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July 2 - July 8, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 617

County Receives Go-Ahead to Raise Sales Tax Next Month

By Martin Wilbur

Westchester County's sales tax will rise by 1 percent on Aug. 1, a move that is intended to provide the county with greater fiscal stability in the years ahead.

On Sunday, Gov. Andrew Cuomo signed the bill passed earlier this year by the state legislature, and on Monday morning the Board of Legislators approved the action in a 12-0 vote. The increase will bring the sales tax to 8 3/8 percent countywide and put it on par with New York City and Putnam County, said County Executive George Latimer.

The increase will also match what shoppers are charged in Yonkers, Mount Vernon, New Rochelle and White Plains. Those cities are allowed to change their sales tax rates without state approval.

The new sales tax in Westchester's other 41 municipalities is expected



County Executive George Latimer, pictured here in February with supervisors and mayors supporting the 1 percent sales tax hike.

to provide as much as \$140 million in extra revenue to Westchester in a full year, Latimer said after the Board

of Legislators' vote was taken. As a tradeoff, he pledged to freeze county property taxes for the next two years,

have municipalities and school districts share in a portion of the extra revenue and avoid selling the parking lot at the County Center.

"The county needed to stabilize its finances and that's what this is about," Latimer said.

More precise numbers are expected to be made available next Monday when the county executive and local and county officials hold a briefing on the impacts of the sales tax increase.

Latimer said that municipalities will share in 20 percent of the extra revenue each year while school districts will receive 10 percent. There will be formulas released by next week to show the breakdown for each municipality and district, which will be based on population, he said.

Latimer said there won't be a negative impact on commerce and shoppers because the sales tax is already 8 3/8

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Chappaqua Train Station Café Owners to Sell Operation

By Martin Wilbur

Another establishment will take over food service operation at the train station facility after the owners of Chappaqua Station have decided to sell their business.

The New Castle Town Board last week approved Bobo's Café taking over the remaining six years on Chappaqua Station's 10-year lease and granted an extension until June 2029. No date was provided for when Bobo's Café, which will also continue to operate at its Somers location, will move into the more than century-old town-owned train station building.

It serves breakfast and bakery items as well as sandwiches, salads, smoothies and other beverages.

"I think people are really going to enjoy



The food service operator will change in the coming months at the town-owned space at the Chappaqua train station.

them," said New Castle Supervisor Robert Greenstein.

Chappaqua Station is currently paying \$3,606 a month in rent for the space,

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North Castle Officials: Eagle Ridge Project Too Large for Site

By Martin Wilbur

Members of the North Castle Town Board told the developer of a proposed hotel and residential complex on property once owned by IBM that the project would be too massive for the site.

The comments, along with requests for further study on a variety of issues, came during concurrent June 26 public hearings on the Draft Environmental Impact Statement (DEIS) for the Eagle Ridge project on North Castle Drive and amendments to the zoning code.

Developer Frank Madonna's plan calls for a 91-room boutique hotel with a restaurant, amenities and two ballrooms on the first three floors and 70 rental apartments on the top two stories of the

continued on page 4



MARTIN WILBUR PHOTO

Patrick Clearly, a planning consultant for the developer of the proposed Eagle Ridge hotel and multifamily housing project in Armonk, addresses the North Castle Town Board during last Wednesday's public hearing.

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County Receives Go-Ahead to Raise Sales Tax Next Month

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percent in most neighboring counties. He also characterized it as a progressive tax. Currently, some of the poorest Westchester communities are paying the higher sales tax and now the affluent communities will follow.

"If we deliver as I expect we will on

our commitment on property taxes this will be a net benefit to the people of Westchester County," Latimer said.

Last year the county's bond rating was downgraded from AAA to AA1. Then Latimer and the Board of Legislators were forced to close a \$70 million budget gap before the end of the year.

Westchester's depleted fund balance had sunk to about \$70 million, down from a high of about \$170 million.

County lawmakers regardless of party affiliation supported the plan.

Legislator Michael Kaplowitz (D-Somers) said he would have liked to avoid raising the sales tax but it

became necessary to try and replenish the fund balance and refrain from one-time injections of revenue through the sale of properties and assets. The sale of the parking lot at the County Center in White Plains for a projected \$23 million can now be avoided, he said.

Kaplowitz said the unwillingness of former county executive Rob Astorino to have a small annual property tax increase put Westchester in a difficult position.

"We're now on a relative basis equal to all the other counties in the metropolitan area and we're able to avoid a huge property tax increase," Kaplowitz said. "That's the only other real option."

County Legislator Margaret Cunzio (C-Mount Pleasant) said she was on board with the increase as well because it should help control local property taxes and school taxes.

"The sales tax is also shared with the school districts and the municipalities. It is important to try to get additional revenue for the schools and the municipalities to keep the taxes lower in both those areas," she said.

Chappaqua Train Station Café Owners to Sell Operation

continued from page 1

according to the town administrator's office. Greenstein said Bobo's Café will initially pay the same rent with a 3 percent annual escalation. After the sixth year of its lease, there will be a 10 percent increase. A five-year option beyond the initial 10 years is also available, he said.

Bobo's Café co-owner Glen Bernardi declined to comment last Wednesday about the likelihood of moving into the Chappaqua train station because he said the lease had not yet been signed.

The abrupt change was made necessary because Erin Chase, who opened the café about four years ago with her husband Peter, faces a health issue. Peter Chase said his wife underwent surgery last week for breast cancer and they made a

decision that she will concentrate on her health and their two children.

Chase, a longtime restaurant and hospitality professional, said the plan had been for Erin to continue overseeing Chappaqua Station while he looked after their consultancy business. They and their family live in Chappaqua.

"We wanted to make sure that the focus is on Erin's health and our children at this point in time and that's what we have to do, so let's do right by the community and make sure we find a new operator that can come in and continue forward in a positive way for the town," Chase said.

Recently, they engaged a broker to begin the process of selling the business, he said. Chase said the sale hasn't been

completed and did not give a time frame.

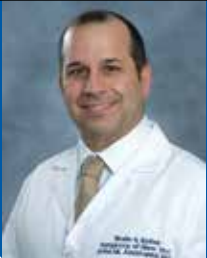
He said if their successor doesn't make any significant changes to the current space, then the switch can be made within a couple of months. Otherwise, it can take significantly longer.

They also want the new operator to use the personnel that they have in place at Chappaqua Station.

As much as he and his wife have enjoyed operating the café, Chase said they didn't have a choice given the circumstances.

"You don't create something like this and put in all the time and effort and passion and blood and sweat in the last four years to hand it off to somebody else," Chase said.

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

Ask the Doctor

John Abrahams, MD, FAANS

Chief, Neurosurgery
Co-Director, Spine Surgery,
Orthopedic & Spine Institute
Northern Westchester Hospital

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Q: Do I have sciatica?

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

Q: What causes sciatica?

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

Q: Am I at risk for sciatica?

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

Q: What are my treatment options?

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

Q: What can I expect from surgery for sciatica?

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

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

Officials, Environmental Advocates Hail Westchester's Polystyrene Ban

By Martin Wilbur

County lawmakers and supporters of the recently approved prohibition of polystyrene in Westchester called passage of the legislation a major victory in the fight to preserve the environment on June 26.

Legislators Kitley Covill (D-Katonah) and Nancy Barr (D-Rye Brook), co-chairs of the Board of Legislators' Environmental, Health and Energy Committee who co-sponsored the measure, gathered outside the Katonah Reading Room accompanied by County Executive George Latimer and various environmental advocates, saying that the new law is a significant step in moving environmental protection forward.

Environmentalists have said that polystyrene is not recyclable and does not break down, therefore crowding landfills and polluting watercourses. It also contains known carcinogens.

"In the end, it's really environmentally important to stop this particular product because the birds pick it up, the fish eat it, it gets into our waterways, it clogs storm drains," Covill said. "There has been some conversation about it being recyclable but the technology is not there and in the end it's better to not have this."

The bill was unanimously approved by the Board of Legislators on June 3 and has been signed into law by Latimer. There is a six-month delay to allow for an adjustment period, so it will not go into effect until the



MARTIN WILBUR PHOTO

County Legislator Kitley Covill holds up a small piece of polystyrene she found near her house in Katonah. The county recently approved banning the material, commonly used for food containers and for packing, which will be in effect by the end of the year.

end of the year.

Under the law, polystyrene will no longer be available for food establishments to pack food and for businesses or individuals to fill packages for shipping. There are several exemptions, including the use of egg cartons and to pack meat and other store and supermarket products, said Anne Jaffe Holmes, managing director of the Federated Conservationists of Westchester County.

It will also not mandate that shipments received from out of the county comply with the polystyrene ban, she said.

Holmes said there has not been much opposition in the Westchester business community, only from representatives of polystyrene manufacturers. Since none of

those manufacturers are Westchester based, they held little sway, she said.

Katonah Reading Room owner Peter Menzies said he and his wife have voluntarily used compostable food containers and utensils at their two establishments, the other one being Little Joe's Coffee and Books, also in Katonah. He said he was pleased that the county is following the lead of other municipalities and counties throughout the United States, including Nassau and Suffolk counties, in banning the material.

"We made a commitment to minimize impact," Menzies said. "We put a lot of care and thought into selecting the products that we use, everything from straws to cups to

paper bags. Our philosophy is to minimize the produce that goes out the door so it stays out of landfills."

Majority Leader Catherine Parker (D-Rye) said there previously hadn't been the political support for the ban when it was first proposed about five years ago. However, it received bipartisan backing when it was put to a vote. She called it "a monumental day for Westchester."

Barr thanked the lawmakers and the advocates for helping to make the ban a reality.

"Without their efforts, your efforts, we would not be able to do this type of legislation," Barr said. "So I hope you will work with us for us to make Westchester a very environmentally friendly place."

Menzies said that while the alternatives are more expensive – the containers he uses may be close to twice as costly, he said – there can be savings in other ways by cutting down on the number of napkins and plastic utensils given out. In fact, the Katonah Reading Room has an option for its patrons to request or decline the utensils and napkins when ordering through its online service, Menzies said.

"We do it because it's good business sense and it's great environmental sense, to minimize what we give to customers," he said. "Make them ask for that instead of overloading them with all the extra napkins and straws."

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North Castle Officials: Eagle Ridge Project too Large for Site

continued from page 1

building that would be constructed on a six-acre portion of the 32.5-acre site. The project would require a section of the Town Code to be changed to allow for multifamily housing in the Office Business Hotel (OBH) zone.

The larger 26.3-acre parcel would contain 94 three-bedroom townhouses and would need to be rezoned from OBH to a residential multifamily district.

A majority of the Town Board remarked about the size of the project, but also raised serious concerns regarding traffic, sewer and water capacity and the potential strain it would place on volunteer emergency services.

"The scale of this is just extreme and I don't think this statement addresses the magnitude of the impact this would have," said Councilman Jose Berra.

While town officials agreed that they support the general concept of having a hotel at the site, Councilwoman Barbara DiGiacinto said she would like to see the larger parcel used for the hotel while the six-acre piece should be home to a much more modest number of residences.

The hotel, which would rise to more than 58 feet tall and is in close proximity to Community Park, threatens to alter the character of the town, she said.

"I think people would be aghast at what this Town Board let happen," DiGiacinto said. "So I think an alternative plan is very, very important."

Councilman Stephen D'Angelo voiced a series of concerns about the project. The DEIS states the project would produce about 72,000 gallons of sewage a day, when there is currently 35,000 gallons set aside for future development at the IBM property. The town has planned to expand the capacity of the sewage plant serving downtown Armonk from 500,000 gallons a day to 700,000.

He also said the Armonk Fire Department could be overwhelmed because it isn't equipped to respond to a call in a five-story building.

"We don't have that type of capability here," D'Angelo said. "To say a building of 91 hotel rooms and 70 apartments, five stories tall, even if it's a false alarm, to say it's going to have a minimal impact, even if nothing happens, just the response of the people that have to come out, that needs to be looked at a lot closer."

Additional issues that also raised red flags for D'Angelo was the increase of traffic generated by the project and placement of the school bus stop on Route 22. The residential component is expected to generate about 54 school-age children, according to the applicant.

Several also residents spoke during

the public hearing. They were generally supportive of a hotel at the site but were opposed to the large expanse of multifamily housing. Armonk resident Jeremy Jacobs said traffic on Main Street in the area of Armonk Square has already forced him to go to Bedford to shop and fears it would worsen with this project.

He also said he didn't understand what crowds would be attracted to the hotel and the housing without public transportation.

"Hundreds and hundreds and hundreds of people are going to come here to this hotel and this residential area, drawn by our lack of train stations?" Jacobs asked. "I don't understand that logic."

Another local resident, Ann Dantzig, said she was alarmed by the multifamily residential component for not only this project but for of several other proposals in the area.

"All of a sudden we have all this residential going on here and it seems like there is an awful lot of new multifamily housing being proposed in this town, and everybody thinks that their proposal is great and everybody is going to want their residential housing," Dantzig said. "But it sounds like people are going to have a choice of a lot of residential housing."

Supervisor Michael Schiliro said

developers are reacting to the market demands. However, he said that he was puzzled by the need to include so many apartments with the hotel.

Jonathan Falik, CEO of JF Capital Advisors, one of the developer's representatives, said a hotel-only plan isn't economically feasible and that the apartments in the hotel would make the project profitable.

The public hearings on the Eagle Ridge application were adjourned until the July 10 Town Board meeting. Comments and questions generated during the hearing will be addressed by the applicant in the Final Environmental Impact Statement.

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New Castle Appoints Carroll to Become Town's Next Police Chief

By Martin Wilbur

The New Castle Town Board appointed their next police chief last Tuesday, unanimously agreeing to elevate longtime department member James Carroll to fill the post.

Carroll, who has been with the New Castle Police Department since 1993, has been one of the town's three lieutenants since he was promoted from sergeant in 2016. He took over last Friday for former chief Charles Ferry, who retired after 10 years in the post and 35 years with the force. Carroll's salary is \$157,500.

"I've been working my whole life for it,

my whole adult life anyway," Carroll said of the appointment.

Carroll, who was born in the Bronx and has lived in Dutchess County since he was five years old, started his law enforcement career in April 1990 as a Dutchess County deputy sheriff. He arrived in New Castle three years later, assigned to the patrol division. He was promoted to sergeant in 2004.

In February 2016, he was elevated to lieutenant in charge of the patrol division and last December was made the executive officer of the department.

He said that teamwork is required to

ensure public safety and that the department is running well.

"I'm responsible for the safety and the welfare of the entire community and I intend to do that through community policing and service," Carroll said.

Supervisor Robert Greenstein said the town was going to be in good hands because the board had three highly qualified candidates to choose from.

"Every one of them would have been a great choice and we can tell you how fortunate we are to have three lieutenants, three incredible lieutenants, and now one is going to be chief and two are still incredible



James Carroll last week became the next New Castle police chief, being elevated from his role as lieutenant.

Chappaqua Board of Ed Appoints New Greeley Assistant Principal

By Martin Wilbur

The Chappaqua Board of Education last week appointed a new assistant principal for Horace Greeley High School.

Adam Schoenbart, who has served in the same post at Darien High School in Connecticut, will start work in Chappaqua on July 29. Schoenbart's responsibilities include supporting instruction, special education co-taught classes and electives across grades 9-12.

"Adam will be a tremendous asset and resource for our high school community," said Chappaqua Superintendent of Schools Dr. Christine Ackerman. "His proven track record of leveraging traditional

instructional methods with technology and innovation to transform student learning and professional development aligns perfectly with what we are striving to accomplish at Greeley."

His education career began at Ossining High School, where he taught English and later worked as a Capstone and instructional technology coach supporting digital portfolios, a flipped classroom instructional model and the advancement of student-centered instruction.

A Google for Education certified trainer, Schoenbart was named one of the National School Board Association's "20 to Watch" educational technology leaders in 2016. He

also received the Lower Hudson Regional Information Center Pioneer Award for Distinguished Technology Teacher in 2014, and was the runner-up for the Tech & Learning Leader of the Year award in 2017.

He also consults, writes and presents about teaching and educational technology.

Schoenbart earned his bachelor's degree in secondary English education from Ithaca College and master's in Teaching of Adolescent English from Teachers College. He also holds a professional diploma in educational leadership and a Doctor of Education Degree in educational leadership from Manhattanville College.

lieutenants," Greenstein said last week after the board made it official.

He said that Carroll has been working closely with the school district to have officers in the Chappaqua schools. The new chief has also worked very closely in recent months with the Town Board on the traffic mitigation plan outside Chappaqua Crossing as required road improvements for the development have continued this year, Greenstein said.

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Road Work Related to Kensico Dam Traffic Closure to Begin

By Martin Wilbur

Road work at eight North Castle and Mount Pleasant intersections that is designed to improve traffic flow and pedestrian safety since closure of the Kensico Dam roadway in 2001 is scheduled to begin next week.

The New York City Department of Environmental Protection (DEP) traffic improvement plan is set to get underway at Legion Drive and Columbus Avenue in Valhalla next Monday and run through Aug. 27.

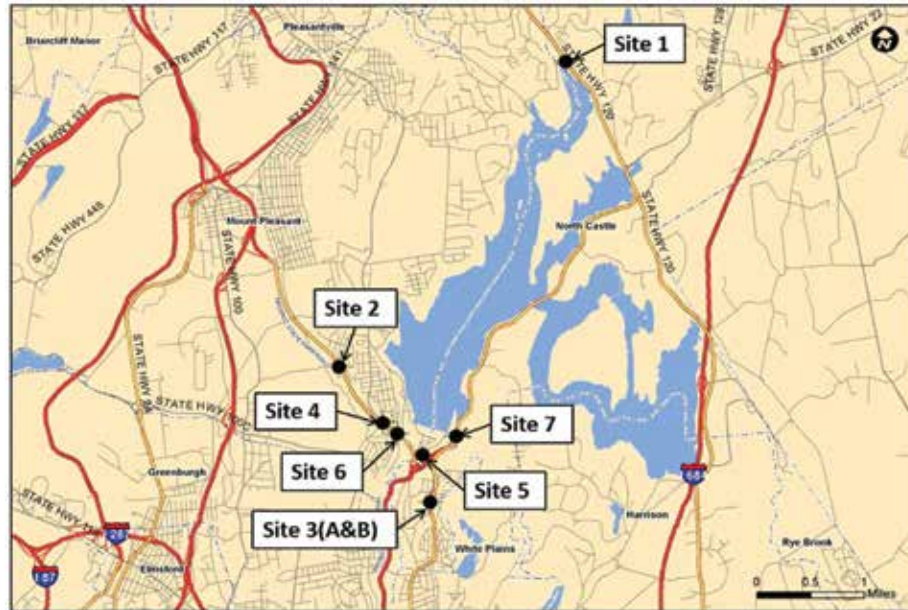
A new traffic signal will be added in front of the fire station at that location along with upgraded roadway signs and striping.

In North Castle, North Broadway at Route 22, where a southbound lane on North Broadway will be added and a traffic signal will be upgraded, and Hillandale Avenue in North White Plains will begin in August and be completed by the end of October, said Mark DelBalzo, section chief for the Kensico Road traffic improvement project.

Hillandale Avenue will see the addition of a sidewalk, pedestrian crosswalks and signs, the modification of the traffic signal timing to help pedestrians and the upgrade of roadway signs and striping.

Other improvements in North Castle will be at Park Drive and Broadway in October and November, DelBalzo said.

Extensive work is planned at Route



A map of the eight intersections in North Castle and Mount Pleasant where road improvements will be made over the next year and a half.

120 and Nannyhagen Road next March through May. That site will see a new traffic signal installed, addition of a northbound Route 120 left-turn lane will be added, realignment of the southbound Route 120 lane to accommodate the new turn lane and the addition of drainage swales, DelBalzo said.

In August through October 2020, old signal poles and overhead wires will be removed at Westland Drive at Route 22.

The remainder of the Valhalla work

will take place at Lakeview Avenue at the Taconic State Parkway from April to July next year and at Cleveland Avenue and the Taconic State Parkway next July and August. There will be a flashing "Signal Ahead" sign installed on the southbound Taconic approaching Cleveland Avenue and a westbound left turn lane will be added on Lakeview.

DelBalzo said after the DEP permanently closed the road to vehicular traffic atop Kensico Dam following the 9/11 terrorist

attacks, it resulted in increased traffic in areas of North Castle and Valhalla. These improvements are being made to mitigate that impact, he said.

"What happened was additional traffic was transferred to different local roads," DelBalzo said. "We've implemented these measures. It took quite a process to get through all the regulatory agencies and all the input from all the local municipalities and agencies, but we're now about to begin construction."

The Kensico Dam roadway remains open to pedestrians and bicyclists.

DEP spokesman Adam Bosch said the work is sequential, meaning that only one intersection will be worked on at a time.

Weather and Con Edison will also play significant roles in whether the agency is able to adhere to its schedule, Bosch said.

North Castle Police Chief Peter Simonsen said while the installation of the traffic light and turning lane at Route 120 and Nannyhagen Road might be more extensive for construction crews, the North Broadway work could prove problematic because of higher traffic volume.

He said there's a detour plan in place that will provide for a police officer to be there when there's to be construction. However, the state agencies are hoping for coordinate to avoid conflicts around peak travel hours, Simonsen said.

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Police Blotter

County Police/Mount Kisco

June 23: A 65-year-old Sarles Street man was arrested at 9 p.m. and charged with third-degree assault and third-degree menacing, both misdemeanors, following a dispute at his home. He is accused of striking a female relative in the presence of two children.

June 24: A Lawrence Street resident reported at 10:11 a.m. that his car was damaged while it was parked in his driveway overnight.

June 24: Report of fireworks in a wooded area behind Stop & Shop on North Bedford Road at 1:44 p.m. The responding officers canvassed the area with negative results.

June 25: Police responded to Woodcrest Manor at 5:18 a.m. to assist a 90-year-old man who fell and injured his arm. He was transported to Northern Westchester Hospital.

June 26: A resident reported at 10:28 a.m. that she was scammed out of \$4,000 by a person claiming to be from the IRS. The woman said she received a call saying she was in arrears on her taxes

and followed the caller's instructions to purchase gift cards and call back with the numbers associated with them. Police remind residents that the IRS will not contact taxpayers by phone and will never ask for payment of any kind through gift cards.

June 26: A resident contacted police to complain at 6 p.m. that youths regularly ride bicycles and skateboards on the sidewalk on South Moger Avenue. She said there were no youths at this time but she wanted to voice a general complaint.

June 26: Police responded to Ridge Lane at 9:42 p.m. at the request of Northern Westchester Hospital medical staff to locate a man whose wife had been brought to the Emergency Department. Efforts to reach the man by phone had been unsuccessful.

June 27: A manager at Rite-Aid on South Moger Avenue reported at 10:16 a.m. that a person took an 18-pack of beer and left the store without paying for it. The manager said he believes he knows who the person is and wants to press charges. An investigation is continuing.

June 28: Police responded to the 300

block of North Bedford Road at 12:30 p.m. to assist a man who was feeling dizzy. He was taken by ambulance to Northern Westchester Hospital.

North Castle Police Department

June 21: A subject arrived at headquarters at 1:36 p.m. to report several large stones are in the roadway on Starkey Road along the front curbing, potentially causing a hazardous condition. The responding officer reported speaking with a homeowner who will be removing all rocks from the roadway. Condition corrected.

June 22: County police reported a car fire on Airport Access Road at 7:48 a.m. The car was fully involved and unoccupied. The Armonk Fire Department was dispatched. One of the responding officers stated that the fire was extinguished and the vehicle was removed from the roadway.

June 24: A caller reported at 5:06 p.m. that she is locked out of her vehicle on Maple Avenue and her eight-month-old child is inside. The caller stated that the vehicle is an Audi and that it is not running. Armonk Garage was dispatched to the location. The responding officers reported that the baby was removed from vehicle without incident and checked

okay.

June 25: Multiple callers reported a motor vehicle accident with air bag deployment and unknown injuries on Hillandale Avenue at 4:18 p.m. The North White Plains Fire Department and Valhalla Ambulance Corps responded along with several police officers. A summons was issued.

June 25: Report of a dispute at Sir John's restaurant on North Broadway at 7:49 p.m. An employee called from the listed location to report that he is having a verbal dispute with an intoxicated female customer who is refusing to leave. The responding officers reported that the matter was adjusted.

Pleasantville Police Department

June 21: Report of a larceny on Saratoga Avenue at 6:44 p.m. No information was released by police because the incident is under investigation.

June 23: Report of a larceny on Eastview Avenue at 11:25 a.m. No information was released by police because the incident is under investigation.

June 25: A complainant arrived at headquarters at 2:42 p.m. to report that several cars were damaged on Bedford Road.

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One-Year Filing Period Under Child Victims Act Begins August 14

The New York Child Victims Act creates a new opportunity for victims of childhood sexual abuse to hold perpetrators and enabling institutions accountable.

The law, passed by the state legislature and signed by Gov. Andrew Cuomo earlier this year, will soon allow the civil prosecution of child sex abuse offenders in New York State as well as institutions that were culpable in allowing the abuse to continue.

For one year, starting Aug. 14, 2019,

regardless of how long ago the abuse occurred, survivors will finally have a chance to take legal action against those people and institutions that allowed the abuse to happen. The time period for filing concludes on Aug. 14, 2020.

The new law also removes the barriers to filing civil claims against government institutions. But in order to file a claim where the statute of limitations has already passed, survivors have to file it in the one-year period referenced above.

Bill Greenberg, Joseph A. Maria and Rebecca Foley Greenberg have successfully prosecuted a multitude of sexual abuse cases in New York State and federal courts and each is well-versed in the complexities of this specific type of litigation. They have launched Greenberg, Maria, Greenberg & Associates in White Plains to focus exclusively on the prosecution of child sexual abuse cases.

With the passage of the landmark legislation the New York Child's Victim

Act, GMG & Associates can now dispense justice for the survivors of past child sexual abuse, regardless of how long ago it happened.

For more information about Greenberg, Maria, Greenberg & Associates and The New York Child Victims Act, visit www.nyvictim.com. You can also contact the firm confidentially by e-mail at info@NYVictim.com or at 833-842-8469 or follow the firm on twitter @GMGLegal.

County to Hold Music Fest and Fireworks at Kensico Dam Plaza Wednesday

Westchester County Executive George Latimer invites residents of Westchester and beyond to Music Fest and Fireworks celebrating America's independence on Wednesday, July 3 at Kensico Dam Plaza in Valhalla.

Entertainment begins at 5 p.m. with a guest DJ, followed by the Benson-Scott Big Band at 8 p.m. Spectacular fireworks, with the historic Kensico Dam as the backdrop, follows at about 9:15 p.m.

Admission and parking are free. Carpooling is suggested. Concertgoers should bring lawn chairs or blankets for seating as well as a picnic supper.

Music Fest and Fireworks is presented by Westchester County Parks and sponsored by the Westchester Parks Foundation with support from 100.7 WHUD.

Kensico Dam Plaza is at the north end of the Bronx River Parkway in Valhalla. For more information, visit www.westchestergov.com/parks.

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Column

Tips on How You Can Help Your Kids Avoid the ‘Summer Slide’

New York State United Teachers (NYSUT) released a list of recommendations for families to help their children avoid the “summer slide” and maintain their academic edge during their summer vacations.

“Whether they’re out riding bikes or inside making crafts, every activity presents a learning opportunity for children this summer,” NYSUT President Andy Pallotta said. “Learning is about more than reading a textbook or filling out a worksheet. Even if your family is just lounging at the beach, slipping learning experiences into your vacation is a great way to keep your kids’ minds sharp – and have fun as a family.”

Research has shown that some students can lose a month or more of academic progress during summer vacation, with low-income students disproportionately impacted by a summer-long break from the classroom. However, additional studies have shown that summer learning programs can have positive effects on students.

Ensuring that younger children, in particular, maintain their academic progress can be critical. A 2011 study by the Annie E. Casey Foundation found that one in six children who don’t read proficiently by third grade fail to graduate on time from high school, a rate four times higher than that for proficient readers.

“As educators, we hope to instill a lifelong love of learning in our students,” said NYSUT Executive Vice President Jolene DiBrango. “Even on a rainy summer day, cracking open a mystery novel or performing a kitchen science experiment with your kids are perfect ways to show them that learning doesn’t have to stop when school’s out.”

To help avoid the summer slide, here are some things to try.

Enroll children in summer programs

Many schools operate fun summer student programs. Some cities and towns also offer a variety of recreational and educational day programs for kids.

Family reading programs

Many schools distribute suggested reading lists. Talk with your child’s teacher or librarian about developing a summer reading program with your child. Agree on a set number of grade-level appropriate books to read and get the whole family involved. The National Education Association, an affiliate of NYSUT, offers resources on how to find the best books for your child. The state Education Department also offers a Summer Reading program through local libraries across New York.

Specialized summer camps

Whether your child is interested in robotics or zoology, specialized summer camps are a great way to keep children engaged with hands-on learning.

Ask a teacher

Consult your child’s current or upcoming teacher for suggestions for summer workbooks, science activities, essay topics and other summer learning ideas.

Summer enrichment

If your child needs extra help in a particular subject, speak with his or her teacher about local enrichment programs.

Summer journaling

Have your child keep a daily journal. Help him or her stay on track by monitoring his or her efforts.

Turn daily activities into learning opportunities

Make your next visit to the grocery store a math lesson or turn your next walk through the park into a science exhibit.

Learn locally

Explore local parks, museums, libraries and historical sites.

Learn on vacation

Research the history and culture of your vacation destination with your child and tour local landmarks while you’re there.

New York State United Teachers is a statewide union with more than 600,000 members in education, human services and health care. NYSUT is affiliated with the American Federation of Teachers, the National Education Association and the AFL-CIO.

WMCHHealth Network Encourages Safe Fourth of July Celebrations

Fourth of July celebrations and fireworks often go hand in hand. But fireworks – especially those that are illegal – can be extremely dangerous and can cause serious injuries.

Each year, thousands of adults and children are treated at hospitals across the United States for serious burns, amputations and other significant injuries resulting from the use of fireworks. The Westchester Medical Center Health Network (WMCHHealth) encourages all residents to leave the fireworks to the professionals this Fourth of July and to follow New York State fireworks safety laws. In many areas across the state, including New York City and Westchester County, it is illegal to possess, sell or purchase consumer fireworks.

“Fireworks are the cause of many avoidable injuries that we see in the emergency department, especially in the month surrounding the Fourth of July,” said Dr. Ivan Miller, director of emergency medicine at Westchester

Medical Center, Maria Fareri Children’s Hospital and MidHudson Regional Hospital, all members of WMCHHealth. “Fireworks can fly into the face of a user or bystander and cause an eye injury, ignite clothing and cause serious burns.”

Burns make up more than half of fireworks-related injuries, one of the most common. Injuries to the eyes are also quite common, where contusions, lacerations and injuries from foreign objects are more frequent.

The Consumer Product Safety Commission (CPSC) reported that in 2018, there were 9,100 people treated for fireworks-related injuries in emergency departments across the United States, and more than 60 percent were treated in the month surrounding the July 4th holiday. Injuries to children and young adults under age 20 made up nearly half of the emergency department-treated fireworks injuries.

Some counties in New York State,

such as Putnam, Orange, Dutchess, Ulster, Sullivan and Rockland, legalized the use of sparklers for people over the age of 18 in recent years. While legal in some areas, these fireworks have the capability to burn at temperatures in excess of 1,000 degrees and can cause serious burns to adults and children. All fireworks, including sparklers, are still illegal in Westchester and New York City.

To help residents celebrate the Fourth of July safely this year, Miller encourages everyone to leave the fireworks to the professionals. Many communities in the region host fireworks displays that are controlled by licensed pyrotechnical experts and open to the public to provide a safe and fun way to enjoy the Fourth of July holiday.

Check at your local Town Hall, municipality or your local newspaper to find scheduled fireworks displays in your area.

Mercy College Seeking Qualified Vets for Math Education Program

Dr. William Farber, director of the Veterans to Math Teachers Program (MeirPro) and associate professor of mathematics education at Mercy College, has a mission. He needs to find 10 U.S. military veterans interested in teaching secondary school-level mathematics for tuition free scholarships for an advanced degree at Mercy College.

Mercy College has been awarded a major grant of \$1.16 million from the National Science Foundation (NSF) Teacher Scholarship Program. The grant is for a project to advance mathematics education, with a particular emphasis on United States military veteran retraining for new careers as secondary mathematics teachers.

The NSF funding is earmarked for 10 veterans to complete a master's degree in mathematics education. The potential students need to be identified by May 2020.

"As a veteran of the United States Navy who transitioned to teaching mathematics, I believe in the reciprocal strengths that veterans bring to the

profession and that teaching brings to veterans' lives," Farber said. "I am convinced that these mature men and women will provide qualities of leadership, strength and teamwork to the profession, improve capacity building in their schools and act as professional and personal role models for secondary school students."

If you are a veteran who already has earned a bachelor's degree and have earned at least 21 to 24 credits in mathematics, a master of science in math education, you can qualify for a career as a secondary math teacher, which can lead to state certification. A GPA of 3.0 is also required.

The program runs from May 27, 2020 to Aug. 3, 2021.

The full scholarship is \$32,800 for 36 graduate credits and includes 140 days of clinical internship at a Yonkers secondary school.

For more information or to apply, contact Professor William Farber at 914-674-7675 or e-mail wfarber@mercy.edu.

Welcome to Town



MARTIN WILBUR PHOTO

North Castle Police Chief Peter Simonsen, left, and the Town Board, in back, welcome Adrian Muschett as the newest member of the town's police department. The board approved Muschett's probationary appointment last week, effective June 29.

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West Patent Elementary Students Begin Knitting for the World

By Abby Luby

When youngsters at West Patent Elementary School in Bedford Hills got a glimpse of school nurse, Maria Reino, knitting, they were fascinated.

"They asked me what I was making, then more and more children would come and watch me knit," said Reino, who picks up her knitting needles when her office is quiet.

The children's interest sparked an idea which Reino shared with Principal Judy Brewster.

"I proposed a knitting club for those who seemed really interested," Reino noted.

Brewster loved the idea.

"The Knitting Club came out of a love for knitting by people who the kids know and often see them knitting," said Brewster, referring not only to Reino but to her secretary, Kelly Smith, and to Margaret Rose Goodman, the elementary consulting teacher.

The club started in September with 12 students in the initial group.

"They were truly interested in learning a new skill and they meet during recess," Goodman said. "The group actually has a waiting list."

Reino, Smith and Goodman relinquished a lunch period while the students gave up recess to meet once a week for about 25 minutes. They work

directly with the children, teaching the students to make their own hats.

They also incorporated into the activity West Patent's character education initiative, which teaches core virtues such as common courtesy, respect, kindness, courage, honesty and friendship.

"We decided to have students knit a different color square for each core virtue and create a quilt from the squares," said Goodman. "The children learned to focus, have patience and help each other. They showed great teamwork."

Small fingers weaving brightly hued yarn inspired another idea: making hats for those in need. Earlier in the school year, West Patent initiated the Books for Buddies service-learning project to help build libraries for the elementary schools in Paradise, Calif. Last fall's deadly wildfires destroyed all five elementary schools in that community.

Since the town is cold and snowy in winter, an idea to knit hats for children of Paradise was presented. The Knitting for Friends project officially started in June to supply children hats in grades K-5.

"We set a modest goal of 250 knitted or crocheted hats but ultimately we'd love to get more than 750 warm winter hats for every student in Paradise by

December," Reino said.

Fliers about the project were distributed and it didn't take long for the community to embrace the project. Pick Up Every Stitch in Mount Kisco donated the yarn. Loopy Mango, a shop in Beacon that sells knitting supplies and other merchandise, donated knitting needles.

"The project has grown much more than we expected," said Brewster.

Parents supportive of the project brought their children to Pick Up Every Stitch to choose yarn.

"We heard some children were in the store for a long time talking to customers," Reino said. "Bedford Village Library has a knitting group and their members are working on hats as well."

What started out as a small group of youngsters wanting to learn how to knit has had a far-reaching impact.

"We are teaching our students how to make our school and the world a better



Members of West Patent Elementary School's Knitting Club. The club has undertaken the Knitting for Friends project, which has a goal of making at least 250 hats to send to K-5 school children in Paradise, Calif.

place," said Goodman.

For those interested in contributing or getting involved in the Knitting for Friends project, drop off materials and supplies at Pick Up Every Stitch, located at 200 E. Main St. in Mount Kisco, or at West Patent Elementary School if you have a family member who attends the school.

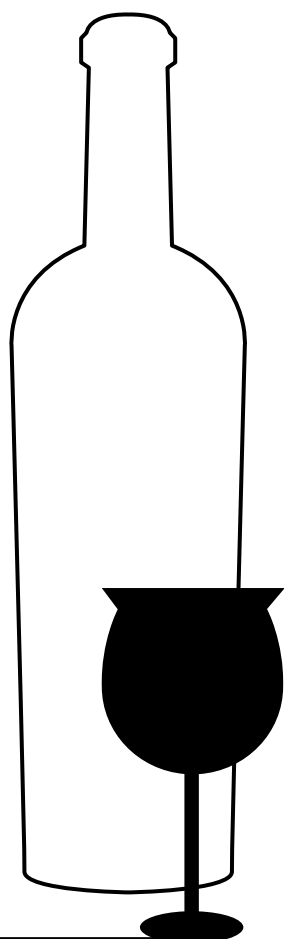
For additional information, contact Maria Reino at mreino2012@bcsdny.org, Kelly Smith at ksmith4472@bcsdny.org or Margaret Rose Goodman at mgoodman2360@bcsdny.org.

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Sisters Help Next Generation of Immigrants to Open Door

By Lindsay Emery

When Andrea Ruggiero and Grace Battaglia first came to the United States from Ecuador as children in the early 1990s, like so many area immigrants their medical needs were taken care of at Open Door Family Medical Center in Ossining.

Today, the two sisters work at Open Door, helping the next generation of new arrivals with their health care services.

Open Door operates six offices in Westchester, Putnam and Ulster counties, including locations in Mount Kisco, Sleepy Hollow and Ossining. There are also seven school-based health centers in the Port Chester and Ossining school districts, a mobile dental van in Mount Kisco and a new dental practice in Saugerties.

There are board-certified physicians that have chosen to provide services at Open Door because of its mission.

"We have a lot of pride when we say we work at Open Door because we understand that we're part of something that is, that it's really about a national initiative to make sure that we're impacting people's lives so that they can be healthier, so that they can stay productive, so they can keep working, so they can stay in the communities and give back," said Battaglia, who is director of marketing for Open Door.

Ruggiero, who serves as vice president



Andrea Ruggiero and Grace Battaglia, as children outside Grafflin Elementary School in Chappaqua, and a recent photo.

of community health and has worked at Open Door for the past 15 years, said helping the next generation of immigrants is something they have always felt passionate about.

"That American dream ends up having an exponential effect so that it's not just about the individual and him or herself, it's about everybody that comes after that and everybody else that's going to benefit after that," Battaglia said.

They arrived in the United States when Andrea was eight years old and Grace was five, living with their parents and other relatives in a small apartment above a bicycle store in Chappaqua.



"They really made it a priority that we lived in a town with one of the best school districts, even though there were challenges because the rent may have been higher and the family had to share a bedroom," Battaglia said.

Ruggiero said Open Door is rebuilding and strengthening the communities it serves since everyone is affected by health care. When evaluating whether to launch a new health center, a community-needs assessment is conducted to make sure that the service is needed, she said.

Years ago, the Mount Kisco location was opened because there were pockets of poverty and the recent immigrants

needed help.

Mount Kisco's diversity also brings opportunities, Ruggiero said.

"I really have incredible memories of the way we were treated with such dignity and respect," Ruggiero said. "I have really wonderful, incredible memories of life in Westchester County."

There have been a number of support services added since when Ruggiero and Battaglia were children. There is greater emphasis on servicing the entire family and giving greater overall wellness education to patients, Battaglia said.

Their personal stories have made it easier to explain Open Door's services to today's patients. The kinship they feel with their patients is why their jobs have been so rewarding.

Ruggiero and Battaglia said strength and education are crucial to the newer immigrants' success.

"It's about what you do with those opportunities and that you don't give up and that you continue to always see what your goals are and continue reaching for them," Battaglia said.

Ruggiero said Open Door will continue to help with health equity through programs that focus on teaching patients how to manage their care.

"We're here to serve everyone and I think that's important," she said.

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Musings on Home Ownership and Real Estate

This week I reprise some musings based on both practical and absurd observations made from past columns.

The common complaint of noise from neighbors. No man is an island, but there were a couple of occasions, especially when I lived in an apartment building that was not well insulated for sound, when I wished I were. Noise is the biggest complaint we have about neighbors. According to a survey by Trulia, 67 percent of us like our neighbors. Should that leave us to assume that the other 33 percent of us don't like them for some reason?

Why has the great American front porch disappeared? Blame the advent of television and computers that keep people inside. The society that created the need to socialize with neighbors and passersby on the street has vanished. Those who still build front porches are expressing a longing for the way things used to be. Understandable in today's fast-paced world.

If you have a front porch, paint the ceiling blue. The theory here is that the insects are fooled into thinking the blue paint is actually the sky where they can't



By Bill Primavera

nest. In the old south, folks believed the sky color warded off evil spirits. In any event, blue is a calming color, so using it to paint a ceiling in any area intended for relaxation makes sense. You can simply enjoy that rocking chair or chaise lounge and not give a second thought to any nasty spirits lurking.

He's boiling, she's freezing. Men have more insulating muscle than women, so sometimes people living in the same household have a hard time agreeing on a room temperature. To the rescue

are the home heating/air conditioning systems with several zones. But what about in a shared bedroom? An electric blanket with two controls is the answer.

St. Joseph strikes again. I've told several stories about the lore and techniques attached to burying a St. Joseph statue on the property of a home seeking a buyer. My favorite is about a homeowner who tried several underground locations and positions for the statue, but none worked. Frustrated, he threw the statue in the trash, only to learn a week later that the town dump had been sold.

Will we all return to dust? Did you

know that household dust is composed mostly of our own flaking skin? If we are uncomfortable when our house is dusty, is that being uncomfortable in our own skin?

Why is there an elongated toilet? The design of the elongated toilet bowl surely was designed to accommodate the male anatomy. Trading up from a circular bowl to an elongated one is for a guy like going from jockeys to boxer shorts.

Not to belabor the point about the toilet, but... While we would all agree that it's the gentlemanly thing for guys to return the toilet seat to the down position, most times the practice requires reminders. However, we should all engage in the practice of also lowering the lid before we flush to prevent the spray of bacteria.

A bathroom practice I've never understood. I've always wondered about the idea of placing a basket of magazines or even books on the tank or next to the toilet. It seems to me that anyone who has to sit long enough to read waiting for that final stage of peristalsis to take place should be thinking about visiting a gastroenterologist.

Of death and taxes. We've all heard the expression that the only certainties in life are death and taxes. While we can't do anything about the inevitability of death, we can try to negotiate property taxes

by grieving them. If a tax grievance is in your future, I wish you good luck. And if somehow you manage to negotiate the inevitability of death, write and let me know how you did it.

A mattress tale. My wife tells a cute story about mattresses. When she took her 88-year-old mother to buy a new mattress and the salesman noted that it came with a 20-year guarantee, her mother said, "At my age, I only need a five-year guarantee. Can I get a better price for that?"

Too much shorthand. If you're buying or selling a house, you've certainly encountered your share of abbreviations – FSBO (for sale by owner), AO (accepted offer), CMA (comparative market analysis), EIK (eat-in kitchen), SLD (sliding glass doors), etc. Sometimes it seems that our whole world, especially with texting, has gone much too far into shorthand. When making an admittedly low-ball offer on a house and told that the listing agent would "follow up" after speaking with her clients, I was startled by her return e-mail when the subject line was abbreviated simply to "FU!"

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

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The Weekly Feature from Entergy

P'ville Yoga Instructor Finds Peace and Solace in Her Work

By Martin Wilbur

A person can subsist for weeks without food and days without water.

But try to go for more than a few minutes without breathing and no one will last very long.

Cass Ghiorse is keenly aware of the importance of breath not just to survive but the role it plays in a person's health.

The Pleasantville resident is a yoga instructor, leading private clients in small group and one-on-one sessions, two classes a week at Hastings Yoga studio and twice a month at Equinox in Armonk.

She now leads a new weekly class for the summer at the Pleasantville Presbyterian Church.

"It's a source of many things," Ghiorse said. "It's a source of calm, but it's also the greatest source of power. So I'm a yoga teacher, yes, but I'm a sort of integrated movement teacher."

Ghiorse teaches what she describes as alignment-based Hatha yoga, which is focused on its therapeutic qualities for mind, body and spirit. It's something that she needed from a young age, having trained as a dancer from childhood, followed by a professional career that lasted for three years after college.

"My mom introduced (yoga) to me and it complemented my very rigorous ballet training," Ghiorse said. "I felt my body was being soothed and therapeutically supported as a way to support the intensity of ballet training."

A knee injury derailed Ghiorse's career, and as she grappled with what to do next, it wasn't a difficult choice. She gravitated to yoga, something she had done for years by then. It also seemed natural that as someone who grew up expressing herself physically, that it would be a relatively smooth transition.



Cass Ghiorse leads one of her classes at Hastings Yoga during a recent Saturday session.

Ghiorse began teaching a class on a part-time basis in Williamsburg, Brooklyn, where she lived at the time. Several years later, when she turned 30, Ghiorse said she felt ready to give it a try on regular basis.

"Something is here," Ghiorse remembered thinking at the time. "People are needing what I'm saying. I'm giving them what they need. It's two-sided in that way."

She and her husband moved to Westchester, first to the Rivertowns, and for the last four years in Pleasantville. The couple has two young children, a soon-to-be four- and seven-year-old.

Ghiorse understands the pressure on people today, not just with career and family obligations but seemingly always plugged into technology.

"I'm very committed to my own practice, my own sense of what it takes to be a human being on this planet today," Ghiorse said. "These are challenging times to be alive. I've always taught classes. I felt there's a synergy there. I think people are looking for a place

to go."

Her classes, which typically last between 45 and 75 minutes, can attract various levels of age and fitness. Her private clients are also widely varied, whether it's an older person recovering from a stroke or a younger person who has sustained an injury or experienced a health issue.

Ghiorse also attracts more than her share of men to her classes by being down-to-earth and approachable.

"You don't need an expensive mat or fancy pants, you need an open space and your breath and it can happen in line getting coffee and I really try, as a teacher, to encourage people, to remind them they're not doing it wrong. I teach them so they're safe," Ghiorse said. "I don't want anybody tearing a rotator cuff or tearing their hamstring. I'm very fastidious about physical alignment. That's my job. That's my role."

Ghiorse is also focused on building her private clients as her children get a little older. Her second career has been satisfying by helping others. But it has also helped herself.

"I feel very fulfilled by my work," Ghiorse said. "I look forward to it and I want to be at my best for it. But it's certainly adding great value to my life, whether it's in a financial way or not. I'm certainly ready for more."

For more information about Ghiorse and her classes, visit www.findyourmidline.com.

Little-known Tips to Make Your Summer a Safe Season

By Joanne Witmyer

Summer is a time to enjoy outdoor activities, traveling and recreation. The season is associated with feelings of being care-free and relaxed.

When considering safety factors to keep in mind given the heat and humidity of these months, most of us are familiar with the usual ones – hydrate, apply sunscreen and wear a hat.

Here are three additional safety tips to think about in the summer. These just might surprise you.

Overheated garden hoses. When using a hose to water your garden or to provide a playful spray for children, be mindful that the remnant water inside a hose that's been under the sun can reach temperatures of 120 degrees. After turning on the tap, running the fresh water through a hose helps it reach a safe temperature.

Venomous caterpillars. Some insects, such as fuzzy and adorable white caterpillars that you've likely seen outside this time of year, are best admired from afar. The hickory tussock moth caterpillar is an example. Touching its white hairs has caused some individuals to experience



By Joanne Witmyer

skin irritation such as redness, stinging and itching.

Wire grill brushes. Grilling is one of the greatest pleasures of summer for many of us. When cleaning the grill after cooking, especially if a wire brush is used, it helps to be aware of any pieces of wire that may fall off during that process. Bits of wire could become lodged

in food, which can be dangerous if ingested. Alternative cleaning tools include wooden scrapers and natural soft-bristle brushes.

Here's to a summer that is all it's meant to be filled with – spirited hose-water battles, expressions of curious wonder about the insects of the season and delicious grilled meals enjoyed with family and friends.

Nourish

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

P'ville Fire Department Wishes Pastor Paul Well on Next Endeavor

Most of the current members of the Pleasantville Volunteer Fire Department have only known one fire department chaplain – Rev. Paul Egensteiner of the Emanuel Evangelical Lutheran Church.

In May, Egensteiner, known to many as Pastor Paul, was named Bishop-elect of the Metropolitan New York Synod, the regional expression of the Evangelical Lutheran Church in America. The Metropolitan Synod encompasses nearly 190 congregations across New York City, Long Island, Westchester, Putnam, Orange, Rockland, Sullivan and Dutchess counties.

During his 22 years as a member of the department, Egensteiner has become a part of its family, responding to alarms and comforting homeowners. He checked on tired firefighters after a call to make sure all was okay.

Egensteiner was with the department at the horrific wrong-way driver accident on the Taconic Parkway. No one spoke so eloquently as he, in the aftermath of 9/11, at the numerous gatherings following that tragedy.

He stood at vigils for departed members. He officiated at the weddings of some of the members or their children and he led meaningful and heartfelt prayers at the department's gatherings and meetings. He was always there and stood as a spiritual inspiration to all.

The Pleasantville Volunteer Fire



The Rev. Paul Egensteiner of the Emanuel Evangelical Lutheran Church is leaving Pleasantville after his recent election as bishop to the Metropolitan New York Synod of the Evangelical Lutheran Church in America. He also served as Pleasantville Volunteer Fire Department chaplain for 22 years.

Department wishes Pastor Paul well in his new role as a bishop and only the best as he becomes the leader of a much larger congregation.

He will shine because the department has seen him do God's work in so many ways. He will be missed.

Happenings

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

Tuesday, July 2

DIY Spaceship. Create your own spaceship to journey among the stars as you read. All ages. (Children under five years old must be accompanied by a caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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 Whippoorwill Rd. East, Armonk. 6:30 p.m. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

"David Crosby: Remember My Name." Crosby has a lot to say. In this unflinchingly upfront portrait of the singer-songwriter who co-founded the Byrds and then Crosby, Stills & Nash (and Young), he expounds on busted love affairs, drug addiction, political activism, regrets, family, stardom, music, his recent creative rebirth and his fervent wish not to die. Interweaving freewheeling interviews with filmmaker Cameron Crowe and a rich helping of archival footage and music, this not-to-be-missed documentary is a reminiscence of Crosby's ups and downs, a look at him on the road today, and a touching, nostalgia-infused portrait that's imbued with affection for its horny, ornery, but consistently charismatic subject. Includes an opening reception for the Sounds of Summer: Music Films Old and New series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$15. Non-members: \$20. Info and tickets: Visit www.burnsfilmcenter.org.

The Space Race: 1957-1975. Come relive the dramatic "Space Race," from the pioneering Mercury and Gemini flights to the first Apollo Moon landings and the lesser-known scientific missions that followed. Also be introduced to the visionaries and scientists who made space travel possible and the American astronauts who boldly traveled "where no one has gone before." Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Wednesday, July 3

Bridge Group for Advanced Players. Are you good at bridge but you'd like to get better? Come learn from the masters. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10:15 a.m. to noon. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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

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

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.

Mother Goose. Listen to stories and sing along with the librarian for a fun morning. Storytime incorporates picture books that focus on colors, shapes, letters and more. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Every Wednesday. Free. Info: 914-273-3887 or www.northcastlelibrary.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 Whippoorwill Rd., East, Armonk. 12:15 p.m. Free. Also July 17 and 24. Info: 914-273-3887 or www.northcastlelibrary.org.

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 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Also July 17 and 24. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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. (except July 4) and Saturdays from 10 a.m. to 2 p.m. Appointment required. English only on Wednesdays. Appointments available in Spanish on Thursdays and Saturdays. Info and Wednesday appointments: 914-336-6026. Info and Thursday and Saturday appointments: 914-336-6935.

Science Lab. Become a junior scientist and learn about different science topics through stories, crafts and experiments. A new topic is discussed each week. For children four to six years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Also July 10, 17 and 24. 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.

Ossining Concert Series: Jay Prince Band. Ossining kicks off its summer concert series with an evening of food trucks, craft beer, wine and cider and music followed by fireworks to celebrate the Fourth of July. Louis Engel Waterfront Park, 25 Westerly Rd., Ossining. Food trucks at 5 p.m. Music at 7 p.m. Free admission. Rain date: July 8. Info: Visit www.OssiningChamber.org.

Music Fest and Fireworks. Concertgoers should bring lawn chairs or blankets for seating and a picnic supper. Kensico Dam

Plaza, 1 Bronx River Parkway, Valhalla. Guest DJ at 5 p.m. Bensen-Scott Big Band at 8 p.m. Fireworks at 9:15 p.m. Free admission and parking; carpooling is suggested. Info: 914-231-4033.

Art Series: Yale Center for British Art and the Yale Collection. Take a look at the wonderful offerings on view in New Haven this season, with a special focus on the exhibitions at the Yale Center for British Art. 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.

Ratt and Ace Frehley. Mega-platinum rock band Ratt with original KISS guitarist and Rock 'n' Roll Hall of Famer Ace Frehley. Westchester County Center, 198 Central Ave., White Plains. 7:30 p.m. \$29, \$69 and \$79. Info: 914-995-4050. Tickets: Visit www.ticketmaster.com.

"Marianne and Leonard: Words of Love." Veteran documentary director Nick Broomfield is back with the rich story of the late musician Leonard Cohen and his Norwegian muse, Marianne Ihlen, who helped form his voice as a poet. The two met in 1960 on the Greek island of Hydra in a bohemian community of artists, writers and musicians. With footage from the time enriched by later interviews, the film immerses us in the hedonistic world that set the scene for their long relationship and relates the tragic ends that befell some of their friends. It takes us from Cohen's days as a fledgling writer through his career as the famed folk singer-songwriter. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, July 4

Pops, Patriots and Fireworks. The Westchester Symphonic Winds perform a selection of works that pay tribute to America's independence. The evening includes a medley of Rodgers and Hammerstein songs performed by Caramoor Schwab Vocal Rising Star alums Madison Leonard and Shea Owens and ends with a rousing rendition of Tchaikovsky's "1812 Overture," followed by a spectacular fireworks display. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 8 p.m. \$15 to \$93. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Friday, July 5

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. Also July

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Exhibit Shares History of LGBTQ Movement in Westchester

By Natalie Chun

The Crowne Plaza White Plains, in partnership with local LGBTQ community center The LOFT, opened a special photo exhibit for Pride Week on June 27 in the hotel's lobby.

The exhibit features photos from early LGBTQ marches and documents the beginning of this movement across the country, with a focus on Westchester. The hotel's director of sales and marketing, Tonya Inman, called it "a pictorial walk through history."

During the event, Judy Troilo, executive director of The LOFT shared some of the history of the LGBTQ movement in Westchester and of The LOFT since its founding in 1983.

"Our community has gone through so much and right now, to be honest with you, we're celebrating," Troilo said. "We're in a climate right now that is not the most LGBTQ friendly. So having our local community lift us up is amazing."

Monika Henry, general manager of the Crowne Plaza White Plains, said the hotel has a local and community focus and is an accepting place where people can gather and be comfortable.

"Because of Pride Month, we really wanted to support the community and show our support and appreciation," Henry said. "A hotel is kind of a melting pot with not just our guests, but also



NATALIE CHUN PHOTOS

"We celebrate with things like pride, and events where the community comes together," said Judy Troilo, above, executive director of The LOFT.

our employees. There's people from all walks of life, all age, all race, ethnicity. So it's very fitting for us."

Henry also said that she hopes to continue collaborating with The LOFT, which Troilo was excited about as well.

"We look forward to working with you more," Troilo said, "and here in Westchester we all need to stick together."

The LOFT is primarily focused on Westchester County but also serves the surrounding areas, including Putnam and Rockland county and also some areas in Connecticut. The main goal is



This handmade banner includes remnants of the mile-long rainbow flag that was carried through the streets of Manhattan in 1994, the 25th anniversary of the Stonewall Riots.

to "advocate, educate and celebrate the LGBT community," according to Troilo.

The LOFT serves more than 5,000 people a year with a wide variety of programs, from youth programming to transgender peer support groups. They schedule Pride Month events, provide helpline services and free HIV testing.

"We have over 50 programs and services, so we're tired," Troilo said.

"And the reason we're tired is because we're currently a staff of four. We're hiring two new people but the beauty of The LOFT is we have over 175 volunteers."

These volunteers work on a range of projects, including assistance with mailings and social workers providing pro bono services. The LOFT works to serve the community while the community supports The LOFT as well.

Troilo said that The LOFT hopes to expand. They would like to have a greater presence in northern Westchester and beyond the county. Generally, the goal is to be more accessible to the public.

"If the community can't come to our center, we're looking at satelliting where we can come to the community and provide services," Troilo said.

But even with all these different services, The LOFT's goals remain constant – to allow people to truly be themselves and to support the LGBTQ community.

"We want to make sure they never ever have to go back in the closet," Troilo said. "And they can live their authentic self in a community with people that love them for who they are."

The exhibit will be on display in the lobby of the Crowne Plaza White Plains until the end of the month.

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Happenings

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19 and 26. 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.

Ossining Food Truck Fridays & Concert Series: DJ Johnny J Dance Party. Ossining continues its summer concert series with an evening of food trucks, craft beer, wine and cider and music. Louis Engel Waterfront Park, 25 Westerly Rd., Ossining Food trucks at 5 p.m. Music at 7 p.m. Free admission. Info: Visit www.OssiningChamber.org.

Film Clips and Discussion: Well! The Comedy of Jack Benny. Benny is one of the most beloved comedians of the 20th century. Despite his image as stingy and vain, in real life he was one of the nicest people. In this program, we will learn the story of who Jack Benny really was, his humor and character through interviews with those who knew and worked with him. Discussion led by Philip Harwood. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Takacs Quartet. Now in its 44th season, the Takacs Quartet is renowned for bringing a sense of vitality and excitement to their performances with uncompromising attention to detail. Their dozens of recordings have garnered three Gramophone Awards, a Grammy Award, three Japanese Record Academy Awards, Disc of the Year at the inaugural BBC Music Magazine Awards and Ensemble Album of the Year at the Classical Brits. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 8 p.m. \$15 to \$67. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Saturday, July 6

Pleasantville Farmers Market. Experience the largest, year-round farmers market in Westchester, voted "Best of Westchester" six years in a row from 2014 to 2019, with over 50 vendors and eight nearby parking lots. This week, read aloud with Debbie Jordan from the Mount Pleasant Public Library from 9:30

to 11 a.m. and the music series will feature rock, pop and indie music by Tumbleweed Mile from 10 a.m. to noon. 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. 16. 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.

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

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

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they celebrate the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also July 13 and 20 at 11 a.m. and July 7, 14, 27 and 28 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

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

Float Like a Butterfly. On the opening day of the Live Butterfly Exhibit, learn about the amazing and magical life cycle of a butterfly while getting up close and personal with these beautiful animals. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members and children under 2: Free. Non-members: Adults--\$11. Seniors and students--\$10. Children--\$9. (Price includes admission to the Live Animal Museum.) Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Origami. Join Westchester Origami Workers, a regional group of Origami, USA to share models and techniques. Open to all adults. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 3 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkiscoliberal.org.

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 July 7, 14, 21 and 28 at 11 a.m. and July 13 and 20 at 2 p.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: 914-763-2373 or visit www.nywolf.org.

Laura Benanti. This Tony Award winner brings a sparkling evening of song to the Venetian Theater stage. A highly celebrated singer, dancer and actress who took Broadway by storm at 18 years old, Benanti's talents have led her to numerous roles on stage and screen, including recent revivals of "She Loves Me" and "My Fair Lady." Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 8 p.m. \$15 to \$107. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Sunday, July 7
Orchestra of St. Luke's. Diving into his obsession with Beethoven's music, pianist Jonathan Biss is in the fourth year of his Beethoven/5 commissioning project: the five Beethoven piano concertos each presented with a contemporary composer's response. After welcoming the New York premiere of Timo Andres' entry in 2016, this is a co-commissioning for the latest installment, Caroline Shaw's "Watermark," a response to Beethoven's 3rd Piano Concerto. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 4 p.m. \$15 to \$88. Info and tickets: 914-232-1252 or www.caramoor.org.

Sunday, July 7

Monday, July 8
Morning Bird Walk. Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 7:30 a.m. Free. Meets the second Monday of each month. Info: Visit www.sawmillriveraudubon.org.
Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. 719 Bedford Rd., Bedford Hills (next to ShopRite). 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail tinacampbell@masternetworks.net or drop in.
Yank Out Unwanted Plants. Help remove invasive plants threatening in one of many events being held statewide during New York's sixth annual Invasive Species Awareness Week. Gloves will be provided. Bring extra tools. Dress in long sleeves, pants and closed footwear. Lady Bird Johnson Demonstration Garden at The Native Plant Center at Westchester Community College, 75 Grasslands Rd., Valhalla. 9:30 to 11:30 a.m. Free. (Park in Lot 1.) Info: 914-606-9870 or visit www.nativeplantcenter.org. E-mail wcc.nativeplant@sunywcc.edu if attending.
Mommy and Toddler Yoga. Stretch and shine with your toddler during this playful introduction to yoga using games, songs, stories and more. For children one to four years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Monday. Info: 914-273-3887.
Here We Are Together: Story Time for Children. From newborns to school-age children, with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday. Info: 914-666-8041 or www.mountkiscoliberal.org.
Camp Crafts. Join in for some classic summer fun. For children six years old and up. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Monday. Info: 914-273-3887 or www.northcastlelibrary.org.
Expand Your Universe Art Workshop. Various medium will be used to create projects that will encourage imagination while having fun learning about paint and colors. Different surfaces and experimenting with art tools will be tried to see what the results might be. This week, try straw and splatter painting. Wear old clothes or a smock. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Monday through August

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Allergic or Intolerant to Wine? There's a Ray of Hope for You



By Nick Antonaccio

I've previously written columns on sensitivities to white or red wines. I've also written a column fostering the production of wines without the intervention of those produced in science labs. I've even written a column on the medicinal benefits of red wine.

In my internet travels I've come upon a research project conducted in Canada that ties all three of these topics together.

It would seem perfectly logical that wines produced naturally, without the use of chemicals in the vineyard or the winery, are intrinsically better for our health. And certainly, naturally produced red wines, containing health-enhancing resveratrol compounds, are intrinsically better than white wines.

But what of those unfortunate friends and relatives who are allergic to wine, whether red or white (or both)? Are they doomed to deprived lives if they abstain? Must they lead tortured lives if they flout their physiological aversions to wine?

It would seem so.

The ranks of these poor souls demonstrating an allergy or intolerance to wine are numerous. To clarify, the immune

system of a certain percentage of us creates allergic reactions when wine is consumed. For certain others, it is our digestive system, histamines or sulfites that create an intolerance to wine, interfering with the manner in which alcohol is processed by our bodies.

Symptoms may include headaches, asthma-like breathing, sinus congestion, nausea or skin flushing – or any combination of these debilitating conditions. To be deprived of the ethereal sensory pleasures and the corporal health benefits of a glass of wine qualifies as cruel and unusual punishment.

Scientific and anecdotal evidence have ascribed these wine-related symptoms to various causes, but no declarative, definitive conclusions have been reached that cover the full spectrum

of symptoms. Throughout my years of investigation, I've not found a common denominator that accounts for the widespread allergies that afflict so many wannabe wine consumers. At one point I felt that natural, unadulterated wines would alleviate the negative reactions suffered by so many. Unfortunately, these unadulterated wines contribute to allergic reactions as often as mainstream wines.

Now researchers at the University

of British Columbia have discovered a compound in natural yeast that may be the baseline culprit accountable for many wine allergies or intolerances.

Naturally occurring neurotoxins in common yeasts are created as a byproduct of the fermentation process. Classified as bioamines, these compounds exist in various strains of natural and cultured yeasts. These yeasts are utilized by many winemakers to stabilize fermenting wines and to soften the high acidity present in many wines.

Having previously identified this culprit, the researchers now offer a solution. After 16 years of testing, they claim to have developed a genetically modified (GMO) form of yeast that eliminates bioamines. They have obtained approvals from several governmental agencies – including the FDA in the United States – to market this modified yeast commercially.

That's it: A solution that will instantly transform wannabe wine consumers into enthusiastic wine lovers. Ah, not so fast, future wine snobs. Although this is a groundbreaking development, many regulatory bodies – the European Union, in particular – have strict laws banning the use of GMOs and are unlikely to change

their position in the foreseeable future. Many consumers are not comfortable with altering yeast genetics either, especially those espousing natural wines.

What's a consumer to do? Although there may be a solution, only time and further research will determine the viability of new, natural strains of bioamine-free yeasts. In the meantime, I offer several work-arounds that may be helpful for those prone to negative reactions to wine.

1. Rosé wines are lower in offending yeast microbes than red wine. Experiment with a bottle.
2. The red grape that has the highest levels of bioamines is Pinot Noir; abstain if possible.
3. As wine ages, bioamines tend to dissipate in the barrel or bottle; drink aged wines whenever possible.

Modern science has a knack for finding solutions to age-old dilemmas. I look forward to the day when I can raise a glass of wine to anyone and everyone.

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

You Heard It Through the Grapevine

Happenings

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there will be a different medium used to create projects. Registration required. Info and registration: 914-864-0130.

Pajama Storytime. Come and hear stories at the library in your pajamas. Bring your favorite soft cuddle buddy or a pillow. Feel free to bring a small, light snack. All ages. North Castle Public Library, 19 Whipppoorwill Rd. East, Armonk. 6:30 to 7:15 p.m. Free. Every Monday. Info: 914-273-3887 or www.northcastlelibrary.org.

Just Write! A creative writing club, led by published poet and librarian Mary Johnson. Come and create your writing in a friendly, encouraging environment. New members welcome. The club is open to anyone 16 years old and up. All levels welcome. North Castle Public Library, 19 Whipppoorwill Rd. East, Armonk. 6:30 to 8 p.m. Free. Also July 29. Info: 914-273-3887 or www.northcastlelibrary.org.

Monday Night Stitchers. Come and stitch with us! Any needlework is welcome. Share a technique, get instruction, advice and support or just hang out and work on your project. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 to 8:30 p.m. Free. Meets the second Monday of every month. Info: E-mail Louann Rooney at rooneylm@optonline.net.

Lecture: Ketosis. Learn more about this popular lifestyle change. What is a Keto diet? How will I benefit? What can I cook for my family? Ricka Baker, a health mentor, personal trainer and certified Ketogenic health coach, will lead the discussion. New Castle Town Hall, 200 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

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

Open Mic Comedy. This is where the comedians come out to work on new jokes, change old jokes or just experiment with words that they just learned. This is not a traditional comedy show. The performers can say and do whatever they want, and we believe in giving the artists a space that they can be bold, creative, daring, insulting and controversial if they choose. No waiter or bar service in the showroom. Lucy's Lounge, 446 Bedford Rd., Pleasantville. Sign up at 7 p.m. Show at 7:30 p.m. Free. Every Monday. Info: Visit www.lucysloughlounge.com.

Tuesday, July 9

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.

Charcoal Workshop. Learn beginner charcoal techniques and draw a variety of objects from observation at this workshop for adults and teens. No experience is necessary and materials will be provided. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 10 a.m. to 1 p.m. Free. Also July 11. Space limited; registration required. (Register for one or both days.) Info and registration: 914-666-5161 or visit the library.

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.

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

Sign and Play With Chloe. A fun, musical, early communication program for children and caregivers to enjoy together. Based on the award-winning Baby Signing Time series, this class uses songs and games to help families learn to communicate using real signs from American Sign Language. Taught Chloe from Chloe's Kids, a certified instructor and professional children's entertainer. North Castle Public Library, 19 Whipppoorwill Rd. East, Armonk. 11:30 a.m. to 12:30 p.m. Free. Also July 16 and 23. Info: 914-273-3887 or www.northcastlelibrary.org.

Senior Afternoon Cinema: "Topsy-Turvy." The world of Gilbert and Sullivan comes to vivid life in director Mike Leigh's delightful, surprising 1999 dramatization of the staging of "The Mikado." The Victorian librettist-and-composer team, brilliantly portrayed by Jim Broadbent and Allan Corduner, battle personal and professional demons while mounting this major production. A lushly produced and "splendidly droll celebration of the

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Your Job Doesn't Always Have to Be a Pain in the Neck

It's five o'clock on a Monday and you are done with work for the day. You should feel relieved to finally go home.

But maybe not if you are among those who work behind a desk all day. You may leave work in pain, feeling stiff and just want to crawl into bed.

It's no surprise this is a common issue in today's workplace, which can cause a variety of musculoskeletal disorders in the neck and shoulders. If not addressed properly, serious conditions could develop later on such as tendonitis or nerve pain. Although there are many factors that can contribute to pain, you might be surprised that many can be addressed without leaving your seat.

The contributing causes may be vast but poor posture is a common problem. Poor posture involves increased kyphosis of the cervical spine caused by excessive forward head posture, rounded shoulders and increased thoracic kyphosis, meaning the mid back is excessively bent or hunched.

This causes muscles in the front of your chest, shoulders and neck to shorten, which pulls on the structures they are attached to, causing discomfort and stiffness. Muscles in the back of

your neck, shoulders and mid thoracic spine are lengthened. Over time this lengthening causes the muscles to fatigue faster, which means that those muscles will do a poor job in stabilizing your joints, thus causing pain and soreness. There are many ways to relieve this discomfort at work, most of which can be done at your work station.

One of the most common problems leading to poor posture is the work space setup. The last thing you want to think about is the height of your computer monitor or how far back your chair is positioned from the desk. Maybe you are unaware of how your setup is negatively affecting your body or maybe you have a report that is due in an hour and don't have time to rearrange your desk or remember to sit up straight. During hectic and stressful times at work, it is important to have your work station set up to maintain good posture.

There are four main work station parts that can be adjusted on a daily basis. Your office chair should provide support while sitting, whether it is the type of padding or it comes with a lumbar support. (If a lumbar support isn't available, you can roll up a small

towel and place it behind your lower back.)

You also want to make sure that your chair is positioned the proper distance from your desk in order to prevent strain on your muscles or forcing you to overstretch to reach things on your desk. It is also important to adjust the height of the chair to avoid putting unnecessary stress on the hands and wrists when typing or on the neck when looking at the computer.

Ideally you want to adjust the height of your chair so that your feet are flat on the floor and your thighs are parallel to the floor. The same idea goes for your desk adjustments. If you cannot adjust the height of the desk, you can put books or blocks underneath the computer monitor in order to make up the difference in height to keep the monitor at eye level.

You want the joints that are resting (hips, knees and elbows) to be at a 90-degree angle to avoid overstretching or tightening of certain muscles. If your job requires you to constantly use



By Dr. Amanda Notley

the telephone, look into a hands-free or bluetooth headset instead of cradling the phone between your head and neck. The path to maintaining good posture and little to no pain has to start at the workspace. By making these adjustments, your body will thank you and you will feel the benefits.

Once good posture is attained and practiced routinely, the last and equally important step is to keep your body moving and exercising the correct muscles. If correcting your posture and work station doesn't provide pain relief, see a physical therapist. A physical therapist can prescribe the corrective exercises needed to stretch the muscles that are painful due to unnecessary tension and strengthen the muscles that provide stability.

Dr. Amanda Notley is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Ardsley (located within House of Sports). For more information, she can be reached at 914-202-0700 or at anotley@proclinix.com. Also visit www.ProClinix.com.

Happenings

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entertainer's lot." Sponsored by The Knolls, a Bethel community. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 p.m. Members: \$9. Senior non-members: \$11. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Strawberry Festival and Card Party. Bring your favorite game, cards and friends. Featuring table prizes, an auction and raffle along with fabulous desserts. Trinity Lutheran Church, 292 Elwood Ave., Hawthorne. 1 to 3:30 p.m. \$8. Info and reservations: 914-769-2546.

Book Bingo. Play Book Bingo and win books as prizes. Children younger than kindergarten must come with an adult helper. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 4 p.m. Free. Also July 23. Info: 914-669-5161 or www.ruthkeelermemoriallibrary.org.

Game Changers. Play board games with your friends. For children six years old and up. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org

DIY Paper Plate Flying Saucer. Create and decorate your own flying saucer using paper plates and jewels. For children five to 10 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.

Current Affairs Book Club. "The Mueller Report: Presented With Related Materials By The Washington Post" 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. "The Masterpiece" by Fiona Davis will be discussed. Copies of the book are 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: E-mail denisedauriasommer@hotmail.com.

Wednesday, July 10

Ecology Hike for the Whole Family. Hike the Durand Trail with Andrew Middlebrook from the North Salem Open Land Foundation. Rain or shine. Ruth Keeler Memorial Library, 276 Titicus Rd., North Sale. 10:30 a.m. Free. Info: 914-669-5161 or www.ruthkeelermemoriallibrary.org.

Mahjong for Beginners. Mahjong for absolute beginners taught by Joan Staudinger. Ruth Keeler Memorial Library, 276 Titicus Rd., North Salem. 3 to 5 p.m. Free. Info: 914-669-5161 or www.ruthkeelermemoriallibrary.org.

Back to the Moon. An introduction to NASA's aerospace program for children

seven to 11 years old. Starting with the Space Race, children will explore the struggles that NASA scientists, mathematicians and engineers faced in their attempts to reach the moon while living in a micro gravity environment. The program will focus on the significance of the upcoming 50th anniversary of the moon landing and discuss NASA's latest mission of returning. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4 to 5:30 p.m. Free. Registration requested. Info and registration: 914-769-0548.

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.

Chess. Learn the rules of the game, basic openings, various tactics and basic endgame strategies in a supportive and fun learning environment. Recommended for beginner and intermediate players in grades K-12. (Chess sets that meet the United States Chess Federation standards will be provided. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4:30 to 5:30 p.m. Free. Also July 17 and 24. Info: 914-273-3887 or www.northcastlelibrary.org.

Dancing at Dusk: Kostas Psarros &

Friends. Renowned Bouzouki player Kostas Psarros presents Rebetika (often known as The Greek Blues), music from the 1960s and '70s and traditional folk music from across Greece. Featuring extraordinary rhythms, a lineup of fascinating instruments with vibrant vocalists and a dance instructor leading traditional group dances, this promises to be an exuberant evening that will have everyone on their feet. Includes crafts and a meet-and-greet with the artists. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 5 p.m. Adults: \$16. Children: \$8. Info and tickets: 914-232-1252 or visit www.caramoor.org.

Mount Kisco Arts Council Summer Concert Series. Punk band Guilty Giraffe will be performing this evening. Fountain Park at Village Hall, 104 E. Main St., Mount Kisco. 6:30 p.m. Free. Series continues every other Wednesday evening through Sept. 18. Info: Visit the Mount Kisco Arts Council's Facebook page or on Instagram.

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

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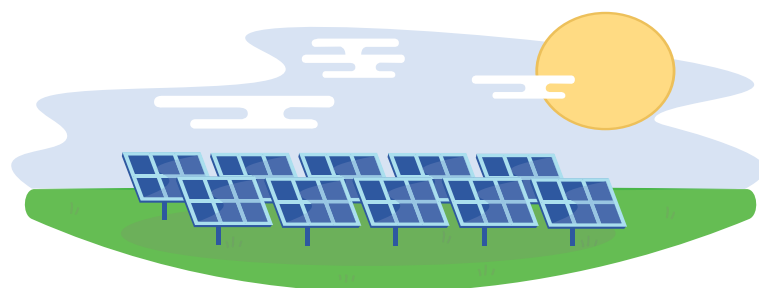
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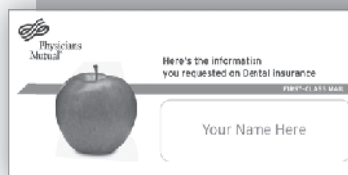
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continued from previous page

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LEGAL NOTICES

NOTICE OF FORMATION AUTHENTIKA LLC: Application for Authority filed with the Secretary of State of New York (SSNY) on 03/29/2019. Office location: 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 Secretary 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 Organization filed with the Secretary of State of NY (SSNY) on May 31, 2019. Office location: 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

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a copy of any process against the PLLC served upon him/her is: 100 Fisher Avenue, 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.

NOTICE OF FORMATION OF CAM-EO HOME INSPECTIONS, LLC. Arts of Org filed with the Secy of State of NY (SSNY) on 6/6/2019. Office location: Westchester County. SSNY has been designated as the agent of the LLC upon whom process against it may be served. SSNY shall mail process to **Cameo Home Inspections LLC, 2 Ann Place, Valhalla, NY, 10595.** Purpose: any lawful act or activity.

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