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June 11 - June 17, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 614

Residents Focus on Traffic, Environmental Issues for North 60 Review

By Martin Wilbur

The Mount Pleasant Planning Board's formal review of the \$1.2 billion North 60 project opened last Thursday evening with a public hearing on the scoping document drawing residents' comments on environmental issues, traffic and access to the site.

Representatives for Fareri Associates, the outfit that agreed to a 99-year lease in January to develop the mixed-use project on 60 acres of county-owned property near Westchester Medical Center, gave a brief presentation about the benefits and challenges of the project. Up to three million square feet of biotech and medical office and research space, retail space and a hotel will be built in multiple phases.

The first phase calls for a 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, which would include neighborhood-style shopping, including

restaurants, a coffeehouse and other attractions, said Erik Aulestia, a planner and partner for Torti Gallas and part of the team representing Fareri Associates.

Today's workers are looking for choices for lunch or to meet with work colleagues or friends outside of the office but in close proximity to the medical center, he said.

"You're no longer looking for the kind of suburban office park that's insulated where you have limited choices," Aulestia said. "Businesses are looking to attract, especially the younger generation, they are looking for mixed-use, walkable places where there are opportunities to go have lunch in a different place. There are things to do there, it's much more walkable. So that's what we're really trying to create here."

During the hour-long hearing, eight speakers offered comments, most of whom were supportive of the plan's goals but wanting to make certain that the town and their neighborhoods are protected



An artist's rendering of the proposed North 60 project in Valhalla.



MARTIN WILBUR PHOTO

environmentally and from the increase in traffic that is almost certain to occur.

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Fareri Associates representative Neil DeLuca addressed the Mount Pleasant Planning Board last Thursday evening during the public hearing on the North 60 scoping document.

Chappaqua Rally to End Gun Violence Draws Officials, Residents

By Lindsay Emery

The gazebo in downtown Chappaqua was a sea of orange-clad residents early last Friday evening demanding change that will put an end to the scourge of gun violence across the country.

Chappaqua resident Amy Boyle said she wants a future free from gun violence for her two young children.

"He's going into kindergarten in September and I would prefer not to have gun violence training for my children," Boyle said of her son. "Anything we can do to try and prevent it would be extremely helpful."

The Wear Orange rally, which was one of thousands of gatherings and vigils across the United States starting Friday and continuing throughout last weekend to coincide with The June 7 National Gun Violence Awareness Day, was led by New

Castle Town Supervisor Rob Greenstein, who introduced the speakers. Roughly 50 people attended the event.

Westchester County Executive George Latimer explained the importance of these events on a local level.

"We fight, we argue, we make the best possible case and we hope that as soon as possible that the policy will change at the national level so that these things can be controlled," Latimer said.

Assemblyman David Buchwald highlighted the gun legislation that has been approved this year at the state level while Greenstein said activism at the grassroots level is critical.

"As elected officials, it's our job to protect public safety," Greenstein said. "There's no greater job."

Naomi Marrow, a volunteer for Moms Demand Action for Gun Sense in

America, praised lawmakers for the eight pieces of gun legislation that have been passed in Albany.

"We've seen that gun violence is an equal opportunity scourge," Marrow said after the event.

Twin 16-year-old siblings, Sasha Litwin and Brandon Litwin of Chappaqua lost their friend, Alex Schacter, in the February 2018 Marjory Stoneman Douglas High School shooting in Parkland, Fla. They lived in Parkland before moving to Chappaqua in 2015.

Change will happen if people continue to demand it, they said.

"Striving for gun law reform is nowhere near an easy fix," Sasha Litwin said. "With all the contrasting opinions regarding... gun usage in America, we find our purpose - think of those whose lives were affected and amplify our voice."

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Siblings Sasha Litwin and Brandon Litwin of Chappaqua, who were friends with one of the victims of the Parkland, Fla. shooting, addressed local residents at last Friday evening's Wear Orange rally at the gazebo in downtown Chappaqua to prevent gun violence.

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Residents Focus on Traffic, Environmental Issues for North 60 Review

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Richard Wisniewski, one of a few nearby Philip Place residents to speak during the hearing, said access to the site, transportation and the traffic impact on the community are critical issues that aren't fully addressed in the document. Another Philip Place resident, Debbie Valentino, said the applicant needs to make sure that their neighborhood doesn't become an unbearable place to live.

"We're struggling with the 90 cars that go through our streets right now," Valentino said.

Residents had previously communicated to the applicant since the release of the draft scoping document

that a popular cut-through for motorists is from Route 9A.

Marie Donnery said her home looks out into the woods where the project would be sited. She said she's concerned that her quality of life will suffer, particularly during construction.

"Our windows face the woods at this time," Donnery said. "When they site it during construction, my fear is that we're going to be able to see everything that is going on."

The town's Conservation Advisory Council Chairman, Steven Kavee, said while there are many good aspects to the plan, the draft scoping document failed to sufficiently address a series of issues, including identifying the types

of biomedical and pharmaceutical waste that could be produced.

Low-impact stormwater management strategies and an option that abstains from pesticide use should also be included in the revised document, Kavee said.

He also reminded the Planning Board that the town is in the midst of updating its Comprehensive Plan, with officials focusing on revitalizing its three hamlets.

"The idea of creating a village within a village is a great idea," Kavee said. "It's part of the future view of planning. There is a concern how this would affect the development of the hamlets."

Two representatives of local trade unions also spoke at last week's hearing. With many union members living in Mount Pleasant and an estimated 4,000 construction jobs that will be created by the project, employing nearby residents would boost the local economy, they said.

Thomas Capurso, a business representative for Local Union No. 3, which is the electricians' union, and Richard McSpedon, a delegate to the Westchester-Putnam Central Labor Body, said many of their local members are also volunteer firefighters.

"This is a tremendous burden on the volunteer fire department and the surrounding departments are affected," McSpedon said. "There's a lot to this and I don't think the document went deep

enough into it."

Planning Board Chairman Michael McLaughlin told residents that all planning-related issues would be addressed in the updated scoping document. He also recommended that residents appoint a leader or a few leaders who will be responsible for relaying updated information to the community.

"We are here to make sure that what goes on, to the extent that it involves planning, gets a full public airing," McLaughlin said. "We are here because you are here, not the other way around. We want you to know what is going on. We want to hear from you about things we don't know (about that are) going on."

Neil DeLuca, president of The DeLuca Group and a representative of Fareri Associates, said he expects the scoping document to be developed into a Draft Environmental Impact Statement (DEIS).

There will also be hearings on the DEIS and Final Environmental Environmental Impact Statement (FEIS), McLaughlin said.

Residents have until July 6 to e-mail written comments to csaracino@mtpleasantny.com or mail to Mount Pleasant Town Hall, 1 Town Hall Plaza, Valhalla, N.Y. 10595, ATTN: PLANNING, or hand-deliver a letter to the Planning Department.

Jewelry Treasure Hunt Scheduled in Mt. Kisco for June 22

A real-life treasure hunt is taking place at the Mount Kisco Public Library on Saturday, June 22 from 2:30 to 3:30 p.m. Local experts will be on hand to present "Make Money - Your Jewelry as Treasure."

Jewelry boxes' contents are often among many families least known, most valuable assets with items of unknown value accumulating over the years

as inheritances or gifts. The talk will include information about precious and semi-precious gems to the maker marks used by famed manufacturers. A limited session will be held after the talk where attendees can have their items given a quick examination by the speakers.

For more information, contact Martha Iwan at 914-666-8041 or e-mail miwan@wlsmail.org.



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Q: What is Peripheral Artery Disease (PAD) and why does it occur?

A: PAD is when plaque deposits of fat, cholesterol, and other substances build up in the walls of your arteries. Over time, these deposits can cause atherosclerosis, a narrowing or complete blockage of the arteries. Think about a clogged shower drain. When there's no place for the water to go, it drains slowly over time. If you continue to ignore the clog, you can expect more serious plumbing issues. The same is true with your arteries.

Q: How do I know if I have PAD?

A: PAD symptoms often begin with leg pain and worsen over time. You're in pain because there's not enough blood flow or oxygen in your limbs to keep up with the demands of the exercise. Symptoms may mirror less serious complications. See your doctor if you have a non-healing ulcer, an ingrown toenail, thickened toenails, hair loss on your feet, cold feet, or no pulse in your feet.

Q: Is it serious?

A: Though progression isn't rapid, severe PAD can cause tissue loss and gangrene, and can even be deadly. Regular screening for PAD is critical because the condition can be a marker for coronary artery disease and cerebrovascular disease, which could ultimately

lead to a heart attack or stroke. As the population ages, PAD is more prevalent, advising an annual screening for PAD for everyone over the age of 70.

Q: How can I reduce my risk? Or, if I'm diagnosed – How can I manage symptoms?

A: Get the help you need to stop smoking. This is a risk factor you can control. By damaging your blood vessels, the chemicals in cigarettes increase your risk for PAD by four times, according to the National Institutes of Health. Also, exercise as regularly as possible, and stick to a diet rich in fruits, vegetables and legumes, and limit meat.

Q: Behavior modification isn't working for me. What are my options?

A: If you've been diagnosed with PAD and your symptoms can't be managed through behavior modification alone, you have options. At Northern Westchester Hospital, we use balloon angioplasty, stent placement and atherectomy procedures to treat PAD symptoms. These techniques help keep the blood flowing in the arteries of the lower limbs and are often done without hospital stays. You'll resume daily activities within a day or less. For severely blocked arteries, bypass surgery lets us bypass severely blocked blood vessels. This often requires a three-to-five-day hospital stay and rehabilitation.

Latimer Announces Plan to Monitor Airport Noise Across County

By Lindsay Emery

Westchester County Executive George Latimer announced last Wednesday that an independent analysis will be conducted by Harris, Miller, Miller & Hanson (HMMH) regarding aircraft noise and flight patterns.

Latimer was joined by County Legislator Michael B. Kaplowitz (D-Somers), county Director of Operations Joan McDonald and Kuduk as they unveiled a portable noise device that was installed at Chappaqua resident Jeff Kuduk's house.

Ironically, several flights passed overhead while Latimer's press conference was underway. Kuduk explained that he started to notice the flights one night when the windows were open. After searching on the Facebook page Chappaqua Moms, he found there were other residents who felt the same way about the noise from the planes.

In August 2017, a Facebook group called A Peaceful Sky was created to address this issue. The group is now almost 500 strong.

"My office has been deluged with noise complaints from very reasonable people who are simply trying to spend the day in commerce or in their home going about their daily business," said Kaplowitz, who noted that over the last couple of years this issue has become increasingly intolerable for many in New Castle and surrounding communities.

McDonald said that the portable noise monitoring device has been installed at

Kuduk's house for nine months. The data that are collected will be analyzed and compared with the historical data from the permanent noise monitoring system in the county, she said.

Kaplowitz explained how the portable noise monitor is testing the approach path for runway 16, which goes directly over New Castle and Pleasantville. This runway has increased in usage over the last couple of years and is used particularly in warmer weather because of the way the planes land into the prevailing winds, he said.

HMMH will collect data, prepare a base map and process the information while suggesting the changes that may be necessary, Latimer said.

Previously, the county was unable to respond to individual homeowners or clusters of communities to get a true analysis of the noise because of the antiquated permanent noise monitoring system, which is 20 years old, McDonald said. The consultant is going to take a look at systems around the country so that Westchester can get the most accurate data possible, she said.

Latimer explained that there has also been a change in flight patterns within the last few years. Therefore, the fixed locations of the permanent noise monitors were no longer tracking the new patterns.

"We're looking forward to looking at the historical data and working with our consultant, analyzing what information



LINDSAY EMERY PHOTO

County Executive George Latimer with, from left to right, Joan McDonald, director of operations for Westchester, County Legislator Michael Kaplowitz and Chappaqua resident Jeff Kuduk last week announcing the placement of an airport noise monitor at Kuduk's Chappaqua home.

we get from these portable monitors," McDonald said.

Latimer said the monitors are being paid for by funds generated at the airport through a variety of fees and operational revenues.

McDonald said the portable monitors should stay in place between six and 12 months so up to a year's worth of data can be analyzed. She said that the data will be used during the county's conversations with

the Federal Aviation Administration (FAA) about solutions to the noise complaints.

Even though the portable monitors are at residences, McDonald said small businesses or other organizations can request one.

The upcoming meeting with the FAA is scheduled to be in Chappaqua because it has seen the greatest concentration of flight path noise complaints in New Castle.

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Pleasantville Kiddie Pool Remains Closed From Mysterious Leak

By Martin Wilbur

Pleasantville village officials are expected to learn this week the extent of the damage to the kiddie pool at the municipality's swimming complex on Lake Street and whether it can be opened anytime soon.

The village announced that the pool would not open days before the Memorial Day weekend was set to begin, the traditional start of the summer swim season.

Village Administrator Eric Morrissey said that there was an unexpected leak that was discovered after the kiddie pool was filled with water in anticipation of opening weekend. Instead, the leak forced it to be closed, he said.

"Cracks started to form around the decking of the kiddie pool and water was coming up through these cracks," Morrissey said.

It was hoped that the problem would

be quickly resolved. However, the small pool was closed for the third consecutive weekend last Saturday and Sunday. An agreement with the Town of Mount Pleasant was reached allowing valid Village Pool pass holders access to the town pool in Valhalla so families with small children who have been inconvenienced would have a place to go, Morrissey said.

On Monday, a company that fixes swimming pool infrastructure inspected the problem and was to update village officials on the matter. It was not known on Monday afternoon what had caused the leak, how easily it could be rectified or how much money it may cost, Morrissey said.

"The problem is it's hard to diagnose what the issue is without actually opening up the concrete around the deck and once you do that you're talking about big bucks and you're talking about a markedly prolonged



MARTIN WILBUR PHOTO

Families with small children have yet to use the kiddie pool at the Pleasantville Village Pool complex on Lake Street following discovery of a leak shortly before Memorial Day.

project," he said.

Meanwhile, the difficulties experienced with the kiddie pool has not affected operation of the main pool at the complex.

The issue was expected to be addressed Monday night during the Village Board's work session.

Chappaqua Rally to End Gun Violence Draws Officials, Residents

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Erin Fuller Brian, a survivor of the Las Vegas shooting and a Pleasantville resident, has partnered with Kelly Marx of White Plains and a student at George Washington University to start a local youth group called Team ENOUGH New York.

"We truly believe that this is the generation that's going to make a difference," Brian said.

Marx started the March for Our Lives chapter at her college and stressed that events such as last Friday's rally must keep the spotlight on the issue of preventing gun violence.

Sheryl Manasse of Temple Beth El of Northern Westchester also emphasized how access to guns is too easy and that people need to think about their community when a shooting happens.

"Every time it's somebody else's school,

it's somebody else's community, it's somebody else's town, it's somebody else's house of worship, until one day you wake up and it's not," Manasse said.

Senior Minister Rev. Dr. Martha Jacobs at the First Congregational Church of Chappaqua, who led the gathering in a rendition of "Amazing Grace," closed the event. She spoke about how people have the obligation to stand up for what they believe is right.

"Thoughts and prayers – and you're hearing this from a minister – are not enough," Jacobs said.

National Gun Violence Awareness Day is the first Friday of June each year. It was launched following the death of 15-year-old Hadiya Pendleton, who was shot and killed in 2013 in Chicago. Her friends wore orange in her honor, which has become the color of the fight against gun violence.

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FOR WESTCHESTER COUNTY COURT JUDGE



Robert Prisco

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- Chief of Local Criminal Courts and Grand Jury Division
- Chief of Major Case Bureau
- Deputy Chief of Homicide Bureau
- Tried to verdict: murder, attempted murder, kidnapping, robbery, burglary, assault and weapons possession cases.
- Violent Felony Coordinator
- Mental Health Court Coordinator
- Member of Criminal Justice Advisory Board
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EDUCATION:

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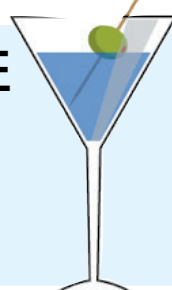
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Mt. Kisco Arts Council Concert Series Returns in Style This Week

By Martin Wilbur

There's nothing that's more indicative of summer's arrival than late sunsets, warm weather, barbecues and the sweet sounds of music performed outdoors.

For the second consecutive summer, the Mount Kisco Arts Council is supplying the music with an eclectic lineup of eight concerts featuring local and regional artists.

The first concert of the 2019 season featuring A Nordic Sound Jazz Orchestra, an 18-member ensemble, kicks off this Wednesday at 6:30 p.m. in Fountain Park, the space between the Mount Kisco Public Library and Village Hall. It will continue

every other Wednesday through Sept. 18.

"It was great just to have people walking by with strollers or on their way back from work or wherever and hear music wafting out into the streets and stop by and sit down," Daniel Blake, the music director for the Arts Council who curates the series said of the initial run of concerts last summer.

Blake said 2019 promises to be even better. He said the focus was to bring to the public Westchester-based artists representing a wide variety of genres. He also aimed to feature a strong mix between male and female artists. Strong preference was given to musicians who perform original music, although there is the Sun Kings, a popular Beatles tribute band scheduled for Aug. 7.

Organizers will set up about 50 folding chairs in the courtyard, but many residents who stop by bring their own or a blanket to lie in the grass and have a picnic.

"What the music does, it creates that vibe of joy and celebration, especially for an outdoor concert and just kind of encourages people to be there instead of just doing their shopping or whatever they're going to do and going off on their way," Blake said. "Maybe they stay and hang out in another shop or maybe they just sit down and enjoy the environment that we're creating with the music."

Deputy Mayor Jean Farber, who co-founded the Mount Kisco Arts Council

and currently serves as its treasurer, said one goal is to bring people to downtown Mount Kisco and entice them to have dinner before or after the concert or just to bring a picnic basket and have them return throughout the summer.

"We trying to provide something that's really artistic and interesting," Farber said. "Some of our concerts are more interesting than the others but people just wandered in (last year) and said 'I can't believe this is happening,' and they kept coming back. It's very exciting to see people that had no idea this was going on and as they're walking the dog, they see how casual and meaningful this is."

The opening concert is followed on June 26 by the Asaran Earth Trio, which performs stories and songs from around the world; the Carmel-based punk band Guilty Giraffe on July 10; Silver Steel, a steel drum group, on July 24; the Sun Kings two weeks later; Blake will be performing with Leo Genovese on Aug. 21; Rose and the Nightingale, chamber music with a cello and violin, is scheduled for Sept. 4; and the Sept. 18 season finale features Frank Enea and the Crooked Hearts.

The opening of a pop-up art gallery at the old Segal Bros. location in the promenade off of South Moger Avenue will coincide with this week's concert, Blake said.

He said that there is no alternate venue in case of rain. She there be inclement



An eclectic mix of music will be featured in a series of eight concerts this summer, starting this Wednesday night, at Fountain Park outside the Mount Kisco Public Library and Village Hall.

weather for any of the concerts, there are two rain dates – Sept. 25 and Oct. 2 – at the end of the season.

Each concert is expected to last 60 to 90 minutes.

If there is a question about the weather, residents are asked to visit the Mount Kisco Arts Council's Facebook page or Instagram account.

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Panel Discusses the Benefits of New York Legalizing Marijuana

By Lindsay Emery

A panel supporting the legalization of marijuana in New York last week discussed the benefits of passing the legislation, covering topics from equity in the cannabis industry to how law enforcement would be able to determine impairment.

The June 4 discussion at Pace Law School in White Plains was moderated by Nada Khader, WESPAC foundation director, who introduced the five panelists. It was emphasized how decriminalization of marijuana, which has been in effect since 1977 – except for possession in public view, which is a misdemeanor – has been inadequate, said attorney and advocate Cristina Buccola.

Panelist Steven Rabinowitz, vice president of Families for Sustainable Drug Policy and an addiction services management consultant, described how there are already people who are using marijuana.

“Let’s create a legal environment for them to do it, a safe environment for them to do that and respect their adult choices, and at the same time, work with our young people to keep them away from risky behaviors that may lead to later substance use disorders,” Rabinowitz said.

Two other panelists – Briarcliff Manor resident Lisa Tane and Tanya Osborne, New York City market leader for Women Grow, an organization that stresses female



LINDSAY EMERY PHOTO

Pictured, left to right, is the panel at last Tuesday’s discussion which supported the legalization of marijuana in New York State: attorney Cristina Buccola; Tanya Osborne, New York City market leader for Women Grow; WESPAC Director Nada Khader; Briarcliff Manor resident Lisa Tane; Steven Rabinowitz, vice president of Families for Sustainable Drug Policy; and Village of Chatham Police Chief Peter Volkmann.

leadership in the cannabis industry – echoed Buccola’s statement, saying that decriminalization discriminates against the poor and minority communities.

As a woman who works in the cannabis industry and the mother of an 11-year old boy, Osborne said it was important that parents have the chance to talk to their children about marijuana.

“It’s so great to see that the parents are having active, engaging conversations about cannabis with their children,” Osborne said. “Whether it be that they’re our patients or whether it be that they’re just kids and you just want to educate your children.”

Osborne also explained that through Women Grow she advocates for equality

in the cannabis industry. Out of the 10 registered organizations that grow marijuana, none are minority owned, just one is woman-owned and only one is New York based, she said.

“Like Tanya, I’m extremely concerned with creating an equitable cannabis industry that is not only reflective of the communities that have suffered the most harms, if they choose to participate in that industry, but making sure that women, LGBTQIA and other marginalized groups are able to participate in a meaningful way while not also causing a complete extinction of our medical programs,” Buccola said.

Rabinowitz explained how the categorization of marijuana as a Schedule I drug –

drugs with no current accepted medical use and having a high potential for abuse – has negatively affected the extent to which it can be studied.

“The data clearly shows that increased access to cannabis correlates directly with the decline in overdose deaths,” said Rabinowitz, citing a sometimes controversial topic.

Peter Volkmann, chief of police in the Village of Chatham, Columbia County, said legalization with proper regulation is an unpopular view among law enforcement in New York State. The Westchester Chiefs

continued on page 12

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SMALL NEWS IS BIG NEWS

Mt. Kisco Board Looks Favorably on Revised Energize NY Program

By Sean Browne

The Mount Kisco Village Board is considering whether to repeal and replace a portion of the village code to allow property owners to more easily obtain financing to install clean renewable energy.

Under the new Open C-PACE program, Energize NY, a nonprofit that provides an alternative to traditional loans to fund clean energy projects, can work directly with commercial and nonprofit building owners to provide loans for the energy

upgrades.

However, it requires municipalities to pass a local law and sign an intermunicipal agreement with the Energy Improvement Corporation (EIC). Last Tuesday, the Village Board held a public hearing to discuss the proposal and invite comments to update Chapter 61 in the village code, which covers energy conservation.

Mayor Gina Picinich said Energize NY has continually refined and improved its program.

“This is legislation that comes out of

the state, they provide us with what the local law and legislation is, they provide us with what the contract is and then we update that in our village code,” Picinich said. “There are so many changes this time around that we are going to repeal the existing code and replace it with a new code.”

If the board approves the change, it will pave the way for Mount Kisco property owners to receive direct financing if they decide to install clean energy systems. The EIC now bills the property owner

and directs them to remit the funds to the capital provider, removing any collection obligation from the municipality.

Previously, property owners would borrow money from the EIC, which was repaid through the local property tax bill, said Village Manager Edward Brancati.

What the state legislature has done is remove municipalities from the process.

“I want to say that this is much more protective of the village,” said Trustee Jean Farber. “We are now in a position of much greater strength.”

Charging It Up

The Town of Mount Pleasant recently installed two electric vehicle charging stations in the Town Hall parking lot. These stations are available for public use in addition to charging the town’s two EV fleet cars. There are two ChargePoint charging stations with three plugs available. To activate the station and start a charge, tap your phone (must have the ChargePoint app and be signed in); tap your ChargePoint card; tap your credit card with chip; or call ChargePoint directly (phone number on charger).



MARTIN WILBUR PHOTO

Trustee Karen Schleimer pointed out that the new process is superior.

“I have absolute confidence that this is a step forward in terms of what was approved previously, which put a tremendous burden and obligation on the village to collect and actually come up with the money if there was a default,” Schleimer said. “That is not present in this agreement and that is wonderful.”

Picinich said the latest proposal is an “all or nothing” arrangement with no negotiation allowed, forcing municipalities to either accept or reject.

The board decided to keep the public hearing open for written comments in case residents want to offer their opinion or make suggestions about the plan.

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THERE’S A WORD FOR IT
A vocabulary-building quiz By Edward Goralski

No More. Last month the Scripps National Spelling Bee crowned eight contestants co-champions, because, after the contestants correctly spelled 47 straight words, the Bee was running out of challenging words. The words for the quiz this week are taken from the list of study words and those used in the competition. The words may be challenging, but at least you do not need to spell them correctly.

1. recompense (v.) A) to make amends	B) return in kind	C) regain energy
2. attenuated (adj.) A) responsive	B) arousing interest	C) weakened
3. exordium (n.) A) a mass departure	B) the beginning part	C) motivation
4. auslaut (n) A) final sound in a word	B) a fierce attack	C) extreme economy
5. eviscerated (v.) A) to force out	B) disembowel	C) call forth
6. jefe (n.) A) a cab driver	B) a taunt	C) a leader
7. palama (n.) A) a thin mattress	B) page numbers	C) foot-webbing
8. horripilation (n.) A) a time keeping device intense dismay	B) goose bumps	C)

ANSWERS:

1. A. To make amends to (someone) for loss or harm suffered; compensate
2. C. Having been reduced in force, effect, or value; something
3. B. The beginning or introductory part, especially of a discourse or treatise
4. A. Final sound in a word or syllable
5. B. To disembowel (a person or animal); also to deprive something of its essential content
6. C. A boss or leader; a person in charge of something
7. C. The webbing on the feet of aquatic birds; foot-webbing
8. B. A bristling of the hair on the skin from cold, fear, etc.; goose bumps

Greeley Junior Brings Hackathon to Local Tech Savvy Students

By Martin Wilbur

Three years ago, when Rohan Acharya was interested in attending his first hackathon, he couldn't find one in Westchester and was forced to travel to Boston to participate.

So, this year, the Horace Greeley High School junior started his own event, hosting ChappHacks at Robert E. Bell Middle School on Sunday. He intends to make this local hackathon – where teams of people, or in this case students, collaborate to solve real-world problems using technology – an annual event.

Acharya and a group of fellow tech-loving Horace Greeley students wanted to provide a similar opportunity that he experienced in 2016 to area students in middle school and high school.

"So I thought I had to be the one to start up this whole tech scene, especially because going to that hackathon is the thing that really got me into computer science," Acharya said. "I felt that people didn't have enough exposure, and as a result, our high school wasn't producing enough computer scientists, so I thought I would take the step to change things."

He spread the word through social media and contacted nearly every middle school and high school technology department in the lower Hudson Valley. The inaugural day-long event attracted



MARTIN WILBUR PHOTO

Gina Charalambides, director of the User Experience Center of Excellence at Pfizer, speaks to students participating in Sunday's inaugural ChappHacks at Robert E. Bell Middle School in Chappaqua.

104 participants in grades 7-12 from 37 schools in Westchester, Rockland, Putnam, Dutchess, Orange and Fairfield counties as well as some students from New York City.

After introductions, the students were split into 13 eight-member teams, with most meeting each other for the first time. Members from the Pfizer Corporation's User Experience Center of Excellence, which has been helping schools run hackathons over the past several years, presented topics related to teen health and wellness.

Each team chose one challenge, such

as helping teens make a nutritious and energy-rich breakfast a priority, how to make sure teens incorporate physical activity into their lives or how high school students can get eight hours of sleep on school nights.

While many hackathons are geared more toward computer programming, since this was the first for more than 90 percent of the participants, Acharya said he decided that ChappHacks would be a design hackathon. That means the students used Legos to design and build a prototype that can result in a solution to the problem they selected, said Acharya's mother, Bharati who assisted her son throughout the day.

"This is a great start," she said. "But hackathons, people think of these loner, coder types sitting in a dark corner typing away. But hackathons are really local events where people come together."

"ChappHacks is more than just computer science," added Acharya, "it's also art and design and all that other stuff."

In the end, it's also about attracting today's students to careers in the exploding number of opportunities in the computer science field, said Gina Charalambides, director of the User Experience Center of Excellence at Pfizer.

"The reason we brought design into this is they're going to start learning about

design thinking when they begin thinking about jobs that they want," Charalambides said. "You don't necessarily have to go write the code and create the system. You can do very simple prototyping and storytelling to come up with ideas."

The idea of using hackathons is not a new concept in the technology industry, she said, but other businesses and schools it's been a relatively recent addition. Now even government agencies are incorporating the concept.

For a couple of the students who attended ChappHacks, curiosity and a love of technology motivated them to get up early on a Sunday morning. Martin Kalathil of Chappaqua said he has an interest in coding and

"I like coding and I just wanted to use that for real-world problems," he said.

"I just thought it would be interesting to try something new," said Zoe Ipler of Briarcliff Manor.

Acharya said he plans to hold ChappHacks each year and perhaps introduce programming in the future.

"I think a lot of students are unaware of how fun computer science can be," Acharya said. "I started ChappHacks because I think it's a fun way to teach computer science."

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Police Blotter

County Police/Mount Kisco

June 3: Police responded to Woodcrest Lane when a resident reported that she was hearing a hissing sound in her home and feared there was a gas leak at 6:38 a.m. The Mount Kisco Fire Department responded and determined there was no gas leak.

June 3: At 8:37 a.m., an 80-year-old Parkview Place man needed assistance after he fell ill. The man was transported to Northern Westchester Hospital.

June 3: Police responded to East Main Street near the Mount Kisco Coach Diner at 5:31 p.m. on a report that youths on bicycles were disrupting traffic. The youths were gone upon an officer's arrival.

June 4: An officer on patrol on Carpenter Avenue observed a man walking in the street at 6:54 p.m. yelling obscenities and obstructing traffic. The man, who had no identification, was taken into custody. He was identified at the Green Street precinct as a 39-year-old Mount Kisco resident. He was issued a summons for disorderly conduct and released pending a future court appearance.

June 4: An East Main Street business owner reported to police at 11:54 p.m. that she had been harassed by a customer and had directed the customer to stay out of the store in the future. She asked for officers to document the matter in the event the person returns and she chooses to press charges.

June 5: Police responded to Highland Avenue at 6:02 p.m. on a report that a 55-year-old woman was feeling dizzy and needed assistance. She was taken by Westchester EMS to Northern Westchester Hospital.

June 6: A Spring Street resident reported at 5:45 p.m. that her car was damaged by a hit-and-run driver while it was parked in front of her home.

June 7: A 28-year-old woman reported to police at 10:46 a.m. that she had been scammed out of \$3,000 by a caller who told her he was from the Social Security Administration. The woman followed the man's instructions to purchase gift cards and provide her with the related card numbers. She contacted police after she realized she had been the victim of fraud.

Street. The animal control officers responded and reported that the turtle has been moved off the road.

June 1: A Mead Road caller reported at 8:21 a.m. that there was possible illegal dumping going on. The responding officer reported that there was debris in the wooded area across from 44 Mead Rd. The officer reported that there is a large amount of debris that appears to be from a house, including windows, granite, siding, tile and wood. Photos were secured.

June 1: Report of an assault on Old Orchard Street at 3:32 p.m. Jennie Clarkson staff reported an active fight between several residents. The responding officers confirmed that a physical altercation occurred involving three parties.

Summer Children's Book Festival at Westchester Mall on June 15

The Chappaqua Children's Book Festival will launch the first-ever Summer Book Festival, this Saturday, June 15 at the Westchester Mall from 12 to 4 p.m. The Chappaqua Children's Book Festival continues its efforts to bring thought-provoking children's books and authors to children throughout Westchester.

Sixteen favorite children's authors will be on hand. The festival will include story times, costumed characters and crafts. Admission is free. Books will be available for purchase and signature.

Partial proceeds from the Summer Book Festival will go to the Summer Reading Buddies program.

North Castle Police Department

May 31: Report of a dispute at a Washington Avenue residence at 10:03 a.m. The caller reported a verbal dispute with another party. She stated that she and her boyfriend felt threatened by the other party, who is also a tenant at the location, and requested a police response. The responding officers gathered the information; a report will follow.

May 31: An anonymous party walked into headquarters at 12:17 p.m. to report a large turtle in the roadway on School

Pleasantville Police Department

June 1: A party was transported from Memorial Plaza to the hospital at 10:09 p.m.

June 4: A 41-year-old woman was charged with driving without a license following a stop on Bedford Road at 2:07 p.m.

June 5: Report of a larceny on Grove Street at 2:26 p.m. Police did not release any additional information because the investigation is ongoing.

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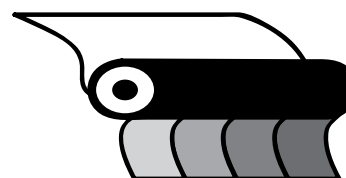
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Historical Group, Reenactors to Pay Tribute to Miller House Widow

By Martin Wilbur

With restoration of the Elijah Miller House/Washington's Headquarters in North White Plains on track for completion this fall, there's great anticipation to see what the 281-year-old refurbished structure will look like once it opens to the public.

But anyone interested in learning more about the house and the colonial era family who lived there won't have to wait that long.

Daughters of Liberty's Legacy, a nonprofit organization dedicated to preserving and promoting history and patriotism, will host a memorial ceremony this Sunday at 1 p.m. at Miller Hill Park, a short distance from the house. The event will commemorate the 200th anniversary of the death of Ann Miller, Elijah's wife.

Ann Miller continued to live in the Virginia Road house until her death on June 13, 1819, nearly 43 years after her husband and two sons were killed in the early stages of the Revolutionary War, said Cynthia Kauffman, co-founder of Daughters of Liberty's Legacy.

"There are always people who say why are you fixing an old house, and this way they'll be interested in the history behind it," Kauffman said.

The program will feature Kauffman, who typically dresses as Ann Miller for various local programs that the organization



Cynthia Kauffman, co-founder of Daughters of Liberty's Legacy, has helped organize a ceremony for this Sunday in North White Plains to commemorate the life and death of Ann Miller. Miller and her husband Elijah Miller lived in the Virginia Road house that served as George Washington's headquarters during the Battle of White Plains.

holds, playing the role of her daughter Sarah Miller. There will also be colonial reenactors since Miller Hill Park, located on McDougall Drive, was part of the Millers' farm and was the battlefield where the final shots of the Battle of White Plains were fired, she said.

Master storyteller Jonathan Kruk will also be on hand, dressing up as Sarah Miller's son, Abraham Miller. Kruk will tell the story of the family and of Ann Miller, giving visitors a different perspective on

her life, Kauffman said.

"We thought it would be nice to have some visual reminders to help understand where they are," she said.

When the Miller House refurbishment is completed later this year, it will mark the first time in more than 25 years that the public will have access to the grounds, Kauffman said. She mentioned that her children, who are now adults, have never been inside Miller House, marking it at least since the early 1990s when the house

was closed off because of its deteriorating condition.

Kauffman said the location of the house in relation to the topography of the area is why George Washington and other generals identified the structure as a headquarters during various stages of the war. Being able to bring visitors onto the property again and retrace some of the footsteps of Washington and others will be a boon for the local area, schools, students and history lovers.

"That was one of the reasons why we fought so hard for them not to move the house because if you move the house, the story changes," Kauffman said.

About 10 years ago, the county, which has owned the landmark property since 1917, was prepared to move Miller House to Kensico Dam Plaza so it would be easier for visitors to access. A few years later, there had been a proposal to relocate it to Fountain Park.

Kauffman said there is a chance that the restoration can be finished in time for the 243rd anniversary of the Battle of White Plains on Oct. 28. Daughters of Liberty's Legacy is also posting videos of the restoration on its Facebook page.

Sunday's ceremony is free and open to the general public. For more information, e-mail Kauffman at cynthia@DOLL1776.com.



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Ability Beyond Raises \$550G at Gala to Help People With Disabilities

More than 450 Ability Beyond supporters journeyed to the "Enchanted Forest" to raise \$550,000 for critical programs and services for 3,000 individuals with disabilities.

The black-tie event held at the Amber Room Colonnade in Danbury on Apr. 27 is the largest annual fundraiser hosted by Ability Beyond.

All proceeds from the gala will be used by the nonprofit organization, with headquarters in Chappaqua and Bethel, Conn., to continue providing job training and placement, supported living and recreational and educational opportunities to clients throughout Connecticut and New York's lower Hudson Valley.

Celebrity comedian Christine O'Leary entertained guests as the emcee for Lend A Hand, which allowed attendees to donate directly to Ability Beyond's mission, by raising their paddle during the live auction.

Guests also enjoyed dinner, raffles, a silent auction, awards, dancing and musical entertainment provided by The Eternity Band.

John Loehr accepted the Robert S. Young Humanitarian Award on behalf of the Ridgefield Sunrise Cottage leadership team and directors. This prestigious recognition honors the positive contributions the recipients have made to improve the quality of life of individuals living with development disabilities in the community.

Co-chairs of this year's event were Joe and Sandy Clouse of Ridgefield, Conn. Meghann Smith of New Canaan served as the Gala Committee Chair.

"The gala was an outstanding success thanks to the generosity of supporters and sponsors," said Jane Davis, president and CEO of Ability Beyond. "We are grateful to our staff, volunteers, families



From left, Jordan Young from Bridgewater Conn., John Loehr of Ridgefield, Conn., Ability Beyond President Jane Davis and Ridgefield First Selectmen Rudy Marconi were among the hundreds of guests at Ability Beyond's annual gala fundraiser. The nonprofit, with locations in Chappaqua and Bethel, Conn., provides services for people with disabilities.

and community partners who worked hard on this event and every day to

fulfill our mission to improve the lives of people with disabilities."

Panel Discusses the Benefits of New York Legalizing Marijuana

continued from page 7

of Police has already said it is opposed to the legalization of marijuana because of enforcement concerns.

"If we're not successful at enforcement let's adjust laws or deregulate or regulate, or whatever we need to do," Volkmann said.

He explained that in states where

marijuana has been legalized, such as Colorado, there are officers called Drug Recognition Experts (DREs) who complete extensive training to be able to conduct tests that determine whether someone is under the influence.

For people who are worried about access to marijuana and the attractive packaging of edibles, Buccola said that regulation

would eliminate this packaging and make it harder to get into the product. Radio ads would air only during specific hours, she said, even when eventually broadened to advertisements on television. Osborne concurred, saying that cannabis ads would be very restrictive.

If marijuana becomes legal, Osborne emphasized how the cannabis industry is in

the position to easily become marginalized because of the lack of diversity.

"It is more than a criminal justice, social justice (issue), it is a racist system and it has been allowed to stay that way and if we don't have a diverse cannabis industry, it will be one more industry that people of color aren't allowed to participate and it will be intentional," Osborne said.

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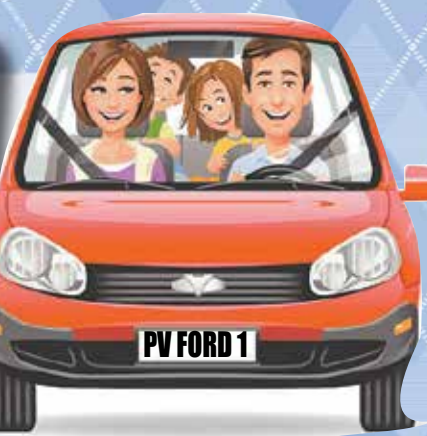
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Guest Column

Baby Boomers and the Art of Rendering a Social Conscience

*But now old friends they're acting strange
They shake their heads, they say I've
changed*

*Well something's lost, but something's
gained*

In living every day

I've looked at life from both sides now

From win and loose and still somehow

It's life's illusions I recall

I really don't know life at all.

--Joni Mitchell

By Richard Cirulli

As we Baby Boomers find ourselves in the autumn of our lives, many confronting a spiritual epiphany, we reflect upon our life's arduous path. For some this epiphany has arrived sooner than later.

This holds true for the more existential and artistic types who at an early age were wise enough to know that when they fell attempting to take first steps, they realized the path ahead would also be full of falls and stumbles along a mortal path with an unknown expiration date.

Our first steps were taken with wonderment, trepidation and curiosity. Each step forward and every fall etched a picture in our minds, a song to be

sung, a poem to be penned, a new rhythm to score and presented a canvas to be painted on.

It is my intent in this article to make people aware of the important and vital role art plays in the development of society, even at the local level. Society in general lacks an understanding of art, and the artists behind the work. An artist is an existential and cerebral thinker, perceptive and spiritual by nature and born with an awareness and sensitivity to their surrounding environment.

Artists are the conscience of a society whose eyes see life with all its beauty and ugliness. Whose ears hear the the voices of the mighty and the downtrodden, whose hands touch the mud below and the raiment's of kings, whose breathe inhales the air of the free and suppressed and whose flesh feels both a lover's pain and pleasure.

Artists take these feelings and sensations and place them deep within our souls. They make us laugh, frown, cry, feel anger, grow distant, feel great joy and even at times make us want to strike out in the name of justice. The art is not just about the artist, it is also a reflection of the artist's environment. In essence, the artist's tools and perceptions are the mirror of our human condition and

our social conscience. In our retirement years, Baby Boomers are looking back and reflecting upon their many stumbles and falls. We endured much during our walk through the 1960s and to some degree made the world a better place in which to live, though we know we are far from any utopia.

In our retirement years, with few steps ahead and hopefully a heart, mind and soul filled with wisdom and empathy, we may consider the legacy we wish to leave behind.

To our loved ones and a humanity in distress, will we leave a song, a painting, a poem or merely a selfie?

Maybe Joni Mitchell, as an artist, already had the riddle solved:

I've looked at life from both sides now

From win and loose and still somehow

Its life illusions I recall

I really don't know life at all.

Dr. Richard Cirulli is a retired professor, columnist, playwright, author, songwriter and author of "The Songs of Roland." You can view his website at Demitasseplayers.com. He looks forward to your comments at profcirulli@optonline.net.

Letters to the Editor

Key Changes in STAR Program for Homeowners to Consider

I want to make all homeowners who receive STAR tax benefits aware of some important changes to the program going into effect this year. While the amount homeowners save may not change, how they see their savings might.

The STAR tax credit is available to homeowners making \$500,000 a year or less, offering much-needed savings on property tax bills. This year, homeowners making between \$250,000 and \$500,000 will receive their reimbursement as a check, rather than as a tax exemption. This check is sent directly from the state Department of Tax and Finance to homeowners before

school taxes are due. The check system is already used by STAR participants who purchased their home after Aug. 1, 2015.

STAR recipients making below \$250,000 will have the option to switch to the check system in order to receive a 2 percent increase in savings. Those who continue to receive the exemption on their tax bills will receive the same amount as last year. To learn more about this option and register online, visit www.tax.ny.gov/pit/property/star/default.htm.

Senior citizens enrolled in the Enhanced STAR program with incomes

up to \$86,300 must ensure they are registered online with the state's income verification system. This will not affect property owners who purchased their homes after Aug. 1, 2015, nor will it affect Enhanced STAR eligibility. More information can be found at www.tax.ny.gov/pit/property/star/ivp.htm.

The state Department of Tax and Finance will be sending out letters to all affected homeowners outlining these changes. I hope this information is helpful to you.

Sincerely,
Assemblywoman Sandy Galef

Correction

In last week's article regarding the Chappaqua Downtown Hamlet Working Group's consideration of potential rezoning, the estimated costs for building a parking structure and underground parking were incorrect. A parking structure would cost about \$20,000 a space while building an underground lot is estimated to cost \$40,000 a space. The Examiner regrets the error.



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at the top of the homepage
to play today's crossword!

Sisters' Lemonade Stand Returns to Chappaqua This Saturday

By Martin Wilbur

If you're shopping at the Chappaqua Farmers Market this Saturday and you're a little bit thirsty, there's a place you can go to for a cold drink while contributing to a great cause.

Chappaqua residents Jenna and Rebecca Blum will return for the sixth consecutive year with the Blum Sisters Lemonade Stand. Proceeds will once again be donated to the Alex's Lemonade Stand Foundation, which raises money for pediatric cancer research.

"It's been really fun to do and it's really good to know that you're helping out other children, and I guess it's a lot of prep, a lot of phone calls to other places but the finished product is really good," said Rebecca Blum, who is finishing her freshman year at Horace Greeley High School.

The idea for the stand was originally proposed by Jenna, 11, now a fifth-grader at Seven Bridges Middle School, when she was about five years old. At that time, she just wanted to have a lemonade stand on their block, but living on a quiet street, her mother, Holly, said they wouldn't get many customers.

Instead, she proposed to her daughters setting up the stand in a high traffic area

and to do it for charity.

The suggestion has worked out well. In the previous five years, the Blum sisters have raised \$8,500, operating one Saturday at the farmers market in June each year. This Saturday, they are poised to top the \$10,000 mark.

"It's really satisfying because we do a lot of work but at the end of the day it's the end result that counts," said Jenna. "I would do tons and tons more work to have that effect on kids."

Under the guidelines of the farmers market, the night before the sisters will hand squeeze at least a couple hundred lemons, enough to produce about 10 gallons of lemonade. Then they have to mix the lemon juice with sugar.

They have received the materials free of charge, including cups and ice, from Stop & Shop in Mount Kisco. Previously, Applebee's was a sponsor.

Holly Blum said her daughters, who also partner with other youngsters in the fall for the Great Chappaqua Bake Sale at the Chappaqua Book Festival each year raising money to combat hunger, have risen to the challenge by helping others.

"They liked it so much that they've continued through the years and the personal connection makes it more

meaningful," said Holly Blum.

That connection is the death of their maternal grandfather, Papa Neal, who died from brain cancer in 2016. This year, the sisters are dedicating all of the proceeds, which they hope will reach at least \$2,000, to go toward pediatric brain cancer research.

"One idea can make a big difference in other people's lives," Jenna said. "It's hard to put it into words, but this one idea can save thousands of people's lives when otherwise they wouldn't have money for the treatment. Now they'll be able to be treated and live."

New this year is a guessing jar filled with lemonheads, an added bonus to try and raise some additional funds, Rebecca said. For \$1 a guess, the person who gets closest to the actual number of lemonheads, will win the jar and its contents, she said.

For anyone stopping by the Blum Sisters Lemonade Stand on Saturday, the donation for a cup of lemonade is entirely the person's discretion.

The Chappaqua Farmers Market is open from 8:30 a.m. to 1 p.m. at the Chappaqua train station. Those who will be unable to stop by, can make a donation to the charity by visiting www.alexlemonade.org/mypage/1704565.



Sisters Rebecca Blum, left, and Jenna Blum will bring back their lemonade stand this Saturday at the Chappaqua Farmers Market. Proceeds from the sale will be donated to the Alex's Lemonade Stand Foundation, which raises money for pediatric cancer research.

Happenings

Tuesday, June 11

Father's Day Crafts. Create a card, a bookmark and a thumbprint art piece of Dad. For children four years old and up. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 4 p.m. Free. Info: 914-669-5161 or www.ruthkeelermemoriallibrary.org.

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

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

DIY Binary Beads. Using binary code, spell out your initials to create an interesting bracelet. Can you crack the code? For youngsters nine to 15 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

Italian Language and Culture. Mara De Matteo, born and raised in Italy and passionate about her native language,

combines lively conversation with grammatical instruction in her classes. She creates interactive lessons on the richness of Italian culture, past and present. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Every Tuesday (except June 25). Info: 914-273-3887 or www.northcastlelibrary.org.

This Night's for You. A panel of experts will help women learn to take control of their well-being with a discussion of topics including holistic cardiac care and breast health. Enjoy a light dinner buffet and hear from a panel of experts on the leading health issues for women – cancer and cardiovascular disease – and learn how to reduce risks, take preventative action, make healthy choices, reduce stress and incorporate physical activity into the daily routine. Co-sponsored by Northern Westchester Hospital and Phelps Hospital, in partnership with Katz Institute for Women's Health, Northwell Health Physician Partners and Pace University. Kessel Student Center at Pace University, 861 Bedford Rd., Pleasantville. 6 to 8:30 p.m. \$20. (Women who register with a friend will each receive \$5 off.) Registration required. Registration: Visit www.celebratingwomenshealth.eventbrite.com. Info: E-mail womenshealth@northwell.edu.

Current Affairs Book Club.

"Leadership in Turbulent Times" by Doris Kearns Goodwin will be discussed. Led by Daniel Vock. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Women Reading Women Book Club. Founding Gardeners by Andrea Wulf will be discussed. Copies of the book available at the circulation desk. New members welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7:30 to 8:30 p.m. Free. Info: Contact Kathy at 914-769-9018 or e-mail denisedauriasommer@hotmail.com.

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

"Rolling Thunder Revue: A Bob Dylan Story by Martin Scorsese." A special preview screening of this film which captures the troubled spirit of America in 1975 and the joyous music that Dylan performed during the fall of that year. Part documentary, part concert film, part

fever dream, it is an epic, one-of-a-kind experience from Scorsese. Featuring music by Dylan, Joan Baez, Patti Smith, Bobby Neuwirth, Mick Ronson, Roger McGuinn and Joni Mitchell, alongside new and archival interviews with Sam Shepard, Sharon Stone, Allen Ginsberg and Dylan himself. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 9:45 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Wednesday, June 12

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.

continued on page 19

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.

The Weekly Feature from Entergy

Singer-Songwriter, Actor on Dual Career Tracks to Perform in P'ville

By Martin Wilbur

Most of Jane Bruce's formal training has come in the theater, but for the past couple of years she has taken some steps toward a serious music career as well.

It may come as curious timing given that she's set to make her Broadway debut later this year in "Jagged Little Pill," which features the music of Alanis Morissette.

But opportunity came calling in 2017 for the native of Ogden, Utah. Bruce released a six-song EP titled "It's You" that made listeners sit up and take notice of her acoustic folk guitar and her thoughtful, introspective lyrics.

"I sort of been taking my songwriting career and my music career more seriously and the EP I recorded in 2017 was just (that) I had a lot of family and friends ask me when are you going to put your music out, when are you recording your songs, when can we listen to your stuff online?" said Bruce, who counts Joni Mitchell and Aimee Mann among her influences.

This Friday evening, Bruce will be performing much of her music from

her newest album, "My Bed," part of a mostly solo appearance at Arc Stages in Pleasantville. During the evening, she will also be joined by Elliah Heifetz, a singer-songwriter in his own right whom she has been collaborating with as well as dating.

Bruce's songwriting for her latest album coincided with her previous involvement with "Jagged Little Pill." She said that while her music isn't particularly influenced by her theater career, she enjoys having her feet in both worlds.

"I wouldn't say the songs I wrote are theatrical or have any theater musical sound, but I do think there is something that has rubbed off after doing theater for so long," Bruce said. "But it's also a journey about how to find my own voice and my own sound."

It's not like Bruce has suddenly discovered her guitar and her songwriting chops. Growing up she loved playing guitar, and even more so as a teenager. She went to the University of Michigan to study musical theater before moving to New York six years ago in pursuit of her



Not only will Jane Bruce make her Broadway debut this fall, but she has now recorded two albums containing original folk music. She will be giving a musical performance this Friday night at Arc Stages in Pleasantville.

theater career.

Over the years in New York, Bruce would often take her guitar with her on rehearsals so during breaks she would pass the time by practicing her music. Arc Stages Artistic Director Adam Cohen said he was introduced to Bruce when she came up to Pleasantville to attend a performance of one of Arc Stages' productions. Bruce has been friends with

Ann-Ngaire Martin, who has directed for Arc Stages, through their contacts in the theater.

Cohen said it was recommended that he listen to her EP "It's You" on Spotify. Not only did he love what he heard but so did his eight-year-old son.

"I just think not only is she a great performer but I've listened to her music and I think her lyrics and her songwriting and her performing is so amazing," Cohen said.

Bruce's performance on Friday will mark Arc Stages' fourth cabaret night, which Cohen has been slowly integrating into the theater's schedule.

The second half of the year promises to be busy for Bruce. She was accepted into the Johnny Mercer Songwriters Project at Northwestern University, a weeklong intensive fellowship for emerging songwriters. After visiting family out west, Bruce will embark on a tour of the Southeast with Heifetz before returning home to New York for the start of rehearsals for "Jagged Little Pill," which is set to open in November.

"I really love both things and I'm so grateful that I have this amazing opportunity coming up in the fall," she said.

Friday's performance is at 8 p.m. Tickets are still available for \$15. Arc Stages is located at 147 Wheeler Ave. in Pleasantville. For tickets and more information, visit www.arcstages.org.

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Hawthorne Record Store a Treasure Trove for Music Lovers

By Martin Wilbur

If you believe that old 33 rpm records are as outdated as the rotary phone or televisions with antennas you may want to think again.

Big Jim's Records, with locations in Hawthorne and Buchanan, is proof there's still demand for vinyl records despite all sorts of ways for music to be delivered.

"People think records came back. The never went away, quite honestly," said Jim Gibson, owner of Big Jim's Records. "I did not stop selling records from the '80s to the present. What I sold was records. I did sell CDs because there was a lot of stuff that came out that wasn't on record. Most of the Whitney Houston records are not made on record, they are on CD, and some of the other top people."

Gibson, who previously had a store in Manhattan that also served as an art gallery and later a location in Cold Spring, opened his Hawthorne store on Elwood Avenue last year. It came two years after he got back into the business following some health issues by launching a location in Buchanan on Albany Post Road, not far from his Peekskill home.

Originally, Gibson, a collector who has been in the record business for most of the past 35 years, was going to use that space to run his mail order record business. But the retail side flourished forcing Gibson to find more room.

"There hadn't been a record store in the area for a long time," he said. "I didn't know

how many people would be interested and there's still a lot of people that are (interested) quite a lot, and it's been a great time so far."

Between the two locations, Gibson estimates that he has about 40,000 records, with almost any genre of music represented at all price points, starting at under \$5.

However, his bread and butter are the rock albums from the 1960s, '70s and '80s, mostly the 33 rpm records, although he does carry a small collection of 45s and CDs. His merchandise also includes concert posters and other memorabilia.

Much of Gibson's inventory of used records he's collected over the years he bought from other collectors or the public.

"What am I looking for? Stuff that I don't know, stuff that wasn't a hit," said Gibson, who grew up in Yonkers. "If it wasn't a hit, chances are there is someone looking for it today. If it wasn't a hit but was good, especially if it was from the '60s or early '70s, there's a very good chance someone is looking for it today."

The Velvet Underground was an example of that phenomenon, Gibson said. The band formed in the mid-1960s featuring Lou Reed but was never much of a commercial success. They have been considered one of the most influential rock bands of all time.

Then there are the popular but hard-to-find albums. Pink Floyd's "Dark Side of the Moon" sold millions of copies but it was the first pressing from England that had a



MARTIN WILBUR PHOTO

Jim Gibson, owner of Big Jim's Records in Hawthorne and Buchanan.

solid blue triangle on the label that is in high demand.

A good copy of Jazz legend John Coltrane's "Love Supreme" could be had for as little as \$10 at one time. Not anymore, Gibson said.

"It was not a hard-to-find record," he said. "Now it's \$300 and good luck trying to find one because people are holding onto it."

Gibson uses his decades of experience to anticipate what the public is looking for. He is also attuned to what customers tell him. And the store isn't just for older folks taking a trip down memory lane. Many younger customers stop in to buy or browse after

they hear a song they like.

"It's trial and error," Gibson said. "People come in here and compliment me quite a bit on my collection. I've been doing this a long time."

Big Jim's Records in Hawthorne is located at 383 Elwood Ave and is open Monday through Saturday from 12 to 7 p.m. and Sunday from 12 to 5 p.m. The Buchanan location is at 399 Albany Post Rd. and is open Wednesday to Sunday from 12 to 6 p.m. For more information, visit www.bigjimsrecords.com.



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Best Ways to Avoid Accidents in the Yard and Garden

Something really dramatic happened to me a few summers ago that could have resulted in a front-page headline announcing, "Home Guru Crushed in Freak Accident in Pool."

The article might end with a warning to readers that while most accidents happen at home, they can be particularly dangerous in the garden and yard.

Here's the story. I was in the deep end of my pool doing my aqua-exercise routine that I had learned years ago at a fancy spa. Because I was a bit tired that day, having just driven home with my family from Cape May, I decided to wrap up my abdominal twists a bit early. That decision may have saved my life.

Emerging from the pool, I was heading toward my back door when suddenly I heard the sound of a heavy collapse just behind me, followed by an enormous splash. I turned around to see that a major limb from a dead tree near the pool had fallen directly into the deep end where my head had been bobbing less than 30 seconds before!

Having heard the earth-shaking crash, my wife Margaret ran out to see what had happened. Although I was shaken from the incident, I tried to make light of it by telling her, "I see another Home Guru column coming out of this!"



By Bill Primavera

That old elm, having avoided Dutch Elm disease into maturity, died at least three years earlier, and I know I should have taken it down right away. But it offered a strange beauty. It had been entwined with old wisteria vines that bloomed abundantly each spring. It was probably the wisteria that killed it, but somehow, I thought that it would hold the tree up. Instead, a major part of it was pulled down, nearly crushing me in the process. A lesson learned about sacrificing beauty for safety's sake.

We all know that most accidents happen in the home, but many happen outside. I've had my fair share of them, from accidentally disturbing a wasps' nest and sustaining multiple stings, to tripping on a vine along the ground (the damned wisteria again) and wrenching my back when I hit the deck.

According to the National Safety Council, there are as many as 33,000 fatalities each year resulting from accidents outside the home and as many as 230,000 serious accidents that require visits to hospital emergency rooms.

Statistics also show that most outside accidents happen from using tools improperly, with most related to lawn mowers.

Here are some safety tips for outdoor activity offered by various manufacturers of lawn mowers and other equipment.

1. Prepare in advance of mowing by walking around the area to remove any objects like sticks, glass, metal, wire, stones and string that could cause injury or damage to equipment. Nails and wire are the most hazardous items that can be thrown by mowers, capable of killing bystanders.
2. Children should never be in the yard when mowing the lawn and should never ride on the mower. More than 800 children are injured each year riding mowers.
3. Children must be kept away from power equipment because many suffer burns to hands and arms when they touch the hot muffler of running engines.
4. Be sure to know how to operate the equipment, where the controls are and what they do. Just recently I bought a new drill and started operating it before I had read the instructions, only to realize that there were new controls on it that I didn't know how to operate. Definitely dangerous.
5. Dress appropriately for outside jobs. Proper footwear is most important. Long pants and long-sleeved shirts are preferable – and a deterrent to those nasty deer ticks. Protection for the eyes and ears is needed as are heavy gloves.

Also remove any jewelry that can get caught in moving parts.

6. Never work with electric power tools in wet conditions. For protection against being electrocuted, a ground fault circuit interrupter (GFCI) should be used. There are both plug-in types and those that are part of some extension cords.
7. Handle gasoline carefully. Never fill gas tanks while machinery is operating or when equipment is still hot. Do not fuel equipment indoors.
8. Something that few people think about: loose garden hoses are an invitation for an accident. It's best to have them stored in a hose reel.
9. To prevent back injuries, it's advisable to use a wheelbarrow for heavy stones. I found the use of a sturdy two-wheel dolly perfect for moving extremely large rocks from one location to another.
10. And when using ladders, they should be firmly set or held by a garden helper.

In case you're wondering, I didn't leave the massive limb filling up my pool as a reminder of God's protection of me, although I considered it.

A writer and publicist, Bill Primavera is a licensed Realtor® affiliated with William Raveis Real Estate. If you would like the services of The Home Guru in finding or selling a home, he can be reached at williamjprimavera@gmail.com or 914-522-2076.

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Pairing Up, or How Marriage and Birding Can Co-Exist

By Brian Kluepfel

Birding can be a solitary endeavor. For some of us, the peace of mind that comes from a wander in the woods is enhanced by being alone with one's thoughts.

On the flip side, sharing a great moment – Wow, did you see that hooded warbler? – with a nature-loving companion can also be rewarding. I relate many bird species with the person who was beside me when I first saw them. (Sorry, guys, I'm a bit of a weirdo.)

So now my wife joins me on my walks, when I get up at a reasonable hour (more like 8 a.m., not dawn) and pick a reasonable place to hike – flat, preferably with benches and not up rocky mountain

trails or through buggy marshes. Together, we see lots of birds, and in fact, her eye is certainly better than mine.

Having someone along brings a certain level of appreciation to the day. Being with enthusiastic birders seems to raise everyone's energy level, because in the end, it is a sharing sort of sport. As I write this, I just received a text from a friend telling me he spotted a hooded warbler in Muscote Farms in Somers. Birds are rather nonexclusive in the type and number of humans they allow to view them, although a very rare bird sighting may elicit protected information status among local birders.

Wandering the grounds of Mariandale

Retreat Center in Ossining, I spied a yellow warbler, a gray catbird, a red-winged blackbird and a northern mockingbird. Every pigment under the sun is out there, if you know where to look. Slowing down on a lazy, warm Sunday made it easier to stop and focus on the birds and really appreciate their colors, sounds and behaviors.

A place like Mariandale, designed for meditation and thoughtfulness, tends to encourage this state – relaxed mindfulness and full appreciation. We owe Mariandale many thanks for dedicating a large portion of their property to wildlife and for letting the native plants and grasses flourish.

After breakfast, we strolled around the Ossining Reservoir at the top of Croton Avenue, where we saw many turtles, fish and just a few birds. The other day, we saw a magnificent double-crested cormorant atop a tree here and a pair of mallards.

We also saw the male duck and wondered where his partner was. He looked a bit off with feathers missing from his head. We were worried about him.

It is wonderful this time of year to see the nesting birds choose spots to raise their young, as territories are disputed and avian kingdoms are won and lost in battles

we often don't see. Just last month we saw a splendid wild turkey tom spreading his tail feathers into a giant fan and bopping around, trying very hard to impress some nearby females. It certainly impressed us.

I wish the joy of birding for everyone out there, solitary strollers, placid partners and gregarious groups alike. Seeing these marvelous winged creatures can bring us out of ourselves and make us

appreciate each other and the world we live in just a bit more. I'm thankful that my wife chose to spend the morning of her birthday with me, doing just that.

If you (and maybe your partner) want to learn more, we invite you to delve into the world of shorebirds during this summer beach season on our field trips to Jones Beach or Forsyth National Wildlife Refuge in New Jersey. Or just take one of our Monday strolls in a Westchester County park. The world can be your oyster – or oystercatcher – depending on your perspective.

Brian Kluepfel is the editor of the Saw Mill River Audubon newsletter, a travel writer for Lonely Planet and Fodor's and a contributor to Westchester Home magazine. You can find more of his writing at www.thewritingkoop.com.

For The Birds

Happenings

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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.

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.mountkiscoblibrary.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. 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. Info: 914-273-3887.

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

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

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

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

Mount Kisco Arts Council Summer Concert Series: A Nordic Sound Jazz Orchestra. This 18-piece all-jazz orchestra kicks off the eight-concert series. The orchestra will be performing original compositions and arrangements by award winning band leader Jens Wendelboe.

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Upcoming Public Field Trips

All Mondays: Free Bird Walks at Local Hotspots, 7:30 am

2nd Saturdays: Brinton Brook Sanctuary Walk, 9:00 am

Summer weekend field trips listed at our website!

Upcoming Birders U Workshop: Shorebird ID

Friday, July 26, 7:00 pm at Croton Point Park

Multimedia workshop on to learn or review shorebird identification. Registration required. Space limited.

Register with Saw Mill River Audubon at 914-666-6503, or office@sawmillriveraudubon.org

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

Happenings

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Fountain Park at Village Hall, 104 E. Main St., Mount Kisco. 6:30 p.m. Free. Every other Wednesday evening through Sept. 18. Info: Visit the Mount Kisco Arts Council's Facebook page

Invasive Species in the Lower Hudson Valley. Across New York State, invasive species are changing our favorite natural spaces. Join Erin Brady of the state Department of Environmental Conservation's Division of Lands and Forests to learn about the invasive plants impacting the lower Hudson Valley, what's being done about them and how you can help. This program is in partnership with the Sierra Club Lower Hudson Group. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 7 p.m. Free. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Art Series: Josephine Hopper. An artist in her own right, Hopper was more than just her husband's devoted model and muse. Art historians recognize the importance of her influence, as many of the subjects she painted in her own watercolors later found their way into her husband's works. Donated to the Whitney museum, most of her watercolors suffered a terrible fate. In addition, we will revisit the work and life of Edward Hopper in relation to his wife's influence. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Thursday, June 13

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 Whippoorwill 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.

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.

"From Beacon to the Border." A screening of this 35-minute documentary by Pleasantville resident and Films on Purpose co-founder Andrea Garbarini, it follows a national movement of grannies as they journey to McAllen, Texas protesting the separation of migrant children from their families. After the film Garbarini will answer questions. Co-Sponsored by Films on Purpose and the Mount Pleasant Public Library. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:30 and 7:30 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Family Storytime. Stories, songs, fingerplays and other activities. For children one to four years old and their siblings and caregivers. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4 to 4:30 p.m. Free. Every Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

DIY Edible Play Dough. Come for a program where you are allowed to play with your food. Create your own play dough using frosting and design your own sweet treats. For children seven to 12 years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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.

Power of Plant-Based Nutrition. Do you want to reverse chronic illnesses and find effective healthy foods for treating common diseases instead of relying on medications? Presenter Janet Levine is a registered dietitian and dentist who will give a demonstration on how simple it can be to prepare plant-based foods that are satisfying and taste amazing. Samples will be provided. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 5:30 to 6:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.library.org.

Fabulously Funny Females. Featuring Carmen Lynch, Jane Condon and Karen Bergreen. You've seen and heard the brilliance of these comedians on late night television, Comedy Central and at theaters, performing arts centers and comedy clubs. This trifecta of funny will leave you roaring. Bedford Playhouse, 633 Old Post Rd., Bedford. 8 p.m. \$30. Premium seating: \$45. Info and tickets: Visit www.bedfordplayhouse.org.

"Gladstone Hollow the Farm Play." Two-time Emmy Award Winner Dorothy Lyman will present this powerful play about three generations of women who gather in the Catskills over a long weekend to decide the fate of their family farm. The six-character play is comprised of an ensemble cast that includes Lyman, Eric Bryant, Meredith Handerhan, Thea McCartan, Frank Shiner and Jeanne Lauren Smith. It is a funny, heartwarming and at times a gut-wrenching story. Directed by Bram Lewis. The Schoolhouse Theater & Arts Center, 3 Owens Rd., North Salem. 8 p.m. \$38. Seniors: \$35. Also June 14, 15, 20, 21, 22, 27, 28 and 29 at 8 p.m. and June 16, 23 and 30 at 3 p.m. Info and tickets: 914-277-8477 or visit www.schoolhousetheater.org. Tickets are also available at the box office.

Friday, June 14

Miss Keila's Jukebox. Children explore the world of music with instruments, props and even a parachute. For children six months to four years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Explore Osmo. Children explore, learn, create and interact with digital games in a whole new way. For children in grades 3-5. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

Teen Movie and Pizza: "Mary Poppins Returns." For youngsters 10 years old and up. Families welcome. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6 to 8:30 p.m. Free. Registration requested. Info and registration: E-mail CPaulsen@wlsmail.org.

The Three Little Wolves and the Big Bad Pig. Join Chris Evers, director and founder of Animal Embassy, on a journey around the world. Turn fear into respect and appreciation by learning about animal behavior and appearance. Discuss predators such as wolves and bears and discover how pigs, snakes, spiders and scorpions help us all. Learn how some tortoises dig burrows that provide homes for hundreds of other species and discover how a variety of animals keep us healthy by eating disease-carrying insects. Also explore how animals dig trenches for their offspring and adopt orphaned babies. Animal ambassadors will include a Kunekune pig from New Zealand, an African Sulcata tortoise, a Chilean rose hair tarantula, an emperor scorpion, a boa constrictor and a spectacled owl. After the talk, guests will visit ambassador wolves and potentially behold the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 6:30 p.m. Adults: \$15. Children (under 12): \$12. Info: Visit www.nywolf.org.

Social Night. Join young adult friends for Select Human Services Friday Night Social. An unstructured social format which includes pizza, dessert and DJ entertainment. In an effort to secure Direct Support Professionals, registration closes the day before each event at noon. Select Human Services, 17-19 Marble Ave., Pleasantville. 6:30 to 8 p.m. \$25. Also June 28. Info and registration: Contact Linda Tibaldi at 914-741-6300 ext. 118 or ltibaldi@selecthumanservices.org.

Friday Night Film Series: "Like Father." When wedding plans collapse for a very driven young woman, her mostly absent father tries to step in to ease her pain in this poignant comedy. Part road movie, part relationship exploration, this 2017 film stars Kelsey Grammer and Kristen Bell. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Jake Shimabukuro in Concert. Arguably the best contemporary ukulele player in the world, Shimabukuro combines classic ukulele styles with various

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Living Vicariously as Ancient Wines Come to Auction



By Nick Antonaccio

Are you the adventurous wine consumer who is constantly on the lookout for new wines? Or are you the steadfast consumer who finds a wine you like and heads straight for the shelf or display where it's located in your local wine shop with no forethought?

This week's column is not for the latter readers. Yet, once in a while every wine consumer gets a bit adventurous. For me, it's living vicariously through the wine auction newsletters to which I subscribe. Scanning through listings of expensive bottles of rare French or Italian wines available at auctions sets me into an alternative reality of wine collectors who purchase such high-end wines as a hobby, typically for bragging rights among their friends.

The question of the provenance (the source and aging history) of these wines is always a question in my mind, as is the condition of the wine bottle and its contents. These factors will influence the asking prices of

auctioned wines.

I came across an account of wines that are coming to auction in a few weeks. Let's evaluate these wines as a vain, wealthy collector might. Living vicariously in this manner may offer an insight into that rarefied air of the one-percenters.

To my knowledge, this is one of the most unusual lots of wine ever offered at a public auction. In past auctions, centuries-old French Bordeaux bottles purportedly owned by Thomas Jefferson commanded steep prices (\$157,000 each). A rare individual bottle of 1945 French Burgundy, sold from a local winery's dust-covered estate cellar, commanded a record price of \$558,000. With this as backdrop, let's evaluate the wines coming up for auction.

The Headline (from Vinepair website): Christie's to Auction Shipwrecked 17th-Century Wine.

The Background: Fourteen glass bottles of an unknown liquid were found in a shipwreck off the German coast in

2010. They were brought to the surface by a salvage company and one of them was analyzed and tested. The shape of the bottle and a test of its cork and contents confirmed that these were ancient bottles

of red wine from between 1670 and 1690. The bottles were held until now and two bottles hit the auction block on June 6. Results have yet to be announced.

The Considerations

Does this sound like a bottle on which you would bid? Christie's auction house describes its drinkability as "questionable." Further, "this should be approached as a lot of historical and vinous importance."

How do these two comments foster interest? Is the value in the contents or in the age of the bottles?

Does this sound like a bottle on which you would bid? Each bottle's authenticity is certified in writing from the salvage company and has been stored in a specially designed, water-filled tank.

This speaks well of the provenance of the bottles, notwithstanding that the history of the wines from release to discovery is unknown.

Does this sound like a bottle on which you would bid?

Each bottle is expected to sell for \$32,942 to \$38,010.

Is this a fair value for wine that is likely undrinkable and whose producer is unknown? Many older wines sold at auction have a clear documentation of their aroma and flavor profile and whether

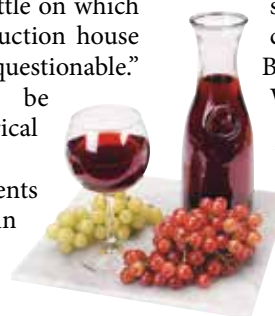
they are drinkable. There is also a sordid history in wines sold at auction that were counterfeited, for which large sums were paid.

As discussed above, bragging rights sublimates otherwise rational concerns of high-end collectors. But what of your evaluation? Would you venture a cash investment in a highly visible bottle that ultimately may find its way back to the ocean via your kitchen sink drain?

And if you were the successful bidder, would you drink it, store it or sell it onward?

The Christie's auction took place as I was penning this column. Hopefully as you are reading this, the results have been reported. You judge for yourself: Was the winning bid a sound price and was the winning bidder of sound mind?

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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Happenings

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other genres ranging from pop, rock and jazz to metal and has become noted for his solo arrangements. His records have topped the Billboard World Music Chars often, and as a live performer, he's played with world-renowned orchestras and at prestigious venues such as the Hollywood Bowl, Lincoln Center and the Sydney Opera House. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$38, \$43 and \$48. Info: Visit www.tarrytownmusichall.org.

The Next Stage Cabaret: Jane Bruce. Opening on Broadway this fall in the Alanis Morrisette musical "Jagged Little Pill," Bruce's deep experience as an actor informs the stories she tells as a contemporary folk singer – empathetic confessionals about love, loss and self-reflection. Arc Stages, 147 Wheeler Ave., Pleasantville. 8 p.m. \$15. Info and tickets: 914-747-6206 or visit www.arcstages.org.

Saturday, June 15

Pleasantville Farmers Market. The market is in the heart of Westchester County and centrally located in our beautiful, historic walking village. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" five years in a row from 2014 to 2018. With over 50 vendors and seven nearby parking lots. This week, the Market Sprouts features theater games with Arc Stages from 9:30 to 11 a.m.; the music series will have a Dixieland jazz performance by The Bottoms Up Dixieland Jazz band from 10 a.m. to noon and there will be a lead sponsor visit by Phelps Hospital Northwell Health from 8:30 a.m. to 12:30 p.m. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Rain or shine. Please note the market is a dog-free environment. Saturdays through Nov. 23. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Locally-raised and produced food to the community creating a connection between shoppers and small-scale food producers in the region. Chappaqua train station, Chappaqua. 8:30 a.m. to 1 p.m. Saturdays through November. Info: Visit www.chappaquafarmersmarket.org.

4th Annual LUNG FORCE Walk Westchester. A 5K walk aiming to raise vital awareness and \$100,000 in funds for research and advocacy for lung cancer, the number one cancer killer in the U.S. Includes a short welcome program honoring local LUNG FORCE heroes, survivors, advocates and families and educational "mission tents," food, music, children's activities and fun for the whole family. Manhattanville College, 2900 Purchase St., Purchase. Participant check-in at 9:30 a.m. Welcome program and opening ceremonies at 10:30 a.m. Closing ceremonies and awards presentation

at 12:30 p.m. Free but participants are encouraged to raise donations to support research, early detection, advocacy, education and awareness for lung cancer. All participants who raise or donate at least \$100 receive an official LUNG FORCE Walk t-shirt. Info and registration: Visit www.action.lung.org/site/TR?fr_id=18068&pg=entry.

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

Herb Garden Days. The New York unit of the Herb Society of America is revamping its traditional Herb Fair for 2019 at John Jay Homestead. Instead of having the traditional fair in September, this year's event is a series of Herb Garden days, coinciding with the Saturday farmers market. The theme herb for the first event is sage. Visitors will learn about every aspect of this popular herb and be inspired by its many uses and benefits. Herb Society member Wendy Podell is leading a children's activity for the day, making a bird of clay using sage as feathers. John Jay Homestead, 400 Jay St. (Route 22), Katonah. 10 a.m. to 2 p.m. Free admission. The third Saturday of each month through September. Info: E-mail hersocietyny@gmail.com.

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

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they celebrate the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also June 16, 23 and 29 at 11 a.m. and June 30 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Celebrate the Moon. Celebrate the approaching 50th anniversary of the lunar landing by decorating moon-shaped sugar cookies. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 a.m. to noon. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Drop in for Tech Help. Receive 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. 1 to 2:30 p.m. Free. Every Saturday from 1 to 2:30 p.m. and Tuesday from 3 to 4 p.m. Info: 914-666-8041 or www.mountkisco.library.org.

Recital. A recital by the students of Jamie Geidel. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:30 to 4:30 p.m. Free. Info: E-mail jamie.geidel@gmail.com.

Pack Chat for Kids. This is the best introduction to wolves for families with young children. Kids will learn about the mythology surrounding wolves and the important role they play in the natural world. This is an exciting time for wolves as they are out searching for prey as they prepare for the birth of this year's pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Also June 23 and 29 at 2 p.m. and June 30 at 11 a.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

Lucy's Laugh Lounge: Saturday Showcase. Come for a really exciting comedy showcase hosted by Oscar Aydin. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 6 p.m. \$20. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Lucy's Laugh Lounge: Goumba Johnny. One of New York City favorite DJs from KTU and Z100 sells out every time he comes. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$25. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Orchestra of St. Luke's Concert. World-renowned cellist Alisa Weilerstein, a 2011 MacArthur Fellow and alumna of Caramoor's Evnin Rising Stars mentoring program, returns for Dvorak's Cello

Concerto – called one of the greatest of all cello concertos — with resident Orchestra of St. Luke's conducted by former Caramoor Artistic Director Peter Oundjian. The 2019 season opener also features Stravinsky's breathtaking "Firebird" and a curtain raiser by Canadian composer Gary Kulesha. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 8:30 p.m. \$52 to \$116. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Sunday, June 16

Amazing Amphibians. Join a naturalist to discover the slippery, slimy and cold-blooded world of amphibians. This informative and hands-on program lets you meet some local amphibians up close. Then walk to the forest and pond to see what other amazing critters live there, too. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: \$5. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Hot Jazz Age Frolic. Two of the torch bearers of hot jazz – Vince Giordano and Bria Skonberg – bring their bands to Caramoor with the classic swingin' jazz of the 1920s and '30s that will leave you with no choice but to get up and dance. Join us for a dance lesson between the afternoon and evening sets, and bring the kids early for a special family set by Bria Skonberg's Hot Five, presented in collaboration with New York Hot Jazz Camp. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. Family set at 2:30 p.m. Regular concert at 4:30 p.m. Family set: Adults--\$20. Children--\$10. Regular concert: Adults--\$45. Children--\$24. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Author Visit. Local author Susan Rudnick will sign copies of her book "Edna's Gift: How My Broken Sister Taught Me to Be Whole." Her memoir recounts her life with her disabled sister, with whom she was very close, and also her discovery of her own disability. The Village Bookstore, 10 Washington Ave., Pleasantville. 3 p.m. Free.

Full Moon Wolf Walk. Celebrate the June full moon with more than 40 moon-loving wolves. While enjoying nature's summer chatter by the outdoor fire pit, guests will enjoy seasonal treats and the symphony of howls. Guests will learn about the history of wolves in the United States, their importance in a healthy ecosystem and the efforts to save these magnificent creatures for future generations. Guests will also take a short moonlit walk to visit ambassador wolves Alawa, Zephyr and Nikai. Please bring flashlights. Wolf Conservation Center, South Salem. 6:30 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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LEGAL NOTICES

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY (LLC). The name of the LLC is: Nate The Dog Man, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) office on: 02/14/2019. The County in which the Office is to be located: Westchester. The SSNY is designated as agent of the LLC upon whom process against it may be served. The address to which the SSNY shall mail a copy of any process against the LLC is: **415 South St,**

continued on page 24

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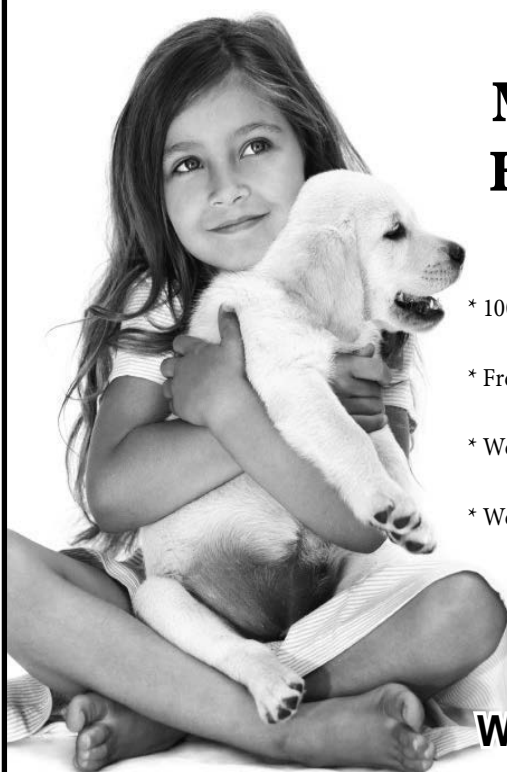
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Apt 4A, Peekskill, NY 10566. Purpose: of any lawful activity.

**NOTICE OF FORMATION OF UN-
DERPINNED LLC.** Art. Of Org. file with
Sec. of State of NY (SSNY) on 1/16/19.
Office location: Westchester. SSNY desig-
nated as agent of LLC upon whom process
may be served. SSNY shall mail process
to **118. N. Bedford Rd., Suite 100, Mt.
Kisco, NY 10549. Purpose: Any Lawful
Purpose.**

**NOTICE OF FORMATION OF
QUILTSTONES, LLC.** filed with
SSNY on 4/25/18. Office in Westches-
ter County. SSNY designated as agent

of LLC upon whom process against it
may be served. SSNY shall mail process
to: **126 Kelbourne Ave, Sleepy Hollow,
NY Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF TIG
& PEACH LLC.** Arts. of Org. filed with
the SSNY on 4/2/2019. Office: Westches-
ter County. SSNY designed as agent of
the LLC upon whom process against it
may be served. SSNY shall mail copy of
process to the LLC, **545 Fowler Avenue,
Pelham, NY 10803. Purpose: Any lawful
purpose.**

**NOTICE OF FORMATION OF LIT
SPORTS LOUNGE & GRILL LLC** Art.

of Org. filed with Sec. of State 04/11/2019.
Off. loc.in Westchester CO. SSNY desig-
nated as agent of LLC upon whom pro-
cess may be served. SSNY shall mail copy
of process **Tracy Arce and Carlos Reyes,
234 North Ave New Rochelle, NY 10801.
PURPOSE: Any lawful business.**

**NOTICE OF FORMATION AUTHEN-
TIKA LLC:** Application for Authority
filed with the Secretary of State of New
York (SSNY) on 03/29/2019. Office loca-
tion: WESTCHESTER County. LLC
formed in Delaware on 03252019. SSNY
has been designated as an agent upon
whom process against it may be served.
The Post Office address to which the SSNY
shall mail a copy of any process against
the LLC served upon him/her is 399 West
Street, Harrison NY 10528. The principal
business address of the LLC is 1214 West
Boston Post Road #125, Mamaroneck, NY
10528. Delaware address of LLC is 16192
Coastal Highway, Lewes, Delaware 19958-
2677. Certificate of LLC filed with Secre-
tary of State of Delaware located at **401
Federal Street, Ste 4, Dover, DE 19901.
Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF GO-
LAB LAW, PLLC.** Articles of Organiza-
tion filed with the Secretary of State of
NY (SSNY) on May 31, 2019. Office loca-
tion: Westchester County. SSNY has been

designated as agent upon whom process
against it may be served. The Post Office
address to which the SSNY shall mail
a copy of any process against the PLLC
served upon him/her is: 100 Fisher Av-
enue, Suite 118, White Plains, New York
10602. The principal business address
of the PLLC is **248 West Street, White
Plains, New York 10605. Purpose: any
lawful act or activity.**

**The scheduled June 12, 2019 Work Ses-
sion for the Town of Putnam Valley has
been cancelled.**

NOTICE 6/2019: Please be advised that
the next meeting of the **Planning Board
will be held at Town Hall, 265 Oscawana
Lake Road on Monday June 17, 2019**
for the purpose of considering the fol-
lowing applications: **Regular Meeting
Start Time: 6:00 pm AGENDA PUBLIC
HEARING** The following public hearings
have been scheduled for June 17, 2019 at
6:00PM (or as soon thereafter as agenda
conditions permit) at the Putnam Valley
Town Hall, 265 Oscawana Lake Road,
Putnam Valley, New York, 10579. All in-
terested parties are invited to attend and
will be heard. A copy of the application
materials and plans may be inspected
during normal business hours at the office
of the Planning Board Clerk, Town of-

continued on next page



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Putnam Valley Town Hall. 1. Sgueglia & O'Brien - 7 Stephen Smith Drive (TM# 85.-01-18/File: 2019-0192) The subject property consists of + 3.33 acres of land and is located on 7 Stephen Smith Drive and within the R-2 Zoning District. The applicant is seeking a Site Development Plan, Major Grading Permit and Wetland Permit, for pond restoration, pond spillway and tree removal and planting. SKETCH 2. Bellamy, Jody- Watson Way (TM#51.19-1-1 & 2/File2019-0196) The subject property consist of + 1.68 acres of land and is located on Watson Way and within the R-3 Zoning District. The applicant is Proposing to construct a single family residence, with well and septic system. A Site Development Plan and Major Grading Permit is required. MINOR SITE CHANGE 3. DiSalvo, Joseph- North Shore Rd. TM#51.-1-57/File 2017-0166) APPROVAL OF MINUTES 4. Approve Minutes of May 20, 2019

Notice is hereby given that the Town of Putnam Valley has received a wetlands application from the following applicant: WT 09/19 Steven Bruno Oscawana Lake Road TM# 62.15-1-78.5 WT10/19 Steven Bruno Saw Mill Road TM# 62.15-1-78.3

CONCORD ENGINEERING GROUP, INC., 520 South Burnt Mill Road, Voorhees, NJ 08043 is soliciting expressions of interest to bid from all interested NYS Certified M/WBE & SDVOBE contractors & suppliers for POWER STATION ENGINEERING SERVICES (NYPA) for the following disciplines: CIVIL/STRUCTURAL ENGINEERING, GEOTECHNICAL, COST ESTIMATING, & PERMITTING. Interested contractors and suppliers should direct their written expressions of interest to Jennifer Martin at jmsteen@concord-engineering.com. No phone calls are requested. Expressions of interest for this project are due to **Concord Engineering Group, Inc. no later than 12:00 noon on Thursday, June 13, 2019.** Concord Engineering Group, Inc. is an Equal Opportunity Employer.

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continued on page 26

Yes, You Can Lose Weight – and Keep It Off

If you're like most Americans, you've tried to lose weight. If you succeeded, you probably had a hard time keeping it off. Unfortunately, there's a good chance you ended up just where you started – or heavier.

Now, Northern Westchester Hospital's innovative Center for Weight Management, invites you to get off the diet merry-go-round and start losing weight in a new and effective way, one that can keep you at your desired weight for a lifetime.

Why is it so hard to lose weight?

It used to be considered that weight loss was a matter of willpower. Today, informed by decades of research into why we gain weight, has led to a richness of new knowledge. This has yielded a far more accurate – and nuanced – picture of the issue.

Our relationship with food is very complicated. There are many possible factors at play:

- Emotional issues
- Lack of time to cook meals for ourselves
- Lack of time to exercise
- Underlying medical conditions, such as hormonal or metabolic conditions that make weight loss hard and unsustainable
- Side effects of medication. I've seen people who've been struggling to lose weight for years without knowing they have an underlying thyroid condition.

Because there are multiple causes for weight gain (and regain), any effective solution needs to address all of these. The solution needs to be comprehensive, multidisciplinary and highly personalized.

Enter the Center for Weight Management, which opened in March at the Chappaqua Crossing campus. The center's approach puts today's new understanding of the many facets of permanent weight loss into practice, offering new hope for everyone, whether you want to lose a modest amount or you're looking for major weight loss.

All the pieces of the puzzle

Your team includes a nurse practitioner, a nutritionist and, optionally, a psychologist. We can refer you to our bariatric surgeon, if appropriate and if that feels right to you. Working with your primary care physician, we might manage your medications. We often find weight-neutral alternatives to medications that have contributed to weight gain. And if, for example, we discover a hormonal condition, you are referred to an endocrinologist.

Another innovation is that after you reach your goal, we continue to support you through individualized maintenance coaching.

What happens when you walk in?

After a comprehensive physical exam and medical history, we identify issues you've had with weight loss. You receive

any hormonal/metabolic testing that's appropriate. We then set up a healthy weight-loss goal.

Depending on your emotional connection to eating, a psychologist or nurse practitioner helps you develop skills to deal with your emotional triggers for overeating. We can offer you medications that help with the psychological aspect of eating, such as an FDA-approved medication for binge eating disorder. You also learn how to use cognitive behavioral therapy to successfully manage trigger situations.

A nutritionist for a personalized nutritional evaluation and dietary recommendations is also available. Depending on your health situation, FDA-approved weight-loss medication may be prescribed. Since activity is an important piece of the puzzle, we help you set realistic goals to increase activity.

You won't lose as rapidly as, say, the low-carb Keto or Atkins diet. We don't want a 10-pound weight loss the first week. We're making slight changes that you can live with enjoyably for a lifetime. This is a marathon, not a sprint. We're in it for the long term.

Let's say you've reached your goal weight. Now you benefit from a



By Rachel Goldman

continuation of the services we provided to help you achieve weight loss. Maintenance coaching is personalized like everything else at the center. It can involve regular meetings with our nutritionist, ongoing psychological support, medical evaluations and medication to sustain your loss.

Permanent weight loss is possible for you. There are evidence-based therapies and

changes you can make that can help you lead a happier, healthier, possibly longer life. We hope you reach out to us.

Are you at a healthy weight?

Did you know that finding out your BMI, which is based on your height and weight, is one way to see if you're at a healthy weight?

If your BMI is 18.5 to 24.9, you're a healthy weight; 25 to 29.9, you're overweight; and 30 or higher, you're obese. To calculate your BMI, visit nwhc.net/WeightManagement

To learn more about the Center for Weight Management or to schedule a consultation, call 914-223-1720.

Rachel Goldman is a nurse practitioner and coordinator of the Center for Weight Management at Northern Westchester Hospital.

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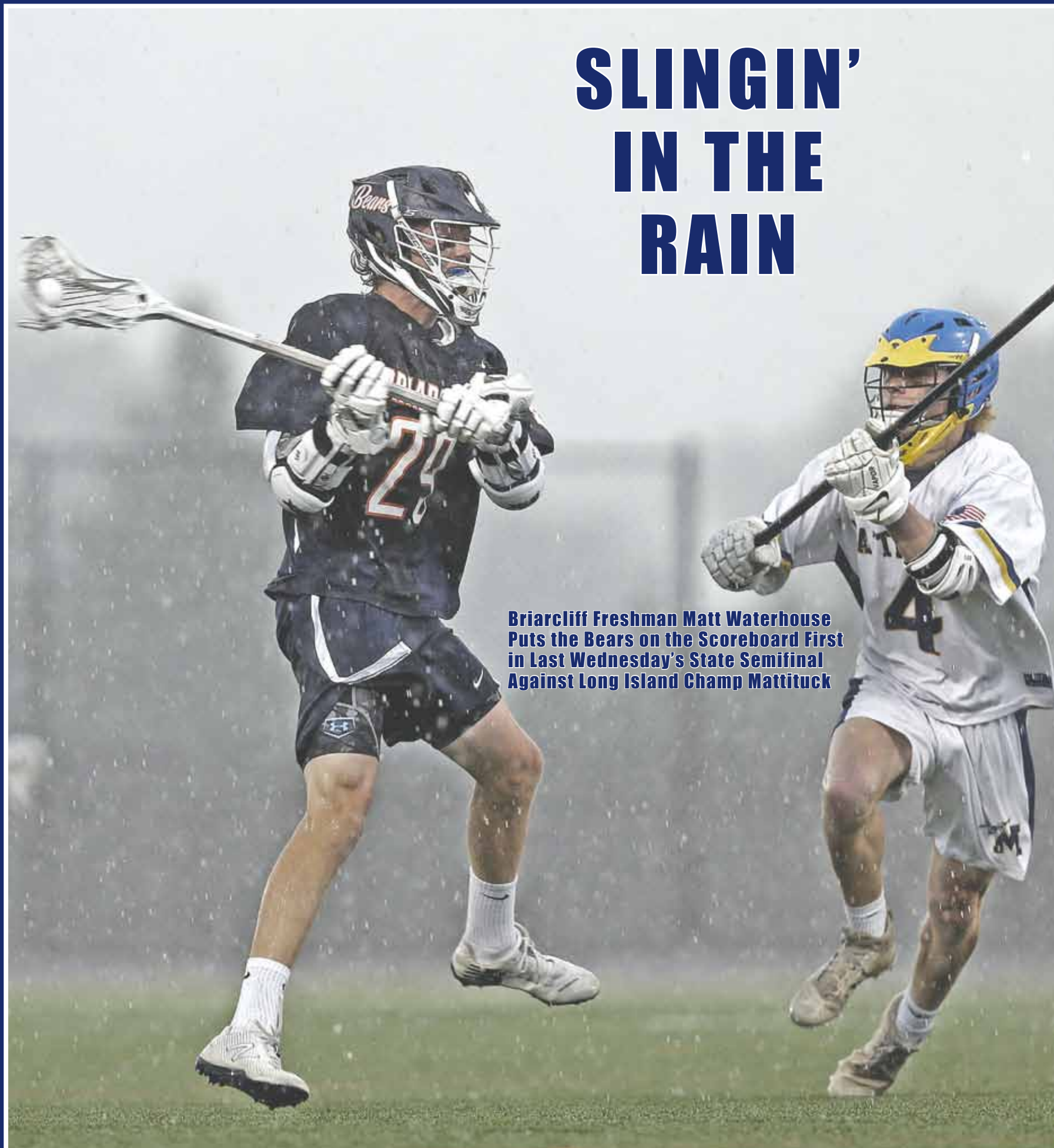
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SLINGIN' IN THE RAIN

**Briarcliff Freshman Matt Waterhouse
Puts the Bears on the Scoreboard First
in Last Wednesday's State Semifinal
Against Long Island Champ Mattituck**





Greeley junior Zach Wallis hammers a serve during doubles action at last Monday's team championship vs. Scarsdale.



Quaker sophomore Jack Wei concentrates on a forehand return during his singles match against Scarsdale.



Kenta Togo moves forward to hit a forehand volley in last week's title win over Scarsdale.



Greeley junior Luke Mozarsky tracks a lob in his match at third doubles last Monday afternoon at Harrison High School.



Tyler Keller gets set to serve the ball in his match at second doubles.



Senior co-captain Kenta Togo proudly displays the championship plaque after the Quakers won the Section One team title last Monday.

HORACE GREELEY 2019 Section 1 Tennis Team Champion



Marko Arboleda, a Quaker freshman, gets set to crush a forehand in his singles match last Monday.



Justin Greenfeld steps to his right to hit a forehand return during his match at third doubles.



Quaker southpaw Henry Nicklin slices a serve out wide in his match at fourth doubles vs. Scarsdale.



Zach Andrews hits a backhand return from the baseline. He and partner Tyler Keller won 6-2, 6-3 in their match at second doubles.



Greeley junior Harrison Lerner lines up a backhand during doubles action with partner Henry Nicklin. They won their match 6-3, 6-3.



Head coach Bennett Romney offers some advice to his Quakers during their victory over Scarsdale in the Section One team championship.

Wildcats Blanked by Marlboro in the State's Regional Playoffs

By Andy Jacobs

The opening round of the state Class B playoffs brought the Westlake baseball team nothing but frustration.

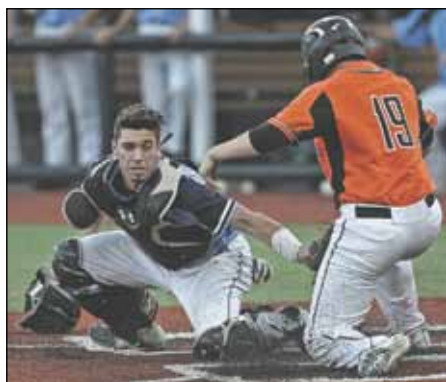
Brendan Mahusky hurled a one-hit shutout and designated hitter Will Logue belted a three-run double in the fourth inning to break open a close game as Section 9 champion Marlboro defeated the Wildcats 5-0 in a regional semifinal game on Thursday night at Pace University.

"They're a very good team," said Westlake coach John Consorti about the victorious Iron Dukes. "Credit to them, they played a great game. Their pitcher pitched a great game and we made a few too many mistakes."

Just five days after capturing the school's first sectional championship in 19 years, the Wildcats returned to the same venue looking to take a big step toward a state title. But Mahusky, a senior right-hander, kept them off balance until Richie Petrillo bounced a single into right field leading off the bottom of the sixth inning to break up his bid for a no-hitter.

"I don't know if it was a cutter or what not," said Consorti, trying to describe the pitch that Mahusky relied on to tame the Wildcats. "But it seemed to be running away from our right-handed hitters and we were struggling with it a little bit. And every time we hit the ball hard, we hit it at somebody. It's baseball. You have days like that."

Marlboro, unscored on now through four playoff games, left a runner stranded at second base in each of the first two innings. But the Iron Dukes broke through against Petrillo, the Wildcats' starter, in the top of the third and scored the only run Mahusky would need. Logue led off with a single up the middle, then stole second and third base. A long fly ball to center by Eric Grzechowski with one



Westlake catcher Vin Spaziente tries to tag out Marlboro's Austin Laird at the plate during a sixth-inning double-steal attempt by the Section 9 champion Iron Dukes.

out easily brought Logue home with the game's first run.

In the bottom of the inning, Mahusky retired the Wildcats in order for the second straight time, though leadoff hitter Joe Pennini hit the ball deep to left field and Mike Zulli then lined out to right. By the time Westlake would bat again, the Iron Dukes had broken the game open.

The top of the fourth inning began with Christian Diorio ripping Petrillo's first pitch into left for a single. Mike Paolo's bunt attempt turned into an infield hit. One out later, Alec Ledue lined a single to left to load the bases. Consorti then turned to Steve Donato in relief of Petrillo, just as he had in the sectional final against Briarcliff.

But Logue belted a full-count pitch into the gap in right-center field, scoring all three Marlboro base runners. Donato soon retired Mike Greco on a fly to right and Sam Mongelli on a liner to third, but the damage was already done and the Wildcats were suddenly facing a 4-0 deficit.

"I guess today it didn't work out, but that's our move," said Consorti about



Westlake shortstop Stephen Donato fields a pickoff throw at second base as Marlboro's Sam Mongelli scampers back to the bag.

the switch from Petrillo to Donato. "It's what we do. I would do it again. We were looking for a little change there, maybe a strikeout or two. But it didn't work out this time. Honestly, we thought we had him struck out before he got the big hit there. We didn't really manufacture anything offensively, so obviously it makes that hit real big."

With the top of the order batting, the bottom of the fourth inning got off to a promising start for the Wildcats as Tom Carpenter and Vin Spaziente both reached on walks. But Mahusky induced Tom Iazzetta to bounce into a rally-killing double play and then struck out Mike Mancuso to end the inning.

Petrillo returned to the mound in the fifth and retired the Iron Dukes in order. In the Wildcats' half of the inning, Pennini reached when he was hit by a pitch with two outs. But Zulli was retired on a ground ball to second and Westlake went to the sixth still seeking its first hit of the evening.

Marlboro added an insurance run in the top of the sixth after pinch hitter Austin Laird reached on an infield hit and Ledue drew a base on balls. A fly to center moved Laird to third and he soon scored on a double steal after Ledue got caught in a rundown between first and second

long enough to make the throw home by second baseman James Stuetz too late.

"Yeah, it's something we work on, the double steal," said Consorti. "We weren't sharp with it. We should've done a better job with that. Today we weren't as sharp as we usually are."

With their season all but over, the Wildcats managed to avoid the indignity of getting no-hit when Petrillo singled to start the bottom of the sixth inning. But Mahusky wasn't the least bit fazed and proceeded to retire Carpenter on a grounder to third, Spaziente on a fly ball to center and Iazzetta on a fly to right.

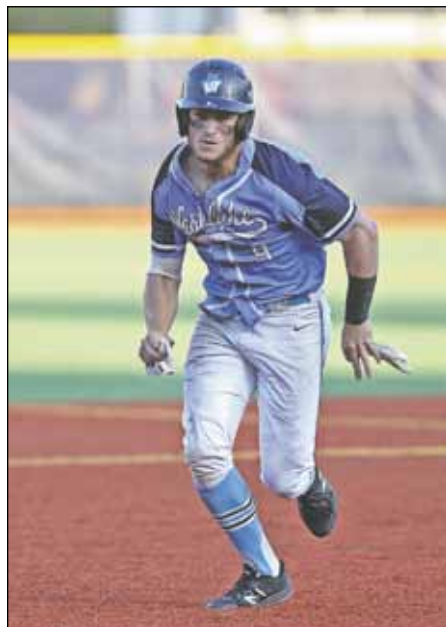
In the seventh, Marlboro's Mongelli led off with a blast that eluded Zulli in left field. But he was stranded at third base as Petrillo retired the next three batters. The Wildcats came to bat for the last time in the bottom of the inning still trailing by five runs. Mahusky surrendered a one-out walk to Donato, but Sal Nardone was retired on a fly to left and the game ended with a diving catch of Pennini's pop fly down the line in right.

"When you get one hit in a game, the

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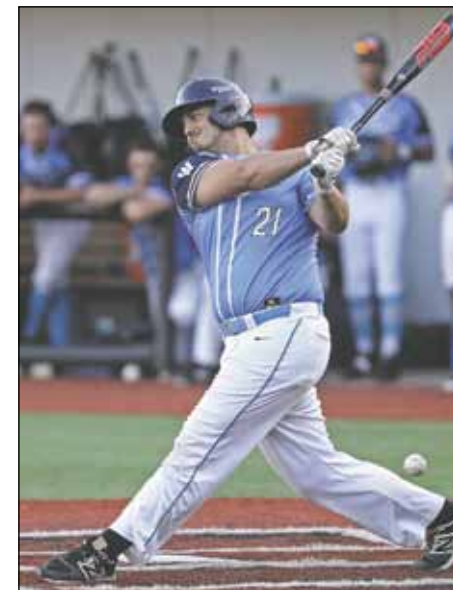
Westlake senior Richie Petrillo delivers a pitch vs. Marlboro in the state Class B regional at Pace University.



The Wildcats' Tom Carpenter runs toward third base in Thursday evening's regional playoff game.



Westlake junior Joe Pennini takes a lead off of first base after being hit by a pitch in the fifth inning.



Sal Nardone fouls off a pitch as he bats in the opening round of the state playoffs last Thursday evening.

Bears Dominate Mattituck and Advance to the State Final

By Andy Jacobs

Neither Long Island's notorious traffic nor a couple of downpours could stop the Briarcliff boys' lacrosse team from making a little more school history last Wednesday evening.

Anthony Capasso and Jack Ricciardi each scored three goals in the opening half as the Bears built a commanding lead and went on to a 10-3 rout of Long Island champion Mattituck in the state Class D regional finals at Adelphi University. Tied at 1-1 after the first quarter, Briarcliff erupted for seven unanswered goals in the second and cruised the rest of the way.

"I'm proud of the way our boys played, they were ready to go," said Bears head coach Al Meola after his team had punched its ticket to the state championship game three days away against Section 3's LaFayette/Onondaga. "I thought our defense came out to play tonight. They were playing pretty stingy and they did a nice job of taking away time and space on those guys."

The game was still scoreless and heavy rain had just started falling when freshman Matt Waterhouse finally put the Bears on the board with a shot from right of the cage with 3:28 remaining in the opening quarter. Mattituck managed to tie the contest just 31 seconds later, but once the game headed to the second quarter the Tuckers found themselves playing from behind the rest of the night.

"We took, like, six shots before that goal," said Meola about the rocket in the rain by Waterhouse. "Trying to be too cute and too fancy with it and we were missing the cage. And finally Matt just put one on net and it went in, and we were like just put the stick between the pipes. That's what we always say. Finish stick between the pipes and don't worry about aiming so much sometimes. Just put the ball on net and see what happens. Shoot



Briarcliff sophomore Anthony Capasso scored three first-half goals in the 10-3 playoff victory over Mattituck.

with no conscience, kind of thing."

Just 90 seconds into the second quarter, Capasso, a sophomore midfielder, scored from left of the cage to give Briarcliff a lead it never relinquished. The Bears' margin grew to 3-1 after Waterhouse retreated to win a race for a ground ball near midfield, leading to a goal from Kyle Proctor with 7:26 to go before halftime.

Ricciardi soon added to the Briarcliff lead, coming around the back of the cage and sending a low shot past Tucker goalie Tyler Shuford from the right doorstep with 4:36 remaining in the second quarter. Nearly two minutes later, Capasso finished a long Bear possession with a shot from right of the cage and then danced in celebration as the lead stretched to 5-1.

But it wasn't until the final minute of the half that it became obvious the Bears would be the team making the long ride up to Rochester come the weekend. Capasso tallied his third goal of the game with 59 seconds on the clock. Just 14 seconds later, the Tuckers' last good chance to climb back was thwarted as Briarcliff goalie Ian Leahy denied Dane Reda from point-blank range.

Leahy's big save set the stage for a



Jack Ricciardi of Briarcliff controls the ball behind the cage in last Wednesday's state semifinal. He scored two goals in seven seconds late in the first half.



The Bears' Aidan Murnane tries to maintain possession of the ball as he's hit near midfield in the second quarter of last week's state playoff game vs. Mattituck.

pair of goals from Ricciardi just seven seconds apart. The first one came with 19.4 seconds left in the half and the Bears up a man. His second one sent Briarcliff into the intermission in possession of an overwhelming 8-1 advantage.

"Yeah, it was awesome," said Meola about the late first-half surge that his players used to blow open the game. "At halftime, they were buzzing and feeling good about themselves. We came out flying in the second quarter. The boys played pretty well. In transition, they got up and down. Our clears were really good, so that helped us a lot."

The second half began with no sign of a Mattituck comeback. Aidan Murnane, the Bears' sophomore defenseman, increased the lead to 9-1 when he ran all the way around the back of the cage, reemerging on the left side and scoring with just 95 seconds gone by. The Bears didn't score again the rest of the period, but it hardly mattered as the turnover-prone Tuckers could only answer with a lone goal from Reda with 3:27 left.

The fourth quarter was scoreless until



Briarcliff senior Andrew Kanovsky is about to score a goal midway through the fourth quarter of the Bears' 10-3 state semifinal win at Adelphi University.

Andrew Kanovsky provided the icing on the cake for the Bears, racing down the middle of the field and firing a left-handed shot into the back of the net with 6:25 left to be played.

"It felt pretty incredible," said Kanovsky, a defenseman who will soon be delivering the valedictory address at Briarcliff's 2019 commencement. "I think I might be the only senior on the team who doesn't have a goal at all this year. So I was really looking for it the whole game and I finally picked up the ground ball, came down, and thankfully my coach gave me a call to sort of just spread everyone out and they let me take it to the goal. Fortunately, I was able to finish it. Pretty incredible."

For Kanovsky, his fourth-quarter goal was a long time coming.

"I used to play attack until fifth grade and I don't think I've scored a goal since then," he said. "Finally getting back on the scorers' sheet was definitely something special."

Mattituck closed the game's scoring with a goal from Max Kruszeski with just under five minutes remaining and moments before a second downpour

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The Bears' Charlie Boyer passes the ball in the state semifinal vs. Section 11's Mattituck.



Spencer Rockmore tries to run past Mattituck's Matt Warns in the first half of last Wednesday night's state playoff game.

Bears Dominate Mattituck and Advance to the State Final

continued from previous page

quickly swept across the field. By then, several of the Bears' primary offensive weapons were already watching from the bench as seldom-used reinforcements got some playing time.

"When we had the lead in the fourth quarter," said Meola, "I just wanted to make sure we don't have any injuries going up to Rochester, especially some of our top guys. We wanted to make sure we keep 'em healthy. They had to sit out the fourth quarter, but, you know what, these other guys are sitting on the bench

cheering them on all year. So I think it works out well for them."

Though the Bears rolled past Mattituck with their second-quarter explosion, Meola was quick to point out that it wasn't as easy as it seemed to be, that the Tuckers were a team to be reckoned with after finishing above .500 against some very stiff competition on Long Island.

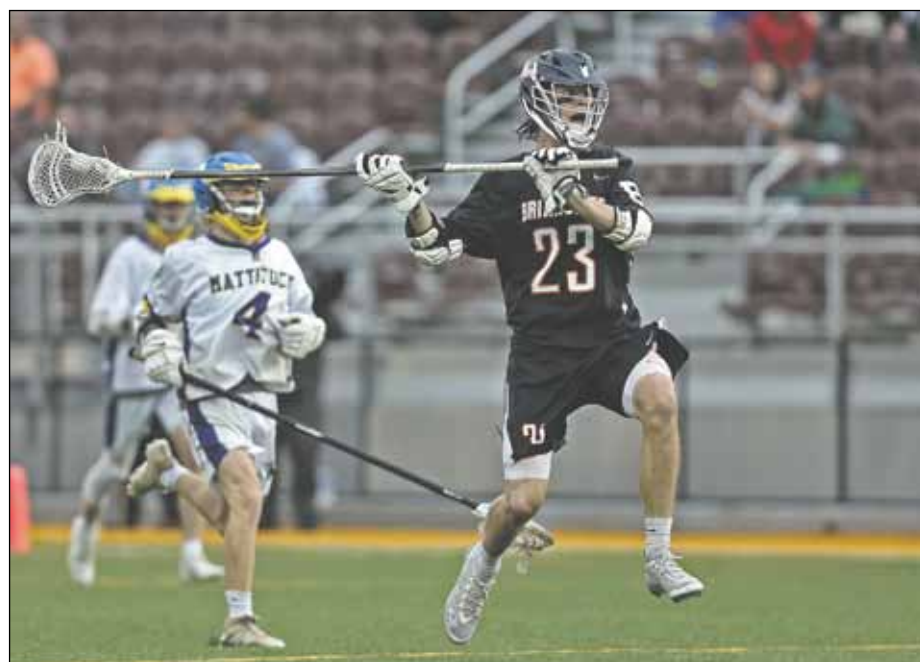
"They played big schools with real tough schedules," he said. "I don't know if people realize that. We knew that they were gonna come hard and they had some talent and stuff, and pretty well coached. But we were ready for it. We scouted them pretty well. We watched a lot of film. Our game plan, our study packet, was pretty thorough — on every single player, on everything they do."



Briarcliff junior Nick Reish passes the ball on the run in the second quarter of the 10-3 victory over Mattituck.



Goalie Ian Leahy moves the ball up the field after making a save in Briarcliff's state semifinal victory.



Kevin O'Donnell of Briarcliff sets his sights on the back of the cage after taking the ball up the field in the second half vs. the Mattituck Tuckers.



Briarcliff's Noah Benson fires a shot at the cage in the first quarter of the Bears' state semifinal win over Long Island champ Mattituck.



Briarcliff head coach Al Meola watches his team in the fourth quarter of the state semifinal at Adelphi.

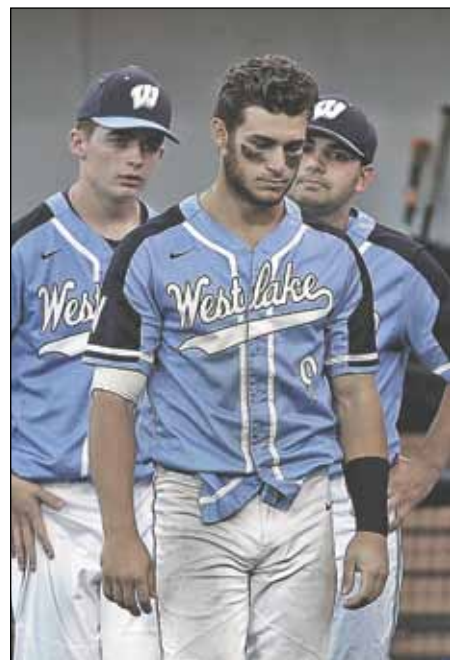
Wildcats Blanked by Marlboro in the State's Regional Playoffs

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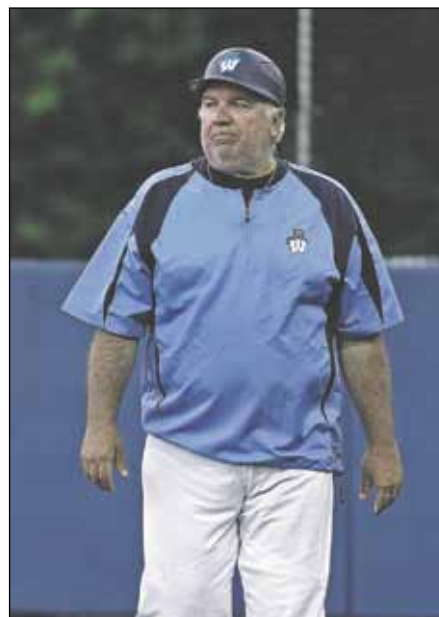
odds are you're not gonna win the game," said Consorti. "Today just wasn't our day, but it can't dampen what they've done in their career and what they've done this year. I'm disappointed for them tonight, but they had a great season. They won a section title and no one can ever take that away from them."

A 16-win season highlighted by last week's 12-inning, 5-4 victory over Briarcliff for the Wildcats' first sectional championship since 2000 won't soon be forgotten at Westlake.

"I've been with most of 'em three years," said Consorti, whose Wildcat roster was dominated by a dozen seniors. "To come into a new situation, to have this group of talent makes your job a lot easier. They bought in and each year we got better and better. So obviously I'll miss 'em a lot. I didn't know if I'd ever coach again. I was given the opportunity and I was blessed to coach a group like this."



It was the end of the road for Tom Carpenter and the Wildcats after losing to Marlboro 5-0 in the state playoffs.



Westlake head coach John Consorti, who guided the Wildcats to their first sectional title in 19 years, saw his team fall to Marlboro last Thursday evening.



The Wildcats' Mike Mancuso sends a foul ball down the line at third base in last week's regional playoff game.

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