katonah Art Center passed its fire inspection but will not receive the Certificate of Occupancy until the applicant obtains site plan approval.

Project architect Patrick Croke provided board members with copies of a plan a few days before the Feb. 25 meeting. In the plan, he proposed landscaping upgrades around

the building. Landscaping details include removing overgrown and outdated plants and adding 12 trees along one side of the building.

Since there isn't a signed official site plan on file, however, board members are unsure about how to proceed. Site plans are often revised but Hertz said he wasn't sure if the property had undergone any changes. As a result, Hertz said he didn't want to proceed with a resolution to approve the Katonah Art Center's plan.

However, Vice Chairman John Bainlardi said some of the blame for the situation falls on the village for failing to provide the board with a record of the most recently approved plan at the site. He said the applicant has done the best it could.

"They are going to make some significant improvements, maybe not all we hoped for, but I think given the totality of what happened I don't have a problem (with)

what they are asking for," Bainlardi said.

Hertz then proposed that the applicant make site improvements to bring it into compliance with other properties in the village rather than base it off of a 1982 plan that can't be located.

Bainlardi countered that that would be counterproductive and the current site plan should be put to a vote.

"What can we do here to make sure that they come back for one meeting instead of two or three? We just keep making them come back," Bainlardi said. "We all see this in front of us. Do we want to take another meeting to look at a two-level drawing? Let's put it to the planner."

Hertz said he would oppose the current application if it goes to a vote at its next meeting on Mar. 12. The board, however, directed village staff to draft a resolution on the matter for next week.

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Mt. Pleasant Planning Board Begins Review of North 60 Project

By Sean Browne

Representatives from Fareri Associates formally presented their proposal for the \$1.2 billion North 60 biomedical research development to the Mount Pleasant Town Board last week.

"This is the beginning of the process," said Supervisor Carl Fulgenzi. "There are a lot of things to discuss in this long process."

The Town Hall meeting room was nearly filled to capacity with residents eager to hear the specifics of the project.

Neil J. DeLuca, president of The DeLuca Group and a representative of Fareri Associates, said during his presentation to the board that North 60 would capitalize on Westchester's strengths by using a highly educated and skilled workforce that hasn't reached its potential in the county.

"There is a fast-growing bioscience and high-tech sector that seems to be growing everywhere in the country except Westchester," DeLuca said. "We think we need to put an end to that."

When complete, the three million-square-foot mixed-use project on 60 acres leased from the county adjacent to Westchester Medical Center would



An artist's rendering of the proposed North 60 project on a 60-acre parcel the county is leasing to developer Fareri Associates for the next 99 years.

consist of about 2.1 million square feet of research, biotech facilities and medical office space, a hotel, a children's living science center and retail. It is anticipated to create 8,000 permanent jobs in addition to roughly 4,000

construction jobs.

The local jurisdictions would also reap financial benefits from the project. North 60 is expected to generate \$9 million in new real estate taxes paid annually to the county, town and school districts. There

will be also be an estimated \$7 million in annual rent paid to Westchester.

DeLuca said he foresees North 60 potentially forging relationships with the colleges located in the county, including Pace University, Westchester Community College and New York Medical College.

"We think that this will create career opportunities for students," DeLuca said. "All of these folks have already talked to us and they are very interested."

After the presentation, Fulgenzi said public comments would be taken during the town Planning Board's upcoming review. Fulgenzi said the review will be done on a piecemeal basis. The first portion of the multiphase calls for the construction of about 500,000 square feet, including the 100,000-square foot hotel, 220,000 square feet of biotech and research space, 100,000 square feet of medical offices and 80,000 square feet of retail.

"It's an exciting project but it could also be a little scary," Fulgenzi said. "By moving at this pace, we are looking at what is the best thing for us. Starting a little at a time is the best way for us to go."

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Strong Opposition to 50-Unit Housing Plan for Armonk Nursery

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North Castle Historical Society.

"The Bedford Road Historic District is special not just because it's North Castle's very own but because it's just one of a few examples of an entire stock of structures that are protected and preserved in Westchester County," Eggleton said. "Each change to the streetscape has the potential to dilute the impact of a special collection of buildings."

Other residents pointed out that part of the property lies in a FEMA floodplain and that the town's Architectural Review Board (ARB) issued a negative evaluation of the

plan, even though it does not have purview over the project.

The ARB was "astonished at the large mass of buildings that were prepared to be built at this prime location in town," said resident Ed Woodyard.

The applicant would need to convince the Town Board to approve a zoning change from the Nursery Business designation to a special Residential Multifamily Downtown Armonk district in order for the project to advance. The Town Board must also amend the town's Comprehensive Plan. Another hearing will have to be scheduled regarding

a Comprehensive Plan amendment.

A request to allow structures to rise up to 40 feet on the property to accommodate the 27-unit apartment building toward the back of the property has also been made. That has raised concerns that a future owner of the property would be allowed to build additional large structures at the site.

Co-town Historian Sharon Tomback said the property owner, Mark Mariani, has continuously returned to the town seeking new or additional uses since shortly after he opened the nursery about 13 years ago. He received permission to operate a café and limited retail but failed in his attempts to introduce on-site catering and later SoulCycle, a boutique spin outfit, she said.

"It would create a brand-new bulk, high density, multifamily housing development zoning district custom-tailored for this application," Tomback said.

Mariani Gardens' proposal includes five four-bedroom units located in structures closest to Bedford Road, six three-bedroom townhouses in roughly the area where the current nursery building exists and 12 one-bedroom flats. The single-story flats are mostly in a deed restricted area on the Maple Avenue side of the property.

The apartment building toward the rear of the property closest to Route 22 would include 19 one-bedroom units and eight two-bedroom residences.

Resident Linda Fernberg said it doesn't make sense for the town to allow Armonk's first apartment building on such a centrally located parcel.

"This is a wall of houses and that's what greets you on Bedford Road," said Fernberg after the applicant's representatives showed a simulated drive-by of the property.

Although there was strong opposition to the plan, several residents said they were open to an appropriately-sized project with architecture consistent with the historic district.

"We believe with the right density, design and care, that a residential project could be a good neighbor to the historic district," Eggleton said. "Please protect the future vitality of our important historic district."

Councilwoman Barbara DiGiacinto said rather than have the zoning allow a 40-foot structure, that should be subject to a special permit. She and Councilman Jose Berra have previously expressed reservations about the project because of its high density.

A joint Town Board and Planning Board site walk is scheduled for this week, Supervisor Michael Schiliro said. Both boards will also meet at a work session in the near future to discuss the project.

Temple Beth El's Linzer to Receive Young Pioneers Award

The Jewish Education Project recently announced that Rabbi Maura H. Linzer, of Temple Beth El of Northern Westchester in Chappaqua, was named to receive its Young Pioneers Award. Recipients are chosen based on their demonstrated initiative to motivate colleagues and lay leaders to embrace exciting new ideas that better engage children and families through Jewish education.



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Trump Supporters Won't Remove Flag With Obscenity Near P'ville School

By Martin Wilbur

A Pleasantville couple has refused a request to remove a flag supportive of President Donald Trump that contains a vulgarity from the front of their house even though it's directly across the street from Bedford Road School.

Academy Street residents Gina and Mike Casarella rebuffed an appeal earlier last week from Pleasantville Superintendent of Schools Mary Fox-Alter, who spoke with them individually in hopes of convincing them to take down the flag with the obscenity. There had been complaints lodged by parents to the district and on social media,

stating that it was inappropriate for it to be so close to the K-4 school.

The flag reads "Donald Trump 2020 Stop the Bull—."

"We always had a Trump flag," Gina Casarella said last Thursday afternoon while outside the house with her husband. "We just happened to find this one on Amazon because there's a lot of bull— going on. We have four kids altogether. So for anyone to imply that we're bad parents or anything, we've been in the school system for years."

She said they displayed the flag starting a week ago Sunday.

Mike Casarella said he found it hard to

believe that anyone would be offended by the word in question. He said he suspects parents decided to complain because it's a pro-Trump flag.

"These kids know worse words than that. Come on," he said. "YouTube, the internet. They hand condoms out in the school. You know what I'm saying?"

Fox-Alter said she appealed to the Casarellas because their new flag is in full view of the elementary school, not because of their political beliefs. The family has had a Trump flag flying outside their house for more than two years and it hasn't been an issue until now, Fox-Alter said.

She said she reached out to the family "in the spirit of being a good neighbor, in the spirit of community, in the spirit of being a partner and in the spirit of helping to educate young children."

"Because that's against the kids' code of conduct, it's inappropriate language, it's vulgar language and we want our kids to model good behavior, and as adults you could help us by taking down the flag with the vulgarity," Fox-Alter recalled telling the Casarellas.

Pleasantville Mayor Peter Scherer said he agreed with Fox-Alter and found it regrettable that someone would display profanity so close to the elementary school. He said he would also speak to



MARTIN WILBUR PHOTO

The flag flying outside the home of Gina and Mike Casarella that caused a stir last week in Pleasantville.

the couple in hopes of getting them to reconsider as village officials research if they have any recourse.

The Casarellas contended that the matter has been overblown. Following Trump's election, Gina Casarella said she heard comments that were far worse, including some from Pleasantville students directed at their 13-year-old daughter.

"It's really a common word now," she said. "I don't find it offensive. It's less offensive than other signs I see around town. No one's going around checking out those signs because they're not in front of a school."

League of Women Voters to Hold Health Care Forum March 16 in Katonah

The League of Women Voters of North East Westchester (LWVNEW) will hold its next public program on Saturday, Mar. 16, Health Care for All New Yorkers: The NY Health Act, at the Katonah Village Library at 2 p.m.

The forum will feature a screening of the film "Now is the Time: Health Care for Everybody." The screening will be followed by a panel of

speakers, including Dr. Elizabeth Rosenthal, a member of Physicians for a National Health Program and the League of Women Voters, and Peter Arno, a health economist.

The program is free and open to the public. The Katonah Village Library is located at 26 Bedford Rd. in Katonah. For more information, contact the League at LWVNEW@gmail.com.

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Obituaries

Asuncion Fisher

Asuncion C. Fisher, surrounded by her family, passed away on Mar. 2 at the age of 87.

Fisher was born in the Bronx on Dec. 25, 1931, and lived in Cuba until she returned in her late teens. She eventually met and married the late John P. Fisher on Sept. 3, 1955. They lived in the Bronx and Yorktown Heights before settling in Pleasantville where she then lived for more than 30 years.

Asuncion leaves to cherish her memory her loving daughters and son, Marianne Aponte, Carolyn Saluto and John Fisher; sons-in-law Rich Aponte and John Saluto; and six grandchildren, Danielle (and

her husband Mike Callaci), Alexander, Nicole, Marisa, Anna and Samantha. She was predeceased by her loving husband in 1998 and her son, Paul, in 2018.

Asuncion, known to many as "Cookie," was a beautiful and generous person inside and out. She was the sparkle in her husband's eye and the light of her family's life.

A viewing ceremony will be held on Tuesday, Mar. 5 from 4:30 to 7:30 p.m. at Beecher Flooks Funeral Home in Pleasantville. Burial will take place at Woodlawn Cemetery in the Bronx.

In lieu of flowers, donations can be made to St. Jude's Children's Hospital.

Rosaria Scauzillo

Rosaria "Sadie" Scauzillo of Thornwood passed away on her 89th birthday, Feb. 22.

She was born in Pleasantville to Francesco and Maria (Buzzurro) Cannizzaro. She was predeceased by her beloved husband, Peter A. Scauzillo, and her son, Steven Scauzillo. She is survived by her loving children, Peter A. Scauzillo, Jr. (Susan) and Patricia Veteri (John); her grandchildren, John Veteri, Jr. (Julie) and Lauren Veteri; and her

great-grandchildren, Cristiana, Lucas and Nicholas Veteri.

The family received friends on Feb. 25 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated at Holy Innocents Roman Catholic Church in Pleasantville on Feb. 26, followed by entombment at Gate of Heaven Cemetery.

Nancy Mangialardi

Nancy Mangialardi of Briarcliff Manor passed away on Feb. 19.

She was 92.

Mangialardi was born in New York City on Jan. 15, 1927, to Vincent and Anna (Corrano) Christiano. On Oct. 25, 1947, she married the love of her life, Dominic, and they enjoyed 68 wonderful years together.

Mangialardi was a devoted mother and wife whose greatest pleasure was spending time with her family. She was especially proud of her four precious grandchildren. Before her retirement, Mangialardi was an administrative assistant at Albert Einstein College of Medicine. She was kind, generous and always willing to help others. She was known for her beautiful smile and sense of style.

Mangialardi is survived by her devoted daughters, Nancy and Emily Anne (John

Ferro); her dear daughter-in-law, Arlene Mangialardi; her beloved grandchildren, Laura Ferro (Justin Ortiz), John Dominic Ferro, Katie Mangialardi and Linlee Mangialardi; her sister-in-law, Antoinette Christiano; and her nieces and nephews, Anne and Stu Sanderson, James and Janet Christiano, Lisa and Ed McCann, Charlene and J.D. Diaz and Lisa and Paul Takemoto. She was predeceased by her beloved husband, Dominic, her cherished son, John and her loving brothers, John and Pat Christiano.

The family will receive friends on Friday, Mar. 8 from 4 to 8 p.m. at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial will be celebrated at St. Theresa's Roman Catholic Church in Briarcliff Manor on Saturday, Mar. 9 at 9:45 a.m. Burial will follow at Gate of Heaven Cemetery in Hawthorne.

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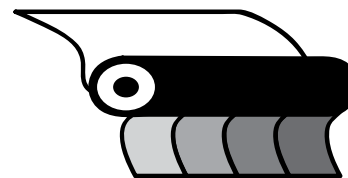
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P'ville Board of Ed Begins Budget Review; Possible Bond Weighed

By Martin Wilbur

The Pleasantville Board of Education began its budget review last week with requests and updates provided by some of the district's administrators as a modest tax increase likely awaits property owners in the 2019-20 budget.

Superintendent of Schools Mary Fox-Alter said while the board is in the opening stages of its review that will last into next month, she did not expect there to be a major increase.

"At this point, it will end up being a tax rate increase of under 1 percent," Fox Alter said.

The board last week also scheduled a meeting for Tuesday, Mar. 19 to discuss the possibility of a bond to address any upgrades that may be needed in the district's school buildings. Fox-Alter said that the district is considering upgrades as debt service on previous borrowing is retired.

"If we move to have one, it was certainly be a budget-neutral bond," she said.

The allowable levy increase for next year is \$870,912, said Timothy Whipple, the assistant superintendent for business, a 2.34 percent increase over the current year. That figure adds in the growth factor for the district.

Last week, central administrators presented requests for next year's budget in the areas of technology, operation and maintenance, athletics and other district-

wide expenses.

As currently proposed, the technology budget would rise by \$14,879 to about \$1.37 million. Dr. Cameron Fadjo, the assistant superintendent for instructional services, said all fifth- and ninth-grade students received laptops earlier this year as part of Pleasantville's Technology for All program.

This month it is expected that any faculty in grades 3-12 that currently does not have

laptop will receive one, Fadjo said.

Costs for athletics is proposed to increase by \$22,449 to nearly \$350,000 next year. The district will spend about \$25,000 in upgrading the high school's fitness center, Whipple said. The upcoming budget will be the first of five years where the district plans to spend that sum to incrementally upgrade the facility, he said.

The operations and maintenance budget

is proposed to increase by \$72,200 to \$1,364,000. The biggest portion of that hike is another \$54,000 for rising electricity costs and \$13,000 for HVAC upgrades, Whipple said.

The Board of Education plans to meet again next Tuesday, Mar. 12 to continue its budget review followed by the special forum to discuss a potential bond issue for facilities upgrades on Mar. 19.

New Castle Proposes to Rename Hunts Lane in Honor of Corwin

By Martin Wilbur

The New Castle Town Board will hold a public hearing next Tuesday to consider a request to rename Hunts Lane in honor of Joan Corwin, the late longtime operator of Chappaqua Transportation.

Renaming Hunts Lane, where her company is located, was a suggestion from a local resident, said Supervisor Robert Greenstein. If approved, the street would take the name Joan Corwin Way.

Greenstein said since her death in December, the Town Board had been searching for an appropriate way to honor her. Officials reached out to Corwin's family to make sure they were on board.

Seth Corwin, one of Corwin's three children who has taken over operation of the bus company, said he spoke with his siblings and they agreed it would be a fitting tribute. He said the support he and his family

has received from the Chappaqua School District and the community since their mother's passing has been overwhelming.

"To have her honored like that with the street name, it's just incredible," Corwin said. "It's a beautiful idea and suggestion for the town."

If the town moves ahead with renaming Hunts Lane, it wouldn't be the only recognition Corwin receives. The Chappaqua Rotary Club recently announced that its annual community service award will be named in her honor. Corwin was a longtime Rotarian in both Pleasantville and Chappaqua.

Last Saturday night, the first recipients of the renamed community service award were Chappaqua residents Ben and Debbie Lieberman. The Liebermans fought to promote the dangers of distracted driving and successfully pressed to enact state



Joan Corwin will likely have the street renamed in her honor where her bus company has operated for more than 50 years.

legislation after their son was killed in car accident.

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Oakwood Cemetery Solar Panel Array on Verge of Approval in Mt. Kisco

By Sean Browne

The Mount Kisco Planning Board authorized its village planner last week to draft a resolution for a potential approval of Sunrise Solar Solutions’ solar panel array on a portion of Oakwood Cemetery.

Representatives from Sunrise Solar Solutions met with the Planning Board to continuediscussionregardingitsapplication for site plan approval, a special use permit and a wetland permit last Monday. A vote could take place on Mar. 12.

The Briarcliff Manor-based solar panel installation company is proposing a 3,600-panel array on four acres in the cemetery’s northern portion. The proposal would generate about 1.7 gigawatt hours of power annually, enough energy to provide 200 Mount Kisco homes with electricity each year.

Oakwood Cemetery would lease the four acres for 25 years as a way to generate revenue.

Mount Kisco Village Planner Jan

Johannssen said Sunrise is up to date with all requests from the village.

“The applicant has provided responses to any comments made by the members of the board and any member of the Mount Kisco Conservation Advisory Council (CAC) and any comments made in the public hearing,” Johannssen said. “They have also submitted both parts of the Environmental Assessment Form (EAF).

He said neither Westchester County nor the Town of New Castle submitted any

comments regarding the project.

Last week, board members asked Sunrise to provide them additional visual analysis of the panels from vantage points on Lexington Avenue and at St. Francis Cemetery.

“This is being done because a comment about it was raised by either a member of the CAC or a member of the public,” said Planning Board Vice Chair John Bainlardi.

Scott Blakley, senior principal landscape architect at Insite Engineering, provided the board with a visual representation of where the panels would be in proximity to St. Francis Cemetery.

Pleasantville Closes Hearing on Civic Space, Manville Road Projects

By Jade Perez

The Pleasantville Village Board heard more public comments last week regarding the proposed Memorial Plaza civic space project and Manville Road streetscape before officially closing the public hearing.

While some residents support the projects, a couple expressed concern last week.

Resident and former The Village Bookstore owner Yvonne vanCort said she was uneasy about parking and urged the board to maintain one-hour parking limits on Washington Avenue instead of changing it to two or three hours. The move to extend the limits was suggested by planning consultant Georges Jacquemart.

She said such a move would be detrimental for the local retail businesses.

“If people can just come long term, you’re going to kill the short-term shopper, the person who’s just running into the Glass Onion to pick up something, somebody who’s just coming to get that book that their kid needs for school, vanCort said. “If they can’t park in town, they won’t use it.”

The projects’ chief critic, resident Tom Rooney, made it clear that there is plenty of opposition against the proposed Memorial Plaza civic space.

“I spent a lot of time this past week on the computer with the friends of Pleasantville, moms of Pleasantville and the other Pleasantville websites that are on there,” he said. “I don’t know if the board has had the time to go on and look through all of those posts, which are hundreds, but there is a large contingent out there that say no.”

Rooney even suggested the board hold a referendum for the public to decide whether to move forward on the civic space issue.

Last Monday’s closure of the public hearing will now require the village to make a determination under the state Environmental Quality Review Act (SEQRA) on whether the projects will have a significant adverse environmental impact.

Mayor Peter Scherer stressed that providing that determination does not mean that the proposals are confirmed. Revisions to the plans are still being contemplated, which the board will continue to weigh, he said.

“Then we’ll have to finalize exactly what the plans are and then decide how we might fund it and engage the public in all the above,” Scherer said.

“There is a section in the furthest point of St. Francis where you will (see) a portion of the solar panels,” Blakley said. “We propose some landscaping along that section and install a visual buffer.”

Blakley suggested waiting until after the panels are installed to determine the type of landscaping and its extent. The landscaping plan would most likely add shrubs along the border between the two cemeteries, he said.

St. Francis of Assisi parish sent a letter to Sunrise stating it had no objections to the project, according to Blakley and the Planning Board.

Blakley said the issue with Lexington Avenue was how visible the panels would be from some of the apartments across the road. A building would need to be at least 60 feet, as much as six stories high, in order to see the panels, he said.

**SUPREME COURT OF THE STATE
OF NEW YORK COUNTY OF
WESTCHESTER
CitiMortgage, Inc.,
Plaintiff, -against-**

Shawnequa Alleyne, as Administratrix and Heir to the Estate of Gloria D. Albert a/k/a Gloria Downs Albert a/k/a Gloria Albert a/k/a Gloria Elizabeth Downs Albert, Dominique Albert a/k/a Dominique T. Albert, as Heir to the Estate of Gloria D. Albert a/k/a Gloria Downs Albert a/k/a Gloria Albert a/k/a Gloria Elizabeth Downs Albert, Lamont Albert, as Heir to the Estate of Gloria D. Albert a/k/a Gloria Downs Albert a/k/a Gloria Albert a/k/a Gloria Elizabeth Downs Albert, Anton Albert, Jr., as Heir to the Estate of Gloria D. Albert a/k/a Gloria Downs Albert a/k/a Gloria Albert a/k/a Gloria Elizabeth Downs Albert, David Albert, as Heir to the Estate of Gloria D. Albert a/k/a Gloria Downs Albert a/k/a Gloria Albert a/k/a Gloria Elizabeth Downs Albert if living and if any be dead, any and all persons who are spouses, widows, grantees, mortgag-ees, lienor, heirs, devisees, distribu-tees, or successors in interest of such of the above as may be dead, and

their spouses, heirs, devisees, dis-tributees and successors in interest, all of whom and whose names and places of residences are unknown to Plaintiff, United States of America, New York State Department of Tax-ation and Finance, New York State Tax Commission, Diane P. Servello, Freddy Albert,

**Defendants.
Index No.: 59337/2018
Filed: 2/8/2019**

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PANY) AND FILING THE AN-
SWER WITH THE COURT.**

Dated: **Bay Shore, New York,
February 5, 2019, Frenkel, Lambert,
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BY: **Linda P. Manfredi
Attorneys for Plaintiff
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Editorial

Amending No. Castle Comp Plan for Mariani Gardens Would Be Wrong

The North Castle Town Board has a difficult decision in the weeks and months ahead.

Mariani Gardens, 4.1 acres of prime real estate near downtown Armonk, is the site of a proposed 50 units of residential housing. The plan, based on the drawings and animated drive-by, looks attractive and would seem to make good use of the Bedford Road parcel despite its density.

A major obstacle, however, is that the property is located in the buffer of the Bedford Road Historic District, which means it's in a much more sensitive

area than many parcels. Presumably, that factored into why the town's Comprehensive Plan Steering Committee and its professional consultants shied away from recommending dense development.

Instead, the recommendation was for there to be, among the possible uses, limited residential development on the site, currently the town's lone Nursery Business zone. The meaning of limited could be open to interpretation but it is certainly not 50 units on four acres.

It would be one thing if the town hadn't updated its Comprehensive Plan in five,

10 or 15 years and something unforeseen was affecting the property or influencing market conditions. But it's been only about 10 months since its approval last spring. Mariani Gardens was clearly on everyone's radar when downtown and the historic district was discussed.

In the tax cap era, the lure of a revenue-generating development in omnipresent. But officials have to ask themselves if they are ready to revise the Comprehensive Plan now, why did they go through the two-year exercise of updating the document?

Guest Column

A Second Opinion on How to Fix NYC Congestion Pricing Plan

By Joseph Muccin

The state of New York City's transportation system has reached the point where action must be taken. The status quo is not working, and it appears that traffic congestion will only get worse over time as factors such as population, the number of automobiles (due to ride sharing services) and urban development increase.

New York City needs a comprehensive plan to tackle this complex issue, and the Fix NYC plan is a great place to start. As it stands, I agree with the defined boundary for the congestion pricing zone and the proposed toll fees. From a traffic standpoint, I believe that implementing a congestion pricing scheme in Manhattan will reduce traffic by similar margins as the concept did in London.

Going forward, however, I would like to see a more detailed plan showing which agencies will receive the revenue generated by congestion pricing and what this revenue will be used for. Also, before implementing a congestion pricing plan, it is essential that the MTA upgrade its infrastructure through more robust and strategic capital programs to support the additional riders that

will likely switch from private to public transportation when a program such as Fix NYC is enacted.

With the current state of the mass transit system, this step is imperative to tackle before a congestion pricing plan can be implemented. In addition to a congestion pricing plan, New York City must also raise the price of public parking proportionally to deter drivers from roaming the streets in search of on-street parking. Currently, the rates are between \$1.25 and \$8 per hour depending on whether you are operating a passenger vehicle or a commercial vehicle. These rates are comparatively higher than other cities, but compared to private parking represents only a fraction of the price and, therefore, encourages drivers to seek public parking.

Since parking works hand in hand with traffic, any congestion pricing plan must adequately address the impact that parking has on traffic congestion. From an economic perspective, I generally believe that congestion pricing will have a minimal impact on Manhattan's Central Business District; however, I would like to see the Fix NYC advisory panel further analyze the impacts that

congestion pricing may have on small businesses and lower income individuals.

Already dealing with high taxes and the inflated price of goods and services, I am concerned about the impacts that a congestion pricing plan would have on the lower and middle class within the defined zone. In general, the Fix NYC panel needs to conduct a more thorough economic analysis to address these issues.

Overall, the Fix NYC plan put forth was well thought out and an important step in the right direction. As this plan moves closer to legislation, it is necessary to go into further detail regarding the specifics of implementation. There are a few additional items that the panel must account for; however, the blueprint is strong and provides a framework to build upon. It will be interesting to see what happens from here.

Joseph Muccin is a traffic and transportation engineer and a lifelong Mount Pleasant resident. He is currently pursuing his master's in transportation engineering at the New Jersey Institute of Technology.

Letter to the Editor

New Program Requires Pharmacies to Take Back Unused Medication

As many of us are given medication to stay healthy or to get better, we must be aware that old prescriptions that weren't used and are not needed should be properly disposed of.

Currently, we face the issue of young adults turning to unused opioids prescribed by a doctor to get high. In an effort to curb opioid misuse, I would like to draw your attention to a new statewide program known as the Drug Take Back Act, which ensures that all pharmacies offer on-site collection or

pre-paid envelopes for New Yorkers to dispose of unused medication.

Opioid addiction often begins with the misuse of prescription painkillers legitimately obtained from a doctor or by using someone else's prescription. The Drug Take Back program creates a way for people to easily cut the supply of opioids in their home after they are no longer medically necessary.

The rate of opioid overdose deaths doubled in New York State between 2010 and 2015. These are not just grim

statistics; they represent real lives being lost and families torn apart. One of the most effective ways we can combat this devastating crisis is to stop addiction before it even starts, and that's what this program will help do. I encourage you all to take advantage of this critical program now in effect throughout New York State.

Assemblywoman Sandy Galef
95th Assembly District

Guest Column

Mount Kisco's Comp Plan a Guide for Positive Change That Village Needs

By Gina Picinich, Jean Farber, Peter Grunthal and Isi Albanese

We, who are given the honor to serve, recognize that we are responsible not just for the community today but also for planning for the future. As the world changes around us it is essential that Mount Kisco continues to adjust and keep current.

With this in mind, we hired experts to facilitate a year-long process to update our Comprehensive Plan. A review of the assets and challenges in our village resulted in this vision document. This vision is based on feedback and direction from community members who participated in workshops, completed surveys and provided insights during public hearings. Items included in the plan are broad ideas. Each of these ideas requires further due diligence before moving forward.

A concept from the plan's chapter on downtown encourages mixed-use residential development. In-fill development on main streets next to transit is a best practice whose implementation has been successful across Westchester and the tristate area. The simple idea is to put

people in the same location as businesses. This encourages pedestrian activity and creates an engaged and active downtown.

We all have the common goal to maintain the beauty and character of Mount Kisco. Working together, we can enhance the charm of our village and simultaneously support smart development. These concepts are not mutually exclusive.

That is not to say there won't be challenges. We must ensure that scope and scale of structures is consistent with our current buildings and architecture. We do not want to build tall towers that will change the character of downtown. We must be mindful of parking needs and will add additional parking to accommodate the needs of residents, shoppers and commuters. We must evaluate and implement traffic calming measures and provide greater pedestrian and bicycle access. These challenges are real, but not insurmountable. With the guidance of community development professionals and continued feedback from residents, we can create a viable long-term downtown economy.

The plan looks at much more than

downtown. It includes recommendations for land use and zoning; population and housing; activating downtown; the economy, natural environmental resources; community facilities; transportation; and infrastructure. All areas in the village were discussed and reviewed.

Below are a few examples of recommendations.

- Maintain the existing zoning of residential neighborhoods.
- Create a mixed-use district at Radio Circle in order to expand the permitted uses in the area and allow additional types of development to better accommodate what the market can provide.
- Continue efforts to reduce the village's carbon footprint, reduce waste and promote energy conservation in both public and private sectors.
- Transform the Branch Brook Greenway into a gathering space and park for cultural and music events and family activities.
- Work with the state Department of Transportation to coordinate traffic signals.

- Create a circulator trolley/shuttle in the village center with private-sector partners.
- Examine the zoning code to remove barriers and increase flexibility for emerging business types to locate in Mount Kisco.

Adopting the Comprehensive Plan opens our options to a broad range of possibilities. It is not the end of this process. As we work over the next few years toward implementation, we will all ask many more questions and by working together we will find answers.

Though there are no guarantees in any actions taken by individuals or by government, we move forward with the benefit of rational, reasoned dedication and planning. We know that progress is impossible without change, so we must continue to be proactive and manage the change to have a positive impact on our beautiful village.

Gina Picinich is the mayor of Mount Kisco and Jean Farber, Peter Grunthal and Isi Albanese are village trustees.

What You Need to Know About Exercising Outside in Cold Weather

By Sonia Rappaport

It should come as a surprise to no one that exercise boosts metabolism and mood. But did you know that exercising outdoors, particularly in the winter, can increase those benefits?

Believe it. According to a study published by the National Center for Biotechnology Information, exercising in cold weather increased participants' metabolism and their muscles' capacity to use oxygen. Meanwhile, a 2017 study found that climbing outdoors, compared to exercising indoors on a treadmill and remaining sedentary, vastly improved feelings of enjoyment and reduced fatigue, supporting the notion that exercise is a viable stress recovery solution.

This is especially good news for people in today's "sandwich generation," whose busy lives may include caring for older parents and their own children. While your 70-year-old mom might not be a candidate for competitive rock climbing, she just might want to join you for a walk in the park, giving you both an enjoyable fitness boost and time to catch up.

As a physical therapist and rehabilitation instructor with the nonprofit Visiting Nurse Service of New York and its affiliate Partners in Care, I work with people of all ages and

fitness capabilities – from 25-year-olds to 95-year-olds, from those recovering from surgery to homebound seniors with limited mobility.

To help make cold weather exercise safe and enjoyable, here are a few important tips and precautions that I share with patients who get "cabin fever" or are looking for safe ways to stay fit and get outside during the winter.

Protect Your Heart

If you have a history of high blood pressure, high cholesterol, heart disease, diabetes or smoking, consult your doctor before exercising in the cold. These are all significant risk factors for a heart attack. Start by exercising regularly indoors, and if you get the okay from your doctor, feel free to venture outside. Start slowly and chart your course with a simple walk around your neighborhood or a stroll through the park. For added safety and enjoyment, ask a friend or neighbor to join you.

Your Skin, Feet, Hands and Ears

A little cold will bite if you don't prepare. When it's cold, blood flow concentrates in the body's core, leaving your feet, hands and ears susceptible to frostbite. A thin pair of glove liners made of wicking material under a pair of heavier gloves or mittens, a headband to cover your ears and extra thick socks should do the

trick to protect those areas.

Remember, your skin needs protection in cold weather. About 80 percent of UV rays still penetrate through the clouds, so the sun doesn't have to be out for your skin to be in danger. Moisturizing before you leave the house or apartment will also help you avoid dried out and irritated skin that can result from strong winds.

Watch Out for Ice!

Here's a three-word solution for slipping on ice and snow: take it slow. The most frequent winter injuries are slips and falls, but they can be avoided by a few careful steps, like wearing boots with soles that won't skid, making sure all paths you walk on are well-lit and walking as flat-footed as possible in areas that may be icy.

Dress the Part

Bundling up like the abominable snowman or dressing down in anticipation of a sweat-a-thon are both rookie mistakes. It's true that exercise generates a lot of heat – maybe enough to make you forget that it's winter. The evaporation of sweat pulls heat from your body, and as a result, can make you feel chilled. My solution is to dress in layers. A thin layer of synthetic material draws sweat away from your body and an extra layer of fleece adds insulation – and can be removed and put back on as needed.

Hydrate

Even though you can expect to sweat less than you might in the summer, dehydration is still a major risk factor. Seniors in particular are susceptible to fluid and electrolyte imbalances because of the body's declining ability to conserve water with age. Be sure to drink water before, during and after exercising.

How Low Can You Go?

Older adults are more susceptible to hypothermia, a medical emergency in which your body loses heat faster than it can produce. People can reduce their chances of developing health complications resulting from hypothermia if they prepare and are made aware of the symptoms – cold hands and feet, fatigue, confusion, trouble walking, slow breathing and a low heart rate.

It's advisable to consult with a doctor or healthcare provider before embarking on any new kind of exercise, fitness or wellness routine – especially when that routine involves a winter wonderland!

Sonia Rappaport is a physical therapist and rehabilitation instructor with the Visiting Nurse Service of New York and its private pay affiliate Partners in Care. For more information, call 212-609-7700 or visit www.PartnersinCareNY.org or www.VNSNY.org.

Horace Greeley Student Wins Regional Brain Bee in White Plains

By Neal Rentz

Spelling bees are popular and well-known school competitions. Another type of bee that many people may be unaware of was recently held at Burke Rehabilitation Hospital in White Plains.

The eighth annual Westchester County regional Brain Bee Competition for high school students was held at the hospital on Feb. 27. The event was won by Horace Greeley High School sophomore Lori Saxena. She captured a \$500 prize and a spot in the national championship that will be held at Penn State University Medical School in Hershey, Pa. from Apr. 12-14. This year's world championship tournament will be held in South Korea.

"I'm really happy. I've been preparing for a long time," Saxena said. "I actually came to watch last year. So I started preparing over the summer."

Saxena said she wanted to participate in the competition because of her interest in science.

"I picked the Brain Bee because I've been really interested in neuroscience for a couple of years and I really wanted



NEAL RENTZ PHOTO
Horace Greeley High School sophomore Lori Saxena won the eighth annual Westchester County regional Brain Bee Competition at Burke Rehabilitation Hospital in White Plains.

to learn more about it and I thought this was the best way to do that," she said.

The competition wasn't easy.

"I think the worst part about it was the nerves. The stress got to me," Saxena said. "But I think if you prepare well and read the textbooks it is fine."

The purpose of the Brain Bee is to attract students interested in pursuing medical careers related to the human brain, said White Plains resident Janet Goodman, a social worker at Burke who works in the brain injury unit.

"The meaning of this brain injury championship is to find children, adults, teenagers who are interested in neuroscience and to identify them as early as possible so we can get the best brains that are out there to try and deal with the illnesses that we have and come up with solutions for a better quality of life for people," Goodman said.

To prepare for the competition students studied the booklet "BrainFacts: A Primer on the Brain and Nervous System," a companion publication for the BrainFacts.org website.

Unlike spelling bees, Brain Bee

participants did not stand in front of an audience to deliver their responses and weren't eliminated with the first wrong answer, Goodman said.

Contestants were asked to answer 80 questions in writing that were broken up into blocks of 10 questions. Some of the questions included: Why is high blood pressure a major cause of stroke? What are the symptoms of stroke? Name five risk factors for stroke.

Several Burke staff members reviewed students' answer sheets while others spoke about their responsibilities at the hospital.

The roughly two dozen participants at last week's event came from schools in Westchester, Rockland and Long Island.

Goodman said past Brain Bee winners have kept their interest in neuroscience-related studies well after the competition ended.

"This is the eighth time we've run this. And our other seven students have all gone into science and neuroscience," Goodman said. "It's really quite an immersion and something we're very proud of."

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All Sorts of Things Can Hang from the Ceiling – But Carefully

As a realtor, I always make special note of lighting fixtures and other objects hanging from the ceiling when showing homes. I have a couple of good stories to explain why.

The essence of the first incident may get lost in translation when cleaned up, but I am assured first hand that it's true. A woman who owned a condo locally was in bed for the very first time with a new boyfriend when suddenly the ceiling fan/light fixture disengaged from its mooring and plunged down, hitting the poor fellow squarely in the backside at a critical moment. He literally screamed out, and the woman, who said she was in her own world at the moment, initially thought that it was in ecstasy, rather than agony.

Within that same year, the couple, then married, were having dinner one evening when suddenly the chandelier in the dining room plummeted to the center of the table, again hitting the woman's husband, this time grazing the side of his head.

What are the chances? In the case of the bedroom ceiling fan, the action of the fan had loosened the screws that held

it to its box. With the dining room chandelier, it seems that the holding box itself was defective.

By this time, the couple decided it was time to buy a single-family house – and the one they selected didn't offer a single chandelier.

My wife Margaret and I have had our own little experience with falling missiles from the ceiling when her parents had their 50th wedding anniversary. It affected us for the rest of our lives. We were in the ballroom of a famous hotel in Cape Cod and Margaret was seated on a raised dais with

the family. Without warning, a large, recessed high hat almost directly above her head plunged down and landed on the table between her and her uncle with a horrible, ear-splitting crash. It certainly put a damper on the evening.

Ever since then, wherever we go together, we look above and see if we would be sitting under any kind of fixture. If we are, we either move if we can or make a little mental notation just in case we have to make a dash for it. It's neurotic, I know. Or is it?

For the less threatening creative things that we can hang from our ceilings at

home, make sure that you're securing them correctly.

To hang things properly, here are the basic rules.

The first rule of thumb is to always check your walls and ceiling for electrical wires or pipes that can be damaged by drilling and cost you thousands in repairs.

There are two basic types of mechanisms to secure objects safely to a ceiling or wall. One is a plaster anchor, which is an insert designed for hanging objects from walls, either plaster or drywall, by using pressure to keep the screw in place. To install, you simply drill a hole into the wall, based on the size of the anchor, and push the anchor into the hole. Next, you take a screw and drill it into the hole in the anchor, allowing it to protrude slightly to hang your desired object. Plastic anchors are effective because they expand once inside the wall and hold everything in place with pressure.

A toggle/snap bolt is used to hang objects from plaster/drywall safely using pressure. The bolt works by having two spring-loaded arms that go onto the screw. After drilling a hole where you want the bolt to go, you slide it in. Once inside, the arms will spring open and allow you to pull on the screw. You then take a screwdriver or drill gun and

tighten the bolt until it locks in place.

Once you have a secure anchor, the sky's the limit in how creatively you can approach hanging art. Typically we go for lighting fixtures or plants, tapestries, mobiles or stables. Another idea is to take panels of stained glass and hang them in front of windows. Or how about a statuary, perhaps supported by more than one wire?

One of the most creative minds I've ever encountered planned an entire restaurant dining room – tables and chairs – that hung from the ceiling because of a very uneven brick floor.

Ever since I read the story of the famous architect Stanford White who installed a red velvet swing from his ceiling for the amusement of his mistress Evelyn Nesbit Thaw, I harbored the thought of designing a room interior with a red velvet swing as its central theme. That's where my wife has put her foot down – and not particularly delicately.

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



By Bill Primavera

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'Parkland' Author Speaks of Finding Inspiration in Tragedy

By Erin Maher

Parkland, Fla. was the last place that New York Times bestselling author and journalist Dave Cullen thought he would be in the moments after last year's mass shooting at Marjory Stoneman Douglas High School.

Cullen, a career journalist and writer, wrote the bestselling book, "Columbine," published 10 years after the 1999 shooting at Columbine High School in Littleton, Colo. that left 12 students and one teacher dead.

"I just knew I had to come back and find out what happened to these kids," Cullen said of the survivors of the Columbine shooting.

But his work on that book, which at the time was the worst school shooting in American history, left him emotionally crippled and contributed to Cullen suffering from bouts of depression. After extensive therapy, he vowed never to cover another mass shooting.

But that all changed last February when Cullen received a call from Vanity Fair asking him to write about the Parkland shooting. Despite his promises to stay away, Cullen found himself in Parkland the next day.

Last Monday, he appeared at the Chappaqua Performing Arts Center to discuss his new book, "Parkland: Birth of a Movement," which recounts the



ERIN MAHER PHOTO

"Parkland: Birth of a Movement" author Dave Cullen spoke at the Chappaqua Performing Arts Center last week about his experiences covering mass shootings, including last year's tragedy in Parkland, Fla.

accomplishments of Marjory Stoneman Douglas High School students who survived the Feb. 14, 2018 mass shooting.

Just over a year following the shooting, Cullen offered the Chappaqua audience insight into the group of students who in the midst of tragedy mobilized to become gun control activists.

Cullen, who has become an expert on mass shootings and is frequently the

go-to voice that news outlets seek out after a major shooting, explained how he connected with the students and obtained an inside look into how they organized "March for Our Lives," a student-led demonstration in Washington, D.C. a little more than month after the shooting. That spawned rallies across the nation the same day.

"Five weeks to organize a rally seemed borderline reckless," Cullen recalled thinking. "They are high school kids. Can they really pull this off?"

Despite the throng of media, Cullen vowed to stay longer in Parkland than any other journalist and find out more about the group of students who came together almost as soon as the day of the tragedy.

The students were successful in organizing the rally, and it is currently the third largest single-day protest in United States history.

"That's what's great about these students," said Cullen. "They are uniting so many."

The students' work and their ongoing efforts that expanded into cities across America inspired Cullen to pen "Parkland."

Following his talk, a question-and-answer segment was held. Horace Greeley High School junior Edward Zhang, who is president of the school's Political Awareness Club, participated.

"I think regardless of your political affiliation, whether you lean right or left,

it's important to understand where these students are coming from," Zhang said. "With regards to David Cullen, he has so much insight into these students from working with them for over a year now, and I was really interested in that."

Members of Moms Demand Action for Gun Sense in America, a national group dedicated to gun violence prevention, also attended the event.

"I love that he's invigorated by the Parkland students, and that he talks about his own trauma and how Parkland helped him regain hope," said Hastings-on-Hudson resident Shelli Katz. "I think he can inspire some young people to continue the work that the Parkland kids are doing. I think it can help us as adults to understand that excitement, that drive that these people have so that we can work together and we really get this done and change the culture."

Before the evening concluded, Cullen urged those in the audience who are interested to become activists.

"It's not just the Parkland kids that have power," he said. "It's all of you. And I encourage you to use it."

The event was co-sponsored by the Chappaqua Interfaith Council, Chappaqua P.T.A., the Town of North Castle, the Horace Greeley High School Political Awareness Club and Friends of the Chappaqua Library.

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The Weekly Feature from Entergy

WBT Transforms ‘Menopause’ Into an Uproarious, Must-See Event

By Evelyn J. Mocbeichel

On the surface one would think a subject about a woman’s exasperating physical experience would not be a source for entertainment. But a popular stage production provides a unique take about the topic.

“Menopause the Musical,” with its current engagement at Westchester Broadway Theatre (WBT), highlights all these women’s experiences in an absolutely comical way, in song, dance and dialog. The national tour from GFour Productions, winner of 44 Tony Awards and 54 Drama Desk Awards, is on a limited run at WBT through Sunday, Mar. 24.

Perfect for a ladies’ night out, I invited a friend to join me instead of my spouse. However, there were plenty of men there enjoying the humor in it all, too. Not knowing what to expect the 90-minute play to be about, we were thoroughly entertained from the start to its fantastic conclusion. Of all the wonderful shows at WBT, this one had the most audience laughter on a non-stop basis – from both

genders in attendance.

“Menopause the Musical” is a groundbreaking celebration of women who are on the brink of, in the middle of or have survived “the change.” Now celebrating 17 years of female empowerment through hilarious musical comedy, the play has evolved as a grassroots movement of women who deal with life adjustments after 40 by embracing each other and the road ahead.

Set in an upscale department store, four women meet while shopping for lingerie on sale. After noticing unmistakable similarities among one another, the cast jokes about their woeful hot flashes, mood swings, wrinkles and weight gain. They form a sisterhood and unique bond with the entire audience as they rejoice in celebrating that menopause is no longer “The Silent Passage.”

The four women depicted are from various backgrounds – a business executive, a soap opera star soon to be replaced by a younger actress, a Midwestern housewife in New York City with her husband who is attending

a convention and an aging, mellow flower child. Cast members Megan Cavanagh (Earth Mother), Donna J. Huntley (Professional Woman), Debby Rosenthal (Soap Star) and Roberta B. Wall (Iowa housewife) were spot on in their character portrayals.



WBT casting is routinely superb and each role was flawlessly executed by the actors on stage. A shout-out to the powerful vocals of Huntley, the comedic timing and expressions of Cavanagh, the sassy portrayal by Rosenthal and the enthusiastic motions and physical comedy of Wall. As an ensemble they were extraordinary in singing, choreography and chemistry.

Stage design is also creative with the backdrop of “Bloomies” department store. Each floor the women visited provided a chance for costume and set changes and songs and dance numbers to perform. Speaking of songs, the music is upbeat and hysterically funny as favorites from the 1950s through the ‘70s were sung with the same melody, only the words were changed to reflect the women’s life

experiences.

With more than 20 classic hits, including “Stayin Alive,” “I’m Sorry, The Great Pretender,” “My Guy,” “I Got You Babe,” “Only You” and many more, it was impossible not to tap your feet along with each number.

Don’t miss this production if you like to laugh, enjoy great music and watch four fabulously talented actors on stage turn an often-whispered subject into a great night of entertainment. Enjoy a delicious dinner or lunch at either an evening production or afternoon matinee.

Tickets are on sale now and available at the Westchester Broadway Theatre box office, by visiting www.broadwaytheatre.com or by calling 914-592-2222. Discounts for groups of 15 or more are available by calling 914-592-2225.

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THERE’S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

How Beautiful is That? The quiz words this week come from “The 100 Most Beautiful Words in English” by Robert Beard. Dr. Beard is a linguist whose specialty is morphology, the study of words. His carefully researched book is a collection of the loveliest words in the English language. Perhaps some of these words will make your next composition or conversation even more beautiful.

1. scintilla (n.)	A) a very small amount	B) an exaggerated trust	C) a cutting action
2. beleaguer (v.)	A) to speak ill of	B) move vigorously	C) trouble persistently
3. mellifluous (adj.)	A) relating to spring	B) well aged	C) sweet sounding
4. imbroglio (n.)	A) utter foolishness	B) a difficult situation	C) a mental image
5. lilt (v.)	A) to speak with liveliness	B) take pleasure in	C) grow lighter
6. denouement (n.)	A) a tactical maneuver	B) a final resolution	C) a moral obligation
7. susurrous (adj.)	A) full of whispering sounds	B) stopping temporarily	C) refined
8. demesne (n.)	A) a peremptory request	B) a loss of status	C) a territory

ANSWERS:

1. A. A very small amount or thing; a trace;
2. C. To trouble persistently; harass; beset
3. C. Sweet sounding; having a pleasant and fluid sound
4. B. A difficult or intricate situation; an entangle-ment
5. A. To speak, sing, or play with liveliness or rhythm
6. B. Final resolution or clarification of a dramatic or narrative plot; solution
7. A. Full of whispering sounds; a murmur
8. C. A territory, realm, or dominion; an estate

Local Fundraising Effort Reaches \$2M in Pediatric Brain Tumors Fight

By Martin Wilbur

Less than a decade ago, a group of local families whose lives were touched by pediatric brain tumors launched a nonprofit organization in hopes of raising money to find a cure and increase awareness about the disease.

In that time, their signature event, Think Fit for Kids, has now raised \$2 million for A Kids' Brain Tumor Cure.

On Sunday afternoon, families once again flocked to Club Fit in Briarcliff Manor for this year's renewal of Think Fit for Kids, enjoying games and activities and snacks while remembering why they were there. The facility was packed for the two-hour event that featured basketball, martial arts, a GaGa tournament, Zumba, an obstacle course and a variety of games.

"This grassroots event that start nine years ago in a gym in northern Westchester, to have this kind of an event is huge," said Kim Gilman, one of the founding members of A Kids' Brain Tumor Cure.

Last November, the organization merged with the North Carolina-based Pediatric Brain Tumor Foundation (PBTf), the largest pediatric brain tumor foundation in the United States. Despite the change, the mission remains the same.

Bill Tiller, the president and CEO of PBTf, said his organization is thrilled to infuse the passion and drive that the volunteers from A Kids' Brain Tumor Cure bring to the cause. In turn, PBTf's wider advocacy and fundraising efforts can enhance what the local volunteers started.

Tiller was quick to point out that A Kids' Brain Tumor Cure was so successful that it's often best to get out of their members' way while giving the participants the support that they need.

"We have been and are very committed to preserving and safeguarding what was special with their organization and still giving that autonomy to them to do what they know is right in their disease space while also assimilating them into our larger organization so they can take advantage of our fundraising apparatus," Tiller said. "So far it's been such a really good partnership because we've been wise enough to let them do their thing."

He explained bringing A Kids' Brain Tumor Cure into the PBTf orbit has also been mutually beneficial because they have been focused on low-grade tumors while the larger organization has been spent



There were snacks and treats served at Think Fit for Kids, including ice cream.

much of its energy and resources battling high-grade tumors. PBTf also provides a wider range of services including emergency financial assistance, a toolkit for newly diagnosed families, brain tumor family camps and bereavement support.

Gilman said for families who are faced with caring for a child with a brain tumor they need all the hope and support that can be mustered.

"So raising \$2 million, 100 percent goes to research, which will find the cure for pediatric brain tumors, especially with how this disease is impacting our local community," Gilman said. "There's really no alternative than to do this."

Among A Kids' Brain Tumor Cure's top accomplishments was partnering with two other New York area foundations to provide the seed money for clinical trials through the launch of the Dana Farber Cancer Institute's PLGA Research Program. There are also projects underway at Children's Hospital of Philadelphia, Johns Hopkins Medical Center, Massachusetts General Hospital, University of Pittsburgh Children's Medical Center and Memorial Sloan Kettering Cancer Center.

Despite the serious nature of the work, Sunday afternoon was a day for fun.

"Pediatric brain cancer really lacks sponsors more than any other cancer," said Armonk resident Anthony Trimarchi about why he came with his child. "I've been so impressed with everything Kim has done and it's such an important cause."

Gilman pointed out that without the help of Club Fit, which has hosted Think Fit for Kids since its inception, the progress would not have been possible.

Joe DaRonco, Club Fit's experience director, said it's become a fixture on the club's annual calendar.

"It's a great feeling to have this here and partner with such an important organization for such a great cause," he said. "We're so happy to help."

There were also more than 30 members of the Horace Greeley High School football team who also participated. Head Coach Joe Kearns said he sent out one e-mail asking his players to participate on the day of the event and in fundraising. They contributed close to \$1,000.



MARTIN WILBUR PHOTOS

A variety of activities, from GaGa pits to Zumba, martial arts demonstrations and a bounce house, awaited families at the ninth annual Think Fit for Kids at Club Fit in Briarcliff Manor. The event has raised \$2 million over nine years to fight pediatric brain tumors.

"They're just great kids," Kearns said. "They loved giving back, they have big hearts and they come from good families."

For more information about the Pediatric Brain Tumor Foundation, visit www.curethekids.org.

Bedford Road School Students Celebrate Dr. Seuss' Birthday



JADE PEREZ PHOTO

Pace students and dance team members Alyssa Chambers and Kori Marrow speak to students in JulieAnne Zanis' second-grade class at Bedford Road School last Friday in celebration of Dr. Seuss' birth and National Read Across America Day.

Nearly 50 Pace University student-athletes visited Pleasantville's Bedford Road School last Friday to help the elementary school's students celebrate Dr. Seuss' birthday and National Read Across America Day.

The Pace students, representing a variety of teams, partnered with specific classes to read Dr. Seuss books and discuss what it's like to go to college.

Dance team members, Kori Marrow and Alyssa Chambers stopped by JulieAnne Zanis' second-grade class and read "And to Think That I saw It on Mulberry Street," the first book written by children's book author and illustrator

Theodor Seuss Geisel, who took the pen name Dr. Seuss.

Zanis, who still enjoys Dr. Seuss books, said that Read Across America Day is a great way for children to "read, learn and make up words."

Read Across America Day is a nationwide commemoration that takes place annually around Mar. 2, the 115th anniversary of Geisel's birthday. Across the country, thousands of schools, libraries and community centers participate by bringing together members of the local community and children to read books.

--Jade Perez



Part of the fundraising effort was a silent auction of various prizes.

Happenings

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

Tuesday, Mar. 5

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.

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

Kevin Young in Conversation. A figure of notable stature in the literary world, Young is the poetry editor at The New Yorker and the director of the Schomburg Center for Research in Black Culture. He has published 10 books of poetry and two award-winning non-fiction books. His prestigious honors include being named a finalist for the National Book Critics Circle Award, as well as winner of the Graywolf Nonfiction Prize and the PEN Open Book Award. Part of the Durst Distinguished Lecture Series. Purchase College's Humanities Theatre, 735 Anderson Hill Rd., Purchase. 4:30 p.m. Free. Info: 914-251-6550 or visit www.purchase.edu/academics/school-of-humanities/lectures/durst-distinguished-lectures.

DIY Mardi Gras Handprint Mask. Make your own hand print mask to celebrate Mardi Gras. For children four to 11 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.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.

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

Saw Mill River Audubon Nature Book

Club. We are living in a golden age of writing about nature and the environment. Participants will discuss essays by John Muir. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: 914-666-6503 or e-mail office@sawmillriveraudubon.org.

Open Book Group. "The Underground Railroad" by Colson Whitehead will be discussed. Led by Christine Bobkoff. New Castle Town Hall, 200 S. Greeley Ave., Chappaqua. 7:30 p.m. Free. Info: 914-273-4779 or www.chappaqualibrary.org.

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

Wednesday, Mar. 6

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. 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. 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.

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

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. 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. Info: 914-273-3887.

Mind Games. A fun way for seniors to stimulate various cognitive functions memory, problem-solving and focus. If you are having trouble remembering things or feel that you are easily confused, come join the fun. Phelps Hospital boardroom, 701 N. Broadway, Sleepy Hollow. 2 to 3:30 p.m. Free. Registration required. Info and registration: 914-366-3937 or e-mail vitality@northwell.edu.

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 (except Mar. 13 and 20). Info: 914-864-8041 or www.mountkisco.org.

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

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

Art Series: Hilma af Klint. Celebrate Women's History Month with a look at Swedish artist and mystic Hilma af Klint. Born in 1862, Klint was one of the first protagonists in the abstract art movement. 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.

Lucy's Laugh Lounge: Matt Koff. This Westchester native is a New York City-based stand-up comic and Emmy-winning television writer. He currently writes for "The Daily Show with Trevor Noah." Koff's stand-up has been featured on Adam DeVine's "House Party" on Comedy Central and The History Channel show "I Love the 1880s." He is a regular performer at Caroline's Comedy Club and Stand-up NY. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$20. Info and advance tickets: Visit www.lucyslaugh.com. Type in the promo code Examiner at the prompt when buying tickets online.

Thursday, Mar. 7

Pleasantville Garden Club. Guest speaker Karen Bussolini will discuss jazzing up the garden with color contrast movement. Bussolini is a widely-published photographer, speaker, writer, NOFA-accredited organic land-care professional and eco-friendly garden coach. She has trained as a painter and had a career as an architectural photographer before turning her attention entirely on gardens. Her work explores the many ways gardening connects us to our place on earth and to

continued on page 24

Love Maple Syrup? It's Not Just for Pancakes and Waffles

In the woods of our community now and into early spring, you'll notice maple syrup collection stations attached to trees. The maples have holes drilled into their trunks to tap and collect the sap that is excreted.

This sap is heated so that water is mostly evaporated, which results in the syrup. Typically,

this syrup is stored in glass bottles.

You can teach yourself to tap maples, take classes at local farms or purchase the pure syrup at local stores and farm stands. When waffles, French toast or pancakes are served at Sunday brunch, it's a pleasure to reach the moment when you pour golden brown, pure maple syrup over them and sample the sweetness. Some individuals enjoy



By Joanne Witmyer

syrup on scrambled eggs – or most any item on the brunch plate, too.

Pure maple syrup can also bring a complexity and magic to recipes, such as the ones shown below. When you create these recipes, your kitchen will be filled with the comforting scent of syrup.

Maple-Glazed

Salmon (Serves: 4)

Ingredients

- ½ cup maple syrup
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh dill
- ¼ teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 pound wild salmon

Directions

1. Preheat the oven to 400 degrees.
2. Mix maple syrup, garlic, dill, salt and pepper together in a small bowl.
3. Place salmon in a shallow baking dish and coat with the maple syrup mixture. Cover dish and marinate salmon in the refrigerator, turning once, for about 30 minutes.
4. Bake salmon, uncovered, in the preheated oven until fish flakes easily with a fork, for about 25 minutes.

Maple Syrup Vinaigrette (Serving: 1 cup)

Ingredients

- 1/3 cup apple cider vinegar
- 2/3 cup extra virgin olive oil
- 2 tablespoons pure maple syrup
- 1 tablespoon Dijon mustard
- ½ teaspoon sea salt

- Freshly ground black pepper to taste

Directions

1. Place all ingredients in a lidded glass jar.
2. Shake until blended.

Nourish

Chef's Note: This vinaigrette is delicious over roasted

vegetables or a green salad. It can be stored in a glass container for about a week in the refrigerator.

Enjoy!

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

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Watkins-Montour Rotary Club's ANTIQUE SHOW & COLLECTIBLES SUNDAY, MARCH 17, 2019 9:30am to 3:00pm Clute Park Community Center, Rt. 414, Watkins Glen 32 DEALERS

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across PLs and Operating Companies; coordinating and ensuring models and all enhancements are accurate, understood, and consistent with industry best practices; monitoring and assessing the implementation of risk management strategies; and ensuring that deadlines are met. The position requires a Master's degree in Financial Engineering, Statistics, or closely related quantitative field and one year of experience as a Market Risk Analyst, Portfolio Risk Analyst, or Quantitative Analyst to include one year of experience with risk metrics calculation and reporting, P&L analysis, VaR modeling, stress testing, option pricing and model validation. **Send resumes to bmsi.careers@bunge.com.**

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LEGAL NOTICES

NOTICE OF FORMATION OF NEW-CASTLE 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.**

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., Mohegan Lake, NY 10547. Purpose: Any lawful activity.**

NOTICE OF FORMATION OF DISTINGUISHED DESTINATIONS LLC Filed with SSNY on 9/12/2018, Office: Westchester County, SSNY Designated as agent upon whom process against it may be served. SSNY shall mail process to: **c/o Elli Travel Group, 1967 Palmer Avenue, Larchmont, NY 10538. Purpose: any lawful purpose.**

continued on next page



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Clearwater Festival Tickets on Sale, Initial Lineup Announced

The Great Hudson River Revival, also known as the Clearwater Festival, returns on June 15 and 16 and will include The Wailers, Ani DiFranco, Railroad Earth, The Mammals, Tom Paxton and the DonJuans, Joel Rafael and Tom Chapin.

Clearwater also looks forward to welcoming the powerful all-female folk trio Antigone Rising; New York City's favorite family-friendly singer Joanie Leeds; the Connecticut State Troubadour Kristen Graves; Flamenco artists Los Cintron; folk punk rocker Matt Pless; Gregg Allman's former lead guitarist and band leader Scott Sharrard; folk rock artist Roger Street Friedman; folk singer Thom Chacon and many more. More artists will be announced soon.

The Clearwater Festival, which takes place at Croton Point Park in



Croton-on-Hudson, known for its family-friendly entertainment and educational activities. Kids under 11 years old are admitted free, there is a discounted youth ticket for 12- to 17-year-olds as well as discounts for seniors, the disabled, members of the military and veterans.

A membership with Clearwater offers festivalgoers an additional 20 percent off ticket prices. Clearwater members also enjoy a range of perks throughout the year, including discounted sailing tickets, discounts on Clearwater merchandise, an opportunity to volunteer on the sloop

and at Revival as well as vote on policies and board leadership and more.

This year brings two milestone anniversary dates for Clearwater – 50 years since the launch of the sloop Clearwater (May 17), which sails the Hudson River as America's environmental flagship. Building a replica of a Hudson River sloop was inspired by Clearwater founder and folk legend Pete Seeger, who would be turning 100 on May 3.

Revival is the country's oldest and largest music and environmental festival, bringing together major musical acts and Clearwater's own brand of green activism for a unique weekend every June.

For tickets and more information, visit www.Clearwaterfestival.org.

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NOTICE OF FORMATION OF REID & LEIVA MULTISERVICES LLC Filed with SSNY on 01/14/2019, Office Westchester, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 506 Van Cortlandt Park Ave, Yonkers, NY 10705. Purpose: any lawful purpose.

LEGAL NOTICE: NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY: The name of the Limited Liability Company is Palmyra Holdings LLC. The Articles of Organization were filed with the New York Secretary of State on February 19, 2019. The office of the Company is located in the County of Westchester, State of New York. The New York Secretary of State is designated as the agent of the Company upon whom process in any action or proceeding against it may be served, and the address to which the Secretary of State shall mail a copy of process in any action or proceeding against the Company served upon him or her is **110 Marquand Avenue, Bronxville, New York 10708. The purpose of the business is any lawful business.**

TOWN OF PUTNAM VALLEY SPECIAL MEETING MARCH 6, 2019 6 PM 1.Pledge of allegiance. 2.Appoint Raymond Gambichler Back-up Sewer Custodian 3.Amend Resolution # R19-99

appointing Daniel Gibbs as Bulk Drop-off Attendant. 4.Continued discussion of Airbnb 5.Discussion banning recreational marijuana stores. 6.Update Horton Hollow Road. 7.Update snow districts.

NOTICE IS HEREBY GIVEN that a license, pending for beer, wine and cider has been applied for by the undersigned to sell beer, wine and cider at retail in a restaurant under the Alcohol Beverage Control Law at **30 Wheeler Ave., Pleasantville, NY in Westchester County for on premises consumption. Potayto Potayto LLC DBA FALAFEL TACO**

PUBLIC NOTICE: NY90XCL99 Sprint is proposing to collocate antennas on an existing 60-foot building at 141 Tompkins Avenue, Pleasantville, Westchester County, NY. Public comments regarding the potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Meredith Anderson – **CBRE, 70 West Red Oak Lane, White Plains, NY 10604, whiteplainsculturalresources@cbre.com or (612) 346-5540.**

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Happenings

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each other. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Membership meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit www.pleasantvillegardenclub.org.

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. 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 Whipoorwill Rd. East, Armonk. 10 a.m. to 12:30 p.m. Free. Every Monday and Thursday. Info: 914-273-3887.

Lifeline Theater Music Program. An outlet for unlocking the potential of children and adults with special needs through integrated arts and life skills programs. Drop in anytime and join founder Billy Ayres as he uses singing, dancing, creating plays, artwork and gardening to help participants realize their strengths and potential contributions to their communities. Ayres has created a technique called improvisational integrated music/drama. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 a.m. to 5 p.m. Free. Every Thursday from 10 a.m. to 5 p.m. and Fridays from 10 a.m. to 2 p.m. Info: Visit www.lifelinetheaterinc.org/index.html.

Bagels & Books. "The Children Act" by Ian McEwan will be discussed. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 10:30 a.m. Free. First Thursday of each month. 914-669-5161 or www.keelerlibrary.org.

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

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

Book Lovers Group. "News of the World" by Paulette Giles will be discussed. Led by Barbara Bernstein. New Castle Town Hall, 200 S. Greeley Ave., Chappaqua. 1 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.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 Whipoorwill 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.

"From Beacon to the Border." A 35-minute documentary film by Pleasantville resident and Films on Purpose co-founder Andrea Garbarini following a national movement of grandmothers as they journey to McAllen, Texas protesting the separation of migrant children from their families. Followed by a panel discussion about the family separation crisis and what can be done to address the issue in the community. Panelists will include Garbarini, Neighbors Linke Executive Director Carola Otero Bracco and one of the grandmothers featured in the film. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Reception at 6 p.m. Screening at 7 p.m. Free. Info: Visit www.filmonpurpose.org.

Preventable, Treatable, Beatable! Recognize Colorectal Cancer Awareness Month with a panel discussion on colorectal cancer risk assessment, screening, genetic testing, guideline guidance, alarm symptoms/signs and state-of-the-art treatment. Panelists include Dr. Thomas Weber, surgical oncologist; Dr. Peter Stein, gastroenterologist; and Tawanna St Lewis, genetic counselor. Phelps Hospital Auditorium, 701 N. Broadway, Sleepy Hollow. 6 to 7 p.m. Free. Registration required. Info and registration: 914-366-3470.

"She's Beautiful When She's Angry." The film resurrects the buried history of the outrageous, often brilliant women who founded the modern women's movement from 1966 to 1971, from the founding of NOW, with ladies in hats and gloves, to the emergence of more radical factions of women's liberation. Artfully combining dramatizations, performance and archival imagery, the film recounts the stories of women who fought for their own equality and in the process created a worldwide revolution. Followed by a panel discussion. Part of the Ossining Documentary and Discussion Series. Ossining Public Library,

53 Croton Ave., Ossining. Seating at 6:15 p.m. Screening at 6:30 p.m. Free. Info: Visit www.OssiningDocumentaries.org.

Psychology and the Good Life: Teaching the Most Popular Classes at Yale. A program co-sponsored by the Yale Westchester Alumni Association and the Town of New Castle. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Nature Photography Workshop II. Develop your skills with Karen Ann Sullivan, wildlife and nature photographer. A local resident, Sullivan has embraced the photographic opportunities that she has encountered around the world. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8:30 p.m. Free. Registration requested. Info and registration: 914-769-0548 or www.mountpleasantlibrary.org.

Hoff-Barthelson Music School Master Class Series: Natasha Brofsky. Brofsky, a member of the New England Conservatory cello faculty since 2004, has enjoyed an international career. As the Peabody Trio cellist, she has performed on important chamber music series throughout the U.S., Canada and the United Kingdom. The trio has been heard on numerous radio broadcasts, including CBC, Radio Canada and WGBH. She has also performed as guest artist with numerous ensembles, including the Takács, Prazak, Cassatt, Norwegian, Jupiter, Ying, and Borromeo quartets. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 7:30 p.m. Free. Space limited; reservations strongly encouraged. Info: 914-723-1169 or visit www.hbms.org. Registration: E-mail hb@hbms.org.

Lucy's Laugh Lounge: Hard-Headed Comedy. Luz Michelle presents an all-star lineup of comedians – Ralph Anthony, Teresa DeGaetano and Paul Spratt. 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.

Friday, Mar. 8

Alzheimer's Support Group. A safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. 10 a.m. to noon. Free. Registration required. Info and registration: 914-366-3937 or e-mail vitality@northwell.edu.

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.

DIY Lion and Lamb Puppet. Create a lion and lamb puppet in honor of March. For children five to 11 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2:30 to 3:30 p.m. Free. Space limited; registration required. Info and registration: 914-864-0130.

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 Whipoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

"The Competition." Claire Simon, one of France's leading documentarians, gives an enlightening all-access tour behind the scenes at France's premiere film school, La Fémis. During its long and exhaustive admissions period, thousands upon thousands of would-be filmmakers are assessed for 40 cherished slots. Simon's captivating film shows us heated discussions among selection committee members, entrance interviews and other forms of evaluation in this unique glimpse into the operation of a state-run institution officially – if quite imperfectly – representing the French Republican value of equality. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.

Friday Night Film Series: "Hysteria." A light but insightful look at the invention of a mechanism for personal stress release for women during the Victorian era. This time was not a very free period for women, who were usually looked upon as hysterical, fickle, inferior beings who needed to be under the thumb of their male superiors because they were too excitable to make decisions on their own. Starring Maggie Gyllenhall, Rupert Everett and James Darcy. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

"Blood on the Fields." A screening of Wynton Marsalis' Pulitzer Prize-winning oratorio on slavery and freedom, telling the story of two slaves, Jesse and Leona, and carrying the viewer along on their difficult journey to freedom. Baritone Gregory Porter, scat-singing legend Kenny Washington and contralto Paula West join the Jazz at Lincoln Center Orchestra in this remarkable ground-breaking work. The first in the Chappaqua Public Library's new Jazz at Lincoln Center Digital Concert Network series. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 7

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Athletic Trainers Are a Critical Piece of the Healthcare Puzzle

With spring right around the corner and outdoor sports starting up again, it is important to highlight the healthcare professionals on the fields and in the clinics who help keep athletes safe.

March is National Athletic Training Month and this year's focus is on the many ways in which athletic trainers are involved in healthcare.

Trainers are frequently thought of as fitness professionals who train athletes in strength and conditioning. However, the knowledge and responsibilities of an athletic trainer extend far beyond performance training. Trainers are an integral part of the sports medicine team and are usually on the front lines when it comes to injuries. They are trained in the prevention, assessment and treatment of sports-related injuries and must go through an accredited program to become certified.

The profession is currently undergoing changes. Where once a bachelor's degree was sufficient, now a master's is required, increasing the knowledge of trainers before going out into the field. They must also complete more than 1,000 hours of field experience, emergency cardiac care and first aid and sit for a national exam. Once certified, trainers must maintain

continuing education and emergency cardiac care every two years.

In the last 15 years, there has been an increase in the number of athletic trainers employed at secondary schools and colleges while also providing sports medicine coverage for non-scholastic sports of all levels. Their responsibility is to oversee the care of the athletes starting with their pre-participation exam, continuing through preseason training, assisting in the event of an injury and through their recovery.

Athletes generally have access to the trainer after school in order to be evaluated for an injury, go through rehabilitative exercises or to be taped for their practice or game. Once this preparation is finished, the trainer attends the practices and games in case there are injuries.

When an injury occurs, the trainer advises the athlete and coach on the appropriate next step. This takes tremendous pressure off of the coach, allowing him or her to focus on



By Justen Lopez

running the team rather than worrying about whether an athlete is able to continue.

That is particularly critical for concussions. Athletic trainers play a significant role in the management of concussions; they administer baseline concussion testing, sideline post-injury assessments, make

referrals to a physician and facilitate the return-to-play progression once the athlete is cleared. Having this type of resource on the sidelines is paramount to the safety of the players, which is why many sports leagues, such as the U.S. Soccer Development Academy, require that a trainer be present in order for a game to be played.

Beyond providing healthcare to athletes on the field, athletic trainers are also relied upon in physical therapy clinics and other outpatient settings alongside physical therapists and physicians. This relationship allows for a higher quality of patient care. Together, a physical therapist

and a trainer devise and implement rehabilitation programs to treat a vast array of injuries and conditions. Many physical therapy clinics use aides, which doesn't require any certification. However, the standard of care is often higher with trainers because of their education and the types of therapies they perform within their scope of practice.

Athletic trainers are also being used in the industrial and corporate setting. Many companies are now working with trainers and other professionals to improve their employees' health while also reducing the risk of injury. By having trainers assist employees to be more ergonomically efficient, injury rates and costs to the employee and company decrease.

This month, consider how an athletic trainer has helped you with an injury or could help you and your team this season.

Justen Lopez is a certified athletic trainer at ProClinix Sports Physical Therapy and Chiropractic. Lopez assists the physical therapists at ProClinix's Armonk and Pleasantville locations. HeP can be reached at 914-202-0700 or at justen.proclinix@gmail.com.

Happenings

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p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

"Women Composers Over the Centuries." In recognition of Women's History Month, Hoff-Barthelton Music School faculty will perform works by women composers. Works to be performed include Amy Beach's Piano Trio in A minor, Opus 150; Madeleine Dring's Trio for Flute, Oboe and Piano; Westchester composer Pamela Sklar's February for Alto Flute, Clarinet and Piano (2018); Martha Sullivan's Settings of poems by Emily Dickinson; Clara Schumann's 3 Romances for Violin and Piano, Opus 22; Germaine Tailleferre's Sonata for Clarinet Solo (1957); and works by Carole King, Bev Hahn, Abbey Lincoln and Jennina Mammino. Hoff-Barthelton Music School, 25 School Lane, Scarsdale. 7:30 p.m. \$20. Seniors (60 and up): \$15. Students: Free. Info: and tickets: 914-723-1169 or e-mail hb@hbms.org. Tickets will also be available at the door.

Lucy's Laugh Lounge: Sean Morton. Morton is back by popular demand. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$20. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt

when buying tickets online.

Bruce in the USA: The World's #1 Tribute to Bruce Springsteen & The E Street Band. This high-energy musical experience is a note-perfect and visually accurate recreation of a Bruce Springsteen & The E Street Band show. The band consists of seasoned world-class professional musicians. The show has hosted musicians from such acts and bands as Queen, Paul Rogers, Meatloaf, Blue Oyster Cult, Hall and Oates, Joe Cocker, The O'Jays, Aretha Franklin, David Cassidy, The Temptations and many more. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$28, \$33 and \$38. Info and tickets: Visit www.tarrytownmusichall.org.

"Oleanna." Continuing its commitment to present high-minded stage drama with a contemporary voice that captures the tenor of our times, newly-minted theater company GoJo Clan Productions presents this production from David Mamet. A seemingly innocent exchange between a college professor and student turns into a fiendishly accurate X-ray of the mechanisms of power, censorship and abuse. The professor's chances at tenure suddenly are jeopardized by the female student's allegations against him of sexual exploitation. Mamet's bare-knuckles

exploration of the ambiguity was inspired by the historic congressional hearings involving Supreme Court nominee Clarence Thomas and his accuser and employee Anita Hill. Appropriate for ages 13 and up. Westchester Collaborative Theater, 23 Water St., Ossining. 8 p.m. \$25. Seniors (65 and up) and students (18 and under): \$20. Also Mar. 9, 15 and 16 at 8 p.m. and Mar. 10 and 17 at 3 p.m. Info: Visit www.GoJoClanProductions.com. Tickets: Visit GoJoClanOleanna.BrownPaperTickets.com.

Saturday, Mar. 9

Pleasantville Farmers Market. The Pleasantville Farmers Market is the largest, year-round farmers market in Westchester, voted "Best of Westchester" five years in a row (2014-2018). A delicious good time each Saturday. Pleasantville Middle School cafeteria, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Saturdays through Mar. 30. The outdoor market returns Apr. 6. Info: Visit www.pleasantvillefarmersmarket.org.

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

class and challenge all participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East. Armonk. 10:30 a.m. Free. Every Saturday. Info: 914-273-3887.

Exercise Workshop. Learn how the benefits of exercise and nutrition help to prevent chronic pain and discomfort. Led by trainer Ramat Deleon-Nwaha. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11 to 11:30 a.m. Free. Info: 914-666-8041 or www.mountkisco library.org.

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

Cooking Indian With Rinku. Rinku Bhattacharya, cookbook author and founder of Spice Chronicles, has put together a collection of 100 authentic recipes that showcase the diversity of Indian cuisine. The Instant Pot electric pressure cooker is the new hot kitchen tool making flavorful, nutritious fare (like dals, legumes and all manner of curries) in minutes instead of hours. With step-

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by-step instructions and color photos throughout, Instant Indian makes Indian cooking easy and fool-proof. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 12:30 to 2:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

Yoga Teachers Association Workshop: LifeForce Yoga to Meet the Anxious Mood. With the significant increase in stress-related disorders in the Western world, yoga teachers must be more aware of the many expressions of anxiety that show up in their yoga studios and in their lives. This workshop will help the teacher understand anxiety from a yogic framework to better observe and respond to students who show up in anxious states. Discuss the stress response and how it relates to anxiety, address the myths in the yoga world related to what students with anxiety really need in their practice and learn how to modify classes to meet students' needs. Led by licensed psychologist Deborah Lubetkin, who has a private practice in New Jersey. Club Fit 584 N. State Rd., Briarcliff Manor. 1:30 to 4:30 p.m. YTA members: In advance--\$45. Walk-in--\$55. Non-members: In advance--\$65. Walk-in--\$75. Advance registration: Visit www.ytayoga.com. Info: Contact Lorraine Burton at 914-391-3389 or e-mail ytacommunications@gmail.com.

29th Annual Mt. Kisco St. Patrick's Day Parade. Bring your family to enjoy northern Westchester County's annual traditional parade featuring more than 60 organizations, including Irish step dancers, Irish bagpipe bands, military bands, military re-enactment groups, antique cars, antique police cars, fire trucks, marching bands, community groups, horses and much more. This year's grand marshals are Peter and Paul Hughes. Canned food will be collected at the American Legion to donate to a local food pantry in remembrance of the Great Hunger in Ireland. Main Street, Mount Kisco, 2 p.m.

Song Swap. The Children's Music Network New York Metro, a resource for teachers, performers, families, children's librarians and all others looking for ways to keep positive, life-affirming music alive in the lives of children, presents this program. It gathers periodically to share resources and inspiration with one another as well as to share music with a larger circle, including children and families. North Castle Public Library, 10 Clove Rd., North White Plains. 2 to 4:30 p.m. Free. Info: Visit www.northcastlelibrary.org.

Play for Ray Benefit Concert. A fundraiser for the American Cancer Society organized as a tribute to remember Ray Martin and Dave Schoenberg, members of Jim Beam and the Hangover, and Anthony Perrotti, the band's biggest fan, all of whom passed away from cancer.

There will be food, a cash bar and many talented musical friends, including the return of the Jim Beam and the Hangover, featuring Banjoan, as well as the first East Coast appearance of the Pub Diva. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 4 p.m. Suggested donation: \$20.

Together in Music. Conductor Barbara Yahr and The Chappaqua Orchestra partner with the Chappaqua EPIC group for an interactive and inclusive family concert spotlighting the special needs community playing with the orchestra. The concert will be a safe space for all children, including those with sensory sensitivities. Support will be provided and a chill-out room will be available. Followed by a post-concert "instrument petting zoo." Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 4 p.m. \$15. Lap kids are free. Discounts available for groups of 10 or more. Info and tickets: Visit www.chappaquaorchestra.org.

"Annie." The Clocktower Players, the award-winning community theater of the Rivertowns, presents the beloved classic musical. Starring in the title role is 11-year-old Brooke Lynn Murray. Cagle McDonald, Clocktowers' artistic and executive director, stars as Miss Hannigan with sidekicks Rooster and Lily St. Regis portrayed by Shane Bland and Lili Thomas. Also starring are Peter Green as Oliver Warbucks; Robin Aleman as Grace; Tony Melson as Bert Healy; Clocktower alum Molly Anne as Star-to-Be; and previous past board president Joseph Zeolla as FDR. Irvington Town Hall Theater, 85 Main St., Irvington. 7 p.m. Adults: \$35. Seniors and students: \$23. Also Mar. 10 and 17 at 2 p.m. and Mar. 16 at 1 and 7 p.m. Info and tickets: 914-591-6602 or visit www.irvingtontheater.com.

Lea DeLaria. Known for her frank, outspoken politics and big personality, DeLaria is not one to shy away from comedy that will bite hard and elicit gales of laughter. Her new show features hits from her latest album, "House of Davide: delaria+bowie=jazz," and shows off not just her comic genius but her spectacular vocal range. With a velvet-smooth voice contrasting with razor-sharp wit and sassy stage presence, this will be a spectacular performance. Purchase College's PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 8 p.m. \$30 to \$65. Info and tickets: 914-251-6200 or www.artscenter.org.

Sunday, Mar. 10

Trusty Sidekick Theater Company: "Shadow Play." Have you ever wondered what happens to your shadow while you sleep? It turns out that some shadows are more mischievous than others. Soon after moving to his new home, Flash discovers that his shadow has moving plans of his own. Follow the playful adventures of Flash and his quest to reunite with his

shadow in this multimedia performance for children two to five years old and the young at heart. Based in New York City, the Trusty Sidekick Theater Company creates bold, original productions for young people and their families. Rooted firmly in the belief that kids deserve theater that ignites their imaginations and makes them think about the world in a new way, the company creates work that is multidisciplinary and its ensemble of collaborators includes artist trained in physical theater, puppetry, music, dance, animation and video projection. Purchase College's PepsiCo Theatre, 735 Anderson Hill Rd., Purchase. 3 p.m. Adults: \$20 to \$40. Children (16 and under): \$11.25 to \$21.25. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Peter Pan and Friends on Ice. This unique full-length musical on ice is a family friendly show. Incredible professional skaters, sensational music and an enchanting storyline combine for a magical experience, fusing theater and the art of figure skating. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 3 p.m. \$30. Students: \$28. Children (under 13): \$24. Tickets are also available at the door starting 30 minutes before showtime. Info and tickets: 914-606-6262 or visit www.sunywcc.edu/smartarts.

The Listening Eye. A vibrant program originating at the intersection of art and music, featuring music by two Pulitzer Prize winners, Kevin Puts and Steven Stucky, and former Copland House Resident and Yale professor Kathryn Alexander. Puts' "Living Frescoes" (2012) was inspired by "Going Forth By Day," a massive installation of five digital loops created by the celebrated video artist Bill Viola. Viola's work is a surreal, beautiful evocation of the Egyptian Book of the Dead. Puts' equally-vivid music parallels Viola's voyage – the human emerges from the fluid of rebirth, following the apocalyptic destruction of the world and journeys through an intermediate, amorphous space between two worlds to arrive at the dawn of a new day – and a new place. Slides from Viola's installation will accompany the performance. Merestead, 455 Byram Lake Rd., Mount Kisco. 3 p.m. \$25, Friends of Copland House: \$20. Students (with ID): \$10. Info and tickets: 914-788-4659, e-mail office@coplandhouse.org or visit www.coplandhouse.org.

Salsa Social. Come and learn how to Salsa. A fun and exciting workout. Singles or couples; no partner necessary. Josie's School of Dance, 42 Memorial Plaza, Level B, Pleasantville. 5 to 9 p.m. Intro lesson at 4:30 p.m. \$10 admission. Dinner: \$6. Second Sunday of every month. Info: 914-332-8670.

A Genesis Extravaganza: An Unprecedented Musical Feast of 1970-

1977 Musical Rarities. In an all-out performance of live visual signature stunts, a museum-worthy array of vintage instruments and a dizzying pace of iconic tracks and stage rarities, The Musical Box indulges for the first time in its 25-year existence in an intense three-act voyage in the world of early Genesis. Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. \$35, \$45 and \$55. Info and tickets: Visit www.tarrytownmusichall.org.

"Apollo 11." Director Todd Douglas Miller ("Dinosaur 13") presents a cinematic event 50 years in the making. Crafted from a newly discovered trove of 65-mm footage and more than 11,000 hours of uncatalogued audio recordings, "Apollo 11" takes us straight to the heart of NASA's most celebrated mission – the one that first put men on the moon and forever made Neil Armstrong and Buzz Aldrin household names. Immersed in the perspectives of the astronauts, the team in Mission Control and the millions of spectators on the ground, experience those momentous days and hours in 1969 when humankind took a giant leap into the future. Followed by a Q&A with NASA astronaut Nicole Scott and author Frank White with filmmaker Guy Reid. Part of the Inquiry: Science on Film Series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$15. Non-members: \$20. Info and tickets: Visit www.burnsfilmcenter.org.

Monday, Mar. 11

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

Morning Bird Walk. Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 8:30 a.m. Free. Meets the second Monday of each month. Info: Visit www.sawmillriveraudubon.org.

Foreign Policy Discussion Group: The Death of Expertise, the Campaign Against Established Knowledge and Why it Matters. Guest speaker Tom Nichols (via Skype) is a senior associate of the Carnegie Council on Ethics and International Affairs and a Fellow of the International History Institute at Boston University. Facilitated by Tyler Beebe. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 10 a.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Understanding That Off-putting Aroma or Taste in Wine



By Nick Antonaccio

Remember the old quip about a customer in a restaurant? "Waiter, there's a fly in my soup."

"That's all right. We won't charge you for it."

The modern version of this seemingly trite joke could easily take place in the surroundings of a wine bar or high-end restaurant.

"Waiter, there's black gunk in my glass of wine."

"That's all right. It's our house special."

We've all experienced some form of adulteration in a glass of wine. While at times off-putting and unsavory, often these anomalies in the expected purity and clarity of such a revered product are harmless.

Wine is an agricultural product and, as such, is a living, breathing organism with a sometimes-volatile life cycle. After fermenting in vats, wine is transferred in bulk into bottles. During this process, vestiges of sediment, yeast, bacteria and other microbes may be transferred into the bottle, which may influence our sensory perception of the wine. At times, this may result in off-putting tastes, aromas or appearances – or a combination of all three.

Many winemakers make painstaking

efforts to eliminate these particles and natural compounds from the wine before bottling. Others endeavor to produce the most natural wines possible, just as they feel nature intended them. If there is any residue, it is a sign of the natural order, in which imperfection can be viewed as an indication of perfection, the perfect balance between a winemaker as alchemist and conduit of nature.

Here are several examples, in two categories that, on the surface, might be considered reasons for rejecting a glass of wine that is served to you. In most instances, they are not cause for concern.

No need to be concerned, it's just the natural order

1. Black gunk. What is more pleasurable than anticipating the last drop of particularly enjoyable red wine? What is more disconcerting than ingesting a mouthful of black, tart-tasting sediment instead? While disconcerting and a palate-killer, this sediment is generally harmless. Sediment is a natural byproduct in the production of wine. Many winemakers will filter out this sediment using elaborate mechanical technology before bottling. Others prefer to produce the most natural product possible, proudly labeling their wines as "unfined and unfiltered."

2. Barnyard smell. Phew, no fine wine

should emit aromas of a steamy pigsty. Yet I've experienced this phenomenon several times. The cause? Brettanomyces, or Brett, a yeast that may linger in a bottle of wine in spite of a winemaker's efforts to eliminate it.

While totally harmless and often fading after exposed to air, many consumers find it quite off-putting – unless you're a fan of the barnyard.

3. Partly cloudy or partly sunny? Particles of the byproducts of fermentation may remain in suspension when wine is bottled. This may result in a cloudy or hazy hue in a bottle of white wine. While naturally occurring and not harmful, it may be off-putting to certain wine drinkers. Many winemakers will filter out these elements before final bottling. It is rarely a reason to reject a wine being served.
4. Crystal treasure. If kept below 40 degrees for a prolonged period, what appear to be tiny precious stones or shards of glass may appear at the bottom of a bottle of white wine. Neither valuable nor harmful, these tartrate crystals are tasteless and do not detract from the taste of the wine.

Cause for concern

1. Cork taint. The chemicals used to clean corks may infiltrate a bottle of wine. If your wine smells like your dog just in from a rainstorm or a wet newspaper left in your driveway, be concerned. Your waiter will replace it.
2. Residual sulfur. To prevent wine from early oxidation, sulfur compounds are added by law. Too much will result in odors of rotten eggs or just-struck matches. If overpowering and long lasting, reject the glass or bottle.

Wine is an evolving product of nature. As such, it is imperfect and highly variable. Winemakers may attempt to control its evolution and influence the outcome. Nature doesn't always cooperate.

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

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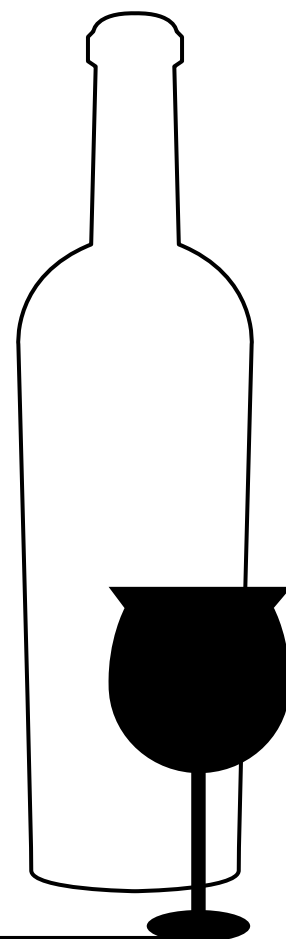
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