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September 3 - September 9, 2019

SMALL NEWS IS BIG NEWS

Volume 13, Issue 626

P'ville Looks to Tackle Problem of Abandoned Properties

By Abby Luby

Pleasantville officials are proposing a new property maintenance law to address how to maintain abandoned and neglected properties and prevent them from posing hazardous conditions to the public.

Pleasantville Building Inspector Robert Hughes said last week that there were a handful of houses no longer occupied, with overgrown foliage and accumulating snow in the winter, which have created safety issues.

Generally, this situation occurs when vacant properties have been foreclosed but the bank has yet to take control. Currently, the village has no authority to clean up the blight.

"We are trying to get a mechanism in place where the village can actually have somebody come in and maintain (an abandoned) property by cutting the grass in the spring and summer and shovel the snow in the winter," Hughes said

during the board's Aug. 26 work session. "Maintenance of that nature wouldn't have to be done all the time, just enough to eliminate potential hazards to the public."

To date, the village's four abandoned and neglected properties are 136 Manville Rd., 278 Washington Ave., 79 Grandview Ave. and 588 Washington Ave.

The village's attorneys from Keane & Beane, P.C. in White Plains have recommended the village adopt a property maintenance law to "ensure that structures are maintained in a safe and blight-free manner." As in most towns and villages, Pleasantville's building code references the New York State Building Code; however, the state code doesn't have a property maintenance chapter specific to a village. Villages use the state code in tandem with the local zoning laws.

"We would utilize both to elaborate on the specifics of unsafe buildings from our current code," explained Hughes. "It

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Recent Fox Lane Graduate Dies in Apparent Suicide at College

By Martin Wilbur

A 2019 Fox Lane High School graduate died shortly after an apparent suicide attempt last Thursday afternoon in his dorm at Tulane University.

Emergency responders raced to help Jacob Vandercar and take him to a New Orleans hospital where he was later pronounced dead, according to the Tulane Hullabaloo, the university's online student newspaper.

Further details about his passing were not immediately available.

Bedford Superintendent of Schools Dr. Christopher Manno sent a message to the local school community later that evening, informing parents that the district's School Emergency Response Teams (SERTs) had been mobilized. Late last week, district personnel were coordinating efforts to help any students who might be affected when

they return to school this week.

Tulane President Mike Fitts informed his university's students, faculty and staff of Vandercar's death as well in a statement last Thursday.

"Though he was a member of the Tulane family for only a brief time, Jake touched the lives of many on our campus," Fitts' statement read. "His loss is a devastating blow as we begin the new academic year. The thoughts and prayers of the entire community are with Jake's loved ones and friends during this most difficult time."

Vandercar was the son of Jill and Eric Vandercar of Bedford Hills. His father was one of the five train passengers killed in the February 2015 Metro-North crash with an SUV at the Commerce Street grade crossing in Valhalla.

The younger Vandercar's death is part of

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Searching for the Promised Land

Ryan Lavarney, one of 28 players on the 2017 Israeli national baseball team, hits a double during that year's World Baseball Classic in Japan. Local filmmaker Jeremy Newberger documented the team's unlikely story in his film "Heading Home: Tale of Team Israel," which is being screened this week at the Jacob Burns Film Center in Pleasantville and Cinema 100 in White Plains. For more on the making of the film, see page 11.

Experts Talk Youth Concussions With Parents, Coaches at Conference

By Neal Rentz

A panel of health professionals and concussion experts presented insight for parents, coaches and school personnel on sports-related concussions among young athletes last week in White Plains.

With the new high school sports season about to get underway and many children ready to resume their youth sports schedule, Westchester County and Phelps Hospital Northwell Health partnered on presenting a conference addressing some of the guidelines, symptoms and remedies last Thursday evening at the County Center.

Dr. Mark Herceg, director of concussion assessment and treatment services at Phelps Hospital, spoke from experience about concussions. He suffered five concussions as a youngster – four of them resulting from sports-related activity.



NEAL RENTZ PHOTO

Left to right: Dr. Mark Herceg, director of concussion assessment and treatment services, at Phelps Hospital Northwell Health; Dr. Rosanna Sabini, medical director of the Northwell Concussion Program; and Dr. John Leddy, medical director of the University of Buffalo Concussion Management Clinic, were featured in last week's seminar on sports-related youth.

What makes addressing concussions so challenging, he said, is that each case can be

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Recent Fox Lane Graduate Dies in Apparent Suicide at College

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what has been a growing trend of teenagers and young adults taking their own lives both locally and around the country. Joseph Glazer, the deputy commissioner for the county's Department of Community Mental Health, said there has been an uptick in incidents of

suicide in recent years among young people and also for the 55- to 70-year-old age group.

Glazer said it has been hard to discern why there has been an uptick but health officials are determined to address the problem.

"There are some known stressors that frequently are connected to suicidality,"

Glazer said. "What you're really seeing more of is people who've become disconnected, who are suffering either emotionally or physically, and in many instances, have experienced some kind of deeply negative event in their life."

Tracking suicide rates can be tricky, he added, because it is not always clear-cut whether a person has intentionally taken their own life, has done it by accident or whether there were other underlying problems.

In his message to parents, Manno urged families to be vigilant about whether their children might be affected by Vandercar's death and look for signs of sadness or withdrawal at home.

"If your child demonstrates such feelings, you may consider obtaining medical or clinical support," Manno wrote. "Please inform your child's school so we may monitor the student

and provide any needed support. You may contact your child's principal, counselor, or a teacher if you have concerns about your child."

The district's website listed several resources to contact if someone or a family member needs help. Organizations to contact include The Bereavement Center of Westchester at 914-787-6158 or <http://www.thebereavementcenter.org>; the Mental Health Association of Westchester at 914-345-0700 or <http://www.mhawestchester.org>; The Therapy Center at 914-242-0725 or <http://www.therapycenteronline.com>; and the Westchester County Department of Community Mental Health Crisis Prevention and Response Team at 914-925-5959 or <http://mentalhealth.westchestergov.com>.

Pleasantville Looks to Tackle Problem of Abandoned Properties

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would actually give us the authority to use the property maintenance code that specifies condemning a building to be unsafe."

Discussion of a property maintenance law was triggered by complaints from the Bedford Road School, which is near 136 Manville Rd., a house that's been vacant for about a year. School personnel are concerned with safe passage of students who walk by the house, especially with snow accumulation in the winter.

"The only abandoned property we've gotten complaints about is the one next to the school," Hughes said.

Generally, if there are property violations the building department issues a notice letter; if there's no response, it issues an order to remedy, followed by a summons if there's still no response.

If a property maintenance law is adopted and owners have not responded to the building department, Hughes would approach the board with a safety concern

about an unkempt property and ask for the board's approval to hire an outside contractor to take care of the property. The costs would be passed on to the property owner, and if unpaid, a lien would be placed on the property tax and the village would eventually be reimbursed.

"The plan is to give you some teeth to enforce this kind of law. You should be empowered to make these decisions," Pleasantville Mayor Peter Scherer told Hughes.

Hughes said for the owners of abandoned properties who are nowhere to be found, a violation is meaningless.

"They're not paying the taxes so they don't care and the bank doesn't officially own it yet," he said.

The village will make specific recommendations to its attorneys on how to tailor a new law for Pleasantville.

"It's not something that we are going to use frivolously, just in extreme cases, especially by the school where the snow isn't being shoveled," Hughes said.

Celebrate Grandparents Day in P'ville on Sept. 8

Local author and retired professor and teacher Dr. Marie Z. Amoroso presents "Grandma Takes a Nap," a tenderly illustrated family picture book with its animated DVD, of a day when Grandma babysits. The story will be told and an artist will engage the children in an intergenerational art project.

The event, which includes storytelling,

a book signing and project, will take place at 2 p.m. at

The Village Book Store, located at 10 Washington Ave. in Pleasantville.

For more information, visit www.grandmapress.com, e-mail staff@pleasantvillebooks.com or call the bookstore at 914-769-8322.

Women: Regulate your cycle.

Though fibroid size and symptoms determine treatment, a hysterectomy, or removal of the uterus, has traditionally been the most common treatment for fibroids.

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Volunteers Sought to Sign Up for Sept. 11 Day of Service Projects

By Martin Wilbur

As another anniversary of the Sept. 11 terrorist attacks approaches, it is natural to wonder the best way to remember and honor the nearly 3,000 lives that were lost that day.

Since 2011, Westchester County has partnered with Volunteer New York! to hold 9/11: Serve + Remember, an effort where residents can participate in one or more volunteer efforts throughout the day to help a nonprofit organization or another worthy cause.

Alisa Kesten, executive director of Volunteer New York! said many of the victims' families have fought hard to have Sept. 11 become a national day of service to help communities and the less fortunate around the United States.

"They did so to create a legacy, a legacy that will always be around, that should always be remembered, and we do that each year by doing good together for our community," Kesten said during an announcement last Thursday afternoon at Kensico Dam Plaza in Valhalla to promote the Serve + Remember program.

Volunteer efforts around Westchester, Rockland and Putnam counties will actually start this weekend, Sept. 7 and 8, for those who may not have the time on a workday to participate, she said. Some of the efforts include creating literacy kits for Head Start programs, providing clothing to children from needy families, packing back-to-school kits, spending time with seniors or working to clean and restore environmentally sensitive



MARTIN WILBUR PHOTO

County Executive George Latimer explains how people can sign up to help one of 35 nonprofit organizations this weekend or on Sept. 11 as part of Westchester's Serve + Remember service projects effort.

areas such as trail and lake clean up at Teatown Lake Reservation.

Then next Wednesday, Sept. 11, people will be able to participate in a service project at the County Center in White Plains to help about 35 nonprofit organizations. Residents can donate blood, support families in emergency shelters, package and donate diapers or help to feed the hungry by making sandwiches, among many other projects.

Last year, a few thousand people were estimated to have signed up for Serve +

Remember, according to Volunteer New York! and it's looking for even greater response this year. Most of the activities this weekend and on Sept. 11 are appropriate for families with children.

County Executive George Latimer said volunteering to help community organizations is not only a way for people to make a difference on a day that remains difficult for many Americans, but to help others have a better life.

"This program brings some closure to

those of us who remember that day personally, most of us here, not all of us," Latimer said. "It brings closure to that. It's a way to honor those lives that were lost and those lives that were changed forever that day to put something positive to what is horrific."

David Singer, of Robison Oil, one of the sponsors of Serve + Remember, said instead of feeling helpless and hopeless, the program can encourage anyone to give of themselves for one day. For many who have participated before, volunteerism can become contagious and it is something that is done on a regular basis, he said.

Board of Legislators Chairman Ben Boykin (D-White Plains) said when volunteers step forward, they often help to transform lives.

"It is very important to volunteer because we help those that are less fortunate, we help those in need and in pain," Boykin said. "We're helping those that if we give a little push to it may make the world a better place."

For anyone interested in participating on Sept. 7, 8 or 11, they can view the list of projects for each day and register by visiting www.volunteernewyork.org/service or by calling 914-948-4452.

County to Hold 9/11 Memorial Ceremony

Westchester County will be honoring and remembering the Westchester residents who were killed on Sept. 11, 2001, with a memorial ceremony at The Rising located at Kensico Dam Plaza in Valhalla. For anyone wanting to attend, an RSVP is encouraged by e-mailing Communications@WestchesterGov.com.



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Experts Talk Youth Concussions With Parents, Coaches at Conference

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quite different.

"There is no single treatment for concussion," Herceg said.

Dr. Rosanna Sabini, medical director of the Northwell Concussion Program, acknowledged that there is still plenty of misinformation that is circulated despite greater awareness and access to information. She said following confirmation of a concussion, it generally takes about a month for someone to recover. Individualized treatment should be provided.

Sabini said there hasn't been a large

increase in concussions among athletes in recent years, but improved protocols are in place.

"We're just better at identifying them," she said.

Athletes may not know they have sustained a concussion, Sabini said. A person often remains conscious even after receiving a blow to the head. Any athlete who is suspected of having been concussed should not be allowed to return to action and should not be left alone, she said.

Sabini advised those in attendance to follow a very simple standard on the

sidelines if a coach or parent is faced with an uncertain situation.

"When in doubt sit them out," she said.

Sabini said she reevaluates those who have been sidelined to determine when the student is ready to return to school as well as resume participation in sports.

During her examinations, Sabini said she looks for symptoms such as headaches and changes in mood and concentration since the injury was sustained. She also wants to know how a concussion has affected the athlete's day-to-day activities.

"My goal is to get you back to where you

need to be," Sabini said.

A person who has sustained a concussion should rest at home for one or two days and should slowly resume activities appropriate for their condition, she said.

If someone who has sustained a concussion has not recovered within four weeks, that person may have another ailment, Sabini said.

Dr. John Leddy, medical director of the University of Buffalo Concussion Management Clinic, said he has worked on studies of treatment for athletes who have suffered concussions. The studies have indicated that aerobic exercise can help in the recovery process, he said.

A series of guidelines on how to treat concussions has been created in recent years, including one by the Centers for Disease Control (CDC) in 2019 on Pediatric Mild Traumatic Brain Injury. The CDC guidelines opposes the routine imaging of patients to diagnose a traumatic brain injury (TBI); recommends using validated, age-appropriate symptom scales to diagnose TBI; calls for using evidence-based risk factors for prolonged recovery; provides patients with instructions on return to activity that is customized to their symptoms; and counsels patients to return gradually to non-sports activities after no more than two to three days of rest.

Today, all 50 states have regulations regarding how to deal with youths who have suffered a concussion, Herceg said.

"We've come a long way," he said.

Golden Apple Chorus Presents Free Singing Lessons in October

For all women who love to sing in the car, in church or in the shower, the Golden Apple Chorus is offering free singing lessons to turn that love of singing into a fun and exciting hobby.

The program, "Ready, Set, SING!" is taught by chorus director Dr. Anastasio Rossi, former director of music for the Mount Pleasant School District and assistant director of the Westchester Chordsmen. No experience is necessary and attendees do not need to read music.

The lessons will be held on Tuesdays, Oct. 1 through Nov. 5 from 7 to 9 p.m. at Holy Rosary Church, located at 170 Bradhurst Ave. in Hawthorne.

Beginners and experienced singers are welcome. While there is no charge, advanced

registration is recommended.

Learn everything you need to know to sing beautiful harmony and a cappella chords with a new group of friends and experience the thrill of performing for enthusiastic audiences.

To register or for more information, contact Diane at 914-302-6920 or e-mail RSSprogram@optonline.net.

The Golden Apple Chorus is a women's barbershop chorus and a chapter of Sweet Adelines International. The chorus is celebrating its 50th anniversary of entertaining audiences in Westchester and surrounding counties.

For more information, visit www.goldenapplechorus.com.



The Golden Apple Chorus, led by director Anastasio Rossi, center, will be offering free singing lessons to women on Tuesday nights from Oct. 1 through Nov. 5 at Holy Rosary Church in Hawthorne.

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Want Something Fixed? First-Ever P'ville Repair Café to Debut Sept. 14

By Martin Wilbur

Many people are willing to repair their cars but when it comes to household appliances and smaller items, it's often a different story.

Throwing out a VCR, a television or toaster oven and being able to replace it cheaply may be convenient but it unnecessarily adds to the waste stream.

Some residents in Pleasantville are joining together to bring a local Repair Café to the village where volunteers who are handy in fixing appliances, electronics, toys, jewelry, clothing and textiles and items made of wood try to salvage "broken but beloved" possessions for people in the community.

The first Pleasantville Repair Café is scheduled for Saturday, Sept. 14 from 10 a.m. to 3 p.m. at St. John's Episcopal Church, located at 8 Sunnyside Ave. It will also include minor bicycle repairs.

"What struck me were not only the environmental opportunities to keep things out of landfills and to fix things, but it's a lost art repairing items and teaching our children that everything doesn't have to be thrown away when it's broken," said Tara Klein, a Pleasantville resident who has helped spearhead the effort.

The concept of the repair café was created about 10 years ago in Amsterdam. Currently, there are about a dozen communities throughout the Hudson Valley that host the cafés on a periodic basis,

mainly in Dutchess, Ulster and Orange counties. However, there are occasional sessions in many other locations, including this Saturday at the Ossining Community Center.

Klein said she and others reached out to John Wackman, a volunteer organizer in New Paltz, who initiated the repair sessions in his community in 2013. She said that with so many Pleasantville residents proud of living in a community that emphasizes the importance of recycling and reusing, it would be beneficial to add another dimension to the green movement.

Currently, there are about 10 volunteers who have committed to work on Sept. 14. Repairs are free but anyone who stops by is encouraged to donate a perishable food item to benefit the Hillside Food Outreach.

"It's a really great community effort," Klein said. "There's a lot of volunteers who stepped up not only from the Hudson Valley movement, but also from Pleasantville."

It is also a constructive effort for young people who are handy as well as residents who have various skills, including some with special needs, Klein said.

Berger Hardware in Hawthorne has pledged to donate various supplies while Beecher-Flooks Funeral Home is providing refreshments for the café.

Klein said if the response is strong, she will look to organize a repair café as often as is practical, whether that be monthly, quarterly or less frequently than that.

"So we're really excited about it and we'll

see what the response is," she said.

While there are an adequate number of volunteers for the initial session, additional volunteers are still welcome. There is a meeting for volunteers this Saturday, Sept. 7 at 3 p.m. at St. John's Episcopal Church.

Residents can follow the Pleasantville Repair Café on Facebook or on Instagram @pvillerepaircafe for updates and links to sign up. Questions can also be forwarded to pvillerepaircafe@aol.com. For additional information, visit www.repaircafehv.org.



Mangia!

JOHN VECCHIOIA PHOTO

From left, Alexandra Amadeo Frost as Anna, Zach Schanne as Nino and Joy Hermalyn as Maria from a scene from "Mambo Italiano," which is playing at the Westchester Broadway Theatre in Elmsford through Sept. 29.

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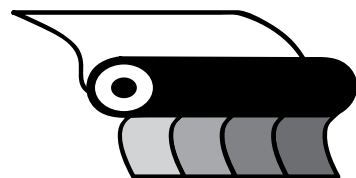
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Police Blotter

North Castle Police Department

Aug. 23: Report of a suspicious black Maserati having entered a King Street property looking for IBM at 6:53 a.m. The responding officers requested an ambulance for the driver who had an altered mental status. The county Department of Emergency Services was notified for dispatch of Armonk Ambulance and Paramedic. The party was transported to Northern Westchester Hospital.

Aug. 25: A caller reported property damage to five windows in the rear of his

vacant home on Valley Lane at 2:19 p.m. The homeowner's realtor notified him of the damage. The windows are broken but still intact and the premise is secure. The owner stated that he's been living in the U.K. for the past two years and recently listed the residence for sale. He requested an officer respond to document the damages for insurance purposes. The responding officer secured photos.

Aug. 26: A caller on School Street reported a black van possibly stuck off the roadway at 2:37 p.m. The responding officer was dispatched and reported the vehicle is

stuck in mud. Armonk Garage responded to the scene as arranged by the operator and assisted that vehicle.

Aug. 27: Report of a larceny from a vehicle on Grove Road at 9:52 a.m.

Aug. 27: A caller reported at 6:23 p.m. that her vehicle on Grove Road was apparently entered sometime last night and rifled through and items were removed. She noticed it this morning but left for work prior to contacting police. She has now returned home.

Aug. 27: A complainant reported a larceny from his vehicle while parked on Palmer Avenue at 6:33 p.m.

Aug. 28: An Ingham County, Mich. probation agent contacted North Castle police at 2:36 p.m. regarding a Norman Kuhn. The agent stated that Kuhn was wanted in Michigan and his department was willing to extradite the party. North White Plains was his last known address. The agents stated that he would fax over his wanted paperwork. Officers checked 3 Intervale Ave. but the subject does not live there at this time.

Aug. 28: A complainant arrived at headquarters at 4:19 p.m. to report a grand larceny on Virginia Road. A witness deposition was filed on location.

Aug. 29: A caller reported at 7:29 p.m. that two DeCicco's shopping carts were pushed into the stream at Wampus Brook Park. The superintendent of Recreation and Parks was notified.

Pleasantville Police Department

Aug. 25: Report of a disturbance on Pleasantville Road at 3:51 a.m. The caller, a 26-year-old woman, stated that her boyfriend is acting belligerently. The responding officer requested that the 27-year-old male subject go for a medical evaluation. He was taken to headquarters to await transport for the evaluation.

Aug. 29: A 911 call was received from Center Street to report a disturbance at 12:10 a.m. The complainant stated that a 41-year-old woman who is her hairdresser stopped by her residence and began to argue with her about being in possession of her watch that had gone missing from her home in Jamaica, Queens. The woman who came to the residence reported to police that her husband gave the item to the complainant. The officer stated that he could not force the woman to return the item but suggested she file a report with her local police precinct in Queens. The woman left the scene without further incident.

Aug. 31: An illegally parked vehicle on Memorial Plaza was impounded at 4:58 a.m. The vehicle could not park at the location because of the farmers market later in the morning.

Aug. 31: A 23-year-old Ossining man was arrested on Pleasant Avenue at 11:20 a.m. for possession of a controlled substance following a traffic stop.

County to Hold 20th Annual Senior Law Day on Sept. 10

Westchester County's 20th annual Senior Law Day will take place on Tuesday, Sept. 10, from 9 a.m. to 2 p.m. at the Westchester County Center.

The free event features more than 20 educational workshops, one-on-one consultations and an opportunity to meet and learn from experienced elder law attorneys, certified financial planners, geriatric care managers and long-term care insurance specialists. Parking will be free.

The program, hosted in part by Westchester County's Department of Senior Programs and Services (DSPS), is

open to all county senior citizens and their families. Registration is encouraged, but walk-ins are welcome. Sign-up for the free, 15-minute, one-on-one consultations will be available at the door.

The full day of workshops will include topics on elder law, estate and retirement planning, wills and trusts, social security benefits, long-term care, Medicare and Medicaid, financial planning, affordable housing and more. In addition, two sessions will be presented in Spanish.

To register in advance, call 914-813-6300 or visit www.westchestergov.com/seniors.

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THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Vocabulary Workshop. This week the quiz words come from the "Enriched Edition" of the book "Vocabulary Workshop" by Jerome Shostak. "Vocabulary Workshop" is a "successful tool for guiding...vocabulary growth and developing vocabulary skills." The words this week may also enrich your vocabulary.

1. coterie (n.)	A) an orderly system	B) an elaborate dance	C) a close-knit group
2. demur (v.)	A) to take exception to	B) reduce in rank	C) show clearly
3. litany (n.)	A) a small error	B) the critical factor	C) a long list
4. slough (v.)	A) to detour	B) discard	C) detract
5. badinage (n.)	A) an aimless walk	B) light conversation	C) a source of woe
6. exacerbate (v.)	A) to make more severe	B) perform properly	C) detest utterly
7. chary (adj.)	A) extremely pleasing	B) extremely benevolent	C) extremely cautious
8. tyro (n.)	A) a top leader	B) a beginner	C) a usurper

ANSWERS:

1. C. A circle of acquaintances; a close-knit, often exclusive, group of people with a common cause

2. A. To object or take exception to

3. C. A long list; a catalog

4. B. To cast off; discard; get rid of something objectionable or unnecessary

5. B. Light and playful conversation

6. A. To make more violent, severe, bitter, or painful

7. C. Extremely cautious; hesitant; reserved; diffident

8. B. A beginner; novice; one with little or no background or skill

Buchwald, Mayer Announce Grants for North Castle Library

Assemblyman David Buchwald (D-White Plains) and state Sen. Shelley Mayer (D-Yonkers) recently announced that New York State library construction grants are being awarded for building improvements for the North Castle and Harrison public libraries.

The grants, totaling more than \$250,000, will support improved energy efficiency, new heating and cooling systems and patron accessibility at the facilities.

The North Castle Public Library's North White Plains branch was awarded \$124,445 for energy efficiency improvements, such as a new heating and air-conditioning system and new windows and doors, along with building enhancements, including renovated restrooms.

The North Castle Public Library's main library in Armonk will receive \$32,363 to renovate three restrooms for Americans with Disabilities Act accessibility compliance.

The Harrison Public Library was awarded \$101,400 for a stand-by generator to keep the library operating during power outages.

"The North Castle Public Library construction grant significantly improves energy efficiency which is good for both the environment and in reducing heating

and cooling costs," Buchwald said. "I'm pleased our libraries continue to improve their facilities, which in turn supports the many programs they offer that enrich our communities."

"As the needs of our communities and libraries change, it is essential that we provide them the support to evolve and modernize," Mayer said. "Our libraries serve as incredibly important public spaces, especially during emergencies and prolonged power outages."

At the North Castle Public Library's Armonk location, a previous \$135,000 construction grant funded expanded areas for children and adults and also created space for its new art gallery. The North White Plains branch previously received \$53,765 to upgrade exterior lighting, expand computer usage and provide additional space for library programming.

"This construction grant program has been critical for our libraries," said North Castle Public Library Board President Sean Ryan. "The energy efficiency upgrades have reduced our heating and cooling costs dramatically, while we transform our libraries to fit the needs of the next 10 years. This would not be happening without the ongoing support of Sen. Mayer and Assemblyman Buchwald."

Kisco to Dedicate Laura Flewellyn Memorial Pollinator Garden Sept. 8

The Mount Kisco Conservation Advisory Council (CAC) has announced that on Sunday, Sept. 8 at 1 p.m. it will host a dedication of a garden within Flewellyn Park, in the name of a legendary local educator and environmentalist.

The CAC will unveil the Laura Flewellyn Memorial Pollinator Garden in the park, which is located at the corner of Grove Street and East Hyatt Avenue. All are invited to attend.

Neighborhood residents, Mayor Gina Picinich, Deputy Mayor Jean Farber, Flewellyn's former students, local gardeners and conservationists will gather to honor her and to celebrate the beautiful garden that will help preserve her legacy of service to the village and the environment.

"Way back in the 1950s, Ms. Flewellyn and her students declared, 'Conservation is our job,'" said John Rhodes, chairman of Mount Kisco CAC. "We thought it appropriate to restore this garden, first planted years ago by local Cub Scouts. It will help carry Ms. Flewellyn's love of nature, children and the community into the future."

Children will be invited to create their own drawings of flowers, butterflies and the park. Future plans for the site include a children's activity garden, educational events and additional native perennial pollinator plantings. Light refreshments will be served at the event.

The restoration of the garden is made possible by the work of neighborhood



JOHN RHODES PHOTO

A Monarch butterfly enjoys an Echinacea flower in the Laura Flewellyn Memorial Pollinator Garden.

residents, including Carolyn Matthew and Jim Gmelin, and support from the Mount Kisco CAC, Michaels Garden Gate Nursery and the Pollinator Pathway Project. Special thanks go to garden designer Judy Terlizzi, the Mount Kisco Historical Society, the Mount Kisco Beautification Committee, the Cub Scouts, the Healthy Yards Project and the Friends of Flewellyn for their help and encouragement.

For more information about Laura Flewellyn or the garden, visit the Friends of Flewellyn on Facebook or e-mail EarthdayMK@gmail.com.

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Obituaries

Caterina Cusato

Caterina Cusato, devoted wife, mother, grandmother, sister, aunt and friend, passed into eternal rest on Aug. 26. She was 79.

Cusato was born to Giuseppe and Maria Multari in Gerace, Reggio Calabria, Italy on Sept. 2, 1939. She married the love of her life, the late Vincenzo Cusato, and they resided in Calabria until immigrating to the United States in 1970.

Cusato is remembered as a "living saint," whose primary concerns were loving, serving and caring for her family. Her greatest joys were found in her faith, her children and her abundant garden. But the title that gave her the most pride was "Nonna," and her happiest days were the arrival of her six grandchildren, on whom she lavished her endless affection (and countless jars of her one-of-a-kind tomato sauce.) Her beautiful, warm smile, gentle spirit, sweet laugh and sense of humor were balms to the souls of all those who knew her.

She was preceded in death by her husband of nearly 50 years, Vincenzo. She is survived and remembered by her beloved children, Fortunato (Jessica) Cusato, Giuseppe (Susanne) Cusato and Rosemarie (Francesco) Pomilla; her brother, Fortunato (Natalie) Multari; her sisters, Rosa (Domenico) LaRosa, Carmela (the late Carmelo) Zangrilli and Teresa (the late Raffaele) Mastrorilli; grandchildren Elizabeth, Luke, Christa Rita, Joseph, Vincenzo and Emmanuelle; and many devoted nieces, nephews and cousins, all of



Caterina Cusato

whom mourn her while thanking the Lord for the incomparable gifts of her life and her love.

Calling hours were Aug. 28 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on Aug. 29 at Holy Innocents in Pleasantville. Interment followed at Ferncliff Manor in Hartsdale.

In lieu of flowers, the family requests, with appreciation, that donations are made to either Rosary Hill Home, 600 Linda Ave., Hawthorne, N.Y. 10532 or to call

914-769-0114 or the Parkinson's Foundation, 200 SE 1st St., Suite 800,

Miami, Fla. 33131 or visit www.parkinson.org/ways-to-give.

Suzanne Grant

On Sunday, Sept. 1, Suzanne Grant of Mount Kisco passed away at the age of 56.

She was born on Oct. 8, 1962, in Rochester, N.Y. to parents Ronald (deceased) and Dolores Sibs.

Suzanne was a graduate of Tufts University, a dedicated member of the Bedford Central School Board for six years and a passionate local volunteer. She was also the co-proprietor of PORCH Home + Gifts, a retail store in Mount Kisco.

Suzanne is survived by her husband of 29 years, David Grant, with whom she has two children, Samantha, 23, and Dylan, 20. She also leaves behind her mother, Dolores, her brother, Ronald Jr., and her very beloved extended family.

Although the end of her life came unexpectedly, Grant passed on peacefully, surrounded by her loving family until the very end.

Services will be held on Wednesday, Sept. 4 at noon at Temple Shaaray Tefila in Bedford Corners, and will be followed by burial at Oakwood Cemetery in Mount Kisco.



Suzanne Grant

Always motivated by the desire to make the world a better place, Suzanne leaves behind a legacy of warmth and generosity. Those who are inclined to follow her example can do so by making a donation to Neighbors Link, 27 Columbus Ave., Mount Kisco, N.Y. 10549; The Fox Lane Rewarding Potential Scholarship, P.O. Box 280, Bedford, N.Y. 10506; or the Suzanne Grant Memorial Fund for Bedford Central Schools, P.O. Box 4406, Greenville, Del. 19807.

Assunta Felicissimo

Assunta (Susan) Felicissimo (nee Valeri) of Pearl River and previously of Yonkers and Thornwood, passed away on Aug. 26. She was 81.

Felicissimo was born on Nov. 20, 1937, in Strangolagalli, Lazio, Italy and arrived in the U.S. in 1955 with her surviving siblings, Arcangelo of Shelton, Conn., Albino of Mahopac, Rocco of Roxbury, Conn. and Mary Ann of Clifton Park, N.Y., and their parents, Andrea (Andrew) Valeri and Maria Valeri (nee Reali). She is survived by son Paul of Nanuet and his wife, Lisa, and their two children, Deanna and Mia; by daughter Diana Bottiglieri of River Vale, N.J. and her husband, Michael, and their three children, Michael, Julianna and

Elena; and by son Mark of West Orange, N.J. and his three children, Enzo, Gianna and Lilla of Apex, N.C.

Felicissimo joins her love and husband of 53 years, Enzo, who predeceased her in 2015. She was a tireless and skilled worker, first as a seamstress then housewife and mother. She dedicated her entire life to her family and we are all better for it. Rest in peace, Mom. We will miss your selfless spirit and beautiful soul.

Family and friends honored her life on Aug. 29 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was held at Holy Innocents in Pleasantville on Aug. 30, followed by interment at Gate of Heaven Cemetery in Hawthorne.

In lieu of flowers, the family requests donations to St. Jude's Research Hospital.

Theresa Russo

Theresa Russo passed away peacefully on Aug. 29, surrounded by her loving family. She was 90 years old.

Russo was born on Jan. 22, 1929, in White Plains to Ralph and Madeline Carrera. She was raised in Hartsdale and grew up working with her father in their family-owned nursery.

Russo married the love of her life, Olerio (Larry) Russo, on June 20, 1948, at Mount Carmel Church in White Plains. They started a family together. While Larry operated their family business, LTR Nursery, Theresa centered her affection upon her family and made the circle of her home the embodiment of her life's work. She loved to cook and host. Her house was the center of countless holidays, parties, cookouts and casual nights for family and friends. Her love for her kids, grandchildren and great-grandchildren was only surpassed by the love for her sweetheart, Larry. He was incredibly devoted to her for the entirety of their lives together. They were married for 64 years until he passed in November 2012.

Russo is survived by her beloved children,

Madeline Henry and her husband, Gerald, of Crestwood; Ralph Russo and his wife, Kathy, of Hartsdale; Joanne Keagle and her husband, Ira, of Poughkeepsie; Linda Camilli and her husband, Bob, of Briarcliff Manor; her dear grandchildren who were the pride and joy of her life, Jessica, Danielle, Angela, Gina, Bobby, Kevin, Erika, Kristen, Lisa and Will; and her great-grandchildren, Grace, Mia, Ruby, Dylan, Matthew, Zachary, Gabriella, Isabella, Aubrey, Lenora, Carina, Kohen, Ella and Clara. She was predeceased by her sister, Jeanne.

The family would like to extend their deep appreciation to Dr. Steven Thau who cared for Theresa with the greatest care and compassion. They would also like to extend their sincere thanks to the nursing staff at Phelps Memorial Hospital who made her last days comfortable.

Visitation will be held at Beecher Flooks Funeral Home, Inc. in Pleasantville on Tuesday, Sept. 3 from 2 to 4 p.m. and 7 to 9 p.m. Mass will be held at St. Augustine's Roman Catholic Church in Ossining on Wednesday, Sept. 4 at 10 a.m. Burial will follow at Mount Calvary Cemetery at 11:30 a.m. in North White Plains.

In lieu of flowers, please send donations to St. Jude's Children Research Hospital.

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Local Filmmaker Documents Israel's David vs. Goliath Baseball Run

By Martin Wilbur

Just before the start of the World Baseball Classic in March 2017, an ESPN.com article compared the Israeli national baseball team's chances of succeeding to that of the overwhelmed Jamaican bobsled team in the 1988 Winter Olympics.

Even though the Israeli team qualified for the tournament the previous September for the first time, the 28-man roster was comprised of mostly minor leaguers and a few past-their-prime former Major Leaguers.

"With a little luck, they might be the kind of team that movies are made of," the ESPN.com article concluded.

That's what Westchester filmmaker Jeremy Newberger had already decided to do, capturing them winning their qualifier in Brooklyn and following the team on their unlikely David-versus-Goliath run through tournament play in South Korea and then Japan.

Newberger, who is a partner in the Garrison-based Ironbound Films with Seth Kramer and Daniel A. Miller, said a friend of his who had played minor league ball kept on suggesting that they collaborate on a baseball movie. They kicked around the idea of making a documentary about Jewish ballplayers, with a contingent of higher-profile Jewish Major Leaguers having emerged over the past decade, including Ryan Braun, Ian Kinsler and Joc Pedersen.

That idea didn't pan out, but the 2017 Israeli baseball team was Newberger's chance. The film, "Heading Home: The Tale of Team



Members of the Israeli national baseball team stand before a game during the 2017 World Baseball Classic.

Israel," will be featured this Wednesday at the Jacob Burns Film Center in Pleasantville at 7 p.m. featuring a post-screening Q&A involving the three directors. There will also be multiple showings this Friday through Sunday at the Cinema 100 in White Plains.

"We got really lucky and all the pieces were in place to make a film about this," said Newberger, a Yorktown resident. "What I didn't realize was this group of guys who I'd say were mostly minor leaguers, with the exception of (former Major League players) Ike Davis and Jason Marquis, there weren't that many marquee names. So I really didn't imagine this team going so far."

What he and his partners also weren't

expecting was that many of the team's members, whose strongest connection to Israel and Judaism, in most cases, was that they had a Jewish parent or grandparent, would find a greater connection to their family heritage. Virtually the entire roster was American-born, but the rules of the World Baseball Classic allow players to represent countries where they would be eligible for citizenship.

Before they went on to South Korea, players visited Israel, most for the first time. Since then, about 10 players have applied for dual citizenship and plan to compete for Israel in the 2020 Summer Olympics, when baseball returns to the Games.

"They kind of became Jewish by identification," Newberger said of most of the players before the competition "They'd play a game in a stadium; some fans have identified them as Jewish and say they're a Jew also. All of a sudden, they're signing yarmulkes. But that was the extent of their Judaism. There's going to be some learning, there's going to be some emotional connecting and we captured that on our trip to Israel."

Newberger said the film traced General Manager Peter Kurz's search for Jewish ballplayers around the world and how and why the players on the roster agreed to represent Israel.

Although the team was a bit of curiosity piece in Israel because most sports-minded Israelis are basketball and soccer fans, except for some American ex-pats, Newberger explained why the story has seemed to resonate in the American Jewish community.

"I think whether it's in film or sports, in politics, you want to find a piece of yourself in your heroes and I think that's why a lot of Jews revere Sandy Koufax," he said. "He's the No. 1 Jewish sports hero in the Jewish world because it's someone who achieved something that's not just good for a Jew but as good as the best pro in baseball, and it just shows that you too can follow your dream."

Newberger is already working on the sequel – following the 2020 Israel baseball Olympic team and the 10 players who became dual citizens.

"This film is like a diaspora Jewish love letter to Israel," he said.

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Pleasantville to Have Survey Done of Village Pool and Park

By Abby Luby

Pleasantville's aging swimming pool has prompted the Village Board to approve a survey of the Village Pool and Nannahagan Park.

The cost of the survey is \$8,940 and will be conducted by T.C. Merritts Land Surveyors of Bedford Road in Pleasantville.

At the Aug. 26 Village Board meeting, Mayor Peter Scherer said conducting a survey of the pool was the first step toward repairing the facility.

"We are anticipating some pretty substantial capital expenses for the infrastructure of the pool," Scherer said. "Some of the work is behind the scenes like the water recirculation system and the pump system. Decisions will have to be made about where the filter systems go."

The resolution is expected to be signed by Village Administrator Eric Morrissey next week and the work could be started a week after that, according to Jeff Econom, Pleasantville's superintendent of public works.

The survey will include the 22.7 acres that comprises park



ABBY LUBY PHOTO

The main pool at Pleasantville's Lake Street swimming complex.

structures, such as the old Water Department building, the pool, pond, the water course and the Catskill Aqueduct. Econom anticipates that it will take a couple of weeks to complete the survey.

"In general, we should update our surveys for all village properties, but this particular survey helps with future planning for the pool," Econom said.

In June, an unexpected leak in Pleasantville's kiddie pool was found in one of the return pipes

around the perimeter of the pool, forcing it to be shut down. The pipes were quickly replaced and the pool was re-opened.

The leak foreshadowed the problems with the main pool, which had been leaking sizeable amounts of water, and the deterioration of its overall structure. The larger pool also has to be brought up to Westchester County's code and modified to accommodate new drain sumps, inlet fittings for the pool bottom and connecting piping.

Di Costanzo Named to Latest Edition of The Best Lawyers in America

Maker, Fragale & Di Costanzo, LLP, a law firm which serves the Hudson Valley and has office locations in Yorktown and Rye, announced last week that partner Salvatore M. Di Costanzo has been selected by his peers for inclusion in the 26th edition of The Best Lawyers in America® for his work in elder law.

"To be acknowledged in the 26th Edition of The Best Lawyers in America® is truly an honor," said Di Costanzo. "Knowing that this recognition came from my peers makes this especially meaningful."

For the 2020 edition, 8.3 million votes were analyzed, leading to the inclusion of more than 62,000 lawyers in the United States. Lawyers named were recognized by their peers for their professional excellence in 146

practice areas. Di Costanzo was recognized for his work in elder law in the New York metro area and the Hudson Valley, including Westchester, Putnam, Rockland and Dutchess counties.

A Westchester-based attorney and accountant, Di Costanzo has been practicing law for nearly 20 years. His main areas of practice in addition to elder law are estate planning and special needs planning, which includes drafting wills and trusts, probate administration, Medicaid planning and planning for individuals with special needs.

After receiving his bachelor's degree in business administration from Siena College, Di Costanzo earned his Doctor of Jurisprudence from Pace Law School, where he was a member of the Moot Court Team.

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Mt. Kisco Gearing Up for an Even Better SeptemberFest This Year

By Martin Wilbur

For shoppers who for years loved to browse through a maze of vendors searching for bargains in downtown Mount Kisco during a mid-September weekend, that hasn't changed.

The weekend after next, the sales will return but so will the carnival rides, the music and entertainment and variety of food trucks to satisfy anyone's taste buds during the Mount Kisco Chamber of Commerce's three-day SeptemberFest.

SeptemberFest returns for a second year, where organizers hope to build off of last year's well-attended and much talked-about festival and make it even more enticing to the village's residents and visitors. It is now a can't-miss attraction for the entire family.

"I thought it was very well-received," Chamber of Commerce Co-director Loretta Brooks said of last year's change. "I thought it had a lot of energy and I know a lot of people are nostalgic about having a carnival. In years gone by, there was a carnival in town, in the center of town, when a lot of people here were younger and I think it brought back a lot of warm feelings for people, having somebody attempt that again."

For Brooks and everyone else looking to pull together what has been billed as "Mount Kisco's biggest block party," there has been little time to wax nostalgic. Held in the Shoppers Park parking lot and the area behind Village Hall, there will once again be rides and all the goodies that can be found at an old-fashioned country carnival starting late Friday afternoon, Sept. 13, continuing all day



The carnival will be a major attraction of the Mount Kisco Chamber of Commerce's SeptemberFest, scheduled for Sept. 13-15. Right: visitors will still be able to shop for bargains during the sidewalk sales portion of Mount Kisco's SeptemberFest.



and evening on Saturday and until nearly dusk on Sunday.

Activities will include an outdoor dance party with a DJ from 7 to 10 p.m. on Friday night sponsored by D'Errico Jewelry, a performance by the Pleasantville-based band Frankenstein's Baby on Saturday night and various acoustic performers throughout the weekend on the stage that will be set up in the parking lot behind Village Hall.

Brooks said there will be an expanded selection in the Food Truck Roundup, a food court-type concept consisting of trucks. There will also be appearances by local food vendors.

Classic car enthusiasts can look forward to a collection of antique automobiles that will be part of the festivities.

New this year will be a bingo game at 11 a.m. on Saturday in the tent sponsored by

Fidelis Care.

Brooks said the inaugural SeptemberFest in 2018 seemed to jumpstart excitement in downtown and coincided with the start of a sharp reduction in storefront vacancies.

"We're hoping that this is more than just the downtown," Brooks said of the effort. "This is the heartbeat of Mount Kisco. We're trying to incorporate the increased business into having more action."

The biggest unknown is what Mother Nature has in store for the village, Brooks said. The activities are largely rain or shine, although the ride operators at the carnival will make the call regarding safe operation of the amusements, she said.

Also part of the weekend is the sixth annual 5K, which will be run on Sunday morning.

"Every year we try and do it a little bit bigger

and a little bit better," Brooks said. "I think it also was important for other organizations in town to be a little bit more visible."

The carnival will be open from 5 to 11 p.m. on Friday, Sept. 13, 11 a.m. to 11 p.m. on Saturday, Sept. 14 and 11 a.m. to 7 p.m. on Sunday Sept. 15. Brooks said the Sunday hours were shifted because a lot of families came on Sunday afternoon last year, and if the weather cooperates, visitors may want to stay later than 5 p.m.

The sidewalk sales will return to its customary Saturday and Sunday afternoons, from 11 a.m. to 6 p.m. and 11 a.m. to 4 p.m., respectively.

The presenting sponsor of SeptemberFest 2019 is the Saw Mill Club.

For more information, visit www.mountkiscochamber.org.

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Editorial

Know Where to Turn If Someone Close to You Needs Help

The unexpected death of anyone is tragic, but there may be no sadder news than when a young person takes his or her life.

That point was driven home locally again last week when the Bedford Central School District community learned of the passing of Jacob Vanderkar, a young man who graduated from Fox Lane High School a little more than two months ago and who had just started his freshman year at Tulane University.

There is so much that we don't know about this matter and about mental health in general. But there is the inescapable reality that too many of our teenagers and young adults, both in Westchester and across the United States, have taken their

own lives.

There may be no single cause of suicide and the variables involved in each case can be too complex to know for sure what, if anything, could have been done.

If there is something mental health experts say that a layman can do is if in the event there is alarming, out-of-character behavior is to make sure our friends, our family, our neighbors, our co-workers are not alone and in isolation in their greatest time of need.

Making sure you provide support is easier said than done. People have hectic lives and the overwhelming majority of us are not experts and lack the training when it comes to helping someone with an at-risk profile.

What we all can do is at least know where to turn for help. There are multiple resources, including mental health and suicide prevention organizations, to contact for anyone with access to a computer or a mobile device. Most importantly, don't turn away when someone doesn't seem right and summon the courage to reach out to those we know who may need help.

September is Suicide Prevention Month and next week, Sept. 9-15, is National Suicide Prevention Week. It might be best if we all familiarize ourselves with where help can be enlisted so no family will have to go through the pain of losing a loved one to suicide again.

Guest Column

Common Challenges – and Tips – for Breastfeeding Mothers

By Kim McKechnie

There are few greater privileges a woman has than being a mother of a newborn baby.

Sometimes nursing your baby – an intimate, natural and wondrous act – can be a challenge at first. Overcoming these challenges often simply takes a little practice, a little patience and sometimes a little help.

The Latch

In breastfeeding parlance, a good “latch” is critical for happy baby and mother –and for effective milk transfer. If breastfeeding your baby is painful at first, it might mean your baby is sucking only on the nipple.

At the Lactation Center at Northern Westchester Hospital, we encourage breastfeeding mothers to try the “asymmetrical latch” position, where the baby is latching onto the nipple and areola in a slightly off-centered manner. This way, the baby gets more breast tissue close to his or her lower jaw and tongue, which enhances feeding and discourages sore nipples.

Engorgement

Another common problem among breastfeeding mothers is breast engorgement. A few days after giving birth, it is normal for breasts to become larger or even swollen when they begin milk production. It generally takes about two days for normal physiologic engorgement to recede.

Although engorgement is sometimes uncomfortable and slightly painful if the baby is latching well, you should continue to exclusively breastfeed through that two-day period. Frequent feeding will help relieve the engorgement. Applying ice packs to the breast after feedings for 15 to 20 minutes often helps decrease the inflammation.

If the baby is having trouble latching because the breasts are too full, warm soaks and gentle hand expression prior to feeding can also help.

Plugged Milk Duct or Possible Infection

A plugged milk duct or an infection called mastitis may also occur. Most common in the first few weeks of lactation, mastitis can be caused by an obstruction, infection and/or allergy. Symptoms for a plugged duct and mastitis are similar –pain, heat and swelling, but they are more intense with mastitis and are often accompanied by flu-like symptoms and a fever. If you experience these symptoms, continue breastfeeding and contact your physician. I also recommend reaching out to a lactation consultant who can provide guidance.

Am I Making Enough Milk?

That's another concern among mothers of newborns. Many new mothers wonder if their milk production is meeting their baby's nutritional needs. Hydration, good nutrition and adequate caloric intake will encourage good milk production. Nursing moms need about 500 additional calories per day. Regular well baby visits to the pediatrician, which always involve documenting the baby's weight and measurements, will reassure you that your child is gaining the proper amount of weight at the right speed.

Fatigue

Let's not overlook the issue of fatigue. No matter how you choose to feed your baby, you are sure to experience exhaustion. Sure, new babies sleep about 15 hours a day, but not consecutively, which means your baby will be having meals throughout the night when the rest of the world is sound asleep.

Expressing your milk using a breast pump is always an option. This allows someone else to feed your baby while you rest. Though you might have heard the advice to “sleep when the baby sleeps,” that's often not a convenient option.

More realistically, consider limiting your calendar – and your expectations – when you bring a newborn baby home. Try to limit visitors early on, delegate some of your regular chores to a significant other



and grab naps whenever the opportunity arises.

Resources

Support groups are great for mothers of newborns. Support, friendship and advice can encourage breastfeeding success. What better way to learn tips and tricks than from other new moms. I lead the breastfeeding support group at Northern Westchester Hospital, and any nursing mother is welcome, regardless of where your baby was delivered. Most hospitals have resources to help mothers with breastfeeding challenges as well.

We are here to help you as well, even when you're home. Northern Westchester Hospital has a Breastfeeding Resource Center available to all our new mothers.

We are also available for breastfeeding consultation for women who are struggling with lactation issues after their hospital discharge. There is a \$100 fee for this appointment that is usually fully reimbursable through your medical insurance.

Know that you can achieve breastfeeding success, despite any challenges you might encounter.

Visit www.nwhc.net/calendar to find breastfeeding support groups, new mom support groups or childbirth preparation classes offered by Northern Westchester Hospital.

Kim McKechnie is lactation coordinator at Northern Westchester Hospital.

New York License Plate Fees Under Fire From Lawmakers

By David Propper

A plan to force New Yorkers to purchase new license plates that could cost them as much as \$45 was slammed by local state representatives last week.

Beginning in April 2020, drivers that renew their motor vehicle registration with license plates more than 10 years old will be mandated to purchase a new one to the tune of \$25, according to the state Department of Motor Vehicles and Gov. Andrew Cuomo's office.

If drivers want to keep their current license plate number, they will then have to fork over another \$20.

The change comes as New York will roll out a new license plate design starting next year. There are five options on the table, including two that have a variation of the Statue of Liberty, one of the Mario C. Cuomo Bridge (commonly referred to as the new Tappan Zee Bridge) and two that are of different scenery in the state.

Residents are able to vote on which plate design they'd like to see the state adopt, but the fee attached to the new plate was sharply criticized.

Assemblyman Kevin Byrne (R-Mahopac) said the new license plate charge is "nothing more than another cash grab to justify more wasteful spending by Albany" and is a new tax on state drivers. The new charges put in place were not approved by the state legislature, Byrne noted.

Dozens of state lawmakers, many of them Republicans, have been critical of the cost. Local officials have also taken notice.

Putnam County Clerk Michael Bartolotti,

a Republican, said the latest move by the state is simply a ploy to get "more money out of its already overly-taxed residents."

The last mandatory plate exchange occurred in 2001 with the replacement of plates costing \$5.50, Bartolotti said.

"Drivers should be given the option to keep their old plates instead of being forced to buy new ones," Bartolotti stated. "They also shouldn't have to incur an additional fee just to keep the same plate number, which many people prefer to do since it is tied to registrations and E-Z Passes. I highly support giving drivers more of a say in this process."

Cuomo, last week, defended the price for new plates, pointing out the cost was voted through by state lawmakers in 2009 before he even took office, according to the Rochester Democrat and Chronicle. Cuomo said the new plates are required because reflective plates are supposed to last about 10 years by industry standards and the new plates would be optimized for the state cashless-tolling plan to the entire Thruway system next year, the paper reported.

DMV commissioner Mark J.F. Schroeder, in a statement, echoed Cuomo's words and stated that new license plates have been \$25 for more than 10 years and was put in place by state lawmakers at the time. The new plates are meant to ensure cameras

will pick up the license plate number for each driver that goes through cashless tolling or a red light.

"The legislature has not acted to change that fee, continuing the \$25 charge every year since, under both Republican and Democratic control," said Schroeder.

Schroeder said Cuomo's administration was willing to lower the existing fees in response to the backlash from legislators.

"If the legislators are sincere and want to lower the fee immediately, although they haven't in the past decade, the Governor has made clear he invites them back for a special session to do it," he said.

Taghkanic Choral Rehearsals to Begin Sept. 3 for New Season

The Taghkanic Choral, under the baton of maestro Jason Tramm, invites singers to kick off the 2019-20 season with its Winter Concert, which includes works by Whitacre, Thompson, Britten, Tavener and Goodall, along with favorite songs of the season.

Rehearsals will begin on Tuesday, Sept. 3 at 7:30 p.m. During the month of September rehearsals are open, with no obligation to join.

The winter concerts are scheduled this year for Friday, Dec. 7 and Saturday, Dec. 8. The spring concerts are scheduled for May 16 and 17, 2020, featuring Mozart's "Requiem," Beethoven's "Elegischer Gesang" and Ole Gjeilo's "Sunrise Mass."

The choral rehearses Tuesday nights from 7:30 to 10 p.m. at the KSDA Church, located at 1243 White Hill Rd. in Yorktown Heights, off the Route 202 exit on the Taconic Parkway.

For more information, call 914-440-3596 or visit www.taghkanicchorale.org.



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A Few Great Ways to Get Children Motivated to Move More

Getting regular physical activity helps children meet developmental milestones and promotes mental and physical wellness.

However, forming this healthy habit works best when you get started early. To motivate your kids to move more, consider the following ideas.

- **Go on an outing.** At least some of the time, be sure to select active outings. This way, physical activity will become a natural part of your family's lifestyle. For example, go skating or rock climbing instead of to the movies. If you're going on a picnic, hike or bike to the picnic site and bring along frisbees, balls and other toys and games that keep people moving.

- **Put on your dancing shoes.** It's easy to get children moving and grooving with fun dance games – especially those that incorporate innovative and interactive tech such as the new VTech Kidi Star Dance. By wearing motion-activated bands, kids can learn 20 cool dance moves step-by-step by following the animated dance instructor.

Once children learn the moves, they can put them together and dance along to the included music. Color-changing lights flash along to the music to make kids feel like a star. Play four motion games or create music through movement by playing 14 different effects, including drums and magical fairy



sounds. Give the second band to a friend and challenge them to a game or dance-off. Connect your own MP3 player or load songs using a microSD card to add more music so kids never get bored.

- **Take evening walks.** Instead of heading straight for the couch in the evenings, make a ritual of taking a short walk first. This is a great chance to chitchat, get some fresh air and even promote better sleep. Kids may not be able to travel too far at first, so start with a brief walk around the block. As they begin to build endurance, extend it a bit farther or consider turning the ritual into a friendly race.

Physical activity is not only great for you, but it's also a lot of fun. By incorporating games and activities into evenings and weekends, parents can play an active role in getting kids motivated to move more.

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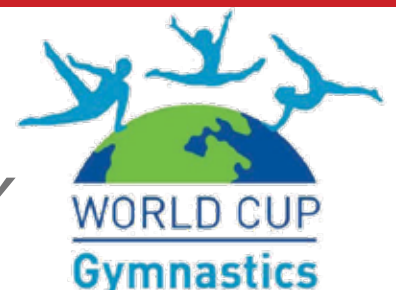
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The Test Every Kid Needs Before Going Back to School

Before schedules get too hectic, experts say that parents should prioritize a visit to the eye doctor this back-to-school season.

"An annual comprehensive eye exam is essential for optimal wellness, as well as ensuring your child reaches his or her full academic potential," said Dr. Jennifer Wademan, VSP network eye doctor.

The incidence of visual impairment in preschool children is expected to increase 26 percent over the next 45 years, affecting almost 220,000 children, according to a recent study by the USC Gayle and Edward Roski Eye Institute. What's more, kids have more demand on their eyes and vision than ever before due to the increased use of digital devices.

To help ensure a smooth transition back-to-school, consider the following tips and insights.

Get a Comprehensive Eye Exam

While 76 percent of parents said sight is the most important sense, only 50 percent take their children for an annual eye exam, according to a recent survey conducted by YouGov and VSP Vision Care. Many parents are under the incorrect impression that the vision screening conducted by the school nurse or at the pediatrician's office is sufficient.

Although many schools offer abbreviated vision screenings throughout the year, they can miss up to 80 percent of vision problems, including serious conditions like amblyopia (lazy eye), which can lead



to vision loss if not treated. An annual comprehensive eye exam is the best way to detect vision problems, as well as other conditions related to the eyes that can affect overall health and wellness.

"How a child's brain processes visual information is complex, and a screening alone isn't a substitute for a comprehensive exam, nor is it the most reliable way to track a child's eye health," Wademan said. "A comprehensive eye exam with an eye doctor, however, evaluates multiple aspects of vision, including the close-up

skills essential for reading, tracking and focusing."

Don't Wait for Complaints

Among those parents who do not bring their children to the eye doctor annually, 72 percent of moms and 48 percent of dads said they would be motivated to do so if their child complains of discomfort or changes in vision. Don't wait for that first complaint! Certain changes to eyesight can happen gradually, and children may not realize that their vision is impaired.

Wademan points out that catching problems early is important.

"When a child's visual system is not given a clear and focused image, and if his or her eyes are not working together, the child could fail to ever achieve normal visual acuity," she said. "These patients end up struggling to see well in adulthood, even with contacts or glasses."

Remember, vision and learning are directly connected, as approximately 80 percent of what a child learns is presented visually. For success in the classroom, the sports field and more, start the school year right with a comprehensive eye exam.

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How Much to De-Personalize When Selling Your Home

Am I terminally weird or is everybody like me in wanting to surround ourselves in our homes with highly personal things that remind, motivate and inspire us to achieve certain goals?

As a realtor, I know well that when a home is on the market and prospective buyers are invited in, sellers are advised to "neutralize" or de-personalize the décor with blah colors and to "hide" personal items so that the buyer can project their own lives into the space. Personal effects such as family photographs on the refrigerator, it is advised, can sabotage that objective.

But here's a realtor who did not take his own advice when I sold my home a few years ago. I tried it in just one room of my house at that time. I found that I was not at all comfortable being set adrift in a world of sterility without all the reminders that comfort and inspire me, collected over a lifetime. I wanted to experience them every single day, despite the fact that my home was on the market.

I became aware of this issue about revealing too much of ourselves to prospective buyers during my first week in the real estate business. My office received a call from a client who complained that a visiting agent had left her business card



By Bill Primavera

on the seller's "home altar," certainly a very private matter. When the agent was advised of the complaint, she responded, "Gee, to me it just looked like an end table. I thought the statue of the Buddha was just for decoration."

While I do have evidence of calling upon the Divine in my own home, my main focus for motivation and inspiration – and this is highly confessional – is my daily quest for maintaining a decent body weight. Having been involved for many years in the food and restaurant field as a promoter, I was literally the kid in the candy shop, coping

daily with all the products I represented. I didn't have Medifast as a client. As a consequence, I surrounded myself in my home with motivational tools for health and fitness. Any visitor to my home clearly knew that.

In my dressing room, for instance, was a weight bench, although it was mostly used during periods of slacking off as a pants rack. Directly over my barbell rack was a framed watercolor, painted by my daughter when she was eight, depicting me as a barbell-pumping muscleman with a photograph of my face pasted on the neck. It was just too charming and motivational

for me to hide.

Then there were the nutrition and diet books in the kitchen bookshelf, including the first book published by Weight Watchers, signed by the group's founder, Jean Nidetch, whom I once met.

Also, I devote myself to achieving mental calm and relaxation through meditation and have tools to encourage that, including a tubular tuning chime and an extensive collection of crystals that all but made my man cave, pardon the expression, vibrate.

And I hid nothing when there was a showing.

I have found some real estate bloggers who share my point of view that there is some confusion between de-cluttering and de-personalizing. I think the former is what should be sought, rather than removing the history, love and taste bestowed on a home by its sellers. Creating clean and open spaces is a good thing. But removing distinctive colors with boring beige is not something I recommend as professional stagers sometimes do.

As for items that project our personal lives, I suspect that buyers have more than a little curiosity about them. Perhaps that lifestyle can be an attraction rather than a turn-off. Many times, I observe buyer clients looking at family photographs and, in particular, reading the titles of books on the shelf. In my case, my books may be somewhat deceiving if I were to be judged

by them.

Just when my wife and I were buying our last home, a dear friend, a generation older than we, passed away. An avid reader and book collector, she left us her extensive collection of old and interesting books, a broad representation of the world's literary classics.

To accommodate that collection, we built an entire wall of shelves in a room off our central hall and designated it "The Library" as though we lived in a mansion. That room may suggest that we are great literati. In fact, while my wife reads practically every new novel that comes along, I confess that I've barely cracked any of the books in that collection.

Any visitor would have had a much better idea of my reading pursuits if they visited my special room where the walls were lined with my motivational books for business and physical fitness.

So, I welcome prospective buyers to my highly personalized home with all its revealing evidence of a life well lived and enjoyed.

A writer and publicist, Bill Primavera is first and foremost a Realtor® associated with William Raveis Real Estate. His talents and work in communications support his endeavors in real estate. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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Happenings

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Tuesday, Sept. 3

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

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, 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.

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

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

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

Mother Goose. Listen to stories and sing along with the librarian for a fun morning. The session incorporates picture books that focus on colors, shapes, letters and more.

North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whippoorwill 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 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

People Love Yarn. Share your knowledge or learn from the group. All skill levels welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1 to 3:30 p.m.

Free. Every Wednesday. Info: Contact Louann Rooney at rooneylm@optonline.net.

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

Affordable Care Act Navigator. A trained navigator provided by the county Department of Health will be available to help people with choosing and signing up for health insurance under the Affordable Care Act and the state health marketplace. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2:30 to 7 p.m. Free. Every Wednesday. Also Thursdays from 1 to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. Appointment required. English only on Wednesdays. Appointments available in Spanish on Thursdays and Saturdays. Info and Wednesday appointments: 914-336-6026. Info and Thursday and Saturday appointments: 914-336-6935.

Science Lab. Become junior scientists and learn about different science topics through stories, crafts and experiments. For children four to six years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk.

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Perspectives on the Aging Baby Boomer Generation



By Nick Antonaccio

There are nearly 80 million baby boomers in the United States, 26 percent of the total population. This age group is aging, fast. Over 10,000 boomers turn 65 every day.

This influential group has set new standards for lifestyle preferences – and for good reason. Many of the boomers grew up in the '60s and '70s, a tumultuous period in American social and political history. As youths, they set the course for a relaxed American culture; as aging adults, they have influenced America's economic and social values.

Older boomers are retiring and beginning to enjoy the good life, continuing to do what they've always done best: enjoy life. Even as they become "Social Security busters," they defiantly continue the mantras of their youth: turn on, tune in and drop out; defy conventional wisdom; live for the moment. And they're living longer. Americans who reach 65 are likely to live to 84 on average.

You Heard It Through the Grapevine

What has caused this significant increase in longevity? Boomers have seen the light and have changed the practices of previous generations. Changes in evaluating what they put in their bodies (granola rather than Big Mac); how they treat their bodies (hard-core drugs vs. high colonics); and how they interface with nature (carbon emissions vs. carbon footprints). And, lest I digress too far from the theme of this wine column: the boomers' growing appreciation of wine and its health benefits.

First the wine. Older boomers were intent on changing the world, but most succumbed to the very ideologies they protested. However, those aging hippies did succeed in influencing one corner of American society – our appreciation of wine. Lancer's wine, as an expression of our oenological omniscience (and a candleholder), became passé. Boomers began to explore new frontiers – to boldly go where no wine drinkers

had gone before. They savored wine as a pleasure to be explored and exploited. Just as young professionals graduated from tie-dye garb to three-piece suits, so, too, did their preferences evolve from "cheap" wine to "better" wine.

This quest created a new market in

the United States and an upward surge in quality wine at affordable prices. Consumption in America has risen for over 20 consecutive years.

Second, the health benefits. A number of boomers evolved from hippies to hipsters in their appreciation of wine. As they increased their consumption, many touted the health benefits of wine as their motivation; our bodies are temples and we must sustain the body and keep it whole. What better way than with a few glasses of wine each day.

Wine has been widely touted by health professionals for its antioxidant properties, its ability to control blood pressure and heart health. Even Big Brother concurs with this self-serving maxim: the USDA condones two glasses of wine per day in their healthy diet guidelines.

Ah, but all is not well in Boomerland. Cracks are beginning to show in those suits of Botox armor.

As boomers graduated from leather wine flasks to crystal wine glasses, an increasing number of them began consuming greater quantities of wine. They are now realizing that although they have been able to deny aging, they can no longer defy it. Their "mature" metabolisms are slowing down considerably.

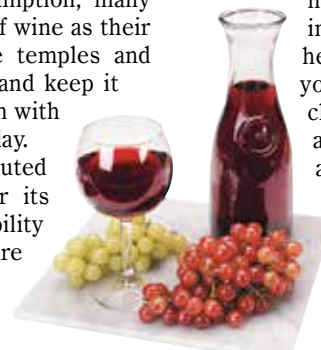
Increasingly, older boomers are developing alcohol abuse disorders and chronic diseases such as high blood pressure, liver disease and certain cancers, according to the National Institute on Alcohol Abuse and Alcoholism. According to one of its studies, "even if you are

mostly a safe drinker, keep in mind that if you have one heavy drinking day per month, you may have a 20 percent chance of developing an alcohol-use disorder." Note: a heavy drinking day equates to greater than two five-ounce glasses of wine.

The bottom line for aging boomers (a group in which I am reluctantly included): drink responsibly and in moderation. As Jerry Garcia sang, "Every silver lining's got a touch of grey."

Hopefully, we "will get by."

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



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Happenings

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4 to 5 p.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Knitting at the Library. Knitters and crocheters of all skill levels. For ages 10 and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Also Sept. 11 and 18. Info: 914-864-8041 or www.mountkiscoliberalry.org.

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

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

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

"Heading Home: The Tale of Team Israel." The David-and-Goliath story of Israel's national baseball team as it competes for the first time in the World Baseball Classic. After years of crushing defeats, in 2017 Israel finally ranks among the world's best. Its roster includes many Jewish-American major leaguers, most with a tenuous relationship to Judaism, barely any having ever set foot in Israel. Their odyssey takes them from the Holy Land, where they are hailed as modern-day Maccabees, to the tournament in South Korea where they must debunk their reputations as has-beens and wannabes. The connection to Israel that the players forge pushes them to unexpected heights as they represent the country on the world stage. Followed by a Q&A with filmmakers Daniel A. Miller, Seth Kramer and Jeremy Newberger moderated by Paige Grand Pre. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.

Art Series: Native American Archivist George Caitlin. Born in 1796 in Pennsylvania at a time when the world was in flux, Caitlin went on to create images of Native Americans that were truly breathtaking. He was one of the first outsiders to paint the Plains Indians. In connection with Caitlin's work, discussion will also touch on Native American arts. 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.

Thursday, Sept. 5

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant

Public Library, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

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

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

Storytime. 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, 125 Lozza Drove. Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Bounce the Baby. Enjoy simple stories, fingerplays and lap-sit songs for early literacy skills. Incorporates board books that focus on singing to, moving with and playing alongside your babies as instructed by the librarian. For children three to 18 months old. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Bereavement Support Group. Receive the emotional, educational and social support needed to successfully manage their issues. Phelps Hospital, Room 545, 755 N. Broadway, Sleepy Hollow. Noon. Free. Also Sept. 19. Info: 914-366-3937 or e-mail Vitality@northwell.edu.

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.

Pre-K Storytime With Craft. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 p.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

Picture Yourself on the School Bus. Munch on an edible pencil while creating a school bus picture collage. (Bring a picture of yourself to use in this project.) For children of all ages (Children under five must have a parent or caregiver present.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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

Opening Reception for "Visions 2019: Art Defined?" Westchester County's Department of Community Mental Health, Rockland Psychiatric Center and ArtsWestchester will present this exhibition that features original artworks by more than 60 artists who are recipients of mental health services in Westchester County. ArtsWestchester's Shenkman Gallery, 31 Mamaroneck Ave., White Plains. 5:30 to 7 p.m. Free. Exhibit continues through Sept. 12. Gallery hours are 12 to 5 p.m. on Sept. 6 and Sept. 10-12 and 12 to 6 p.m. on Sept. 7. Info: 914-428-4220 or visit www.artswestchester.org.

National Theatre Live's "The Lehman Trilogy." From a cold morning in 1844 when an ambitious young man from Bavaria sets foot on a New York dock to a time 163 years later when the firm he cofounded spectacularly collapses, this critically acclaimed and five-time Olivier Award-nominated play tracks the rise and fall of Lehman Brothers. Written by Stefano Massini, it is directed artfully by Academy Award-winner Sam Mendes. With Simon Russell Beale, Adam Godley and Ben Miles. A pre-recorded broadcast. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Friday, Sept. 6

Hoff-Barthelson Music School Open House. Families wishing to learn about early childhood classes for children ages six months old through kindergarten are invited to this event. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 10 to 11:30 a.m. Demo class at 10:30 a.m. Free. Registration required. Info and registration: 914-723-1169, visit www.hbms.org or e-mail hb@hbms.org.

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

Music With Miss Laura. Stories, songs, finger plays and movement activities. For children from 18 to 36 months. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11:30 to noon. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

Opening Reception for "The Arcana Series: Interpretations of Tarot." Michelle Sakhai's new series of paintings is the culmination of a year-long project, which presents the artist's interpretation of select Major Arcana Tarot cards. Sakhai, a Long Island native, encountered Tarot in pursuit of her spiritual path, a fundamental part of her art. With an interest in the teachings of Transformative Art, Sakhai's abstract paintings focus on light and energy, with each spontaneous stroke serving as a vehicle for healing and channeling peace. Her signature style, a mix of oil paint in vivid colors accented with silver and gold leaf, often raised off the surface, provides the work an overall sense of delicate richness, depth and shimmer. Madelyn Jordon Fine Art, 37 Popham Rd., Scarsdale. 6 to 8 p.m. Free. Exhibit continues through Oct. 19. Gallery hours are Tuesday through Saturday from 10 a.m. to 5:30 p.m. Info: 914-723-8738 or visit www.MadelynJordonFineArt.com.

Friday Night Films and Discussion. "The Hundred-Foot Journey" starring Helen Mirren will be screened. Discussion led by Carol Durst-Wertheim. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Info: 914-238-4779 or www.chappaqualibrary.org.

Friday Night Film Series: "Crazy Rich Asians." What happens when a Chinese-American professor falls in love with a sweet, handsome, intelligent Chinese guy from Singapore, who just happens to be the son of one of the wealthiest family in Asia? Her mettle is tested by everyone from his family and friends to her own psyche. This funny, thoughtful interpretation of the best-selling book by the same name was a film festival favorite, receiving numerous awards and nominations. In English with some Cantonese. 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.

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

Westchester Photographic Society: Drone Photography – Give it a Try. FFA-licensed commercial drone photographer Joe Polillio will discuss the ups and downs of drone photography. All photographers, beginner to professional, are welcome. Must be at least 18 years old to attend. Westchester Community College's Technology Building, Room 107, 75 Grasslands Rd., Valhalla. 8 p.m. Free. Info: 914-827-5333 or visit www.wpsphoto.org.

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Howard Meyer's Acting Free Open House Scheduled for Sept. 9

For adults and youngsters who want to learn about acting classes, Howard Meyer's Acting Program (HM Acting) on Monday, Sept. 9, will host a free, no-obligation open house to introduce tweens, teens and adults to the multilevel acting and playwriting classes offered through the program.

Participants who are interested can join classes that begin Sept. 10 and 11. The open house can be attended by anyone, whether or not they register for classes.

Open house attendees will see what takes place in acting and playwriting classes, plus meet, mingle and ask questions of acting instructors who are part of the HM Acting faculty. Howard Meyer, the program's founder and head instructor, will explain how classes and workshops operate.

"So many people want to get on stage or write for the theater," Meyer said, "but stop themselves by thinking I don't have time or I'm not the right age or I might get stage fright. If not now, when? They could be missing a life-changing experience if they don't give themselves a chance – and it might unleash their creative expression or perhaps lead to a career change."

HM Acting also attracts seasoned actors who may have taken a break or want to



HM Acting founder Howard Meyer teaches advanced and master acting classes.

sharpen their craft and technique.

Faculty members Rachel Jones (basic and intermediate acting), Marissa Lowe (teen acting) and David Adam Gill (playwriting) will attend the open house

to stage sample classes and explain the learning opportunities for various age groups and experience levels. There are also performance workshops, private coaching and special one-day voice,

movement and other acting disciplines offered.

Aspiring actors 10 to 17 years old should arrive for the open house at 5:30 p.m.; those 18 and older should arrive at 7 p.m. It will be held in the community room at St. John's Episcopal Church, located at 8 Sunnyside Ave. in Pleasantville. Refreshments will be served.

Beginner adult (18 and up) classes run for six weeks starting Wednesday, Sept. 11. The cost is \$245; there is a 12-week option for \$395. Intermediate, advanced and master classes are offered by invitation for students with appropriate experience.

Teen classes (for ages 13 to 17) start Wednesday, Sept. 11 and continue for 12 weeks. The Cost is \$395. Classes for children (ages 10 to 12) also begin Sept. 11. The cost is \$385.

For more information on the open house and the fall 2019 classes, call 914-286-7680 or visit www.hmacting.org. HM Acting is an affiliate of professional company Axial Theatre, which offers fall, winter and spring productions of original, never-produced plays by acclaimed writers; contemporary, award-winning works from Broadway and Off-Broadway; and revivals of the great classics of the 19th and 20th centuries.

Happenings

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Saturday, Sept. 7

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, there will be yoga with Jeanine Gayeski from 9:30 to 11 a.m., the music series will feature blues music by Barebones from 10 a.m. to noon and there will be the Phelps annual corn roast from 10 a.m. to noon. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Rain or shine. Please note the market is a dog-free environment. Saturdays through Nov. 16. Info: Visit www.pleasantvillefarmersmarket.org.

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

Native Plant Weekend. Enjoy a festive atmosphere while shopping for a wide selection of plants and supporting The Native Plant Center at the 10th annual Native Plant Weekend. Thousands of native plants will be in stock. Native-plant knowledgeable "personal shoppers" will assist visitors in making great selections for the garden and free talks will be offered so patrons can learn more about native plants. A percentage of the sales benefits The Native Plant Center. Rosedale Nurseries, 51 Saw Mill River Rd. (Route 9A), Hawthorne. 9 a.m. to 5:30 p.m. Free. Also Sept. 8. Info: 914-606-7870 or visit

www.nativeplantcenter.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.

Hudson Valley Romance Writers Lecture Series. Dating coach and former matchmaker Karenn Alexander will deliver this talk as part of the lecture series "A Day in the Life of Your Next Protagonist." The series is designed to assist aspiring romance writers by showcasing individuals with unusual professions who could become the leading characters in future novels. The talk will be part of the Hudson Valley Romance Writers monthly meeting, which will also feature a talk by BookTrib's Jim Alkon, discussing publicity opportunities for authors. Palisades Mall's Fourth Floor Meeting Room (just outside the skating rink), 1000 Palisades Center Way, West Nyack. 10 a.m. to 1 p.m. \$5 (payable by cash at the door.) RSVP required to ensure adequate seating. RSVP: www.meetup.com/Hudson-Valley-Chapter-Romance-Writers-of-America/events/263900762. Info: Contact Dawn Barclay at dawnbarclayauthor@gmail.com.

Practice Tai Chi With Larry Atille. Learn specific feldenkraiss 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.

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. 11 a.m. Also Sept. 8, 15 and 29 at 11 a.m. and 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.

Children's Concert. Jeffrey Friedberg, from The Bossy Frog Band, is a Parents' Award-winning children's musician and board-certified music therapist. Children will sing, dance and laugh along with his interactive musical experience featuring banjo, guitar and harmonica. He has released eight albums of music for children and families. For children two to six years old. To see videos and hear his music, visit www.BossyFrog.com. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 a.m. to noon. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Open Art Studio. All supplies are provided to create your own artwork. For children four years old and up; with parent or caregiver. Mount Kisco Public Library, 100 E. Main St.,

Mount Kisco. 11 a.m. to 1 p.m. Free. First Saturday of every month. Info: 914-666-8041 or www.mountkisco.library.org.

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

Ponding Exploration. Join us for some ponding and look for aquatic critters up close. Cranberry Lake Preserve, 1609 Old Orchard St., North White Plains. 1 to 2 p.m. Free. Info: 914-428-1005.

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.mountkisco.library.org.

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

Coyotes: Behavior, Ecology and Coexistence. A special program about our local cousin to the wolf – the Eastern Coyote. Learn more about their biology and behavior and ways to reduce or prevent problems from occurring between people,

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Happenings

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pets and coyotes. After the talk, guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially behold the critically endangered red wolves and Mexican gray wolves. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Best Kept Secret: 5th Branch of Judaism. A discussion and video presentation with Rabbi Frank Tamburello who will explore the ideas that can help today's Jewish families connect with their cultural and historical legacy without needing to believe in a supernatural deity or outmoded, unscientific theories and rituals. Refreshments and a brief Havdalah service will follow. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2:30 p.m. Free; donations welcome. Info: Contact Dmitry at 914-713-8828 or e-mail info@wchj.org.

Opening Reception for "Different Visions, Different Viewpoints." Mamaroneck Artists Guild, 126 Larchmont Ave., Larchmont. 3 to 5 p.m. Free. Exhibit continues through Sept. 21. Gallery hours are Tuesday through Saturday 12 to 5 p.m. Info: 914-834-1117 or visit www.mamaroneckartistsguild.org.

Lucy's Laugh Lounge: NFL Comedy Kickoff. Come to the first-ever event of its kind. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 6 p.m. \$20. Info and tickets: Visit www.lucyslaughlounge.com.

Lucy's Laugh Lounge: Jessimae Peluso. This comedian, podcast host and Alzheimer's advocate appeared on MTV's "Girl Code" and "Safe Word," "The Joe Rogan Experience," TBS's "Deal With It" and NBC's "Last Call w/Carson Daly." She is most known from MTV's "Girl Code." Peluso can be heard weekly hosting The Sharp Tongue Podcast, available on iTunes, Stitcher, Sound Cloud and Google Play. Our troops stationed in Japan, Iraq, Bahrain, and Afghanistan. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 8 p.m. \$20. Info and tickets: Visit www.lucyslaughlounge.com.

Sunday, Sept. 8

College Essay Workshop. Thinking about your college essay? Feeling a bit overwhelmed? Take part in this informative workshop. From brainstorming to submission, get tips on writing the best college essay you can. Find out what college admissions counselors are looking for. C2 Education, 195 N. Bedford Rd., Mount Kisco. Noon. Free. Registration required no later than Sept. 6. Info and registration: 914-362-1100, e-mail mount.kisco@c2educate.com or text 914-362-8495.

21+ Book Club. "Sayonara" by James Michener will be discussed. Copies of the book available at the circulation desk. New members welcome. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 p.m. Free. Info: Contact Carolyn at 914-769-9169.

Grandparents Day Event: "Grandma Needs a Nap." Local author and retired professor and teacher Dr. Marie Z. Amoruso presents this tenderly illustrated family picture book with its animated DVD of a

day when Grandma babysits. The gentle, engaging experiences in this book connect life and learning in playful ways that feed the mind and the heart and is filled with Grandma hints. The story will be told and an artist will engage the children in an intergenerational art project. The Village Book Store, 10 Washington Ave., Pleasantville. 2 p.m. Free. Info: 914-769-8322 or visit www.grandmapress.com or Facebook at Grandma Press LLC or e-mail: staff@pleasantvillebooks.com

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. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Sept. 21 and 28 at 11 a.m., Sept. 22 at 1 p.m. and Sept. 14 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Sustainable Sunday Speaker Series. Laila Brady Walzer will present "Climate Change, a Love Letter From God," an exploration from an Islamic perspective. Holy Name of Mary Parish Center, 114 Grand St., Croton-on-Hudson. 3 to 4:30 p.m. Free.

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

Lucy's Laugh Lounge: Dan LaMorte. LaMorte is a New York City-based standup comedian. He has been seen on FOX's "Red Eye," had his stand up featured on NBC Universal's COZI TV, was featured on the 2017 season of AXS TV's "Gotham Comedy Live" and in January 2017 released his first album "Not Enough Pieces" through On Tour Records. The album received plenty of love on the iTunes comedy charts and was met with great reviews and a lengthy stay as the bestselling standup album. It's also a popular play on SiriusXM's Raw Dog Channel, where LaMorte is also a guest on many of their shows. Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7 p.m. \$20. Info and tickets: Visit www.lucyslaughlounge.com.

Monday, Sept. 9

Morning Bird Walk. Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 7:30 a.m. Free. Meets the second Monday of each month. Info: Visit www.sawmillriveraudubon.org.

Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and

referral program. 719 Bedford Rd., Bedford Hills (next to ShopRite). 7:30 to 8:30 a.m. Free. Every Monday. RSVP suggested. Info and RSVP: Contact Tina Campbell at 914-441-1383 or e-mail tinacampbell@masternetworks.net or drop in.

Mommy and Toddler Yoga. Stretch and shine with your toddler during this playful introduction to yoga using games, songs, stories and more. For children one to four years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 to 11:30 a.m. Free. Also Sept. 23. Info: 914-273-3887 or www.northcastlelibrary.org.

Teddy Bear Day. Drawing a teddy bear using the Blind Contour drawing method or make a small Teddy Bear out of fabric are two ways to celebrate Teddy Bear Day. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

Howard Meyer's Acting Program Open House. For adults and youngsters who want to learn about acting classes, this no-obligation open house introduces tweens, teens and adults to multi-level acting and playwriting classes. Howard Meyer Acting is an affiliate of professional company Axial Theatre. St. John's Episcopal Church Community Room, 8 Sunnyside Ave., Pleasantville. 5:30 p.m. for 10- to 17-year-old. 7 p.m. for those 18 and up. Info: 914-286-7680 or visit www.hmacting.org.

Just Write! A creative writing club led by published poet and librarian Mary Johnson. Come and write in a friendly, encouraging environment. Writers of all levels and new members welcome. Open to anyone 16 and up. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:30 to 8 p.m. Free. Also Sept. 23. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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

"Julie and Julia." Based on the heartwarming true story of how Julia Child's (Meryl Streep in an Oscar-nominated performance) life and cookbook inspired struggling writer Julie Powell (Amy Adams) to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking. Stanley Tucci co-stars in brilliantly funny writer/director Nora Ephron's delicious comedy about joy, obsession and butter. Following the screening, enjoy a delightfully inspired tasting menu crafted by Pubstreet's Executive Chef Mogan Anthony. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7

p.m. Members: \$40. Non-members: \$50. Info and tickets: Visit www.burnsfilmcenter.org.

Tuesday, Sept. 10

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.mountkiscoblibrary.org.

Sign and Play With Chloe. A fun, musical early-communication program for children and caregivers to enjoy together. Based on the award-winning Baby Signing Time series, this class uses songs and games to help families learn to communicate using real signs from American Sign Language. Taught by certified instructor and professional children's entertainer, Chloe from Chloe's Kids. For children up to three years old. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11:30 a.m. to 12:30 p.m. Free. Also Sept. 17. Info: 914-273-3887 or www.northcastlelibrary.org.

Senior Afternoon Cinema: "Gloria." When a young boy's family is killed by the mob, their tough-talking neighbor Gloria becomes his reluctant guardian. In possession of a book that the gangsters want, the two go on the run in New York City. Starring Gena Rowlands, Buck Henry and Julie Carmen. Directed by John Cassavetes. Academy Award nomination for best actress in a leading role. Sponsored by The Knolls, a Bethel community. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 p.m. Members: \$10. Senior non-members: \$12. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.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 Whippoorwill Rd. East, Armonk. 2 p.m. Free. Every Tuesday. Sign-up required. Info and sign-up. 914-273-3887 ext. 3.

"Black Orpheus." With its samba-heavy score by Luis Bonfá and Antônio Carlos Jobim, this tragic romance transposes the Greek myth to the modern context of a favela in Rio de Janeiro during Carnival. It won the Palme d'Or at Cannes and the Academy Award, the Golden Globe and the BAFTA Award for best foreign language film. Part of the Caramoor at the Burns: Movies Musicians Love series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 and 7 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Back to School Slime. Make some fun slime using glue, baking soda and other safe ingredients. For children four to 11 years old. (Children under five must be accompanied by a parent or caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration required. Info and registration: 914-864-0130.

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EVENTS

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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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LEGALS

Town of Putnam Valley September 4th Special Meeting at 5 PM is canceled.

ESTOPPEL NOTICE On July 22, 2019, the Board of Trustees of the Village of Pleasantville, Westchester County, New York (the "Village") adopted a Bond Resolution, a summary of which is published herewith, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Village is not authorized to expend money or the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the New York State Constitution. **Summary of Bond Resolution 1. Specific Objects or Purposes** – the reconstruction and improvement of the Memorial Plaza parking lot, including sidewalks, curbs, gutters, drainage, landscaping, and grading or improving the rights of way, with flexible pavement of a type described in Local Finance Law Section 11(a)(20)(c), including surveys, preliminary plans and detailed plans, specifications and estimates required in connection therewith.

2. Period of Probable Usefulness – fifteen (15) years. 3. Maximum Amount of Obligations to be Issued - the maximum amount of obligations to be issued for the objects or purposes described above is \$550,000. The Bond Resolution herein summarized shall be available for public inspection during normal business hours for twenty (20) days following the date of publication of this notice at the office of the Village Clerk of the Village of Pleasantville, Westchester County, New York. Noreen Regan Deputy Village Clerk, Village of Pleasantville, Westchester County, New York

ESTOPPEL NOTICE On July 22, 2019, the Board of Trustees of the Village of Pleasantville, Westchester County, New York (the "Village") adopted a Bond Resolution, a summary of which is published herewith, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Village is not authorized to expend money or the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the New York State Constitution. **Summary of Bond**

Resolution 1. Specific Objects or Purposes – the reconstruction and improvement of Manville Road, including sidewalks, curbs, gutters, drainage, landscaping and grading or improving the rights of way, with flexible pavement of a type described in Local Finance Law Section 11(a)(20)(c), including surveys, preliminary plans and detailed plans, specifications and estimates required in connection therewith. 2. Period of Probable Usefulness – fifteen (15) years. 3. Maximum Amount of Obligations to be Issued - the maximum amount of obligations to be issued for the objects or purposes described above is \$2,600,000. The Bond Resolution herein summarized shall be available for public inspection during normal business hours for twenty (20) days following the date of publication of this notice at the office of the Village Clerk of the Village of Pleasantville, Westchester County, New York. Noreen Regan Deputy Village Clerk, Village of Pleasantville, Westchester County, New York

NOTICE OF ADOPTION OF BOND RESOLUTION SUBJECT TO PERMISSIVE REFERENDUM PLEASE TAKE NOTICE that the Board of Trustees of the Village of Pleasantville, Westchester County, New York (the "Village"), at a meeting held on August 26, 2019, adopted a bond resolution, which is subject to a permissive referendum, that authorizes the issuance of \$245,476 serial

bonds of the Village to finance the purchase of a sanitation truck (the "Project") at a maximum estimated cost of \$245,476. The period of probable usefulness is fifteen (15) years and the bonds are payable from amounts to be annually levied on all the taxable real property in the Village. Pursuant to the New York State Environmental Quality Review Act and the regulations promulgated thereunder ("SEQRA"), the Village has determined that the project is a Type II Action requiring no further action under SEQRA. **Noreen Regan Deputy Village Clerk, Village of Pleasantville, Westchester County, New York**

Please be advised that the next meeting of the Planning Board will be held at Town Hall, 265 Oscawana Lake Road on **Monday September 9, 2019** for the purpose of considering the following applications: **Regular Meeting Start Time: 6:00pm**
AGENDA DISCUSSION 1. Filho Residence, - 135 Bell Hollow Road (TM# 51-1-4/File: 2019-0190) The subject property consists of + 19.2 acres of land and is located on 135 Bell Hollow Road and within the R-3 Zoning District. The applicant is proposing to construct a swimming pool, terrace and outdoor kitchen. A Site Development Plan, Major Grading and Wetland Permit is required. **SKETCH 2. Kelly, Rick- Birch Hill**

continued on next page



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continued from previous page

Road (TM#73.-1-89/File 2019-0197)

The subject property consists of +/- 20.9 acres of land and is located on Birch Hill Road and within the R-2 Zoning District. The applicant is proposing a single family residence with driveway, well, septic system, retaining wall and rain garden. A Site Development Plan and Major Grading Permit is required. 3. Sposato Adam- 694 Sprout Brook Road TM#72.15-1-23/File 2019-0198) The subject property consist of +/- 43.7 acres of land and is located on 694 Sprout Brook Road and within the R-1 Zoning District. The applicant is proposing an accessory apartment attached at the rear of the existing residence. A Site Development Plan and Special Use Permit is required. APPROVAL OF MINUTES 4. Approve Minutes of August 19, 2019

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Three-time Open champion Rafael Nadal celebrates after his first-round win over John Millman inside Arthur Ashe Stadium.



Serena Williams, bidding to match Margaret Court's all-time record for Slam titles, hits a forehand volley in her third-round win over Karolina Muchova.



Number-one ranked Novak Djokovic hits a backhand volley during his opening-round victory last Monday afternoon.



Roger Federer, seeking his first Open title in 11 years, puts away a volley in Friday's straight-sets win over Daniel Evans.

focus on 2019 U.S. OPEN Tennis Championships Week One



Alexander Zverev, seeded sixth, follows through on a backhand return in his five-set opening-round win over Radu Albot on Court 17 last Tuesday.



15-year-old Coco Gauff, playing her first U.S. Open as a wild-card entrant this year, was knocked out in the third round by Naomi Osaka on Saturday afternoon.



Fourth-seeded Simona Halep lunges to hit a backhand return in her surprising third-round loss in Arthur Ashe Stadium to American Taylor Townsend.



WTA veteran Caroline Wozniacki, a two-time Open finalist, scrambles to return a shot during her first-round match last Tuesday in the Grandstand.



Marin Cilic hits a serve during his four-set win over John Isner in the third round late Saturday afternoon.



2016 U.S. Open champion Stan Wawrinka knocked defending champion Novak Djokovic out of the tournament on Sunday night in the round of 16.



Top-seeded Naomi Osaka hits a forehand during her 6-3, 6-0 victory over Coco Gauff inside Ashe Stadium on Saturday.





Taylor Townsend of the USA reacts after defeating fourth-seeded Simona Halep in a surprising second-round match late Thursday afternoon.



Venus Williams concentrates on a forehand volley in her opening-round victory in Louis Armstrong Stadium last Monday afternoon.



Maria Sharapova only managed to win two games in her highly-anticipated match against Serena Williams on the first night of the 2019 Open.



Nick Kyrgios smacks a backhand return during Saturday night's third-round loss to Andrey Rublev in Arthur Ashe Stadium.



Fifth-seeded Russian Daniil Medvedev hits a serve in his opening-round victory inside Louis Armstrong Stadium.



Eighth-seeded Stefanos Tsitsipas of Greece reaches low to hit a volley in his four-set opening-round loss to Andrey Rublev in Armstrong last Tuesday.



Canadian Bianca Andreescu, the 15th seed, follows through on a forehand return in her straight-sets win over Caroline Wozniacki on Saturday afternoon.



Fourth-seeded Dominic Thiem, a quarterfinalist last year, hits a backhand during his four-set loss to Italy's Thomas Fabbiano in last Tuesday's first round.



Rising star Alex de Minaur makes a backhand return while winning his first-round match last Monday in four sets out on Court 8.



Flashy Denis Shapovalov goes airborne as he serves on Court 5 during second-round action last Thursday afternoon.



Australian Ash Barty, the number-two seed, was ousted in the third round on Friday by Maria Sakkari inside Louis Armstrong Stadium.



Andrey Rublev watches his backhand return clear the net during Saturday night's 7-6, 7-6, 6-3 win over Nick Kyrgios in Arthur Ashe Stadium.

Pace Field Hockey Team Hoping to Build on Recent Success

By Tony Pinciario

During her freshman year at the University of Massachusetts at Amherst, Mia Lennon was contemplating a major decision.

The 2017 Lakeland graduate wanted to continue playing field hockey, but Lennon made the decision to major in nursing. Lennon decided it was in her best interest to transfer.

"When I decided on going to UMass, I believe I was just too young to fully know what I wanted to do with my life," said Lennon, now a junior. "UMass helped guide me to the decision that I wanted to become a nurse, but unfortunately it wasn't possible for me to play field hockey and go to nursing school at that university."

Following discussions with her parents and former Lakeland field hockey player Felicia Costanzo, who also majored in nursing and played at Quinnipiac, Lennon would transfer to Pace University for her sophomore year.

"My mom was actually the one who mentioned Pace to me, and I was a bit skeptical because it was so close to home. But after seeing how amazing their nursing program was I decided to give it a shot," Lennon said. "Because I was not released from my contract with UMass at the time, it was a bit of a gamble. I was uncertain if field hockey was going to be an option, but after I was released coach (Kayte) Kinsley and the rest of the team welcomed me in."

Lennon's decision to return home resulted in the Setter field hockey team having a landmark season.

Pace finished with a program-best 18-3 record, including a perfect 13-0 to win the Northeast-10 Conference. The Setters advanced to the NCAA Division II semifinals, finished with the number-one ranking in the East Region and had a nation-high 18 wins, all in just the program's fourth year.

Even though Pace graduated 12 seniors, the Setters were shown respect in the pre-season Northeast-10 coaches' poll. Pace received the most first-place votes (seven) and 178 points, eight behind top-ranked Saint Anselm.

"Last year was unreal," said Lennon, who plays defense. "Each game was exciting, and it was an honor to be the first Pace field hockey team to make it to the final four. Each individual on the team last year made the final outcome so rewarding and unforgettable."

Fourth-year coach Kinsley is prepared to see her team build on last year's success.

"Although we didn't advance to the national championship game, we were extremely happy with the season we put together," said Kinsley, a Putnam Valley graduate. "We learned a lot from last year's season and will carry the importance of discipline, hard work and team dynamic with us this year. Our upperclassmen were taught to be committed, always be ready to learn and to work for each other. These are qualities that are quickly being picked up by our large freshman class."

Fourteen freshmen join the 11 returnees, highlighted by lone senior Abby Stucker. Lennon, along with classmates Kamryn Gianfrancesco, Mahopac's Kim Schiera, Nessa McKie and Laura Hope complete the



Pace University's Mia Lennon in action during her high school playing days at Lakeland High School.

upperclassmen nucleus.

Lennon pointed out the returning core began preparation last spring for the 2019 season.

"I think this past spring was an important bonding time for all of us," Lennon said. "Every single returner has been working hard to set an example of what's expected in this program. It was tough losing the seniors from last year, but it gave us the opportunity to create our own culture, and we are motivated to continue the legacy they started."

The 12 graduates helped establish the program's foundation and through their commitment, hard work and dedication, completed their collective careers with a memorable senior year.

"There is no doubt that last year's 12 graduating seniors left a lasting mark on this program and university," Kinsley said. "They gave their blood, sweat and tears to put Pace field hockey on the map and are the embodiment of true student-athletes. Together, they proved that if you work hard towards something that is bigger than yourself you could achieve anything. Luckily, they passed these important qualities down to the rest of our team."



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The 2019 Pace field hockey team poses together before the start of the new season.

The freshmen have embraced the example set by their veteran teammates.

"It's definitely an adjustment having so many newcomers, but I was so impressed with the way they were able to step up," Lennon said. "They come to every practice with the right mindset, and they are willing to learn and adjust. The hard work that they've put in this preseason has enabled us to become more successful in the way we play."

The Setters will not allow themselves to fall into the proverbial trap that success from the previous season will carry into the next. Instead, Pace has returned with a renewed sense of determination and commitment.

"We've heard comments about how people aren't expecting much from us this year because we are such a young team, but I think that's been motivating us," said Lennon. "We definitely take our season game by game, but our ultimate goal is to make it as far as we can. Half of the season felt what it was like to be in a final four game and I think we're determined to create our own success."

Pace opens the season with three consecutive road games — Millersville, Thursday, Sept. 5; Assumption, Saturday, Sept. 14; and a short bus ride to Mercy on Tuesday, Sept. 17. The Setters' home opener is Saturday, Sept. 21 against Southern New Hampshire.

The Setters did not play Millersville last year, while Assumption won two of three



Pace coach Kayte Kinsley

games against Pace in 2018.

"We are all so excited to start off the season," Lennon said. "We've been talking about how important this first game is going to be for us. It's a great opportunity to test our hard work we've put in during our offseason and postseason by playing such a strong team right off the bat."

And Lennon is quick to predict the Setters' hard work will soon pay dividends on the field.

"With a brand new team, it's easy for people to underestimate our ability," she said. "But we have all of the qualities of a championship team, so we are working to make a statement this season."

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SMALL NEWS IS BIG NEWS

Lodewick Ready to Hit the Ground Running as Fox Lane's Athletic Director

By Rob DiAntonio

Adam Lodewick is ready for his first fall season and school year as Fox Lane's athletic director.

Lodewick, who was named to his new post shortly after the 2018-19 school year concluded, previously was the athletic director at Peekskill for two years. Before that, he served as Hastings' AD for five years.

"First, and most importantly, is getting to know everybody, being patient and not trying to do too many things too fast," Lodewick said when asked what he took from his past experiences at Hastings and Peekskill. "Observing and listening are two of the most important things. Listen to what the community wants, what the coaches want, but most importantly what the players and students want. You always put students first and if it's something we can do, then we try to do it."

Prior to becoming the AD at Hastings, Lodewick was a physical education teacher at Yorktown, his alma mater, for nine years. He also served as an assistant coach for the Yorktown varsity boys' lacrosse team from 2003-2012 and was a modified and JV volleyball coach.

Fox Lane's athletic facilities are some of the best one can find in Section 1. The Foxes also partner with LocalLive TV, which allows fans to watch their games from the comfort of their own home.

"It's such a great district and there's already so many great things that have been put in place," Lodewick said when



Fox Lane AD Adam Lodewick

asked what his short-term and long-term goals are. "Like I said, I just want to be patient and not do something too fast. But, again, short-term goals would be getting to know the stakeholders and building those relationships. Getting to know the students as quickly as possible. That's kind of the most important thing — building those relationships. And a long-term goal is trying to take Fox Lane to the next level: improving facilities, improving programs and building



Fox Lane fans fill up the home bleachers at last year's Homecoming game.

participation numbers. We want to get kids excited and get the community excited."

It's an easy selling point to coaches and students when they walk onto the Fox Lane campus and see the athletic facilities.

"It certainly helps when a student can see that the district is investing in the programs and trying to make the facilities the best that they can be," Lodewick said. "I think that's going to attract any athlete or any person to say, 'Oh, wow, look at this. It's beautiful. I want to be able to play on that turf. I want to play on those tennis courts. I want to play on that baseball or softball field.' We just redid the gym floors. Certainly, coaches look at that and say that's a place that I can kind of build a program because you don't have some of the obstacles that maybe other districts have that aren't fortunate enough to have turf fields. But the most important thing is doing it for the kids and showing them we're invested."

Lodewick said there aren't any immediate plans for changes to the facilities, but he mentioned a second turf field as a possibility down the line.

"With the size of our school and the amount of use our fields get, I think at this point, especially with weather that is always changing come the spring with the rain and stuff like that, if we were able to get a second turf field I think every AD would love that," he said. "But that's something way down the line. If it's something that would be able to be done, I think that would be great for our students and our programs. It's a beautiful place and if we can just kind of build on it and continue to make it better, that's a plus."

The Fox Lane community welcomed Lodewick with open arms. He said that "everybody has been great and couldn't be nicer."

As a result, it didn't take him long to get settled in as he started working on plans for the 2019-20 school year. "They're excited for what the future holds," Lodewick said. "They're passionate about their sports. Any way that they can help, they've offered. The kids have been great, along with teachers and staff. Coming into a new place and starting in the summer, it feels like home in a very short time."



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