

The Examiner

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August 27 - September 2, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 625

**NY Liberty
Defeated
by Atlanta**
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P'ville Man Searches for Kidney Donor to Save His Life

By Martin Wilbur

Phil Alderman is hoping that someone will step forward and give him a new lease on life.

The Pleasantville resident is searching for a kidney donor, who would allow him to live a full life without fatigue, the debilitating effects of dialysis and uncertainty about the future.

His quest is to find a living donor who is a compatible match. The search Alderman and his wife, Elisabeth, have undertaken, which includes networking on social media and affixing signs to their cars, is more urgent because the estimated waiting period in New York State for a cadaver kidney for someone who has Type O blood is six to seven years.

Alderman has also been working with Renewal, a Brooklyn-based organization that assists families who are awaiting a transplant as well as the donors.

Last year, he went through the process of being entered on the donor registry but it is estimated that a kidney from a deceased donor typically functions properly for about eight to 10 years.

"(With) a living donor you can pretty much have a normal life," Alderman said. "It's not like (there's) a deadline, whereas the cadaver kidneys don't last."

So far, Alderman, 62, a school psychologist at a Brooklyn middle school, has been able to manage with kidney function that is now at about 16 percent of what a normal functioning pair of kidneys would provide.

He said he's almost at the threshold where dialysis will be needed. Alderman's nephrologist said he's a good candidate for training for at-home dialysis, which is done nightly while the person is sleeping, rather than going to a center three days a week. That would cause difficulties with his work schedule. The at-home option also is preferred because the process of removing the excess toxins from the blood is done on a regular basis, he said.

So far, he's been able to hold on through a strict diet – Alderman has been a longtime vegetarian and about a year ago transitioned to veganism – and plenty of rest, but there is only so much he'll be able to do.

"My nephrologist at Columbia has been



One of the signs that the Alderman family has put in their car window to help spread the word that Phil Alderman needs a kidney donor. Inset: Alderman, with his wife Elisabeth and son Ethan outside their Pleasantville home.

impressed with how I've held onto the functioning that I have," Alderman said. "It fluctuates but he thought I'd be on

dialysis three, four years ago."

He reached out to relatives and friends,

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New Chappaqua Train Station Café Open and Making an Impression

By Martin Wilbur

Glen Bernardi Sr. had talked about partnering with his two sons, Glen and Craig, to open a restaurant and follow in their father's and grandfather's footsteps.

In less than four years, the kids have certainly made their mark. Not only have they operated the successful Bobo's Café in Somers, but now they have expanded their business.

Bobo's Café, named after the boys' paternal grandfather, opened its doors at the town-owned Chappaqua train depot building on Aug. 12, taking over the existing lease from Chappaqua Station. There were six years remaining



MARTIN WILBUR PHOTO

Part of the interior space of Bobo's Café at the town-owned Chappaqua train station building. Bobo's opened on Aug. 12

on the lease and the Town of New Castle added another four. The establishment serves breakfast and lunch and will soon add dinner to its repertoire.

The original Bobo's Café is located at the Heritage Center on Route 6 in Somers. They plan to open a third Bobo's later this year in Baldwin Place, just over the Westchester-Putnam line from Mahopac.

"I offered to do something with them on this and they took the ball and ran with it," Bernardi said of his sons. "I can't take credit for that. They really surprised their father. They have a real passion."

At the Chappaqua train station, Bobo's Café is open for commuters by 6 a.m. during the week with its

selection of coffees, bagels and baked goods as well a variety of egg sandwiches for the morning crowd. They also have a griddle to make waffles.

For lunch, there is an assortment of sandwiches that include turkey, chicken and grilled cheese and several other selections.

Bernardi said that over time the menu has evolved, initially focusing on coffee and pastries along with the sandwiches. Now they have developed breakfast bowls, which have proven popular and salads. There are selections, for vegans and those seeking to have gluten-free food, he said.

Each location has a chef on the premises making the food to order,

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P'ville Man Searches for Kidney Donor to Save His Life

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but because of blood type, age or other health matters they cannot donate a kidney. His wife, Elisabeth, wasn't able to provide him with one of her kidneys because she is a breast cancer survivor.

Alderman's search for a kidney is also heightened because his son, Ethan, is only 10 years old and still needs his father.

"We want him around," Elisabeth said. "He's a wonderful husband and father."

"You lose a father and the difficulties that some children will face having something like that happen...I really want to be there for my family," Alderman said.

Alderman has faced the prospect of kidney failure for about 20 years. At that

time, doctors told him that there were some irregularities with the shape of his kidneys and that they contained cysts. He also suffered from kidney stones.

Then the protein levels in his blood continually increased to the point where he needed to see a nephrologist.

Aside from the fact that he has a young son, Alderman said he doesn't want to stop working because he loves his job. He actually works at the same middle school that he attended as a child.

"It really is very gratifying," Alderman said. "I really feel like I'm giving back to the community. Even though it's a long commute, I love working there. I find that I love my co-workers. I put up with

a horrible commute because the job is wonderful."

That commute requires him to leave his house between 4 and 5 a.m. on school days and he doesn't return until after 5 p.m. That leaves him exhausted when he's home and he is forced to go to bed about 7:30 or 8 p.m. each evening. Alderman is so used to the schedule that even on weekends and holidays he needs to go to bed at that hour.

"It makes the work more difficult because I'm tired when I'm at work," he said. "I have to stay with it. The work is rigorous but it really affects my quality of life."

Through his ordeal, Alderman and his

wife have tried to remain upbeat, although he acknowledges that he has his low moments.

"I'm getting the word out that I'm in need of a kidney because there are some wonderful people in the world and there are so many on social media that have really reached out to us and offering their prayers and being supportive of us," Alderman said.

For more information on how to help Phil Alderman, contact Renewal at 718-431-9831 ext. 209 or e-mail at R23741@renewal.org. When referring to Alderman, his case number is part of the e-mail address.

New Chappaqua Train Station Café Open and Making an Impression

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Bernardi said. However, the dynamics of operating a food establishment at a train station requires staff at the Chappaqua Bobo's to operate quickly, particularly with the morning commuters.

"The challenges are people are doing things for speed, and everything is speed oriented," said Bernardi. "We're keeping bagels in cellophane; we're making egg sandwiches to go. Over here, they're looking to grab (something) and get on a train. That's why we have a lot of things to grab and go, where you can take it, and it's right there and they can take off."

Bobo's has gained a reputation for its

smoothies. There will also be a soft serve ice cream machine, he said.

There is something for all ages, tastes and dietary requirements. There are about 50 seats between the indoor seating and the tables and chairs that are set up outdoors during the warmer weather.

"It's a meeting place, it's a fun place where teens and adults and old people, they all can come and co-exist," Bernardi said. "Just a fun, happening place."

Currently, Bobo's Cafe remains open through the evening rush until about 7:30 or 8 p.m. but that will change, he said. Some dinner items will be phased in for patrons to take out or to stay and eat.

The café's owners have applied for a liquor license, and once that has been obtained, it is likely to stay open until 10 p.m., Bernardi said. There will be Sunday hours until about 3 or 4 p.m. starting shortly after Labor Day, he said.

So far, the reaction from the public has been strong and the Town of New Castle was cooperative in helping Bobo's open promptly, Bernardi said.

"They seem to be very excited, they're coming in, they're telling friends," he said. "We're very thankful, we're very lucky with the people we've worked with."



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Q: Why do many college students develop mental health problems?

A: Students are more vulnerable to serious mental illness for many reasons. It's the added stress of a new environment and new expectations, right when they've left behind their support system. They're freer now – but less structure can be daunting. Socially and sexually, they're still figuring out who they are. And substance use is prevalent on campuses, which can trigger mental illness in someone with a predisposition.

Today, the pressures on young people are intense. Getting into college is more stressful. Social media ramps up the stress. Everyone's projecting their best self on the Internet, creating an unrealistic standard to live up to. In many teens, that badly damages self-esteem.

Q: What signs should I look for?

A: Look for changes. Has your child has been texting you every few days, then for a week... silence? Do they sound less open? Have they gained or lost a lot of weight? Stopped grooming themselves? After doing well initially, are they failing classes?

Q: What can I do to help?

A: Your relationship with your child in college will echo the one you had with them in high school. So work on that before your kid goes away. Have frank chats about your worries, even if you're doing all the talking.

Establish an understanding before they leave home. For example, agree to text every three or four days. Once they're at school, it helps to communicate with their friends, but never behind your child's back. That erodes trust – and trust is vital as you monitor how they're doing. Your gut tells you something's wrong? Be transparent with your child. Say, "You don't sound like yourself. What's going on?" If they insist they're fine and tell you not to visit, assert yourself as the parent: "I'm sorry. I'm paying for this. I'm coming up."

If you think there could be a real danger, call the campus health services and safety services. And immediately visit. The worst thing is to not be proactive.

Extraordinary Gains for Mt. Kisco Nonprofit Serving Special Needs Adults

By Martin Wilbur

Whenever a business or organization is launched, the goal is usually to grow the enterprise and have a greater reach over time.

Extraordinary Ventures New York (EVNY) is achieving that objective quite successfully.

The Mount Kisco-based nonprofit, which brings employment opportunities to adults with autism and other developmental disabilities, has expanded from a few employees to a staff of more than 20 in a little more than a year, said Andrew Tedder, EVNY's executive director.

EVNY provides laundry and shredding services, candle-making and various gifts for the public, exclusively using adults who are on the spectrum or have other disabilities. Only Tedder, who has a son with special needs, and floor supervisor and manager of the organization's gift business Noelle Cordero, who has worked for Community Based Services, are not part of that population.

"We have more people that are able to expand their skillsets, work in a more integrated environment and we're so happy to be a vehicle for that," Tedder said.

The organization was started about four years ago by members of the local community whose now-grown children have required special services for various disabilities. In 2017, the storefront at 350 Lexington Ave. (the space is accessible through the back parking lot off of Columbus



MARTIN WILBUR PHOTO

Andrew Tedder, executive director of Extraordinary Ventures New York, which employs adults with autism and other developmental disabilities, with floor manager Noelle Cordero.

Avenue) was opened to begin the laundry and gift services.

Each employee, supported by their jobs coach, works one to three times a week, typically for an hour or two at a time. Not only does each worker get paid – they must punch in when they arrive for a shift and punch out upon leaving – but it provides them a boost of much-needed self-esteem.

Tedder estimates that since they started

the laundry service, called EV Laundry, the volume of work has quadrupled. For \$25 for a large bag of laundry brought in by a community member, the EVNY employees wash, dry and fold the clothes for the customers.

Extraordinary Ventures' EV Office Solutions was retained to do the shredding for a major law firm, a coup for the organization.

"We've done large shredding jobs, 40, 50 boxes, for other nonprofits, we've done it for a white shoe law firm," Tedder said. "So, as a retiring partner is leaving, it's a big deal. We had to interview for that job. It's very official. We have to send a certificate of destruction. It's no small thing."

They have arranged with the Village of Mount Kisco to bring the large volumes of shredded paper to its nearby recycling area at convenient times for the village.

Other jobs include being sought out by a new Long Island-based candlemaker who creates his own scents and collating materials for Northern Westchester Hospital's maternity ward.

The candlemaker has sent enough materials to make 20 candles for each of his 12 fragrances.

Another step forward came when the sisters of two EVNY employees put in requests to have the organization create candles and other gifts for their weddings.

With the added responsibilities, it makes Tedder's job more challenging but also more gratifying.

"I don't want to have more work than I have people," he said. "I don't want to have more people with no work to do. I'm always balancing the business like that."

Cordero said the work with EVNY has been incredibly rewarding for her but also for those adults who might otherwise have trouble finding a job and contributing to their communities.

"We have individuals that are not going to be easily employed out there and I think it's that much more rewarding when they're done with the day, when they've finished their task because we know in the real world, quote unquote, it's not that easy for them," Cordero said.

In the two years, since EVNY launched its jobs program, there have been resounding success stories. One employee, Alex, who functioned at a high enough level to be able to deliver the laundry to customers, obtained his commercial drivers license and was hired away for a fulltime job elsewhere, Tedder said.

Another worker brought to EVNY had no interest in participating, started with very short shifts and has been adapting to longer work hours.

"I think that's as much a success story as Alex getting his driver's license," Tedder said. "This guy grew, he grew and he learned. That's the main thing. It's real work."

For more information on Extraordinary Ventures New York, visit www.evny.org.

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Teenagers Battle Back From Life-Threatening Cases of the Flu

By Martin Wilbur

When Collin Longo started to feel sick early last February, he didn't think much of it. He and his mother, Carolyn, figured it was a cold or a touch of the flu, typical ailments that millions of Americans experience every winter.

But instead of being sick for a couple of days, Longo, now 17 and a Pleasantville High School junior at the time, was getting sicker, suffering from shortness of breath and experiencing an unusual pain in his side. His mother brought him to Northern Westchester Hospital on Thursday, Feb. 7, and while doctors discovered that Collin had Type 1 diabetes, that would be the least of his troubles.

His condition deteriorated so rapidly that before the end of that weekend, Collin was fighting for his life at Maria Fareri Children's Hospital.

"As soon as they found out he had Type 1 diabetes, they said he needs to go to Maria Fareri because they're equipped to deal with it," Carolyn Longo recalled. "That was Thursday and then by Sunday, he had pneumonia and sepsis and they were talking about putting him on life support."

The life-threatening episode wasn't a result of the diabetes but the effects of the flu, which had quickly ravaged Collin. He had acute respiratory distress, which forced doctors to intubate him for about a month and put him in a medically-induced coma. Collin eventually needed a tracheotomy.



Collin Longo and Rebecca Berak met at Maria Fareri Children's Hospital this summer following their life-threatening ordeals from the flu last winter.

The difference heading into last winter, Carolyn believes, was that her son hadn't gotten a flu shot. Like many families, they were busy and the only one in their family who ended up getting the shot was her husband, a dentist, who is obligated to do so every year.

This year, as soon as Pleasantville Pharmacy receives its supply of the shot, most likely by sometime next month, Collin will be among the first in line.

"It's not fool-proof," Carolyn Longo

said. "There's plenty of people who get the shot who still get the flu, but there's a difference between getting the flu and getting a life-threatening case of the flu."

Dr. Sheila Nolan, section chief of pediatric infectious diseases at Maria Fareri Children's Hospital, said while these episodes for otherwise healthy teenagers are uncommon, it does happen. The pediatric mortality rate typically claims 100 to 200 children a year in the United States.

However, it's not the flu but the complications it triggers that usually causes the most damage, Nolan said. The development of a bacterial infection on top of the viral infection is the most dangerous.

"The flu itself can cause a very severe pneumonia and you can end up on a respirator and needing ventilatory support and life-sustaining intervention," Nolan said. "Most kids will get through the flu, it's just if they have other complications that can actually affect areas, like the brain. There's some significant variability to the different problems it causes."

However, what happened to Longo wasn't an isolated case locally. Last Dec. 13, Rebecca Berak, an eighth-grade honors student in the Wappingers School District, came home from school feeling sick, said her mother, Kathie.

Then overnight, a fever set in, which began climbing throughout the next day, and a cough developed, Kathie Berak said. She took her daughter to the doctor, where she tested positive for the flu. Rebecca

was given Tamiflu and prednisone, but her fever spiked to 106, and when she began coughing up blood, Berak rushed her to Vassar Hospital.

Shortly after her arrival, medical staff told Berak what she refused to believe: that Rebecca was going to die.

"She was a perfectly healthy kid. She was fine. This isn't happening. Don't be here talking to me," remembered telling the doctors, "help her."

In a snowstorm, Rebecca was transferred to Westchester Medical Center. She had lost so much blood – she would require four units to replenish – and her vital signs were so bad that she needed to be resuscitated on her trip to Valhalla.

Once admitted to Maria Fareri Children's Hospital, Rebecca had to be intubated. Doctors found that part of a lung was damaged, which is where the blood was coming from. Following a long intubation period, she would also need a tracheotomy.

Similar to Collin's situation, Berak said that a busy schedule had conspired to prevent Rebecca from getting her flu shot earlier in the season. In previous years, she had felt mildly sick following the shot, so she and her mother agreed Rebecca would get it on a Friday heading into a weekend where she didn't have anything scheduled. She was scheduled to receive it on Dec. 14.

Road to Recovery

Collin was transferred from the Pediatric Intensive Care Unit (PICU) to Blythedale

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More Info: Lion Bob Scop 914-760-0014 or Italian American Club Pres. Fillipo Simone 914-420-3589

Teenagers Battle Back From Life-Threatening Cases of the Flu

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Children's Hospital for rehabilitation on Mar. 22. He remembers virtually nothing of the roughly six weeks in the PICU, only his ambulance ride from Northern Westchester Hospital to Maria Fareri – and some very odd dreams.

At Blyethdale, there would be physical therapy, occupational therapy, speech therapy and music therapy. He needed to learn to not just reuse his muscles again and walk, but how to swallow solid food and water. He felt as though he was constantly thirsty.

While Collin has been slender, standing at about 5-foot-8, he had dropped to 108 pounds.

"One of the worst things, obviously, is I was awake for two months I couldn't eat or drink," he said. "But I was thinking because my mouth was so dry, at the most you could have two ice chips or a swab of water."

After the time in the PICU, one of Collin's vocal cords was paralyzed, but doctors told his mother that the other one has been compensating. He was discharged from Blyethdale on June 4.

"We're going to check in a year and see what happens," Carolyn Longo said.

"He has to have a little procedure done where he had the trach. It's like a little indentation. They'll do a little something for that."

Next week, Collin will be starting his senior year at Pleasantville High School,

something he's been looking forward to for months, even though he feels he has more strength to gain.

"At least now, I have a college essay topic," said Collin, who is considering a career in film and theater.

For Rebecca Berak, her mother said she is also recovering but has permanent damage to a part of a lung. It's similar to what someone who has cystic fibrosis experiences but the damage has been isolated in one area and it is not expected to affect her life expectancy, she said.

Similar to Collin, Rebecca needed extensive rehabilitation at Blyethdale after being discharged from Maria Fareri in late January. She was able to go home in April. This summer, Rebecca studied and completed all of her Regents exams and is now set to begin her freshman year at Roy C. Ketcham High School.

She has also been slowly building up strength by swimming in the family's pool, although she currently has nowhere near the stamina she previously had. Rebecca, who was about 110 pounds before her illness, lost close to 30 pounds, her mother said. She must wear a special vest that helps her lungs and must also use a cough assist.

"She's so excited about starting high school," Kathie Berak said. "I'm a nervous wreck, to be honest with you, not because of the high school part, just putting her back with all the germs and everything."



Collin Longo recuperating at Blyethdale Children's Hospital last spring. He was hospitalized for about a month and a half followed by more than two months of rehabilitation.

Flu Shots

Carolyn Longo said that despite all that's known about the effectiveness of flu shots, the simple task of getting the shot doesn't register with some people.

"It's no joke," she said. "Look, you can't force people to get the flu shot, but I don't care. Put a picture of him on that bed. This is what could happen. There was nothing

wrong with him. He was fine."

Nolan, the pediatric infectious disease specialist at Maria Fareri, said nearly everyone above the age of six months should get the flu shot, except in some rare cases where a medical condition warrants it. Shipments should start arriving in doctors' offices and pharmacies sometime in September and everyone should be inoculated before the holidays, she said.

While Nolan said it is still too early to predict the severity of the 2019-20 flu season, you don't have to have a repeat of the 2009 flu pandemic to have serious health consequences. Last year, turned out to be an average flu season.

Since the flu virus mutates every year, it's impossible to develop a shot where its recipients are guaranteed not to get sick, but the effects will be far less severe than if someone doesn't receive the vaccine.

"It doesn't necessarily mean that it will prevent you from getting sick with the flu, but it significantly reduces the rates of complications, and most notably, you're much less likely to have lower respiratory track disease and more significant illness," Nolan said.

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Armonk Teen Soars in Glider Flight Training With Civil Air Patrol

Summer is a revered time in a teenager's life. Free from the obligations of school, most teenagers relax, pursue work or hang out with friends.

Civil Air Patrol Cadet Brian A. Straus of Armonk spent part of his summer learning to fly a FAA-certified glider aircraft.

Straus, 16, took to the skies this month at a Civil Air Patrol Flight Academy in Springfield, Vt. Sixteen aviators, 14 to 19 years old from around the nation, were selected to attend the nine-day training activity based at Hartness State Airport. Civil Air Patrol hosts more than a dozen different flight academies across the nation during the summer, providing many cadets with a solid

foundation in flight training, possibly leading to careers in aviation.

Straus's pre-solo was not only special because of his young age but also the difficulty of the craft he flew. Gliders are an airplane without an engine. A powered airplane tows the glider up to a safe altitude. After the glider releases from the tow-plane, it is up to the pilot to complete a safe flight using skillful flying techniques and thermal air currents for sustained flight.

A pre-solo occurs when the Civil Air Patrol student completes take-off and landing while an instructor sits in the back seat, without providing information or help during any phase of the flight. In subsequent flight training, cadets can complete the

requirements for an FAA-issued glider pilot's license.

The Civil Air Patrol is the auxiliary of the U.S. Air Force. Ranging from 12 to 21 years old, cadets attend weekly meetings at one of more than 3,000 local units across the country. During the weekly meetings, cadets receive leadership lessons, STEM education and physical fitness training.

In addition to CAP flight academies, there are more than 50 other summer national activities ranging from search and rescue survival schools to space command orientation and cyber programs.

Pre-solo wings are presented to successful cadets at the academy's graduation ceremony to wear on



Civil Air Patrol Cadet Brian Straus

their uniforms.

To find a local Civil Air Patrol

squadron near you, visit www.gocivilairpatrol.com.

County Police to Host Cops & Cones This Thursday in Mt. Kisco

Westchester County police are once again hosting a fun-filled Cops & Cones event in the heart of downtown Mount Kisco.

This year Cops & Cones will be held on Thursday, Aug. 29 from 4 to 9 p.m. in the Blackeby municipal parking lot. Free ice cream and inflatable amusements will be available and a variety of Westchester County police equipment, including the department's helicopter and specialized vehicles, will be on display.

"Since 2015, it has been our privilege to protect and serve the people of Mount

Kisco," said Police Commissioner Thomas A. Gleason. "Cops & Cones is one of the many ways that we work to connect with the community and build relationships with village residents. We invite everyone to come by, meet our officers and have some ice cream and a great time."

Gleason thanked Mayor Gina Picinich, the Board of Trustees, the village manager's office and the Mount Kisco Highway Department for their assistance.

Cops & Cones is sponsored by an assortment of numerous businesses and

community organizations, including Diamond Properties; Mount Kisco Chevrolet; Rivera Toyota; Grand Prix NY; Cassidy-Flynn Funeral Home; the Mount Kisco Diner; Saw Mill Club East; Village Social; O'Neill's Mister Softee; Kisco Sweets & Treats; Decker Tool Rental; Modell's; Party City; Starbucks; Mount Kisco Gold & Silver; the Mount Kisco Chamber of Commerce; St. Francis of Assisi Parish; the Westchester County Police PBA; the Westchester County Sheriffs Association; the Mount Kisco Fire Department; the Mount Kisco Volunteer Ambulance Corps; and the

Village/Town of Mount Kisco.

Police will display resources from the Patrol and Special Operations Divisions, including an Emergency Service Unit truck, the STOP-DWI driving simulator and the Aviation Unit helicopter. There will also be a Motorcycle Unit demonstration, photo opportunities with police canines and the K-9 officers and Operation Safe Child ID cards will be available.

The rain date for the event is Friday, Aug. 30.

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NRC Meeting on Indian Point to be Held in Cortlandt in October

By Rick Pezzullo

The federal Nuclear Regulatory Commission (NRC) will be holding a public meeting on the decommissioning of the Indian Point nuclear power plants in October in Cortlandt.

Congresswoman Nita Lowey (D-Harrison) announced last week NRC officials notified her office that the meeting will be held on Wednesday, Oct. 2 at the Muriel Morabito Community Center on Westbrook Drive from 6 to 9 p.m.

"As Indian Point is decommissioned, it is essential that federal partners do everything possible to protect the safety of the surrounding community and help mitigate the economic impact of the plants' closure," Lowey said. "This meeting will ensure that local stakeholders – from elected officials to concerned residents and neighbors – can voice their concerns and make requests for necessary assistance directly to NRC."

Earlier this year, the NRC, which oversees the operations of the nuclear facility in the Village of Buchanan, solicited public comments on potential locations for public meetings to discuss best practices for community engagement panels near nuclear power plants facing decommissioning. These meetings will be part of the NRC's process to meeting a reporting requirement to Congress

which was included in the Nuclear Energy Innovation and Modernization Act, passed in December 2018 and signed into law in January 2019.

According to NRC, it will develop a report on best practices for community engagement panels in areas surrounding nuclear power plants that have ceased operations and begun decommissioning in consultation with states, surrounding communities, and local advisory boards.

Lowey, Cortlandt Supervisor Linda Puglisi and Buchanan Mayor Theresa Knickerbocker all requested that NRC hold one of the meetings in Cortlandt

based on the impact on their communities, which face the closure of the Indian Point facility in the coming years and the loss of millions of tax revenue.

"I am pleased that the NRC heard us all and that the meeting will be in the community where the plant is located," Knickerbocker said. "I encourage residents to come out and participate in the meeting. This is your community."

"I hope everyone who has concerns about the closure of Indian Point – whether they're about safety, jobs, or redevelopment – will come tell NRC directly about what would be most helpful

to our community in the coming years as Indian Point closes," Lowey added. "With input from the public, we can put pressure on NRC to provide what we and other communities facing nuclear plant closures need to ensure our ongoing physical and economic security."

In January 2017, Entergy, which purchased the Indian Point nuclear power plants more than 16 years ago, announced, to the complete surprise of local leaders, its plan for the early and orderly shutdown of the Indian Point Energy Center by Apr. 30, 2021, as part of a settlement with New York State and Riverkeeper.

MTA Inspector General Alleges Theft By Metro-North Employee

MTA Inspector General Carolyn Pokorny last week released an investigative report regarding allegations that a Metro-North Railroad employee stole various items from a storeroom at Croton-Harmon Yard.

The investigation, which came about from an anonymous complaint to the Office of the Inspector General tip line and was done in conjunction with the MTA Police Department, included testimony that it was "common knowledge in the storeroom, and a running joke" that the employee was stealing Metro-North property. Items alleged to have been stolen include multiple rolls of toilet paper, batteries, paint brushes

and trays for use at the employee's rental properties and tools.

The investigation additionally found that the employee's supervisor failed to report the theft as required and did not adequately supervise the employee.

"When someone steals from the MTA they are also stealing from riders and taxpayers," MTA Inspector General Carolyn Pokorny said. "While I believe the vast majority of MTA employees are hardworking and honest, individual instances of misconduct such as this violate the public trust and distract from the MTA's purpose of providing a safe, reliable,

affordable and accessible transit system."

Based on the investigation, the employee was charged with two misdemeanors, which were resolved with an adjournment in contemplation of dismissal. Metro-North also brought a series of disciplinary charges against the employee.

Although the employee resigned during the investigation, the Inspector General recommended to Metro-North to place the report in the employee's file and in addition, recommended that the employee's supervisor receive appropriate discipline.

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SMALL NEWS IS BIG NEWS

Obituaries

John Vitale

John Vitale, a World War II veteran, skilled plumber, craftsman and gardener, passed away on Aug. 23 at the age of 96.

He was predeceased by his loving wife, Wilma; his two brothers, Alex and Sam Vitale; and his sister, Susy Vitale Leach. He is survived by his children, Joanie (Ronnie), Rolf (Amy), Susan and Debbie, and by his many grandchildren, great-grandchildren, nieces and nephews.

Vitale was born July 19, 1923, in Lenola, Italy to Vincenzo Vitale and Natalina Fasolo Vitale. He would often recall walking by himself as a young child to visit his two grandmothers who lived on opposite ends of the town. In 1929, his family emigrated to the United States and came through Ellis Island.

As a child during the Great Depression, Vitale did whatever he could to help support his family in addition to going to school. He trapped and set up pins in a bowling alley in order to help feed his family and provide them with a better life.

Vitale was drafted and proudly served his country from 1943 to 1945 on the European front in World War II. On June 6, 1944, he joined thousands of other brave heroes and landed in the waters off Omaha Beach in Normandy, France during the D-Day invasion. He received several medals and was honored for his service.

After the war, Vitale returned home to his family in Pleasantville. He began his plumbing business, John J. Vitale Plumbing and Heating, which would operate for more than 50 years. While maintaining his business, he always helped his parents maintain their Pleasantville home and his own home, yard and garden in Somers.

Vitale has been described as a renaissance

man who always strove for perfection. He took great pride in his work, and fault could never be found in any job or project that he completed. He passed along his knowledge of plumbing to his brothers, son and several of his nephews. With his incredible eye for detail, Vitale built homes and many unique pieces of furniture. His immense garden was his lifelong hobby. He took great pride in what he grew and would always invite friends to come and pick his delicious tomatoes, corn and many other vegetables.

Vitale never truly retired and was still giving plumbing and gardening advice to friends. When friends came to visit, he would share the stories of his life and laugh over many of the things and practical jokes he played as a child. He was never one to allow others to do things for him and would still ride his tractor to mow his lawn as often as he could and cook his own meals. Even at the age of 95, John still started 400 tomato plants by seed and later moved them into his greenhouse where most of them were given away to his many friends.

He was a lifelong Yankee fan and would look forward to watching them every night. Even in his last days, he found comfort in listening to his favorite team play. He truly believed that you can do anything you want to do if you set mind to it and that age is only a number. His life is truly an inspiration to those who knew him best.

His family will receive friends at Beecher Flocks Funeral Home in Pleasantville on Tuesday, Aug. 27 from 2 to 4 p.m. and 6 to 9 p.m. A Mass of Christian Burial will be celebrated on Wednesday, Aug. 28 at Holy Innocents Roman Catholic Church at 9:30 a.m. Entombment will follow at Ferncliff Mausoleum.

John Caramanica Sr.

John F. Caramanica Sr., a former member of the NYPD and a former Pleasantville resident for 36 years, passed away peacefully on Aug. 15 at his home in Somers.

He was 83.

Caramanica is survived by his wife, Anne Marie (Baldassarri); sons John Jr. and Thomas; and four grandchildren,

Brent, Troy, Gabrielle and Lucas. He was predeceased by his son, David, in 1990.

The family received friends on Aug. 18 at Beecher Funeral Home in Pleasantville. A Mass of Christian Burial was held on Aug. 19 at Holy Rosary Church in Hawthorne.

In lieu of flowers, donations can be made to Rosary Hill Home, 600 Linda Ave., Hawthorne, N.Y. 10532.

Jennie Ezzone

Jennie Ezzone of Hawthorne passed away at her residence on Aug. 19. She was 87.

Ezzone was predeceased by her beloved husband, Martin, on Jan. 5, 1995, and her cherished grandson, Michael Anthony Buffamante, on Oct. 26, 2016. She is survived by her loving daughters, LouAnn Buffamante (Sal) and Elizabeth Bassi (George died in 2018). She was the cherished grandmother of Joseph Buffamante, Robert Buffamante, Jenna Bassi and Daniel Bassi and the great-grandmother of Christopher and Cole.

Visitation was at Pleasant Manor Funeral Home, Inc. in Thornwood on Aug. 21. A Mass of Christian Burial was celebrated at Holy Rosary Church on Aug. 22. Entombment with her beloved Martin in the family crypt followed at Ferncliff Cemetery in Hartsdale.



Jennie Ezzone

Timothy Stanton

Timothy (Tim) Stanton of Brooklyn passed away on Aug. 13 at Memorial Sloan Kettering Cancer Center. He was 44.

Stanton was born on Aug. 1, 1975, and raised in Valhalla. He graduated from the School of Visual Arts in New York City and worked in the advertising industry as a photographer.

Stanton was a devoted husband and father and will be sadly missed by his wife, Adriana (Annu), daughter Sadie and son Cian. He is also survived by his parents, Nick and Mary; brother Nicholas and his wife, Christine (Erickson); sister Maryalice Pietropaolo

and her husband, Brian; his uncles, John and Terrence; and his nieces, Jane, Casey and Erin.

He crossed paths with many people and was fortunate to have many friends, not only in the New York area but around the country who supported him during the past year.

Visitation was on Aug. 15 at Beecher Flocks Funeral Home in Pleasantville. A funeral Mass celebrating Tim's life was held on Aug. 16 at Holy Innocents Church in Pleasantville.

In lieu of flowers, donations can be made to the charity of your choice.

John Dolan

John James Dolan of Pleasantville passed away at his residence on Aug. 17 at 60 years old.

Dolan was born in Queens to proud parents who survive him, Patrick J. and Bridie Dolan (nee McGoldrick), on Feb. 18,

1959.

A Mass of Christian Burial was celebrated at Holy Innocents Church on Aug. 21. Interment followed at the family plot at All Souls Cemetery in Pleasantville.

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Northern Westchester Hospital to Honor Joel Seligman at Gala

Northern Westchester Hospital (NWH) will honor outgoing President and CEO Joel Seligman and philanthropist Seema Boesky at the hospital's annual gala on Saturday, Nov. 2 in a tent on the hospital's campus. The event is co-chaired by Brenda and Dr. Victor Khobie.

"We are delighted to honor Joel Seligman, who is retiring from his position as president and CEO of Northern Westchester Hospital after nearly two decades of extraordinary service and leadership, and Seema Boesky for her many years of generosity and support of Northern Westchester Hospital," said Keeva Young-Wright, president of the NWH Foundation and vice president of external affairs at the hospital. "Joel has worked tirelessly to ensure Northern Westchester Hospital is a leading provider of innovative, evidenced-based patient-centered care. Seema has supported Joel's vision and NWH's mission, and through her philanthropic generosity, she has helped NWH bring advanced surgical and emergency care to our region."

Seligman, a Pound Ridge resident, passes the torch after guiding NWH through some of its most transformative years. Since joining the hospital in 2001, he has been a powerful and effective advocate for clinical excellence, improved quality, strong financial stewardship, patient engagement and expanded community outreach.

He announced his retirement plans earlier this year and will remain through the end of the year to work with Derek Anderson, the hospital's new executive director, through the transition.

Under Seligman's leadership, NWH has become a top destination for robotic surgery, orthopedics, cancer and breast care, as well as surgical weight loss, physical therapy and rehabilitation. In 2007, NWH became one of the first Planetree-designated hospitals in the U.S. for exceptional patient-centered care.

After the hospital was re-designated with distinction by Planetree and received Magnet designation – the gold standard for nursing care – from the American Nurses Credentialing Center, NWH became the only hospital in the country to achieve both accolades. Planetree honored Seligman with its Lifetime Achievement Award in 2017.

When NWH became a member of Northwell Health in 2014, Seligman managed the hospital's successful integration process for its clinical and support programs.

Boesky is a community member, philanthropist and longtime supporter of NWH and several local organizations. By 13 years old, Boesky and her sister were co-owners of the Beverly Hills Hotel, the crown jewel of her father's vast real estate holdings. By her early twenties, she was on the hotel's board, and eventually took control of all her family's properties.

In 1987, she sold the Beverly Hills Hotel for a record-breaking price, and in the 1990s, she liquidated the family's Northview Corporation and remaining businesses in order to pursue her philanthropic interests.

Since then, she has immersed herself in understanding the needs of others and the role she can play in addressing unmet needs. Boesky was a founding member of the Eagle School, the school for international studies at Princeton, the Family Center in Somerville, Mass. and a founder of the American

Russian Youth Orchestra. She honored her mother's memory by establishing the Gertrude Silberstein Pain Clinic at Ford Hospital in Detroit. She also serves as president of the Silberstein Boesky Family Foundation focusing on enhancing the lives of underprivileged children.

In addition to providing financial support for charitable institutions, Boesky gives of her time locally. She served as a board member and honoree at the Caramoor Center for Music and the Arts; the Boys & Girls Club of Northern Westchester, where she completed two capital campaigns totaling \$16 million; the Westchester Land Trust; Northern Westchester Hospital; and the Waterkeeper Alliance. She also served on

the Board of the Women's Forum, an international organization that mentors women worldwide.

The NWH Gala begins with cocktails at 6:30 p.m., a program and dinner at 8 p.m. and dancing at 9:30 p.m. The theme is Art as Inspiration and Art as Transformation. It is expected to draw record attendance of over 800 guests.

To learn more or purchase tickets, visit www.nwhconnect.org/2019Gala.



Joel Seligman, the outgoing president and CEO of Northern Westchester Hospital, and philanthropist Seema Boesky will be honored at this year's hospital gala.

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North Castle Police Department

Aug. 16: Police received multiple reports of fireworks or possible gunshots in the area of Orchard Street, Whipoorwill Road and Wampus Lakes Drive at 9:38 p.m. The responding officers reported that the complaints were unfounded.

Aug. 17: A complainant reported at 6:07 p.m. that a neighbor was shooting off fireworks near his home on Hunter Avenue. The responding officers spoke to the homeowner; matter adjusted.

Aug. 18: A driver reported rolling over his vehicle on Route 22 at 5:21 a.m. and that he is out of the vehicle and uninjured. Officers were dispatched and 60 Control and Armonk Garage were notified.

Aug. 18: Report of a stolen vehicle on Piping Brook Lane at 6:19 p.m. The caller reported that his brother-in-law's vehicle was taken out of the driveway. The complainant was unsure when it was taken. The keys were possibly left inside the car. Depositions were secured and a report will follow.

Aug. 18: Report of a large tree striking a house on Thornewood Road at 10:17 p.m. causing damage to the structure. No injuries were reported.

Aug. 19: A caller reported at 4:29 p.m. that a white male wearing a gray t-shirt and dark shorts attempted to walk past all payment stations with a case of beer at Stop & Shop on North Broadway. When the subject was approached by employees, he

dropped the item and left the area. He was last seen walking northbound on Palmer Avenue. The responding officers canvassed the area with negative results. Depositions and video were secured; a report will follow.

Aug. 20: An officer reported observing furniture left in the commuter lot on Fisher Lane at 10:17 a.m. The North Castle Highway Department was notified.

Aug. 20: A complainant arrived at headquarters at 3:22 p.m. to report that a large sum of money was withdrawn multiple times from his checking account between Aug. 8 and Aug. 20. A report was taken as a matter of record.

Aug. 20: A Rock Cliff Place resident reported at 7:23 p.m. that a solicitor was going door to door in the area. The complainant described the solicitor as a white male with a thin build and a beard who was wearing a baseball cap. The responding officers reported making contact with the party who was told to leave the area because he did not have a proper permit. A warning was issued.

Pleasantville Police Department

Aug. 19: A 50-year-old Pleasantville man was arrested on Pleasantville Road at 11:07 a.m. and charged with driving with a suspended license and suspended registration.

Aug. 23: Report of a burglary on Clinton Street at 11:18 a.m. Several items were reported missing out of an apartment.

Suspect Arrested in Thornwood Town Center Slashing Attack

By Martin Wilbur

A 41-year-old homeless man is in custody after he slashed a shopper in the face on Aug. 17 while placing groceries into the rear of a vehicle at the Thornwood Town Center.

The suspect, Edwin Hernandez, is being held at the Westchester County Jail in Valhalla after being arrested and charged with first-degree assault, a Class B felony, by White Plains police. That charge stems from a similar but separate incident in White Plains the following day, according to Mount Pleasant Police Chief Paul Oliva.

Oliva said the unprovoked attack in Thornwood occurred at about 6:30 p.m. when a 69-year-old Hawthorne man was putting groceries into the back of his car. The victim was approached from behind and slashed with a box cutter or a similar-type instrument. He sustained a laceration from his right cheek to the back of his neck, police said.

The victim drove himself to the hospital to receive treatment, then called police to report the incident when he returned home.

Oliva said records show that a subject with the same name and date of birth as the suspect had received services at the Edenwald Residential Treatment Center on the Pleasantville Cottage School campus in 1994 when he was a teenager, less than a mile from where the attack took place. If it is confirmed that the suspect and the subject are the same person, it may help to explain why Hernandez was in the area, he said.

During his time at Edenwald, the suspect had also been involved incidents, which required police intervention.

"He has a history with this type of behavior," Oliva said.

Hernandez is scheduled to be arrested and arraigned in Mount Pleasant Justice Court this Thursday, Aug. 29 related to the Thornwood attack, Oliva said.

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Chappaqua Entrepreneur Overcomes Bullying to Make Personal Strides

By Martin Wilbur

It may sound peculiar to hear Randy Ginsburg recount how the merciless middle school bullying he endured served as an important motivator in his life.

The lifelong Chappaqua resident had been fascinated with entrepreneurship since he was a young boy, and finally being able to stand up to his tormentors, also gave him the growing confidence and the freedom to pursue what he wanted to do when he reached Horace Greeley High School.

The 22-year-old Ginsburg, who graduated from Syracuse University's Whitman School of Management in May where he majored in entrepreneurship and marketing, borrowed \$150 from his parents while in high school and started buying high-end sneakers online, fixing them up and selling them for a profit.

With the money that he received from his parents' loan, Ginsburg bought a pair of Nikes called Mahogany Hemp SB Dunk, a little-known shoe from 2003. It took about two months for him to sell it, but he was soon on his way to a lucrative business for a high school student.

"Any type of stuff that people go through, not just bullying, but it requires you to learn and adapt and you don't really have a choice," Ginsburg said. "So that kind of motivated me, by taking a positive mindset, but it also helped me find this

thing that I love, and quickly as I started doing that and becoming more successful at it, a lot of the bullying had subsided."

Ginsburg has written a new book, "Adversity to Advantage: How to Overcome Bullying and Find Entrepreneurial Success," released by New Degree Press on July 27. Not only does he recount his own story, but Ginsburg delves into the psychology of bullying by having interviewed psychologist, author and associate professor emerita at Syracuse University Dr. Ellen deLara. In a survey conducted by deLara of 900 adults, 47 percent said bullying had a positive effect on their lives.

He also interviewed a collection of eight to 10 successful startup founders, all of whom mentioned that they were victims of bullying, which shaped their lives – including their successes.

Ginsburg conceded that in his own life there have been more negatives than positives to come from the bullying that he suffered, but there is empowerment when one has the courage to overcome their fears.

"It's the same thing that separated them and gave them the ability to find their voice and give them the courage to use to build connections and ultimately encouraged them to do whatever they ended up doing," Ginsburg said of the entrepreneurs he interviewed.

Ginsburg, who currently works for

Macy's in Manhattan, decided to write the book during his senior year at college following his attendance at a Next Gen Summit in the city last June. The event brought together budding entrepreneurs for a weekend of networking, learning and collaboration, including how each person was attracted to business.

He decided to plow ahead with the project, even as he was taking a full load of classes. In fact, Ginsburg made the connection to his publisher through the conference.

Fortunately, two of Ginsburg's six classes he took last year were online, so he was able to finish through hard work, dedication and strong time management skills.

He said one of the main thrusts of the book is to embrace your differences, ignore the haters and go for it. While easier said than done, Ginsburg said that he's learned through experience that his biggest regrets have come when he lets someone else's opinion influences what he does.

While Ginsburg's goal is to start his own business someday – he doesn't know what shape or form that may take – writing the book was an important step for him on his personal journey.

"There's so much that's come from it, to think that had I not attended that conference...had I not gone to that room, it wouldn't have happened," Ginsburg said.

"Adversity to Advantage: How to



Randy Ginsburg, a Horace Greeley High School alum and recent Syracuse University graduate, explores the connection of how some victims of bullying have success in business in his recently released book "Adversity to Advantage: How to Overcome Bullying and Find Entrepreneurial Success."

Overcome Bullying and Find Entrepreneurial Success" is available on Amazon and on Kindle.

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Guest Column

A Golden Requiem for 1969: That Was the Decade That Was

It is fair to state 1969 was the highwater mark for the revolutionary '60, though not so for baby boomers themselves, who over the past 50 years via evolutionary change have persistently etched a new and rising highwater marks for our society.

It's not writing with rose-colored glasses of nostalgia, nor painting with the broad-brush strokes of agenda or bias. The year was one of contraction where love and war, along with victory and defeat, and young and old all collided creating a new synergy resulting in a new social gospel for humanity. In essence, one must break a few eggs to make a soufflé.

The '60s were the breath of a long-coming tempest needed to straighten the rigid and crooked timber of our frail humanity.

It was the year of new technological advancements and achievements, as well as the beginning of the end of the '60s ethos. Baby boomers knew it as they matured into a society they once protested against a mere few years ago. Some writers have often referred to 1969 as the longest decade of the century.

In maturity, baby boomers found humility in acknowledging we were not perfect, and came to the epiphany that the same institutions we contested, and so often attacked – our schools, parenthood and houses of worship to name a few – were also the institutions that laid the foundations for our moral compass and radical ideology.

The '60s were a smoldering caldron



By Richard Cirulli

heated by our youthful angst, and the questioning of many of our society's mores and hypocrisies. The decade was filled to the brim with Hare Krishnas, Buddhists, Born Again Christians, cabbalists, existentialists, artists, anarchists, radicals, atheists and agnostics, feminists, etc. They were all chanting affirmations, or condemnations, seeking a utopian unity in a highly individualistic, self-centered, ego centric and materialistic world. This brewing stew of chaos rendered an ad hoc recipe to be savored for generations to come.

Some of the year's impressive technological achievements were the debut of the 747 jumbo jet, the first Concorde test flight and the Apollo 11 landing. The Internet was invented by the U.S. military and the first transplant of a human eye was performed.

On a more earthy note, Pontiac introduced its Firebird Trans Am, the epitome of the American muscle car, and the first ATM machine was installed in the United States.

On a political note, Richard Nixon took office as president, Sen. Edward Kennedy's Chappaquiddick affair made the news, the U.S. instituted the draft lottery, leading to the 250,000-person march on Washington in protest of the Vietnam War, and the Charles Manson cult murdered five people.

It was the year of the mega rock concerts that started with the Atlanta International Pop Festival, followed by Woodstock, the Isle of Wight Festival, Toronto Rock and

Roll Revival. The year ended on the sad note with the Altamont Speedway Free Festival. This concert is best known for having been marred by violence and the killing of a spectator by the Hell's Angels, the de facto security force. It was also the year the Beatles released "Abbey Road" and the year of their final live performance.

Measuring the year from the household perspective, the average cost of a new home was \$15,550; average income \$8,550; average rent \$135; average cost of a new car \$3,270; and gas was 35 cents a gallon.

In terms of popular culture and entertainment, PBS made its debut, and Americans were filling the movie theaters to view "Funny Girl," "Butch Cassidy and the Sundance Kid," "True Grit," "Midnight Cowboy" and "Easy Rider."

In hindsight, 1969 was the year baby boomers lost their innocence and found their maturity by laying the foundation that left a legacy for civil rights, equal rights, regulations, corporate social responsibility, environmentalism, consumer protection laws, OSHA.

In closing, I will task his peers in the autumn of their lives. When you celebrate your next birthday, complete with a cake topped with scores of lit candles, as you inhale and take your deep breath to blow out the candles, will you exhale with your wish to be a brewing tempest once again to stir a tempest to straighten out those new budding branches of our crooked timber of humanity? Or will we merely resign ourselves to retirement?

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

Letter to the Editor

Our Society Needs to Do More So Our Children Are Well Cared For

It's hard to know where to begin.

There has been a steady onslaught of new policies and actions that have targeted children and families lately with little regard for the long-term implications. From the separation of children from their families at our nation's borders, to Census questions that would do anything but provide an accurate count, to ICE raids that leave children with no adult to come home to, to gunfire ringing out during a Saturday morning of back-to-school shopping, to the latest proposed changes of what constitutes public charge, they have come one after the other.

"Kasserianingera?" one says to another. It is a traditional greeting among the Masai that means, "And how are the children?"

In this case the answer is not good.

The Westchester Children's Association works tirelessly every day to make sure Westchester's children are healthy, safe and prepared for life's challenges. Life can be hard enough for children in our county and beyond and their wellness is closely linked to the welfare of their parents.

Children should not have the added burden of suffering the trauma of losing their parents, permanent housing or security of their next meal. At our 2012 Advocacy Breakfast, we learned about the lifelong consequences of early trauma that are called Adverse Childhood Experiences (ACEs). Our recent report on child and youth homelessness in Westchester, Making the Invisible Visible, cites research

on the negative impact of losing your home and caregivers.

Recent government actions and inactions could make unmet health care needs rise, as well as childhood hunger, child poverty, inadequate or unsafe housing and other social determinants of health and well-being.

We, at the Westchester Children's Association, call upon elected officials and gatekeepers at all levels to value our children and the households in which they reside.

When our children are well, we all are well.

Allison Lake
Executive Director
Westchester Children's Association

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Westchester Residents Urged to Take Precautions Against Mosquitoes

The Westchester County Department of Health recommends residents take West Nile Virus prevention advice to avoid mosquito bites by removing standing water after it rains and using repellents.

Although there have been no cases of West Nile Virus in New York State as of Aug. 22, the Department of Health is highlighting these prevention recommendations because Rockland, Nassau and Suffolk counties and New York City have identified mosquitoes with West Nile Virus in a combined 218 batches of mosquitoes.

While no mosquitoes in Westchester County have yet tested positive for the virus, out of the 181 batches of mosquitoes tested since June 13, the Health Department expects to find them here soon.

"Given the fact that our neighbors have reported positive mosquitoes, it is safe to assume that mosquitoes carrying West Nile virus are also here in Westchester County," said Commissioner of Health Sherlita Amler. "Rain provides optimal breeding conditions for mosquitoes that can carry the virus. Mosquitoes bite close to where they breed, which is why it's so important to remove standing water around your home and to use repellents, especially from dawn to dusk, when mosquitoes are most active."

The Health Department prepared for the mosquito season by educating the public through news releases, flyers, social media and the county's website. The Health Department also gave 450 pounds of free fathead minnows to residents with ponds to reduce the mosquito population. The minnows reduce the mosquito population by feeding on larvae and pupae before they emerge into adult mosquitoes.

Throughout the season, the department also traps and tests mosquitoes to track the presence of mosquito-borne viruses in the county. Last year, 10 local batches of mosquitoes had West Nile Virus out of 393 submitted for testing, with the first collected on July 24, and four people were diagnosed with West Nile Virus. In 2017, the virus was identified in five local mosquito batches out of 380 submitted for testing and three people were diagnosed with West Nile Virus.

West Nile Virus infection most often causes a mild or moderate flu-like illness, but can be more serious, particularly for people 60 and older and those with other health complications.

To reduce the chances for mosquitoes to breed and bite around your home follow these tips:

- Avoid the outdoors in the late afternoon and early evening when mosquitoes are active and feeding and use insect repellents when outdoors during these times. Be sure to follow the instructions on the label.
- Adults can apply insect repellents with up to 30 percent DEET on infants over two months of age by applying the product to their own hands and then rubbing their hands on their children. Products containing DEET are not recommended for use on children under

two months old.

- Wear protective clothing, such as long pants, long-sleeved shirts and socks, when outdoors, especially in areas where mosquitoes are active and feeding.
- Check around your property for tin cans, plastic containers, ceramic pots or similar water-holding containers that should be discarded or turned over to prevent collecting water.
- Check and remove standing water from children's toys and playhouses left outside.
- Remove discarded tires.
- Drill holes in the bottom of all recycling containers that are left outdoors.

- Turn over plastic wading pools, buckets and wheelbarrows when not in use.
- Change the water in birdbaths at least twice weekly.
- Keep storm drains and gutters clear of leaves and debris.
- Even with the swimming season ending, continue to chlorinate swimming pools, outdoor spas and hot tubs until properly winterized or drained for the season. Also, if not chlorinated, drain any water that collects on their covers.

Residents who notice large areas of standing water on public property should report them to the Westchester County Department of Health at 914-813-5000.

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Health and Safety Tips for Back-to-School Season

Summer is winding down and with new clothes and supplies waiting to be purchased, the to-do list before the kids head back to school may seem daunting.

One of the best ways to help children prepare for the upcoming school year is to equip them with tips to keep them safe and healthy during the upcoming school year. Mobile Life Support Services, the largest emergency medical service provider in the Hudson Valley, is sharing a list of its recommended safety tips for parents of school-aged children as well as the general public.

Whether kids travel by foot, by bike, by bus or by using the family vehicle to get to and from school each day, following a few safety tips can help prevent children from suffering serious injuries.

- Remember to always play it SAFE. School buses are the safest mode of transportation for students. However, there are dangers when children are boarding and leaving the bus. Teach your child to always play it SAFE:
 - Stay five steps away from the curb.
 - Always wait for the bus driver to tell you when to board.
 - Face forward after finding a seat on the bus.
 - Exit the bus when it stops, look left-right-left and take five steps away from the bus toward the curb.
- Use the sidewalk whenever possible. Children under the age of 10 years old should always be accompanied by an adult or someone who will make sure they walk safely to and from school. Additionally, they should use the sidewalk. If there isn't a sidewalk, walk on the edge of the street facing traffic.
- Buckle up. Never underestimate the importance of wearing seat belts or being properly secured in a booster or car seat. Follow the height and weight requirements of your state in order to determine whether a child should sit in the front seat. When possible, always have children ride

in the back; children in the front seat are 40 percent more likely to be injured in a crash. For motorists, Mobile Life recommends the following:

- Look before you back out. Before backing out of a driveway or garage, check for children who may be walking or biking. Taking it an extra step further, it's beneficial to walk around the car or out to the sidewalk to check for anyone who may be crossing into the car's path.
- Don't block the crosswalk. When stopped at a red light or waiting to make a turn, do not block the crosswalk with a vehicle. In a school zone, when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Stop for flashing lights. Flashing yellow lights indicate that a bus is preparing to stop. Drivers are required to slow down and prepare to stop. Red flashing lights and an extended stop-arm signal indicate that the bus has stopped to pick up or drop off children. Cars traveling in all directions must stop on both sides of the street at a safe distance away and not start up until the lights stop flashing, the sign has been folded back and the bus begins driving away.
- Know when to stop. Always stop for a school patrol officer or crossing guard holding up a stop sign. Additionally, motorists should never pass a vehicle stopped for pedestrians.

Once kids arrive at school, another risk is posed to their well-being: germs. Children are encouraged to cough or sneeze into the crooks of their elbows or into a tissue or their sleeves to prevent the spread of germs to fellow classmates and their teachers.

The best way to prevent spreading or catching both bacterial and viral infections is through hand-washing. Simple soap and water are the most effective method, but hand sanitizers are a good alternative to help with the spread of bacteria when soap and water aren't available.

Another layer of protection against the spread of diseases are immunizations. New York State requires every student entering or attending public, private or parochial school to be immune to diphtheria, tetanus, pertussis, measles, mumps, rubella, poliomyelitis, hepatitis B and varicella. Additionally, meningococcal immunization is required for students entering grades 7, 8, 9 and 12. With flu season quickly approaching, it is recommended that school-aged children without known allergies to the vaccine receive the flu shot as well.

In many districts, students are required to undergo an annual physical in order to participate in school sports. This routine appointment can also help ensure all students return to school healthy and virus-free. If there are any changes to a students' medical records or medications, it's important to let their school know.



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BACK TO SCHOOL: KIDS

Three Reasons Preschoolers Should Play With Building Blocks

Playtime is important to a child's development. Offering many social and emotional benefits, it helps lay the foundation for children's future success and prepares them for school.

One classic toy – building blocks – should be incorporated into every child's playtime. Here are three reasons why:

- Building blocks build skills. Playing with building blocks hones hand-eye coordination, while helping to strengthen hands and grip, skills that will be needed in the classroom, when playing sports and beyond. Additionally, building blocks encourage kids to be creative and to learn how to problem solve.

When working together with a friend or caregiver, they also offer opportunities for cooperation, which can foster language development and communication skills. Be

sure to talk to your kids about what they are building.

- Building blocks are getting smarter. Like so many household items, building blocks are getting smarter and more innovative, and this means more opportunities for both fun and learning. In fact, LeapFrog's first-ever line of smart building blocks – LeapBuilders – was just introduced. Combining technology and interactive, curriculum-based content, these playsets feature an electronic Smart Star cube and double-sided learning blocks that respond with fun sounds and educational songs on topics such as colors, animals, numbers, letters and more.

Among those in the new lineup is the ABC Smart House, an interactive 61-piece house-themed block set that enhances building play with learning content for a unique, engaging

experience.

A fun way to familiarize kids with their ABCs, kids can also use the learning blocks from other sets in the interactive Smart Star to unlock additional responses. Recommended for ages two and up, LeapBuilders is available at major retailers. For more information, visit www.leapfrog.com/leapbuilders.

- Building blocks grow with a child. Unlike many toys that children outgrow, building blocks will grow with your child through various stages of development, and you will likely notice your children interact with building blocks differently as

they acquire new skills and knowledge. For example, at a younger age, kids may use building blocks to test the concept of gravity. Later, they will use building blocks to create larger complicated structures.

Preparing a preschooler for school success can be fun, especially when you put an emphasis on playtime. When seeking out toys that help children reach developmental milestones, be sure to include building blocks, especially those that take learning a step further.

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Observations and Musings Courtesy of The Home Guru

From time to time, *The Home Guru* picks out snippets from his columns that readers have enjoyed. Here is a sampling from past *Home Guru* articles.

Bathroom Reading

I've never understood the practice of placing reading material next to the bathroom toilet. I've always thought that if the process took long enough to scan a newspaper or take in an article from a magazine, a visit to a gastroenterologist was in order.

How I First Learned About Sex

With the pending demise of the home phone, it's sad that our children will never know the history and idiosyncrasies of the pre-cordless era. When was the last time, for instance, that you heard the term "party line?" For me, it took on meaning when my family moved to Virginia during a time of limited telephone lines, and most people had to share a line with one or more other families. At 11 years old, my neighborhood buddy, Tommy, and I would listen in secretly to that anonymous woman who was quite verbal with her boyfriend, with whom she was having an extramarital affair. It was a party line, all right. We didn't need sexting.

A Mattress for Everyone



By Bill Primavera

When I was a single young man, living as a carefree bachelor in the city, I preferred firmer mattresses that allowed greater movement. But once I got married, I preferred softer versions where one tends to sink into a spot and pretty much stay there.

St. Joseph to the Rescue

There are so many stories about St. Joseph being petitioned successfully to help sell a house, but there are also warnings about the best way to bury his statue in the yard. Usually we are told to bury the statue upside down, facing the house. One real estate blogger shared the story of how his client made a directional error in the way the statue faced, and his neighbor's home across the street sold. And, it wasn't even on the market!

The Days Before Child Safety Devices

I get so frustrated when I am showing a house and I encounter one of those child safety devices that I cannot figure out, such as those on doorknobs. Too bad they didn't exist when I was two years old. I opened the door to the basement and fell down a flight of steps, landing on my head on a concrete floor. I survived, but as I grew older and starting acting up as a

teenager, my mother would say something like, "It must be from the time you fell on your head as a baby."

I soon learned to turn the tables on her and used it as an excuse many times. When she'd say, "You forgot to take out the garbage again," I would respond, "Gee, Mom, I guess it's from the time I fell on my head."

The Attic Reveals Our Past

Functionally, the attic is the hat and umbrella of a house, but it is also the repository for the remnants of our past, and anyone who might have looked at the attic in my last home would think, wow, this guy has quite a past.

When it came time to move, I had to clean our attic out for the first time in 25 years. To save steps, we opened the attic window and threw down old clothes, books and office records directly to the lawn to sort out there. Any passerby would have thought that someone had gone berserk inside the house. After a number of subsequent attempts to perform the ultimate job of adequate attic cleaning and organization, I have only one tip: Get help!

Fear of Heights

Clogged gutters and drains can cause terrible

problems in the home such as wet basements, damaged soffits, deterioration of siding materials and soil erosion around the house. To avoid these problems, it is best to clean rain gutters at least twice a year. You can do it yourself if you're not afraid of heights as I am. Correction: I'm not afraid of heights; I'm afraid of falling off the ladder and breaking my neck.

Does the Name of Your Street Affect Its Appeal?

Can the name of your street influence the perception of your home and its value, positively or negatively? The thought occurred to me a while back when I read a newspaper report about a complaint among residents in a town in Putnam County where a local motel housed a number of sex offenders in their midst. The motel's street address was listed as Sodom Road.

You just can't make this stuff up.

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



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Local Country Music Product Proves You Can Go Home Again

By Martin Wilbur

Whenever emerging country music star Jessica Lynn comes home from one of her tours, she enjoys performing a concert in front of a local crowd.

Lynn, who calls Yorktown home, will be the final concert of the summer this Saturday evening at Playland's Music Town Theater at 7 p.m.

"There's nothing like being on stage after being away for three months and meet people there who were at my local shows before I became anything," Lynn said earlier this summer before embarking on another European tour. "That's the coolest thing for me, to have that support and have that support for so many years. It's the best feeling in the world seeing all those smiling faces."

It's been quite a run for Lynn the past few years as she and her band, which includes her parents and husband. Her last two singles, "Crazy Idea" and "Let's Don't," made the country music charts and she has been seen at country music festivals around the United States in addition to her extensive European tours.

While Lynn doesn't have that traditional Nashville sound, her

music is a bit of a hybrid of the rock 'n' roll that she grew up on and her rising status in the country world. While so much of popular music has become too dependent on technology rather than the musicianship, there is also no better genre to tell a story than through country music, Lynn said.

She said New York may not be a hotbed for country music, but those who enjoy listening to live music that doesn't rely on gizmos and special effects will appreciate Saturday's concert, even if they don't consider themselves country music fans.

"I think that's what stands out about country music these days. So much music is so electronic and processed and country music is real music, it's real instruments, it's people putting themselves on the line with real lyrics," Lynn said. "It means something."

Lynn, 29, a Lakeland High School and Pace University graduate, has opened for some of the biggest names in the genre, including country music staples Brad Paisely, Keith Urban, Hank Williams Jr and Loretta Lynn. On one of her European tour dates she was on the same bill as ZZ



Country music artist Jessica Lynn recently finished her European tour and returns to her home county to perform a concert Saturday night at Rye Playland.

Top.

When Lynn isn't on the road, writing songs or in the recording studio, she's busy promoting her own career. She said she learned

early on in the business that the only way to market yourself is to do it yourself. When at home, Lynn works as much as 17 hours a day.

"I don't really think a lot of people can do that," Lynn said. "It's very, very hard, but when you have your successes everything is well worth it."

She had worked in the months preceding this summer's tour on her third PBS special that has aired in certain areas of the country. The special, which featured an acoustic version of her work, previewed much of her new music that will be released later this fall. Her previous specials on PBS aired in 2014 and 2016.

Lynn said she actually reached out to Westchester County when she learned that the 90-year-old amusement park was restarting its concert series this summer.

"We sent (the county) an e-mail and they were so happy that we did and we are so happy that they responded," Lynn said. "It's going to be a really big event."

Admission to the concert area is covered in the park admission price; no additional concert fee is charged. Parking fees are in effect for all entertainment.

Playland Park is located on Playland Parkway, Exit 19 off I-95 in Rye.

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Tuesday

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

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, Aug. 28

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.

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. 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.

Death Café Westchester. Facilitated by local volunteers, this session offers an opportunity to come to a nonjudgmental, friendly gathering to discuss end of life. When individuals gather in small groups to exchange thoughts and experiences, this shared information and exploration transform anxiety about death and dying so life can be lived more fully. (Note that this is a discussion group rather than a counseling session for those actively grieving.) Group originator and moderator Barbara Sarah, an oncology social worker and Goldens Bridge resident, has organized dozens of Death Cafés in Westchester and Ulster counties. Coffee and snacks provided. Katonah Village Library, 26 Bedford Rd., Katonah. 6:30 to 8 p.m. Free. Info: Visit www.katonahlibrary.org/events, e-mail DoulaEOL@gmail.com or visit on Facebook at [facebook.com/deathcafe](https://www.facebook.com/deathcafe).

DeathCafeWestchester.

Art Series: Andrew Wyeth. Think of Wyeth and you immediately envision his eponymous work, "Christina's World," but this visual artist is also one of the 20th century's most heralded painters for the tremendous realism and emotion in his work. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

"Don't Look Back." Bob Dylan is captured on-screen as he never would be again in this groundbreaking film from D. A. Pennebaker. The legendary documentarian finds Dylan in England during his 1965 tour, which would be his last as an acoustic artist. In this wildly entertaining vision of one of the 20th century's greatest artists, Dylan is surrounded by teen fans, gets into heated philosophical jousts with journalists and kicks back with fellow musicians Joan Baez, Donovan and Alan Price. Featuring some of Dylan's most famous songs, the film is a radically conceived portrait of an American icon that has influenced decades of vérité, behind-the-scenes documentaries. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: Free. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Aug. 29

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

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

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

Concussion Conference. Each year millions of children suffer from athletic head injuries that may result in a concussion. The debate on the topic has led to confusion and misinformation. Learn how to recognize the signs and symptoms of concussions, what to watch out for and help in navigating the

process if your child is injured; the important role of exercise and active rehabilitation; and the impact on return to learn and return to sports. For parents, coaches, teachers, school administrators, healthcare professionals and adults overseeing youth sports. Refreshments will be served. County Center, 198 Central Ave., White Plains. 6 to 8:30 p.m. Free. RSVP required. Info and RSVP: Visit www.concussion19.eventbrite.com.

Summer Concerts in the Park. The Town of Mount Pleasant its final Thursday night concert of the season. Tonight, The Wanderers will be performing. Preceded by student opening acts. Carroll Park, James M. Carroll Park, 202 Kensico Rd., Thornwood. 7 p.m. Free. Info: Visit www.mtpleasantny.com.

Friday, Aug. 30

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: Marc Von Em. Ossining concludes 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.

Friday Night Film Series: "Anonymous." Director Ronald Emmerich brings to the screen the possibility that the Earl of Oxford, Edward De Vere, was in fact the writer of Shakespeare's works. With a powerhouse cast including Vanessa Redgrave, Rhys Ifans and Rafe Spall, this thriller is set against the backdrop of the succession of Queen Elizabeth I and the Essex rebellion against her. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Saturday, Aug. 31

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, create your own tie dye shirt from 9:30 to 11 a.m., the music series will feature acoustic rock music by Radiolaria from 10 a.m. to noon and there will be a chef demo by Fatt Root from 10:30 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 Whipoorwill 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 Sept. 2, 21 and 28 at 11 a.m., Sept. 22 at 1 p.m. and Sept. 1, 8, 14 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

Drop in for Tech Help. Receive assistance with any of your technology devices. PC, Google, Microsoft savvy volunteers help with troubleshooting, downloading, Overdrive, Freegal, Hoopla or any other online service. First-come, first-served. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 2:30 p.m. Free. Every Saturdays from 1 to 2:30 p.m. and every Tuesday from 3 to 4:30 p.m. Info: 914-666-8041 or www.mountkiscoliberalry.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 Sept. 1, 7, 8, 15 and 29 at 11 a.m. and

continued on next page

O'Connell's Heart: A Mystery Across Oceans, Lands and Time

While it may not lay claim to the "Top 10 Hidden Secrets of Rome," there is a mystery surrounding a very famous Irishman, and what happened to his heart in the years following his death.

The man is Daniel O'Connell, nicknamed "The Great Liberator." He was a huge figure in 19th century Irish history. More than anyone, he came closest to re-establishing an Irish nation by championing repeal of the 1801 Act of Union. That Act, won through bribes, threats and outright coercion in the aftermath of the vicious Rebellion of 1798, abolished the Irish Parliament and relegated Dublin and Ireland to become backwaters of the British Empire.

O'Connell was born on Aug. 6, 1775, in County Kerry, to a distinguished Irish Catholic family. Embracing the law as a career, he found the path of lawful resistance the most promising way to change the status quo and wrest Ireland from British rule. Achieving fame, he was a major force behind the 1829 emancipation of Irish Catholics, releasing them from the draconian measures known collectively as the "Penal Laws." These laws had for several hundred years kept the native Irish an oppressed and



Daniel O'Connell (1775-1847)

impoverished race.

O'Connell sought to change that. He used words as guns and "monster meetings" as his stock in trade. A famous orator, he could gather thousands at any place to listen to his arguments in favor of repeal. In the end, however, British threats to fire upon the last such monster meeting forced him to back down.

This meeting was to have been held at a site of tremendous historic significance to the Irish, the location of the 1014 Battle of Clontarf, where Brian Boru, High King of Ireland, defeated a Viking force and freed Ireland from several hundred years of Viking domination.

Events quickly eclipsed O'Connell's efforts, and the advent of the Great Famine dealt a death blow to his peaceful efforts at repeal. Weakened by his years of struggle, O'Connell sought a warmer clime in which to regain his health. On a pilgrimage to Rome, he died in the city of Genoa, a broken man.

I toured Genoa as part of a trip to Northern Italy in 2015 and stumbled upon a plaque on the side of a building commemorating O'Connell. It marked the site where he had breathed his last, on May 15, 1847, the

darkest year of the Famine. He was 69 years old.

O'Connell had only three wishes, according to a 2010 article in the online Irish Independent: "that his body go to Ireland, his heart to Rome, and his soul to heaven." While the disposition of his soul remains purely speculative, we do know that his body was returned by ship to Ireland and his remains laid to rest in Dublin's Glasnevin Cemetery. More than a half-million lined Dublin's streets to get a glimpse of his coffin. His grave is today visited by thousands annually.

But what of his heart? Removed by his physician following his death and embalmed, it was brought to Rome, as he wished, but relegated to a resting place in a rather obscure Roman church, Santa Agata dei Goti, rather than St. Peter's Basilica, its original destination. Vatican reluctance to offend the British Empire dictated this change in address, and over time visitors to Saint Agatha's dwindled, as did the memory of the brave heart that lay within its



By Brian McGowan

walls, preserved in a silver reliquary.

Both reliquary and heart were last seen in the 1920's. Did workers installing central heating at the time steal the silver casket? Was it disturbed when the neighboring Bank of Italy extended its vaults into the crypt of the church? The disappearance was not discovered until 1927. Little was done to investigate the mysterious disappearance

then, and less interest seems to exist today in discovering what really happened to the heart of inarguably the greatest Irishman of his times, unsuccessful though he may have been in his lifelong struggle.

Pleasantville resident Brian McGowan was born and raised in the Bronx and is a second-, third- and fifth-generation Irish-American/Canadian, as his immigrant ancestors followed several paths to the New World. Reach him at brian.m.mcgowan1952@gmail.com or on Twitter (@Bmcgowan52M). To see more of his writing on "things Irish," follow his blog, "Rethinking Irish," at www.rethinkingirish.com.



Plaque commemorating the site of his death in Genoa, Italy, in May 1847

Happenings

continued from previous page

Sept. 21 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.

"Rock 'N' Roll High School." High school punk Riff Randall just wants to slack off, have fun and listen to the Ramones in her bedroom. But when the school administration installs the oppressive and fascistic Miss Togar as the new principal, Riff and her friends have to stand up and fight to either take their school back – or knock it right to the ground. Featuring a killer soundtrack showcasing songs from Brian Eno, The Velvet Underground, MC5, Wings, Fleetwood Mac, Devo and, yes, several Ramones classics, this film is the perfect way to cap off the summer and flip the bird to the back-to-school blues. Part of the Summer Late Nights series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 9:15 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Sunday, Sept. 1

Feeding Fun. It's mealtime for the animals. Come see what's on the menu and learn the critters are kept healthy. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit

www.greenburghnaturecenter.org.

Tuesday, Sept. 3

"Edward Burke: Colorless and Odorless." Burke's most recent work focuses on environmental issues such as increased carbon in the atmosphere and how modern habits of consumption contribute to our current environmental crisis. Burke has established a long career as a painter, teacher and graphic designer. Westchester Community College's Fine Arts Gallery, 75 Grasslands Rd., Valhalla. 10 a.m. to 3 p.m. Free. Exhibit continues through Oct. 4. Gallery hours are Monday through Saturday 10 a.m. to 3 p.m. and Thursdays from 4 to 6 p.m. Info: 914-606-6835 or visit www.sunywcc.edu/gallery.

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.mountkiscoliberal.org.

Happy Tea Hour. Now's your chance to enjoy a full cup of loose-leaf tea. Enjoy a full cup of freshly brewed tea using the leaves left over from previous tea programs. This is a great way to savor the flavor a bit longer, explore the preferences of your palate and enjoy conversation centered around tea, without a formal program. Bring your own mug or use the paper ones. Bring your

own snack. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 2 p.m. Free. Every Tuesday. Sign-up required. Info and sign-up: 914-273-3887 ext. 3.

Wednesday, Sept. 4

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.

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

Preschool Storytime. This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd.,

Pleasantville. 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Also Sept. 11 and 18. 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 Whipoorwill Rd. East, Armonk. 1 p.m. Free. 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. Also Sept. 11 and 18. Info: 914-864-8041 or www.mountkiscoliberal.org.

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EVENTS

ANTIQUE LOVERS TAKE NOTE - BRIMFIELD'S Famous Outdoor Antique/Collectibles Show, 4,000 Dealers, starts Tuesday, September 3rd. Info on 20 individual show openings - www.brimfield.com. September 3 - 8, 2019.

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PANTHER CLUB EMT / NURSE POSITION The Village of Pleasantville Recreation Department is looking for EMT or Nurse who are interested in working for our after-school program, for the 2019-2020 school year. You must be available Monday through Friday, 2:45 pm to 6:30 pm. We are looking for individuals that are certified EMT

or Nurse. This person will be responsible for reviewing all medication forms and medication as well as the day to day health needs of the children in the program. Please email our resume to **Michael Newman at mnewman@pleasantville-ny.gov**.

PANTHER CLUB STAFF JOBS

The Village of Pleasantville Recreation Department is looking for adults who are interested in working as Group Leaders for our after-school program, for the 2019-2020 school year. You must be available Monday through Friday, 2:45 pm to 6:30 pm. We are looking for individuals that have experience supervising and interacting with children in a school, day care or day camp setting. Please email our resume **Michael Newman at mnewman@pleasantville-ny.gov**.

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Deadline for Nominations to the Senior Hall of Fame is Sept. 13

Nominations for Westchester County's Senior Hall of Fame Class of 2019 are due on Friday, Sept. 13. Don't miss an opportunity to shine a light on Westchester residents, age 60 or older, who give selflessly of their time, energy and talent to helping others and improving the quality of life in our communities and the county at large.

Nominees must meet the following qualifications:

- Be at least 60 or older, live in Westchester County and not be a past Senior Hall of Fame inductee;
- Have made significant contributions to improve life in Westchester;
- Be an outstanding leader or advocate; and
- Have done professional work that reflects innovative solutions to fulfill unmet community needs (if nomination is based on paid professional work).

Nomination forms are available at westchestergov.com/seniors and may be saved directly to your computer and filled out electronically, or printed out and completed by hand. You may also fill out your application online at www.tinyurl.com/wppphof2019.

Forms may be submitted by e-mail (as an attachment) to Rose Cappa at rose@theeventdepartmentny.com.

theeventdepartmentny.com. Forms may also be mailed in, but must be postmarked by Sept. 13 and sent to Westchester County Senior Hall of Fame, c/o The Event Department, 75 Virginia Rd., 2nd Floor, White Plains, N.Y. 10603.

All nominations will be reviewed by a judging committee of past Senior Hall of Fame honorees, members of Westchester's Department of Senior Programs and Services (DSPS) Aging Network, the county's Senior Council and the Older Americans Act Advisory Council.

Those selected will be inducted into the Senior Hall of Fame at an awards luncheon on Friday, Dec. 6 in the grand ballroom at the Westchester Marriott Hotel in Tarrytown. The event is hosted by DSPS, Westchester's Department of Parks and the Westchester Public/Private Partnership for Aging Services.

For questions regarding nominations, the awards luncheon, information on how to become a Senior Hall of Fame sponsor or sponsor of a particular honoree, contact Rose Cappa at 914-747-0519 or by e-mail at rose@theeventdepartmentny.com.

For more information about the Department of Senior Programs and Services, call 914-813-6300 or visit www.westchestergov.com/seniors.



Welcome to Town

Staff at the Fidelity Investments Chappaqua Crossing Investor Center recently held a ribbon-cutting ceremony to celebrate the opening of its new 5,250-square-foot office. Pictured are the staff at the Investor Center, including Andrew Davison, center, branch manager of the Chappaqua office.

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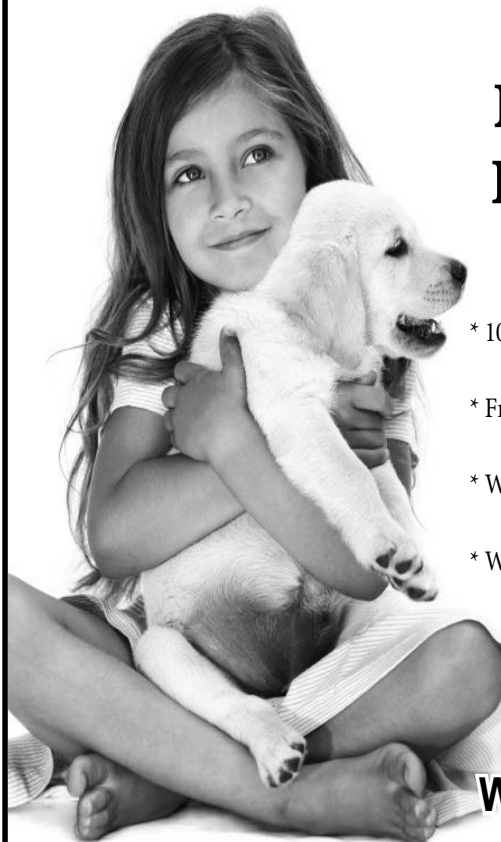
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STOP CRIMES AGAINST CHILDREN



Wine in Heat: Think About the Consequences



By Nick Antonaccio

I'm away this week, squeezing in a bit of end-of-summer time with family. Below, I have reprised a Grapevine column from August 2011.

Here we are in the midst of the August doldrums. It may be great if you're baking yourself at the beach, but for the rest of us, each day is another opportunity to bake under blistering temperatures, without any relief of a refreshing dip in an ocean, bay or lake.

As each day progresses – from the morning commuter train with the malfunctioning air conditioner, to sitting in traffic with the late-day sun penetrating our brains – we feel our bodies wilting, blood boiling and skin glistening from sweat. Thank goodness, at the end of the day we can readily find relief in a glass of cold Provençal rosé or a slightly chilled Spanish garnacha.

Take a step back. Consider the

environmental issues that other living organisms must endure during the heat of summer – including wine. That glass of wine you are about to pour into your wine glass may have suffered a tortuous journey similar to yours before it so lustily satiated your thirst.

Did it fare better than you did? Assuming that modern transportation and storage technology, coupled with the advanced science of temperature control, has dealt your wine a better fate than you have persevered through, you eagerly bring the wine to your lips, expecting instant relief from the travails of the day.

Aargh. The wine smells and tastes as if it was cooked for a prolonged period in a microwave. It has the aromas and flavors of stewed fruits or burnt caramel; it doesn't taste of fresh grapes. What's going on?

The proper oenological term for this phenomenon is "cooked" wine. In essence, your summertime bottle of wine was not stored and/or transported under ideal temperature controls as it traversed the land and/or ocean from winery to consumer.

Wine is a living organism and is susceptible to changes in its environment. If ambient temperatures rise or drop

gradually (generally within a 10-degree range), it can adapt – just as you and I do. If temperatures rise or drop dramatically for extended periods, the molecular structure of a wine is altered. The wine may expand, increasing the air pressure inside the bottle and pushing the (natural) cork upward; this allows air into the bottle, causing oxidation. Your wine has been cooked.

Most, if not all, of the storage facilities that wine travels through on its way to your table have modern-day temperature control installations. However, one weak link in the chain will destroy wine. Refrigerated trucks, cargo ships, warehouses, retail shops and homes assure us of proper environments for wine.

But consider this: if the truck that transports wine from a French winery to an unairconditioned freight dock that is hours away on a hot summer Provence day, the cases of rosé may cook. If a distributor's warehouse loses power for an extended period, the stored Spanish garnacha wines may cook. If UPS is delivering wine to your home on a 99-degree day, and you are the last stop, your wine is at risk. (More ominous: you're not home and the process is repeated again.)

If you're drinking a wine for the first time, it may be difficult to discern if the wine has gone bad or is simply a bad wine. The safest course of action is to return the wine and ask your trusted wine merchant to make that determination.

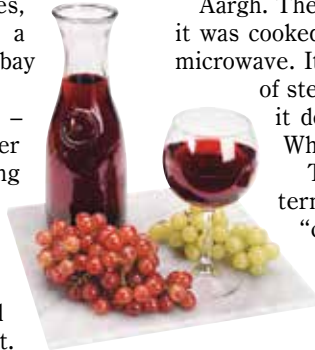
Is there a way for consumers to detect cooked wine prior to opening a bottle? Unfortunately, no. My advice: find a reputable distributor or importer that protects its wines; be wary of retailers who receive large land-freight orders in the

summer months; and never order wines for shipping directly to your home during beach weather.

It's bad enough if you're cooked; it's worse if your wine shares the same fate.

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

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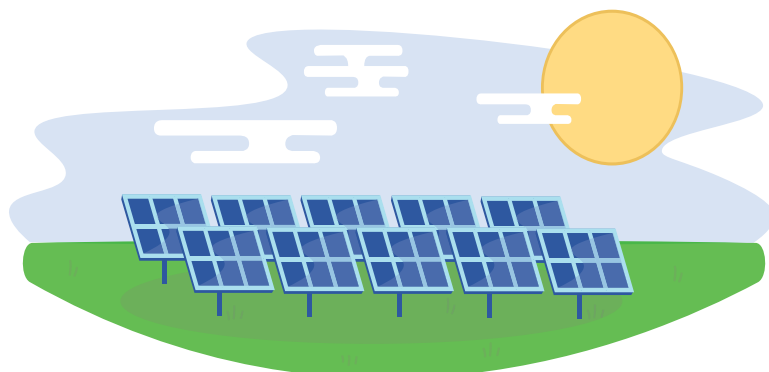
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ExaminerSports

First-Half Lead Disappears as the Liberty Lose to Atlanta

By Andy Jacobs

The New York Liberty can't really sink much lower than they did on Friday night.

Hosting an Atlanta Dream team that had lost its previous 12 games, the Liberty squandered a 14-point first-half lead and wound up dropping a 90-87 decision at the Westchester County Center. Tiffany Hayes scored a game-high 19 points and Renee Montgomery provided the go-ahead basket with 16 seconds remaining as the Dream won for the first time in more than five weeks.

"That was disappointing," said Liberty head coach Katie Smith shortly after her struggling team had fallen to 9-19 this season. "Third quarter, gave up too many points. Came out real lackluster. They took the lead by eight, 10 and then basically it was a different ballgame. Instead of us controlling it, we allowed them to get confidence."

On a night when the Liberty began by making their first nine shots from the floor and then opened up a 47-33 cushion midway through the second quarter, the outcome wasn't decided until New York's Rebecca Allen misfired on a potential game-tying 3-pointer from the left corner as the final buzzer was sounding.

Atlanta had closed the second quarter on a 13-4 run to close within five points at halftime. Then in the third, after guard Bria Hartley connected on a 3-pointer to give the Liberty a 62-59 lead, the Dream went on a 15-2 burst that opened up a 10-point advantage.

Brittany Boyd, limited to just six and a half minutes of playing time over the first three periods, came off the Liberty bench to score three baskets and spark a fourth-quarter comeback bid. Her key steal led to a Tina Charles fast-break layup that gave New York an 87-84 lead with only 46.8 seconds to go.

"You wanna make sure you're always ready and I thought she was locked in, both defensively and offensively," said Smith in praise of Boyd. "Basically everybody has to stay ready. You don't know when your number's gonna be called, you don't know when that day is you're gonna have that



Marine Johannés of the Liberty handles the ball against pressure near midcourt during Friday's game at the County Center.

big of an impact. I thought the second-unit folks came off the bench and gave us great minutes."

Still, the Liberty last-minute lead soon disappeared as Atlanta's Monique Billings made a pair of free throws with 32 seconds left and Hartley, who led New York with 17 points, was called for an offensive foul, setting the stage for the driving bucket from Montgomery down the right side of the lane in the waning seconds that gave the Dream the lead for good.

After Allen missed a jump shot from near the foul line that would've given New York the lead back, Atlanta's Hayes made two free throws with 3.6 seconds left on the clock. That left the Liberty one final chance, and the ball wound up in the hands of Boyd, who drove along the right baseline before finding Allen in the corner. But Allen's rushed shot was well long, missing the basket entirely and sealing New York's fate.

"I thought Beck got a decent look at that 3-ball," said Smith, whose team recently endured an eight-game losing streak to fall out of playoff contention. "We only had 3.6 on the clock and we got a decent look in the corner. With her length and stuff, that's a makeable shot."



Briar Hartley, who led the Liberty with 17 points, gets inside for a bucket in the first half against Atlanta.



Liberty center Amanda Zahui B sends up a shot in the paint during the second quarter vs. the Atlanta Dream.



Liberty guard Brittany Boyd drives into the lane in the second quarter of Friday's game.



New York guard Kia Nurse lines up a 3-pointer in the first quarter of the 90-87 loss to Atlanta.



Tina Charles of the New York Liberty rises for a jump shot over Atlanta's Monique Billings.



Monique Billings of the Atlanta Dream snares a rebound away from Rebecca Allen of the Liberty during WNBA action at the County Center Friday night.



Tanisha Wright of the New York Liberty finds some traffic underneath as she tries to score inside in Friday's game at the Westchester County Center.

ANDY JACOBS PHOTOS

Chief Among Rivals, Mount Kisco Youth Baseball Team Wins Championship

When a general has a battle plan, it's sometimes prudent to keep the broader strategy from the soldiers.

That was Coach Steve Grasso's thinking when he devised his blueprint for the Mt. Kisco Chiefs 9U summer season in the Greater Hudson Valley Baseball League.

Grasso decided to schedule games in the regular season against elite teams playing superior division ball. The young team would endure some battle scars, facing the best players in the league, finishing the regular season with just 4 wins against 7 losses after opening with a 3-0 record. But come playoff time, when the boys squared off against players in their own bracket, they would find the competition far easier to handle.

The plan worked exactly as it was drawn up, with the Vail Buick GMC sponsored squad taking the bracket's top honors — the first Mt. Kisco team to do so in the Greater Hudson Valley Baseball League — easily winning the 9B Silver championship game 11-2 on Aug. 4 against the Cortlandt Nationals.

But not advertising the long-term plan to the players was by design.

"Playing against tough teams made it a great training experience for the kids," Grasso said of arranging an intentionally difficult regular season schedule in advance of the playoffs. "I did keep them ignorant to the strategy because I didn't want to give them an excuse to lose."

Also assisted by coaches Frank Fanelli, Pete Stonecipher and John Bainlardi, the team's triumph wasn't just a significant moment for the managers and their players. It was also a big win for Mount Kisco Little League, which is planning a celebration for the team during its upcoming fall travel season.

"It is a nice accomplishment for a relatively small town program," said Mount Kisco Little League executive board member Ken Diorio. "MKB has been in GHVBL for about four years and this is our first championship. The league has teams ranging from small town teams to large club teams, so it's nice to have this win. 9U has a tight team that is in their second year together as a core (and) they came together at the right time. We can't wait to see how they develop over the next couple of years."

Observers of the Mt. Kisco



The Mt. Kisco Chiefs 9U team celebrated a banner win earlier this month. Front row, left to right: Blaise Seidman, Domenico Fanelli, Liam Provost, Joe Frusciant and CJ Simone. Back row, left to right: Luke Grasso, John Grasso, Nico Racanelli and Andrew Brauning. Coaches left to right: Steve Grasso, Frank Fanelli and Pete Stonecipher. Player Jack Bainlardi and his father, coach John Bainlardi, were unable to attend the championship game and are not pictured. Players Chase Stonecipher and Sam Weiner were also not available to attend.

group noticed an extra level of passion displayed by all the stakeholders.

"I was impressed with the enthusiasm and excitement of

the players, coaches and even the parents/fans in the stands in Danbury, CT," said David Zaslaw, the founder of the Greater Hudson Valley Baseball League. "Mt.

Kisco had to play their best game to beat the very strong Cortlandt Nationals team that had a strong summer season."

The road to the championship wasn't without some speed bumps. Grasso had to grapple with pitch count limits, a challenge he isn't accustomed to negotiating when previously coaching his currently middle school aged daughter's KLBS softball teams, where having only a few pitchers on the roster is more manageable. (Grasso's youngest children, twin sons John and Luke, played on the championship team). Also, at one point in the season, the heat seemed to be getting to the youngsters. And vacationing players presented some challenging logistics, forcing the team to organize double headers in order to complete enough games to qualify for the post-season.

But Grasso stressed how the roster was populated by a special group of kids who rooted hard for each other through and through, fueling the team's eventual success.

"They played their hearts out every inning, every out," Grasso observed. "There was no quit in these kids, they were all gas and no brake all season."



New York's Marine Johannés rises in the air before delivering a pass down low in WNBA action vs. Atlanta at the County Center.



LIBERTY EXTRA



Rebecca Allen of the Liberty pulls up for a 3-pointer out beyond the top of the key during Friday's 90-87 loss to Atlanta.



Liberty forward Nayo Raincock-Ekunwe shoots a free throw in the first quarter vs. the Atlanta Dream.



Brittany Boyd fires a jump shot in the fourth quarter of Friday's 90-87 loss to Atlanta.



Daiveyon Whittle of the Renegades pitches in relief during the seventh inning of Sunday's game at Dutchess Stadium.



Hudson Valley starting pitcher Rodolfo Sanchez went the first six innings of Sunday's game at Dutchess Stadium, yielding three earned runs.



Hudson Valley shortstop Greg Jones scampers into the hole to field a grounder in Sunday's 6-5 extra-inning loss to the Connecticut Tigers.



The Renegades' Jacson McGowan flies out to left field in the fourth inning of Sunday afternoon's game vs. the Connecticut Tigers.

focus on **HUDSON VALLEY RENEGADES** **Sunday, August 25, 2019** **Dutchess Stadium**



The Renegades' Jacson McGowan runs down the first-base line after hitting a fly ball to right in the seventh inning.



Renegades base runner Garrett Hiott is chased by Connecticut shortstop Ryan Kreidler during a rundown in the fifth inning of Sunday's game. By the time Hiott was tagged out, teammate K.V. Edwards had scored from third base.



Luis Trevino of the Renegades races to third base in the bottom of the fourth inning.



Hudson Valley second baseman Ben Troike fouls a pitch down the third-base line at Dutchess Stadium on Sunday afternoon.



Hudson Valley players relax along the railing in the home dugout during Sunday afternoon's game vs. the Tigers. The Renegades lost 6-5 in 11 innings, their fifth straight defeat at home.



Hudson Valley right fielder Beau Brundage hits a sixth-inning single in the Renegades' home loss to Connecticut late Sunday afternoon.



Renegade shortstop Greg Jones gathers his wits after getting knocked over on a steal of second base by Connecticut's Jordan Verdon in the fifth inning of the Tigers' 6-5 victory.



Hudson Valley third baseman Nick Sogard watches a line drive sail over his head during Sunday's game vs. the Connecticut Tigers.



2019 Football Schedules



BRIARCLIFF

Saturday	Sept. 7	at Tuckahoe	1:30
Saturday	Sept. 14	Irvington	1:30
Saturday	Sept. 21	Edgemont	1:30
Saturday	Sept. 28	Croton-Harmon	2:30
Saturday	Oct. 5	at Hastings	1:30
Saturday	Oct. 12	Haldane	3:30
Saturday	Oct. 19	at Blind Brook	1:30
Saturday	Oct. 26	at Rye Neck	1:30

BYRAM HILLS

Friday	Sept. 6	Putnam Valley	7:00
Saturday	Sept. 14	Nanuet	1:30
Saturday	Sept. 21	at Pearl River	1:30
Saturday	Sept. 28	at Westlake	1:00
Friday	Oct. 4	Ardsley	7:00
Friday	Oct. 18	at Pleasantville	7:00



FOX LANE

Friday	Sept. 6	at Tappan Zee	7:00
Friday	Sept. 13	Horace Greeley	7:00
Saturday	Sept. 21	at Peekskill	1:30
Friday	Sept. 27	at Harrison	7:00
Friday	Oct. 4	Somers	7:00
Saturday	Oct. 12	Yorktown	2:00



Michael Washington
Fox Lane

HORACE GREELEY

Friday	Sept. 6	Somers	7:00
Friday	Sept. 13	at Fox Lane	7:00
Friday	Sept. 20	Nyack	7:00
Friday	Sept. 27	at Yorktown	7:00
Friday	Oct. 4	Peekskill	7:00
Friday	Oct. 11	at Pelham	7:00

PLEASANTVILLE

Saturday	Sept. 7	Port jervis	1:30
Friday	Sept. 13	Albertus Magnus	7:00
Saturday	Sept. 21	at Bronxville	1:30
Saturday	Sept. 28	Putnam Valley	7:00
Saturday	Oct. 5	at Westlake	3:00
Saturday	Oct. 12	at Pearl River	1:30
Friday	Oct. 18	Byram Hills	7:00



Matt Weiler
Byram Hills

VALHALLA

Saturday	Sept. 7	Chester	1:30
Friday	Sept. 13	at Hackley	7:00
Friday	Sept. 20	at Highland	7:00
Saturday	Sept. 28	Horace Mann	5:00
Friday	Oct. 11	Albertus Magnus	7:00
Saturday	Oct. 19	at Dobbs Ferry	1:30
Saturday	Oct. 26	at Woodlands	1:30

WESTLAKE

Saturday	Sept. 7	at Pearl River	1:30
Saturday	Sept. 14	at Red Hook	1:30
Saturday	Sept. 21	Albertus Magnus	7:00
Saturday	Sept. 28	Byram Hills	1:30
Saturday	Oct. 5	Pleasantville	3:00
Saturday	Oct. 12	at Bronxville	6:00
Saturday	Oct. 19	at Ardsley	1:30

ExaminerSports

Liberty Layup



Reshanda Gray of the NY Liberty Gets to the Basket on Friday Night in a 90-87 Loss to the Atlanta Dream at the Westchester County Center

ANDY JACOBS PHOTO



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