

Pleasantville's St. John's Episcopal Church Sign Vandalized

By Martin Wilbur

St. John's Episcopal Church in Pleasantville had the sign on its lawn vandalized sometime last Friday night or Saturday morning, adding to the growing list of instances of intolerance at houses of worship around Westchester.

Congregation leaders were unsure of the motivation for the act, but St. John's administrative warden Cindy Sullivan said this is the second incident of vandalism at the church since last spring – and both times it occurred in close proximity to the pride flag that has been affixed to one side of the sign.

In late May or early June, about a week after the congregation put up the rainbow flag, the bracket on the flagpole was damaged, she said. There is also an Episcopalian flag attached to the other side of the sign.

"It's very dispiriting," Sullivan said. "We are open to all people. Here we are on Martin Luther King weekend and we're celebrating civil rights of people. People have rights, and people should be able to be who they are and go where they want to go. We want the



The sign on the lawn outside St. John's Episcopal Church on Bedford Road in Pleasantville was discovered damaged Saturday morning. This is the second incident of vandalism at the church since last spring, and at least one parishioner suspects it may be related to the pride flag that is attached to one side of the sign.

community to know we are welcoming of all people."

Pleasantville police declined to comment

because the matter remains under investigation.

Sullivan said that the church's treasurer

arrived at St. John's on Bedford Road and Sunnyside Avenue shortly before 10 a.m. Saturday to prepare for the vestry's annual meeting, which took place after Sunday morning's service, when the vandalism was discovered.

Rev. Mary Gregorius said the vandalism occurred sometime during the overnight hours but didn't have a precise time when the sign may have been damaged and hesitated to speculate on motive. She sent out an e-mail message to parishioners on Saturday with a short explanation of what had happened.

"Sometime in the night of January 17, 2020, someone decided to take their anger out on our parish sign," Gregorius wrote to the church community. "It is the abominable act of small minds and insecurity. We are a people who preach the words of Jesus to 'Fear not,' and we will live into those words as we prepare to replace our sign."

Mayor Peter Scherer said the village's police are investigating whether surveillance video from nearby properties will provide any

continued on page 2

Public Comments to Begin on New Chappaqua Hamlet Zoning Code

By Martin Wilbur

The New Castle Town Board hopes to attract public feedback starting next Tuesday for the town's proposed Chappaqua Hamlet Form Based Code that officials hope will help reinvigorate the downtown business district.

Last week, the board approved opening the public scoping session at its Jan. 28 meeting, declared itself lead agency for the project and issued a positive declaration under the state's Environmental Quality Review Act (SEQRA) because of the possibility of significant adverse environmental impacts.

Officials are anticipating that the form-based code, which stresses the appearance and form of the structures rather than dictating specific uses for each property in Chappaqua's Retail Business and Retail

Business & Parking zones, will allow for mixed-use buildings and encourage developers to invest in the business hamlet. The two zones have been under a moratorium for spaces that are greater than 3,000 square feet since December 2018.

The Downtown Working Group, comprised of the Town Board, three Planning Board members and three town residents, has helped shape the current draft of the new code with the guidance of the town's consultants and Development Department.

"We believe that this is a truly exciting way to plan for the future of our beloved downtown," said Supervisor Ivy Pool. "Working with the members of the Downtown Working Group, the Town Board is charged with creating a form-based code that reflects the goals of the town's 2017

continued on page 4

Local School Trustee McGaffey Ready to Join Congressional Race

By Martin Wilbur

Democrats may need to make room on the June primary ballot for one more candidate looking to succeed Rep. Nita Lowey.

The already crowded field vying for the Democratic nomination in the 17th Congressional District expanded to at least 10 candidates Sunday with the surprise announcement by longtime Pleasantville Board of Education Trustee Shane McGaffey that he would join the race.

Disappointed that the current crop of candidates has failed to address regional issues, including education funding and key tax matters that he argues have shortchanged the district's and state's taxpayers, McGaffey said he decided to jump in to help widen the debate.

"I know it's a long shot, but I am there to advocate for our district and local issues



Shane McGaffey is prepared to make a late entry into the 17th Congressional District race.

that aren't being discussed by the other candidates," he said. "I'm putting together a

continued on page 2



Briarcliff Manor (914) 250-2134
Jefferson Valley (914) 250-2750

2020 To-Do List:

- ✓ Belong to a fitness **COMMUNITY**.
- ✓ Secure supportive personal **TRAINER**.
- ✓ Build connections & **RELATIONSHIPS**.
- ✓ Seek adventure with new **FITNESS** classes.
- ✓ Engage kids in enjoyable **SPORTS**.
- ✓ Indulge in self-care with regular **MASSAGES**.

- ✓ Obtain peace of mind with reliable **CHILD CARE**.
 - ✓ Enhance **TENNIS** skills.
 - ✓ Relax in heated **SWIMMING** pool.
 - ✓ Nourish body with healthy **FOOD**.
 - ✓ Join today & earn points (**UP TO \$100 VALUE**).
- WE CHECK OFF ALL THE BOXES.**

*Offer expires 1/31/20.

Pleasantville's St. John's Episcopal Church Sign Vandalized

continued from page 1

clues, but the incident is disheartening.

"At the moment, we do not know whether it's some random vandalism or whether there was some attempt to damage the church sign," Scherer said. "We're certainly pursuing it but it's disappointing to say the least."

In a statement released Saturday night, state Sen. Peter Harkham called the vandalism "a serious crime and affront to its residents" and part of a pattern that must

come to an end.

"The recent wave of destruction and defacement aimed at houses of worship, including those that post the rainbow Pride flag, and religious symbols in the Hudson Valley and across our nation cannot be tolerated nor waved away as mindless mischief," Harkham said. "I know an investigation is taking place, but it's time for all of us to come together and determine what needs to be done in order to drive hate from our communities."

Sullivan said that it is likely the church will install video surveillance cameras on its property in hopes of deterring future vandals. Sullivan noted that last fall two swastikas were discovered inside Pleasantville High School.

"We live in a town called Pleasantville and we're all supposed to be intelligent enough to be tolerant of each other and then we still have hate crimes," Sullivan said. "It's very sad."

Gregorius said the damaged sign was taken

down by Sunday and that the congregation is grateful that one of the church's parishioners will have a new sign professionally produced. Sunday's service and annual vestry meeting occurred without incident.

"The parishioners are very resilient and they practice 'Love thy neighbor as thyself,' regardless of what anybody else thinks," she said.

Local School Trustee McGaffey Ready to Join Congressional Race

continued from page 1

team right now. It may be late in the game. I understand that it's going to be a tough road to hoe, but there are some important issues and no one's talking about them, and if we don't talk about them, we can't accomplish them."

McGaffey, 49, said he would advocate for a regional cost index to help calculate federal income taxes. The current federal brackets impose a 22 percent tax rate on households earning \$77,400 to \$165,000 a year. In Westchester County, those earning at the bottom of that bracket are at the poverty level for a family of four when adjusted for regional costs.

Meanwhile, families earning less than that in many other areas of the country not only have the benefit of having their money go farther, but they're being taxed at 12 percent.

"That's serious money that we're leaving on the table that we're not getting back,

plus on top of that, the state and local tax deduction, they're now capped at \$10,000," McGaffey argued.

He said there has also been little conversation so far in the campaign about finding ways to repeal the \$10,000 limit on state and local income tax deductions or at least getting that threshold raised.

The fact that New York is one of the top donor states in the country also needs to be tackled, McGaffey said. Last week, state Comptroller Thomas DiNapoli issued a report that New York received in 2018 just 90 cents on every dollar it sends to Washington, the third lowest in the nation.

Westchester also severely lags in reimbursement by the federal government for special education costs, he said.

McGaffey, a former Republican, works as the station manager at Pleasantville Community Television. He has served on the

Pleasantville Board of Education for the past 10 years and is a former board president.

He said that national issues such as advocating for women's rights, equal pay, the impeachment debate and many of the social issues of the day are of critical importance.

"A lot of those issues are already being highlighted and I would work on them as well," McGaffey said. "They're important issues, but issues that are specific to our district, regional cost, the value of the dollar is so much less, and so when people talk about taxing the rich, they're talking about us."

He said each candidate needs to collect about 1,250 signatures on their nominating petition by the Apr. 2 filing deadline. He plans to launch his candidate's website shortly once he receives his federal identification number that would enable him to start fundraising.

McGaffey said that with such a large field it

also may not take more than 20 percent of the vote to win the primary, and he may be able to capitalize on the tax issue. However, he acknowledged that he has a lot to do in a short period of time.

"Build momentum, getting that message out there and making people understand how we're not getting our fair share," McGaffey said of the task he faces.

Other declared Democratic candidates for the 17th Congressional District are Assemblyman David Buchwald; state Sen. David Carlucci; Sleepy Hollow resident Allison Fine; Evelyn Farkas, a former assistant deputy assistant secretary of defense in the Obama administration; Mondaire Jones, who worked in the Department of Justice under Obama; veteran Asha Castleberry-Hernandez; former prosecutor Adam Schliefer; County Legislator Catherine Parker; and Rockland County resident David Katz.

When preeclampsia forced Ann Marie to spend much of her high-risk pregnancy at Northern Westchester Hospital, she felt lost.

"But thanks to my nurses, I found a home at NWH."

We deliver more than babies.

We deliver experience...when it matters most.

nwhc.net/maternity

 **Northern Westchester Hospital**
Northwell Health®



Raise the VOLUME!

2020 Break the Hold Benefit

Join Us!

February 8, 2020 | 7:30-11:30PM

Club Infinity | 404 Irvington Street, Pleasantville, NY

The BTH organization is committed to "Break the Hold" on mental illness and provide education about suicide prevention. Join us in celebrating our successes and help us to look forward to another year of growth in programming and outreach.

Call 914-907-7321 or visit <https://BTHbenefit2020.eventbrite.com> for tickets.
Learn more at bthbreakthehold.org



Public Comments to Begin on New Chappaqua Hamlet Zoning Code

continued from page 1

Comprehensive Plan (update), which is to preserve the town's bucolic residential character and its historic resources while promoting new mixed-use development in the hamlets to meet the community's housing needs and foster thriving commercial and civic spaces."

Prior to the board's action, the Downtown Working Group convened to hear a presentation on the key points of the proposed code's second draft from planning consultant Erik Aulestia of Torti Gallas and Partners.

There was also debate within the group regarding to what extent approvals should be handled by the Development Department and how much public input should be allowed for individual downtown applications.

One pivotal feature of the currently-proposed form-based code would allow for five-story structures in most locations downtown with a maximum height per story of 11-and-a-half feet, Aulestia said. The lone exception would be a maximum height of 22 feet for the first-floor space if it is used for commercial purposes.

He said building height would no longer be measured in feet but in the number of stories.

Furthermore, a fifth floor would have to either be built into the roof or be recessed at least 10 feet from the first four stories to make the structure appear shorter and less massive, Aulestia said.

On lower King Street, the maximum building height is proposed to increase from two to four stories, he said.

Aulestia mentioned that for new buildings or buildings that would be torn down and rebuilt there would be a 16-foot setback requirement from the curb to the build-to line. Existing structures can remain at their current depths.

"Long-term, what you're trying to do is create a sidewalk that has an appropriate width for pedestrians, for outdoor dining and that sort of thing," Aulestia said.

Another proposed regulation would waive parking fees for projects of four units or less. If a developer requests a fee in lieu of parking, the parking for the use or uses would still have to be in place by the time the space is occupied.

There would be no change to the current parking requirements for restaurants, he said.

Aulestia said the proposed code recommends the town have 4 percent affordable housing units and add 2 percent workforce housing for residential projects with eight to 79 units. Projects with at least 80 units would have 8 percent affordable housing and 4 percent workforce housing.

Pool said she disagreed with that proposal. Currently, the town requires at least 10 percent affordable housing units for projects of 10 or more units and one affordable unit for projects that are eight or nine units.

"I just think that the majority of

(projects) in this town will be in the eight to 79 category and I don't know why we would step back the requirement from what we have today and that's what this feels like," she said.

Most of the debate last week among the Downtown Working Group centered around the approval process. Part of the objective of the form-based code is to streamline the applications.

"What we've done here is really try to put most of the approvals in the hands of the Development Department because the code actually kind of spells out what the issues are," Aulestia said. "So as long as you comply with the rules there shouldn't be a longer, more involved process there."

Planning Board Chairman Robert Kirkwood and Planning Board member Thomas Curley, both part of the working group, objected to that proposal. Kirkwood said that public input has proven invaluable and residents or other stakeholders raise valid issues that often improve an application.

He said that unless the public comes out for the scoping session or public hearing this spring there may not be the chance for input on individual applications downtown.

"I think we should be very, very careful in taking away the ability for the public to appear at the (Architectural Review Board), the Planning Board of the ZBA on many of these applications," Kirkwood said.

Councilwoman Lisa Katz said the town needs to find a balance between trying

to expedite applications for the business hamlet while still allowing for a mechanism for a more detailed review, if needed, on the part of the boards reviewing the application.

Aulestia said the regulations need to be clear, consistent and predictable, which would likely prevent most major issues with a project since the Development Department would still be scrutinizing the application.

The public can view the current draft of the form-based code on the town's website, www.mynewcastle.org, by clicking on the Government tab and then the Chappaqua Hamlet Form Based Coding Project.



Fantastic Finds
An upscale resale shop

Top quality clothing, accessories & household items at great prices.

New & gently used items in pristine condition.

400 King Street, Chappaqua, NY
In the Talbot's shopping center
914-238-9200
www.supportconnection.org/fantastic-finds

Store Hours:
Monday - Saturday • 10 am - 4:30 pm

Follow Fantastic Finds on social media.
Instagram @FantasticFindsSC Facebook FantasticFindsSC

SUPPORT CONNECTION
Breast & Ovarian Cancer Support

All proceeds help fund Support Connection's free breast and ovarian cancer support services.
Support Connection is a 501 (c) (3) not-for-profit organization. supportconnection.org

SCLAFANI ENERGY

Fuel Oil • Gasoline • HVAC • Service • Propane • Diesel

1 (845) 628-1330
www.SclafaniEnergy.com
We Make Warm and now "Cool" friends too!

Heating Oil, Propane, Gas, Diesel, Air Conditioning
Full Service, 24 HR emergency heating assistance!

Installs, repairs and upgrades!

Specializing in Biasi, System 2000, Peerless, Generac, Carrier and all other Major Brands!

Serving Northern Westchester, Southern Dutchess and Putnam Counties! Over 30 years, licensed, insured and bonded! We are #1 because our customers come first! Senior Discounts!

Budget accounts, Automatic or call us for next day delivery at C.O.D. pricing! Place an Order online www.SclafaniEnergy.com

GIVE YOUR AIR CONDITIONING A TUNE UP
SELL INSTALL REPAIR UPGRADE

Tensions Rise in Valhalla Little League Field Lights Debate

By Joan Gaylord

The issue of whether there should be lights installed at Pat Henry Field in Valhalla continues to dominate the public conversation in Mount Pleasant.

At last week's Town Board meeting, a roughly evenly divided number of residents lined up to speak about proposal at the county-owned baseball field, comments that included name calling and the threat of a lawsuit.

The Town of Mount Pleasant leases the field, located on South Kensico Avenue, from the county for use by the Kensico Little League. League officials have requested approval to install lights that they say would allow greater flexibility to schedule games and provide the youngsters the thrill of playing night games.

League representatives have said they will cover all costs related to the project.

Residents along South Kensico Avenue have strongly opposed the initiative, citing concerns for safety and potential degradation of their quality of life. Pat Henry Field is located on a residential street and homeowners have asserted that the lights and noise from the games would continue late into the evening.

They have also expressed a concern for the increased traffic especially when commuters are walking home from the Metro-North station.

"We're collecting additional information," said Supervisor Carl Fulgenzi when asked when the board planned to take a vote on the issue. "There are a few more things we need to look at from a legal perspective."

Even though the issue was not on last week's Town Board agenda, public comments continued for over an hour with virtually no agreement between the two sides. Little League parents and board members cited "the moral and civic responsibility" to provide healthy opportunities for area kids. The lights, they said, would allow them to expand those opportunities.

South Kensico Avenue resident Ken Noonan pointed out, however, that league registration has declined over the last few years and questioned the need for expanded opportunities for fewer players.

Noonan was one of several residents who asserted that the neighbors do not oppose Little League baseball or recreational opportunities for children but were requesting equal consideration for their families. He asked why the two sides were unable to find a compromise, and raised an earlier suggestion to install lights at another location, possibly Virginia Road Field.

Bob Candrea, president of the Kensico Little League, repeated that Pat Henry Field has been the league's home field for decades, making it the only suitable place for the team to play. Candrea also argued against a suggested compromise that called for a guarantee for a 10 p.m. curfew.

"You want lights shut off at 10, but what if it's the fifth inning?" he asked. "You really want us to turn off the lights?"

Diana Richman, who identified herself as a Kensico Little League mom, commented that the arguments had gotten "aggressive on both

sides." She attributed escalating negativity to earlier actions of a former councilwoman whom she said had circulated petitions and met secretly with residents.

Richman referenced an incident from last summer when, during a Town Board meeting, Councilwoman Laurie Smalley held up a poster announcing a meeting for neighbors that she said involved then-board member Francesca Hagadus-McHale. Richman referred to the incident and appeared to lay responsibility on Hagadus-McHale.

Hagadus-McHale, who was sitting with the

crowd in the packed meeting room at Town Hall, called out that the accusation was a lie and she would sue Richman if she did not retract the comment.

South Kensico Avenue resident Mark Stefanov said it was his wife, Michele, who had called the meeting and created the posters.

Board members listened to the public comments but did respond to the residents' arguments. Fulgenzi made no promise of when the issue would be resolved.

"Eventually the Town Board will make a decision," he said.



High Five

The Byram Hills varsity basketball team held a sold-out Junior Bobcat Hoops for Hope clinic on Monday. All proceeds from the event – \$1,200 – will be donated to Maria Fareri Children's Hospital at Westchester Medical Center. The team will deliver their donation, along with some basketballs, to the hospital at the end of their season.

*We Treat You With the Care
and Attention You Deserve!*

"We needed a renovation and The Westchester Bank was there to help. As we do with each of our customers, the Bank treats us with quality care and a personal warmth that's very comforting."

WILLIAM FLOOKS, SR.
Proprietor
Beecher Flooks Funeral Home

William Flooks, Sr.
Proprietor
Beecher Flooks Funeral Home

John Tolomer
President & CEO
The Westchester Bank



The Westchester Bank

Banking Made Personal®

MAMARONECK
305 Mamaroneck Ave.
(914) 315-2486

MT. KISCO
51 S. Moger Ave.
(914) 752-4262

OSSINING
240 S. Highland Ave.
(914) 502-4421

RYE BROOK
800 Westchester Ave., 4th Fl.
(914) 368-0987

THORNWOOD
994 Broadway
(914) 984-5446

WHITE PLAINS
464 Mamaroneck Ave.
(914) 290-6330

YONKERS
1900 Central Park Ave.
(914) 337-1900

Member
FDIC

TheWestchesterBank.com



PERSONAL SAVINGS • MONEY MARKET ACCOUNTS • CHECKING WITH ONLINE BANKING AND BILL PAY



**Overwhelmed Caring
for your Loved One?
Call us today!**



**When Experience Counts
Count on Experience**

Home Care Licensed by NYS Dept. of Health
Owned and operated by registered nurses

Services Include:

Home Health Aides • Companion Care
Dementia Care • Senior Housing Options
Home Management • Medication Management
Customized programs to fit your needs



Please call for a free consult today: 914.265.4299
Visit www.ecstaffingsolutions.com for more information

**WE BUY
GOLD, PLATINUM, DIAMONDS
SILVER, WATCHES & SILVERWARE**



Thornwood Jewelers
A Perfect Piece for Every Occasion

968 Broadway Thornwood (ShopRite/CVS Shopping Center) 914 741 1920

Mount Pleasant School Trustee Jost Resigns from Seat

By Martin Wilbur

Mount Pleasant Board of Education Trustee Maria Jost announced last Friday that she resigned her seat because of personal reasons.

Reached last weekend, Jost said following the death of her father in November and another relative more recently, she needed to focus on family matters.

"My heart's with my family right now and I think people can understand that," Jost said.

She had considered a leave of absence

from the board but concluded that because she had decided not to run for re-election this spring it would be most prudent for her to resign.

Also, the number of school functions that required her attendance has recently become too much to handle, Jost said, and didn't believe to was fair to the board's other members. With the district and the board functioning well, it was the right time to step aside.

"I just think the most important thing for me and my family and the school district and the board, which I have the utmost respect

for, I just thought it was best for me to resign at this point," Jost said.

Jost was elected to the board as a first-time candidate in 2017 for the three-year term. However, before her board service, she had been involved in several other capacities with Mount Pleasant schools since 2001. Those positions included serving as chair of the Elementary PTA Ways and Means Committee for five years and she co-founded the district's Special Education PTA, serving as its president and vice president.

Jost also was co-chair of the superintendent's Special Education Advisory



Trustee Maria Jost, who has served on the Mount Pleasant Board of Education since July 2017, resigned last Friday to focus on family matters.

Airport Open House With FAA to Address Noise Issues Jan. 22 in Chappaqua

An open house with the Federal Aviation Administration (FAA) regarding Westchester County Airport will be held this Wednesday, Jan. 22 from 6 to 8 p.m. at the New Castle Community Center in Chappaqua.

The open house will include participation from HMMH, an environmental and transportation planning consultant which recently completed a noise study for Westchester County, airport officials and the FAA. It will be an opportunity to learn more about the study, air traffic procedures in the area and airport operations in an informal environment.

County residents are invited to attend at any point during the open house, where

they will have the opportunity to speak one on one with a variety of experts without formal presentations.

County Executive George Latimer requested the open house after hearing concerns from the New Castle community, in an effort to better understand the issue. U.S. senators Charles Schumer and Kirsten Gillibrand and Rep. Nita Lowey supported the request of this open house.

"We want the residents of New Castle and the surrounding communities to know that we hear their concerns and we are making every attempt to make this process better," Latimer said. "If we can work together with the FAA to reduce the impact on those affected by aircraft noise, we can ensure

that Westchester County Airport reminds a vibrant transportation hub, an economic benefits driver, and above all else, a good neighbor to our residents."

"Over the last several years, communities near Westchester County Airport have raised concerns regarding aircraft noise," Lowey said in a statement. "I am pleased that the FAA is taking those concerns seriously and has heeded our request to come to Westchester. I congratulate County Executive Latimer for his hard work to lay the groundwork for FAA's visit by holding public meetings and studying noise impacts."

The New Castle Community Center is located at 10 Senter St. in Chappaqua.

Committee and organized fundraisers for the Westlake High School baseball and track and field teams.

She said that her late father, Louis Brusco, provided money to the district upon his death to fund this summer's STEAM symposium.

In a two-sentence letter Jan. 17 notifying the community of Jost's resignation, Board President Colleen Scaglione Neglia mentioned that the Board of Education will convene a special meeting this Wednesday evening at 8 p.m. to discuss next steps.

GRAND PRIX
NEW YORK RACING & ENTERTAINMENT

SPINS BOWL

BIRTHDAY PARTIES | FUNDRAISERS
BAR/BAT MITZVAHS | FIELD TRIPS
PRIVATE LESSONS | CORPORATE EVENTS

333 North Bedford Road | Mount Kisco, New York
gpny.com | info@gpny.com | 914-241-3131

HELP WANTED
LANDSCAPE WORKER
AT CEMETERY

Full-Time, Year-Round Position.
Excellent Pay, Health Insurance
and 401K. Experience Preferred.
Must have clean, valid driver's
license and own car. No public
transportation to cemetery.
To apply, email resume or
brief work history to
cemetery123@optonline.net

THE VILLAGE
BOOKSTORE
EST 1972

Come browse our selection of
hand-selected books,
unique cards and more!
Open seven days a week.

Ten Washington Ave., Pleasantville, NY
Across from the Burns Film Center
914.769.8322
staff@pleasantvillebooks.com

Mt. Kisco's Oldest Jewelry Store

IF YOU'RE
LOOKING FOR
SOMETHING
MODERATELY
PRICED, OR
MAYBE A
LITTLE MORE
LAVISH AND
UNIQUE.

Limited Unlimited

AT LIMITED
UNLIMITED
JEWELERS,
YOU CAN
ALWAYS EXPECT
TO FIND WHAT
YOU SEEK.
AFTERALL, WE'VE
BEEN AT THIS
FOR A WHILE.

8A South Moger Avenue Mt. Kisco, NY 10549
(914) 241-2232
Open Tuesday through Saturday 10AM- 5:30 PM

State Legislators Call on Cuomo to Support \$35B for Road Repairs

By Martin Wilbur

A contingent of Westchester's state representatives called on Gov. Andrew Cuomo and fellow lawmakers last week to support a \$35 billion road and bridge repair bond to fix New York's crumbling transportation infrastructure.

Standing with a large contingent of members from Teamsters Local 456 and representatives of Rebuild New York Now at the union's headquarters last Friday in Elmsford, the legislators urged that an infrastructure bond act be presented to voters this November that would make the money available for repairs on state roads throughout New York over a five-year period.

Funding from the current \$29.2 billion capital improvement plan that was approved about five years ago is set to expire on Mar. 31.

State Sen. Shelley Mayer (D-Yonkers) said that the poor condition of the roads in her district and throughout the region is the top complaint from her constituents. Many local and county officials throughout Westchester have also remarked in recent years how state thoroughfares have been allowed to badly deteriorate, triggering

innumerable stories from drivers who have been left with flat tires and other damage to their cars.

"There should be long-term statewide improvements that make sense for the drivers and the people of our county," Mayer said. "We have a piecemeal situation, which is never good enough. This is the number one complaint I get throughout my district. The roads and bridges are simply not invested in the way our taxpayers need."

Investing in roads would also help the economy by creating solid, good-paying jobs for workers, added state Sen. Peter Harckham (D-Lewisboro), contending that it is vital for the competitiveness and the economic development of the Hudson Valley.

The senator also said that since the state has lagged on its repairs it is unlikely that \$35 billion over the next five years will enable it to catch up on all the work that's needed.

"So, \$35 billion, it sounds like a lot of money; it's not a lot of money," Harckham said. "It's a drop in the bucket, but that's where we've got to start and it's essential we get this done."

Officials also argued that the infrastructure issue has wide

bipartisan support. Legislator Assemblyman Kevin Byrne (R-Mahopac) was also on hand to speak about its importance.

"This is something we have a tremendous need for," Byrne said. "I'm proud to stand here with my colleagues to call for this significant increase in investment in the upcoming capital plan and we've got to get to work."

Mayer refused to speculate whether Cuomo will support the initiative until he releases his budget plan on Tuesday. The state faces a \$6 billion budget gap, about two-thirds of which is Medicaid related. But legislators remain hopeful that Cuomo will back the plan.

Cuomo had also advocated in his Jan. 8 State of the State address for a \$3 billion environmental bond on the November ballot.

"We're going to see what the governor puts on the table and then we're going to fight for what we think is absolutely essential," Mayer said.

Harckham said the state has to be able to turn its attention to multiple key projects simultaneously while Assemblyman Tom Abinanti (D-Pleasantville) said government's most important



MARTIN WILBUR PHOTO

State Sen. Shelley Mayer announced support last week for a \$35 billion road repair bond to make much-needed improvements to the state's transportation infrastructure. She was joined by an assortment of elected officials and members of Teamsters Local 456.

responsibility is the safety of its residents.

Meanwhile, Teamsters Local 456 President Louis Picani said the area's roads and bridges are in a "crisis" condition and that action must be taken.

"The crisis of the infrastructure here in Westchester County

is an unfortunate site," Picani said. "We are providing a strong infrastructure proudly built by generations before us, and because of the lack of maintenance, these foundations that were so resilient are now probably beyond repair."

In Memory of Evangeline Marie

Evangeline Marie Fernandez (née Scully) passed away peacefully on January 15 surrounded by family and close friends.

Van was born on March 29, 1925, in Jamaica, NY, to James and Evangeline Scully, the third of seven children. In her 94 years, Van was a devoted daughter, sister, aunt, mother, grandmother and friend.

Van was an inspired and inspiring teacher to thousands of students, kindergarten to adult over four decades and on five continents. A graduate of the College of New Rochelle and Columbia Teachers' College, she began her career in the Bronx in 1950. One Sunday, she read a job ad in the New York Times classified section by Standard Oil of New Jersey seeking teachers for the children of oil engineers stationed overseas. She applied immediately. Three weeks later, she headed to Puerto Ordaz, Venezuela, where she taught K-6 in a tiny schoolhouse for two years. Subsequent

posts included Talara, Peru; Abadan, Iran; Kuala Lumpur, Indonesia; and Madrid, Spain. She returned to the U.S. in 1964 and taught for 18 years at the Fox Lane Middle School in Bedford, NY. At age 64, she joined the Peace Corps and taught teachers-in-training for two years in Bamenda, Cameroon.

Throughout her career, Van was a boldly innovative teacher. She pioneered the ground-breaking, inquiry-based "Man: A Course of Study" curriculum in the 1970s. Middle schoolers engaged in hands-on study of the entire history of living things, such as fish, birds, and mammals. In their culminating case study of the Netsilik Inuit people, students built life-size shelters and kayaks. The course was criticized because of its emphasis upon questioning aspects of Western paradigms of belief and mo-



ality. For Van, exposing young people to diverse cultures and peoples was her greatest responsibility as a teacher and helped them to develop into empathic, questioning and peace-loving citizens.

Van lived her deep Catholic faith by always seeking opportunities to serve others. At 61, she donated a kidney to her brother Tom. In her 70s, she taught Confirmation classes at Our Lady of the Mountain in Long Valley, NJ. In her 80s, she led bible study for the residents of the Saint Francis Residence in Denville, NJ, where she lived for the past 14 years.

Van is predeceased by her sisters Mary and Rebecca and brothers Robert, Vincent and Thomas. She is survived by her brother James, her daughter Mary Fer-

nandez and son-in-law Adam Buchsbaum, granddaughters Elena and Shira, her caregiver and sister-in-law Mary Helen Tarry, and dozens of adored nieces, nephews, and great nieces and nephews.

A funeral mass will be celebrated at the chapel of the St. Francis Residence, 122 Diamond Spring Rd., Denville, NJ on Friday, January 24 at 11:00am. A reception will immediately follow mass.

The Buchsbaum family will sit shiva and welcome visitors on Sunday January 26 6:00pm-8:00pm at 19 Grove Street, Madison, NJ. Minyan will be held at 7:00pm.

Donations in Van's memory can be made to: Success Academy <https://www.successacademies.org/giving/> or The John Hay Library of Brown University <https://bbis.advancement.brown.edu/BBPhenix/giving/library>



Police Blotter

North Castle Police Department

Jan. 10: A party arrived at headquarters at 8:28 a.m. to report a larceny from a work vehicle while it was parked on Lafayette Avenue.

Jan. 11: An individual reported at headquarters at 4:13 p.m. stating that he was the victim of a Publisher's Clearinghouse scam that occurred in the past. A report was taken at the dispatch desk.

Jan. 12: A caller reported at 1:19 a.m. that approximately 25 vehicles were making loud noise in the Stop & Shop parking lot on North Broadway. The responding officer stated that those vehicles left the area without incident.

Jan. 12: Parties reported at headquarters at 1:56 p.m. stating that they witnessed a suspicious incident the previous day at about 5:20 p.m. in front of Wampus Elementary School. The complainant and his wife were walking at the school when they observed an older white vehicle with tinted windows driving erratically through the parking lot and performing donuts. The complainants stated they were unable to obtain a license plate. They were advised to immediately contact police if they see this activity again.

Jan. 12: Report of a 16-year-old with a possible leg fracture at the Armonk indoor sports facility on Business Park Drive at 8:10 p.m. Police notified 60 Control for Armonk Fire Department dispatch. The responding officer reported that the party was taken to Northern Westchester Hospital.

Jan. 13: Headquarters received a call at 5:44 p.m. from a party who appeared to have

an altered mental status or possibly under the influence. The party stated he was "moistening the envelope" when asked why he called and his speech was slurred. There was also a heavy language barrier. The caller stated he spoke French and Haitian Creole. A phone number and a Stamford, Conn. address were obtained. Stamford police were subsequently notified and the dispatcher stated he believed he had just spoken to that party as well.

Jan. 15: State police reported at 6:12 a.m. that they were on the line with an operator involved in a hit-and-run accident and the operator is following the vehicle. State police reported the accident apparently occurred on I-684 but the operator driving the vehicle that left the scene was traveling in the area of Cox Avenue.

Pleasantville Police Department

Jan. 13: Report of a burglary at a house on Clinton Avenue at 5:42 p.m. Police provided no additional information because of the ongoing investigation.

Jan. 14: A complainant reported at headquarters at 9:35 a.m. that several credit cards were fraudulently opened in their name.

Jan. 14: Report of a burglary on Clinton Street at 12:02 p.m. It was discovered that nothing was taken from the building.

Jan. 16: A tree limb was reported to have fallen onto a vehicle and damaged the car at 12:10 p.m.

Jan. 16: A mailbox was reported to have been struck by a car on Washington Avenue at 3:34 p.m.

Obituaries

Marie Mason

Marie S. Mason, 95, passed away peacefully at her home in Chappaqua on Jan. 14.

Born on Jan. 13, 1925, in Glens Falls, N.Y. Mason was the daughter of F. Karl and Elizabeth Surprenant. At the age of 17, she left Glens Falls to attend St. Vincent's School of Nursing in New York City, of which she was a proud alumna. She then graduated from Boston College in 1953, receiving a bachelor's degree in nursing education.

On June 18, 1955, she married Lawrence A. Mason and the couple settled in Brazil where they resided for eight years. While living there, Mason learned fluent Portuguese, and eventually Spanish, after the couple relocated to Puerto Rico. Upon returning to the states, they settled in Westchester County, first in Dobbs Ferry and finally Chappaqua.

Mason was proud of her nursing career and had a deep love of literature, music, travel and family. She will be remembered for her determination, independence and

adventurous spirit.

Mason was predeceased by her husband, Lawrence, and her sister, Nancy Dingman. She is survived by her daughter, Katherine (Chuck) Manson, of Chappaqua and son Andrew (Cindi) Mason of Briarcliff Manor. She was a loving grandmother to Stephanie and Dylan Manson and Max and Jessi Mason. In addition, she is survived by her loving sister and brother-in-law, Betty and Chuck Duell, and numerous nieces and nephews.

The family wishes to thank the hospice team of Deborah Mascia, Maureen Morgan, Tina Olney, Jessica Grano, Curtis Au and Peter Gibbons, who showed an abundant amount of compassion and kindness to Marie throughout her journey.

There was a graveside service for family and friends on Jan. 20 at Fair Ridge Cemetery in Chappaqua.

In lieu of flowers, the family requests donations be made to Hospice of Westchester and Putnam, 540 White Plains Rd., #300, Tarrytown, N.Y. 10591.

David MacGillivray

David MacGillivray passed away on Jan. 15 at White Plains Hospital surrounded by his loving family and dear friends who he considered family. He was 84.

MacGillivray was born in Stamford, Conn. on Nov. 3, 1935, and raised in Greenwich. After graduating from Union College in Schenectady, he served for the U.S. Army in Germany and enjoyed recounting the many stories from this time, particularly going through basic training with Elvis Presley.

Upon completion of his service, MacGillivray was employed by The County Trust Bank in White Plains, which later became the Bank of New York, where he continued his career in its corporate offices in Harrison and on Wall Street in New York City.

During his time at The County Trust, MacGillivray met and married Jean Carroll.

They were married for 50 years when she predeceased him in December 2014. He is survived by his daughters, Pamela and Cynthia MacGillivray, of Chappaqua; nieces Cassidy Cappannelli of Chappaqua, Rhiannon Cappannelli of New Haven, Conn. and Christi Miller Wallat, along with her children Matthew and Lauren Wallat, of Perry, Fla.; as well as his "honorary daughter," Cheryl Slater Frudak and her husband, Steven M. Frudak, of Somers. In addition to his wife, MacGillivray was predeceased by his sisters-in-law, Dr. Cynthia Wallat and Joan Klein, his niece, Suzanne Cappannelli, and his nephew, Geoff Wallat.

Visitation was at Beecher Flooks Funeral Home in Pleasantville on Jan. 17. The service was at the funeral home on Jan. 18 followed by burial at Fair Ridge Cemetery in Chappaqua.

WCC Offers Historic Preservation Certificate Program

Westchester Community College's Peekskill Extension Center is offering a new noncredit Historic Preservation Certificate Program, the only such program at a community college in New York State.

The program provides training for students interested in historic site management, fundraising, research and building trades. The course of study is also relevant to working professionals in these fields who seek to hone their skills and earn credentials in historic preservation.

The course totals 80 hours over 10 weeks, half in the classroom and half in directed historic preservation fieldwork.

Courses required toward completion of the certificate include Introduction to Historic Preservation, American Architectural History and Historic Preservation Field Work I & II. Students will benefit from courses located in the heart of the Peekskill Historic District. Fieldwork courses will be held at Westchester County historic sites as well as at related businesses in the county and beyond.

Registration is underway for February classes. Those interested in registering may e-mail the college at peekskill@sunywcc.edu. For further information, see details at www.sunywcc.edu/peekskill.

B.F.

BEECHER FLOOKS FUNERAL HOME, INC.

"The place to turn in your time of need!"

Personally Owned and Supervised By

William F Flooks, Jr. & William J Flooks
Proprietor Licensed Funeral Director

Caring for our community since 1928
Personal and Complete Funeral Service

418 Bedford Road...Pleasantville, NY 10570...769-0001

www.beecherflooksfbh.com



SINGLE-VISION
2 PAIRS FOR

\$49*

PROGRESSIVES
2 PAIRS FOR

\$89*

EYE
EXAM

\$49†

DAILIES®
AQUACOMFORT PLUS®
CONTACTS

\$299‡

INCLUDES EYE EXAM &
1-YEAR SUPPLY

20/20 FASHION
IN FOCUS

Sterling
OPTICAL®

Jefferson Valley Mall (near Key Bank) | 914.245.8111
Cross County Shopping Center (near Old Navy) | 914.968.6600

Most insurance plans accepted | Doctor available 7 days a week!
SterlingOptical.com | Se habla español

*Frames from a select group. 25% off lens upgrades. †With purchase of complete pair of eyeglasses or an annual supply of contact lenses. Contact lens exam additional. ‡Offer for new DAILIES® wearers only. With purchase of (8) 90 packs of DAILIES® AquaComfort PLUS® contact lenses. \$200 rebate will be sent in the form of a prepaid Visa® card to the address provided on the rebate form. Visit DAILIESCHOICE.com for full terms and conditions. Valid at Yorktown Heights and Yonkers locations only. Cannot be combined with insurance or other offers. Other restrictions may apply. See store for details. Limited time offers.

Demolition at Site of Memorial Plaza Project Nears Completion

By Abby Luby

For more than a year, anyone in downtown Pleasantville has heard the pounding and drilling from the demolition and excavation where the proposed 70 Memorial Plaza mixed-used project will be built.

Before discovering the unexpected, mammoth bedrock, developers Robyn Errico and Ted Lai of Hexad Holdings LLC had to demolish two vacant buildings on the site. Under those buildings, rock spanned a depth of almost 30 feet, according to Pleasantville Building Inspector Robert Hughes.

The site work, which started more than a year ago, was expected to take about three months. Now, the demolition and the rock removal are finally near completion and preparing the property for construction has begun.

The project has been approved by the village's Planning Commission and the Zoning Board of Appeals.

"They still need to apply for permits, including ones for the foundation, steel work and the building," Hughes said.

As building construction moves forwards,

permits are also required for plumbing, fire safety and installation of the elevator. Each permit will be reviewed by Hughes.

The proposed four-story mixed-use building next to the post office will have 82 apartments on the upper three floors with 7,691 square feet allotted to street-level retail space. The three-level underground garage is slated to accommodate 137 parking spaces for residents and shoppers coming to the central business district.

The plan also calls for Cooley Street, located behind the site, to be reconfigured into a two-way through street allowing vehicles to make a right turn off of Manville Road to access the building's garage. The reconfiguration means a loss of 15 parking spaces on Cooley Street, but since the developers have added parking in the garage, there is a significant net gain. Renting at least 76 parking spaces to nonresidents, including employees of the retail establishments in the building, is being considered.

A residential pedestrian entry will be located on Memorial Plaza with a large canopy to encourage additional foot traffic accessible both to the public and the



ABBY LUBY PHOTO

The site at 70 Memorial Plaza where a four-story mixed-use building will be constructed and an artist's rendering of what the structure will look like.

building's residents.

Apartments planned for 70 Memorial Plaza include seven studio apartments, 38 one-bedroom apartments, 33 two-bedroom units and four three-bedroom residences.

The applicant plans to make eight of the apartments affordable housing units that

are sprinkled throughout the building and of different sizes. Original plans included 24-hour doorman service and a recreation area for the roof.

Jaguar to Join Land Rover at New Mt. Kisco Dealership Building

By Ed Perratore

Mount Kisco, already rolling in auto showrooms, will have an even greater selection once a local dealership concentrating solely on Land Rover SUVs rebuilds to make room for its more luxurious sibling, Jaguar.

Retailer AutoNation, Inc. has submitted an application to the Mount Kisco Planning Board to demolish the Land Rover dealership at 299 Kisco Ave. and another existing building at 41 Kensico Drive and construct a new Jaguar Land Rover dealership and service center called NY Luxury Motors.

A sidewalk constructed along Holiday Inn Drive would run about 800 feet between the two sites.

Vehicle sales and service would take place at the site of the existing Land Rover showroom on Kisco Avenue, just south of

the entrance to the Saw Mill River Parkway. The applicant would replace the current structure with a single-story building.

The Kensico Drive site, across from Holiday Inn, would have a 2,505-square-foot garage for indoor vehicle prep. Exterior parking and vehicle storage would take up the remainder of the property.

Before the board gives its approval, however, it must review the project's potential environmental impact under the state's Environmental Quality Review Act (SEQRA). JMC Site Development Consultants in Armonk has already submitted numerous documents, including full project plans, environmental assessment forms, an updated stormwater prevention plan, a traffic-impact analysis and a site lighting plan. Still being prepared is a flood plain remediation plan.

After the SEQRA determination, the

project will need to pass muster with the village's Zoning Board of Appeals and Architectural Review Board, New York City's Department of Environmental Protection (DEP), since the property lies within the city's East of Hudson watershed, and other agencies.

In addition, the applicant must make peace with one distressed neighbor. Victor Cannistra, a CPA and a neighboring property owner, attended last week's public hearing to voice concerns over two parts of the site plan. His property, at 43 Kensico Drive, houses a number of businesses as well as his firm.

Cannistra's first concern is that water could drain off NY Luxury Motors' property and run onto his, particularly since the site plan for 41 Kensico Drive designates a small portion of the site near the northern property line as a snow storage area. "This kind of



ED PERRATORE PHOTO

Mount Kisco's existing Land Rover dealership at 299 Kisco Ave., above, would be razed and replaced with a new sales and service center.

feeds into the water issue," said Cannistra. "Westchester EMS is on our property, operating 24/7, with 25 ambulances that have to be able to go at a moment's notice. I'm just concerned about my tenants – and they're complaining about it."

His other concern involves a dumpster that would be situated near the same property line. Cannistra suggested the dumpster would be less troublesome if it was placed along the southern property line, near Suburban Propane.

"I would prefer not a big dumpster close to our property, especially when the other property line is very heavy commercial, industrial, that no one would ever mind," he said.

Building Inspector Peter Miley informed Cannistra that NY Luxury Motors would need a variance if it sought to place the dumpster anywhere but behind the building.

However, representatives from JMC said that the parties were already discussing drainage and trash handling with Cannistra and that they would do whatever was necessary to come to an agreement.

The Planning Board adjourned the public hearing until the board's next meeting on Jan. 28. By then, the applicant hopes the village can make its SEQRA determination, which must be completed before other agencies can move ahead.

Village to Install Lights This Spring for Parkway Back Field

By Abby Luby

A bid has been accepted to install six permanent lights on the rear playing surface at Pleasantville's Parkway Field.

Last week, the Pleasantville Village Board approved a \$29,436 bid by Cooper Friedman Electric Supply Co., Inc. for the project for the Marble Avenue facility. The lights being proposed are the field that is sometimes referred to as Parkway Back Field.

At the Jan. 13 board meeting, Village Administrator Eric Morrissey said most of the installation work, including digging trenches, will be done by Pleasantville's Department of Public Works. Estimates of the project's total cost is about \$40,000, Morrissey said. Money for the work will come from the village's Recreation Fund.

Every year the village has rented temporary lights powered by noisy diesel



An aerial shot of Parkway Field on Pleasantville's Marble Avenue. The Parkway Back Field will soon see the installation of permanent lights.

generators, which emit environmentally hazardous exhaust. The temporary lights have had to be moved on and off the field weekly.

The new 25-foot-high, 350-watt LED lights are designed to illuminate the back field and not spill over into the parking lot or to nearby residential properties. Additional wire length will be provided to allow for changing the positions of the poles in the future.

Parkway Field is located at 44-98 Marble Ave. and is used by Pleasantville High School for baseball, softball, soccer, lacrosse and football games and practices. Because of the lack of permanent lights, several youth sports teams could only play on Parkway Back Field during daylight hours.

The field is also used during the annual Pleasantville Music Festival. The new lights will make exiting the site safer for festival-goers when the concert concludes after dark and ease nighttime clean up.

Installation of the lights is expected to take four weeks and will start in the spring.

New Fertility Clinic Planned for Mount Kisco Square

By Ed Perratore

Representatives for Mount Kisco Square appeared last week before the village's Planning Board to reveal a fertility clinic is moving into the site and to resolve outstanding issues with an existing tenant.

The North Bedford Road shopping center, which already hosts a Petco retail store, FedEx Office Print & Ship Center outlet and CareMount Medical Urgent Care Center, would welcome Reproductive Medicine Associates (RMA) New York, a fertility clinic that's part of the Mount Sinai Health System.

At the property's south end, the existing 2,600 square feet that houses a Five Guys burger restaurant includes some space formerly occupied by a Sears Appliance Outlet Store. Five Guys had already received approval to increase the height of two towers and make other improvements, but it had never received a formal Certificate of Occupancy. It had been operating with a Temporary Certificate of Occupancy (TCO), which has now expired.

The updated application for an amended site plan and a change of use permit would also put to rest the arrival of another would-be tenant: Nonna's Brick Oven Pizzeria & Restaurant. The deal for Nonna's to lease space never materialized.

Representatives for applicant Mosbacher Properties, who appeared on behalf of property owner Townsend Street Partners, discussed with the board last Tuesday evening several partially or never-completed resolutions, including the now-expired TCO for Five Guys. A permit approved last June 11 for RMA, which required that construction commence within six months, has also expired.

The Planning Board approved another TCO for Five Guys to complete any remaining work and to satisfy conditions before it receives a formal Certificate of Occupancy.

But for RMA, the applicant explained that any resolution mandating construction to start within six months could be problematic.

James Caris, a project manager with JMC Site Development Consultants in

Armonk, asked the board for a dual-track approval in case RMA cannot start on the interior work. The resolution typically allots six months.

"The property owner has control over certain aspects of the outstanding approvals, but they have less control over when the tenant actually files their plans and starts construction," he said.

Caris assured the board that the tenant was moving quickly.

Mindy Schmidt, senior property manager for Mosbacher Properties, elaborated on RMA's concerns.

"They're going to be storing embryos there. They need to safeguard it, so there's a lot they're planning on that isn't

your regular office or retail buildout," Schmidt said. "They've agreed to comply with whatever, but their initial buildout is going to require very substantial review."

"My concern is that they're not going to be able to start the construction within the six-month period," she added. "It's not because they don't want to; they are paying rent, right now, as we speak."

The board approved a resolution granting the usual six months for the clinic's exterior work, such as building signage and façade changes, to begin. But it also provided RMA an additional six months to start construction on the interior, with assurances that that period could be extended, if necessary.



ED PERRATORE PHOTO

The view from the south end of the Mount Kisco Square shopping center on North Bedford Road.

All Roads Lead To PLEASANTVILLE

Total Value
Get more, without paying more!

Total Convenience
Easy to get to from everywhere!

Total Service
Caring, Award-winning service!

The Ultimate Combination for Customer Satisfaction
Pleasantville Ford, Inc. Prestige Imports

a division of Pleasantville Ford Inc.

914.769.1800
44 & 47 Pleasantville Road
Pleasantville, NY
www.pleasantville-ford.com

The Center of
Westchester
County

In Business
for over 50
years!
Come
See Why!

**get
NOTICED!**

**Advertise in
The Examiner.**
Call 864-0878 today!

To advertise in The Examiner,
call 914-864-0878

or e-mail
advertising@theexaminernews.com

The Examiner

Adam Stone
astone@theexaminernews.com
Publisher

Martin Wilbur
mwilbur@theexaminernews.com
Editor-in-Chief

Examiner
MEDIA

also publishes

The **NORTHERN WESTCHESTER**
Examiner

The **WHITE PLAINS**
Examiner

The **PUTNAM**
Examiner

To inquire about paid
subscriptions, email
subscriptions@theexaminernews.com
for pricing and other details

PO Box 611
Mount Kisco
NY 10549
914-864-0878
www.TheExaminerNews.com

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to mwilbur@theexaminernews.com. The Examiner requires that all letter writers provide their name, address and contact information.



Member of

NEW YORK PRESS ASSOCIATION
NYPA

Editorial

Latest Incident at St. John's Episcopal is an Affront to Entire Community

It doesn't really matter whether damage occurs at a church, synagogue or mosque or at a school or on private property. Acts of vandalism anywhere, but particularly houses of worship, have regrettably become the norm throughout Westchester and beyond.

Last weekend's damaged sign at St. John's Episcopal Church in Pleasantville is the latest example. It isn't certain whether the vandalism to the sign on the church's lawn was an act of intolerance and hate because the congregation attached the rainbow flag to the sign to show it to be welcoming community, or a random act of vandalism designed to see what reaction the act might generate.

Who knows, but there may not have been any motive at all.

The effect is the same. It puts the community on its heels, weighing to what level, if any, the crime should be publicly aired. It can be argued that it's meant to confuse, making the overwhelming portion of the community that cares for its neighbors and residents, question whether there is any sense to it at all.

It's also a reminder that each person has the responsibility to stay alert and report to police when and if they see suspicious activity anywhere.

Unfortunately, the discussion whether houses of worship should start installing

exterior surveillance cameras needs to be had.

There are no easy answers, but we also must never become desensitized toward these crimes and wave it off as a minor incident because no one was injured.

Whenever one of these incidents occurs, whether it was the vandalism spree a couple of weeks ago in Yorktown or swastikas drawn and etched into doors or walls at schools, it's not just the property owner or members of the congregation that bears the brunt of the offence, the entire community gets hurt.

Resolution for Pat Henry Field Needed

What started out last year as a typical quality-of-life debate for Kensico Avenue residents has inexplicably and unnecessarily mushroomed into an increasingly harsh and bitter fight.

The Kensico Little League wants to put lights at Pat Henry Field to allow games to be played after dark. It's a reasonable request, something that has been done at many other recreational facilities in the area to try and maximize the hours the field can be used.

Somehow, though, the debate has degenerated into finger-pointing and name-calling that has turned the public comment portion of Mount Pleasant Town Board meetings into a full-scale verbal

brawl.

Earlier on in this debate, the Town Board exercised prudent patience to hear points of view from all sides, including valid concerns from the neighbors.

However, lately, that patience has appeared to turn into inertia that is unnecessarily dividing the community. The Town Board needs to explain what issues need to be resolved that are preventing it from making a decision.

Then, the board ought to steer the conversation toward some workable compromise. One suggestion of imposing a 10 p.m. curfew for play at the field, if the majority of residents would find that acceptable, sounds like a reasonable accommodation. There is no reason for 11- and 12-year-olds to be playing ball past that hour, even during the summer.

Perhaps there could be other ideas in the offing as well, such as a limit to the number of games played at the field each week under the lights.

At this point, it behooves the Town Board to show some leadership and defuse the situation as soon as possible and make what will be a difficult call. Otherwise, the two sides may still be showing up on Tuesday nights to Town Hall when the baseball season starts, hurling accusations at each other instead of watching the kids play.

Letters to the Editor

Thanks to Organization's Donors for Making Christmas Special for Kids

I am writing to thank Mount Kisco residents for sharing the true meaning of Christmas with children in need this past holiday season.

Because of the generosity of donors in Mount Kisco and across the United States, Operation Christmas Child, a project of Samaritan's Purse, collected more than 8.9 million shoebox gifts in 2019. Combined with those collected from partnering countries in 2019, the ministry is now sending 10,569,405 shoebox gifts to children worldwide.

Through shoeboxes – packed with fun toys, school supplies and hygiene items – local volunteers brought joy to children

in need around the world. Each gift-filled shoebox is a tangible expression of God's love, and it is often the first gift these children have ever received. Thanks to the generosity of donors, Operation Christmas Child has collected and delivered more than 178 million gift-filled shoeboxes to children in more than 160 countries and territories since 1993.

It's not too late for people to make a difference. Though drop-off locations serving Mount Kisco are closed until Nov. 16-23, 2020, information about year-round volunteer opportunities can be found at samaritanspurse.org/occ or by calling 518-437-0690.

Thank you again to everyone who participated in this global project; many do so year after year. These simple gifts, packed with love, send a message to children worldwide that they are loved and not forgotten.

Dana Williams
Operation Christmas Child

Remember the Victims, Survivors During Gun Violence Survivors Week

From Feb. 1-8, 2020, Everytown for Gun Safety will honor the second annual National Gun Violence Survivors Week, to mark the approximate time that gun deaths in the United States surpass the number of gun deaths experienced by our peer countries in an entire calendar year. Tragically and unacceptably, our gun death rate is 10 times greater than that of our peer countries. The focus of the week is on sharing survivors' stories and encouraging allies to amplify their voices. Gun violence survivors live with the impact of gun violence every day of the year, and National Gun Violence Survivors Week is meant to highlight that reality.

We invite members of the community to participate in the Westchester event by Moms Demand Action for Gun Sense in America on Saturday, Feb. 1 from 2 to 4 p.m. at the Yonkers Riverfront Library's community room.

Jeff Raderstrong
Sleepy Hollow

Correction

In last week's article about Griffin Rossi of Valhalla reaching the rank of Eagle Scout, his father's first name was incorrect. The elder Rossi's correct name is John. The Examiner regrets the error.

SMALL NEWS IS BIG NEWS

Respect the Vest: Working Canines and What They Do

By Arden Hauck

"Kaitlin was a bolter," said Nancy Flaherty when asked about her 20-year-old daughter, Kaitlin, who has autism. "She was almost killed recently by a car in the parking lot of a supermarket."

Kaitlin's life was saved by her service dog, Chester, Flaherty said about the recent incident, and the dog has changed the lives of the entire family in many other ways.

To the public, Chester, a handsome two-and-a-half-year-old black lab, appears as nothing more than an unexpected face in a public setting. However, he is performing a critically important job for Kaitlin, his owner and handler.

Half of the population of children who are diagnosed with autism have a wandering or "bolting" behavior, said Erica Stanzione, director of marketing and development at BluePath Service Dogs, the Hopewell Junction-based organization that trained Chester.

Chester is trained to psychologically and physically anchor his handler in public to keep her safe and prevent her from running away.

"Kaitlin suffers greatly from anxiety," said Flaherty, a Peekskill resident. "The dog reassures her that it's okay to go out of the house, even in times where her anxiety is super high."

Chester also bridges the gap between Kaitlin and the public, allowing her to feel more comfortable socializing with her peers and even strangers. He has taught Kaitlin about responsibility as well, since she is the one who feeds, grooms and walks him.

Moreover, Flaherty swears that Kaitlin's service dog has completely transformed her family's dynamic.

"Before we got Chester, we literally were prisoners to autism, and it has given us a sense of normalcy, so that we can, as a family, go out and not have to worry about Kaitlin getting lost or hurt," she said.

Recently, while in Florida, Kaitlin was accidentally left behind in an elevator. The family panicked, but with Chester by her side, Kaitlin was found in the elevator instead of the incident turning into a traumatic experience.

"The work that BluePath does, not just for autistic children but their families is incredible. They have saved my family," Flaherty said.

Becoming a Service Dog

The training that goes into a service dog is rigorous and lengthy. Tim Cohen, head trainer at The Guiding Leash Dog Training, said any dog that isn't taking obedience cues from its owner or is acting out in public can be legally asked to leave the premises by an employee or by law enforcement.

"A service dog should be able to be quiet, calm and relaxed when out in public,



BluePath puppy raisers and their pups during a training session at the Bedford Hills Fire Department. Pictured, left to right, are Kate Petersen and Beatrice, Sam Okazaki and Binny, Ana Montoya and Colby, Lindsey Fahey and Cece, Kaete Cason and Nicholas and Saxon Eastman and Ranger.

whether they are walking from one place to the next or engaged in more static activities such as laying under a table at a restaurant," Cohen said.

Chester's training was extensive, beginning with BluePath Service Dogs at eight weeks old.

Puppies are bred through other service dog schools and donated to BluePath. Some come from private breeders. The puppies, mostly labs and golden retrievers, are selected by BluePath, which consistently turns out calm, even-tempered dogs.

At eight weeks, the "purpose-bred" dogs, meaning they possess the superior health and temperament that will allow them to be successful, go to the volunteer puppy raisers. They stay with the raisers until about 18 to 20 months old to learn proper behavior.

Stanzione said after being carefully selected from his litter, Chester spent time in a volunteer puppy raiser's home learning house manners and potty training as well as experiencing "everything that the world has to offer."

To practice proper behaviors, the puppy raisers begin to take them out to grocery stores and shopping malls. It isn't until 18 to 20 months old that the dogs return to BluePath to learn more advanced behaviors

and complete their training. The entire process can take up to two years.

Guide dogs, another type of service dog that serve the blind and visually impaired, also do not get matched with their handler until they are about two years old. This includes four to six months of specific task training.

Nancy Teague, founder of Putnam Service Dogs in Brewster, said it is very difficult to successfully produce a service dog.

"It's an extremely rare dog that can actually do the job, and it's a long training



BluePath's Roxy, a service puppy in training, trying out her first vest.

process," Teague said.

Putnam Service Dogs' trainees also partake in two years of rigorous training and come out of it "at an extremely high level of obedience," Teague said, exceeding the highest level of the American Kennel Club obedience standards.

Mobility Dogs

Putnam Service Dogs is unique in that its dogs come from shelters. This is uncommon, since service dogs are difficult to produce and rescue dogs can have unreliable bloodlines and temperament. Nevertheless, the dogs undergo a careful selection process. Teague explained that in their last class, five of 44 dogs were chosen as appropriate candidates.

Putnam Service Dogs trains dogs for people with mobility issues and physical disabilities. This means performing their most popular task – retrieving dropped or distant objects for their handlers. They also carry items in their mouths for their owners, and in some cases, it can also mean learning to work alongside a wheelchair.

Autism Service Dogs

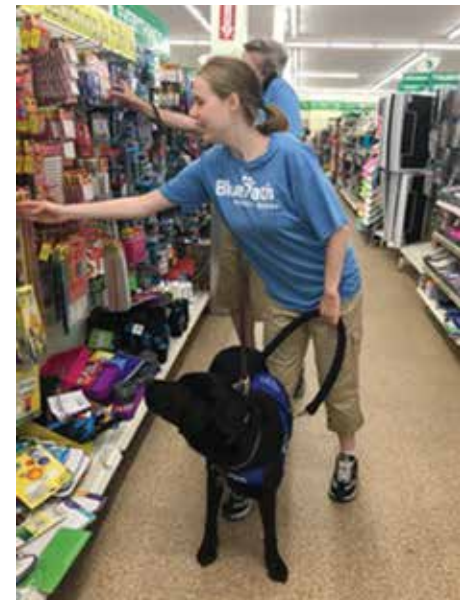
BluePath trains dogs specifically to keep individuals with autism safe. BluePath matches children with their first dog between three and 11 years old. They train the handler how to use the dog as a tool to keep the child safe in public. The child is tethered to the dog and the dog is taught to anchor the child, using their weight to prevent the youngster from wandering into a dangerous situation. This emotionless response reduces and often eliminates the bolting behavior.

A handle is also used, which the child holds onto as another grounding technique in less stressful situations where a tether isn't absolutely necessary.

Chester is a "replacement dog" for Kaitlin; she had two previous dogs. Kaitlin had learned not to bolt at a younger age from her first dog.

Guide Dogs

Guiding Eyes for the Blind, an organization in Yorktown Heights that works specifically with individuals who are visually impaired, also divides service dog training into socialization and public access work and professional task training. Guiding Eyes employs a guide harness, teaching the dog the purpose of the equipment to assist the sight-impaired person and direct them.



Kaitlin Flaherty, alongside her service dog, Chester, at The Dollar Store in Peekskill.

Becky Davidson, manager of consumer outreach and graduate support at Guiding Eyes, explained that the dog is trained to understand what the harness implies and "what to do when they're wearing it and the commands that are important for the dog to learn, like forward, left and right."

Interacting with a Service Dog

How should humans act when they encounter a service dog? The best thing the public can do is let the dogs do their jobs.

"Speak to the person and try to ignore the dog," Davidson said. "It's perfectly fine to ask the person about the dog. Whether you're curious or you're being friendly, it's fine to compliment the dog or ask to pet the dog."

But remember the handler has the right to say no.

"We do not let anyone pet Chester unless Kaitlin gives permission," Flaherty said. "We put him in a 'down' position, so he doesn't break command, and so he can enjoy someone meeting him."

Flaherty said she doesn't mind the requests for information, because "the more we educate the public, the better."

These animals have important jobs and require appropriate space and respect. Flaherty said, "Chester is like the sentinel by (Kaitlin's) side," so their safety relies on the public's cooperation, she said.

Educating the public includes getting the word out that the law supports service dogs and their work. According to New York State law, interfering with or harassing a service dog in a way that makes it difficult for it to perform its duties is a misdemeanor and punishable by law.

A scary encounter with a person could set a service dog's training back years or even cause it to be taken out of service work, so it is important to give these dogs the respect and admiration they deserve.

Those interested in learning more about service dogs can visit BluePath Service Dogs at <https://www.bluepathservicedogs.org>, Guiding Eyes for the Blind at <https://www.guidingeyes.org> and Putnam Service Dogs at <https://www.putnamservicedogs.org>.

Arden Hauck is a senior at Horace Greeley High School and is currently owner-training her service dog, Cassie.



Lakota, a BluePath Service Dogs graduate.

Local Nonprofit to Tackle W'chester Poverty at First-Ever Symposium

By Martin Wilbur

Mention poverty and chances are Westchester County may be one of the last things that come to mind.

But professionals connected with various entities and organizations who work in education or the nonprofit sector are keenly aware that there is plenty of poverty throughout the county.

Next Wednesday, Jan. 29, a local nonprofit organization whose mission is to help those that struggle with providing food, shelter clothing and other basic needs, will be holding

a special event in hopes of ending poverty in Westchester.

The North White Plains-based (914) Cares is coordinating its inaugural Poverty Symposium, a four-hour program at the Westchester Marriott in Tarrytown, featuring speakers and a panel discussion among professionals, including social workers, representatives from government agencies and educators who work with the poor every day and witness the toll it takes.

Jessica Reinmann, CEO of (914) Cares, said the goal was to exchange ideas and form partnerships to finding a way to address

poverty and serve the poor. While there are myriad organizations that work in that area, Reinmann said she thought there could be improved coordination and effectiveness if representatives were in one space.

"What I really wanted to do was highlight the partnerships in Westchester that are working and just get everyone together, everyone who worked in that world and see if we can create new partnerships, more partnerships with the goal of ending poverty," Reinmann said.

The keynote speaker for the symposium, which runs from 8 a.m. to noon, is Amy Glasmeier, professor of economic geography and regional planning at the Massachusetts Institute of Technology. Glasmeier takes data from every county in the United States and calculates what a living wage in that county would be, Reinmann said.

A key reason why there are significant pockets of poverty in Westchester, she said, is that the federal poverty standard for a family of four in the United States is a household income of about \$24,000 a year. However, that translates to nearly \$80,000 in Westchester.

Another speaker is Alyzza Ozer, CEO of the Boys & Girls Club in Mount Kisco. The club's Mount Kisco location accommodates about 750 students a day after school and serves about 95,000 meals annually, including some children who need dinner because their parents don't get home from work until late or they come from poor households.

Despite the challenges in the community, Ozer said that over the past 10 years all of the children the Boys & Girls Club has served that have graduated high school have gone on to

college, vocational school or the military.

"I think the most important objective of this particular symposium is educating people within the community to better understand (and) raising awareness to work in a collaborative manner," Ozer said. "So issues that we may be experiencing can be addressed both from private stakeholders, corporations, partnerships and agencies working in conjunction with your local municipalities."

In her remarks, Ozer will talk about issues related to food, nutrition and education and the effects of poverty, particularly on children in Westchester.

Other speakers are Dr. Rey Sanchez and Dr. David Mauricio, superintendents of the Ossining and Peekskill school districts, respectively. There will also be a panel discussion titled "When Healthcare is a Luxury for the Working Poor," featuring Judith Watson, officer and interim CEO of the Mount Vernon Neighborhood Health Center.

The closing speaker is Peekskill Mayor Andre Rainey.

Reinmann said there will be plenty of work to do after the event, but it is a necessary starting point to minimize poverty and its devastating effects.

"Unfortunately, I don't think one symposium will end poverty," she said. "I want to see how successful it is and what comes out of it before we commit to something else."

To learn more about the symposium, which costs \$40 to attend for general admission, and the work of (914) Cares, visit www.914cares.org.

Exciting Discovery

Fox Lane High School senior Kenny Poor was recently named a scholar in the 2020 Regeneron Science Talent Search, the nation's oldest and most prestigious science and math competition. His research explored monitoring a person's blood pressure with their cell phone. Poor was one of 300 scholars from 1,993 applications received from 659 high schools in 49 states, including 33 in Westchester.



Join the Prenatal Yoga Community

@ Saw Mill Club

Sleep better
Breathe better
Birth better

Beginners Welcome!

Classes are held locally at
Saw Mill Club
(membership is NOT required)

Child care is available.

Class are on-going.
Join anytime



For more information contact
Kathleen Goldring
kgoldring@sawmillclub.com

SAW MILL CLUB
77 Kensico Drive
Mt Kisco, NY 10549
sawmillclub.com

Your Daily Examiner News Fix

Exami Blast

Visit **TheExaminerNews.com** to subscribe to
Examiner Media's FREE, daily e-mail newsletter

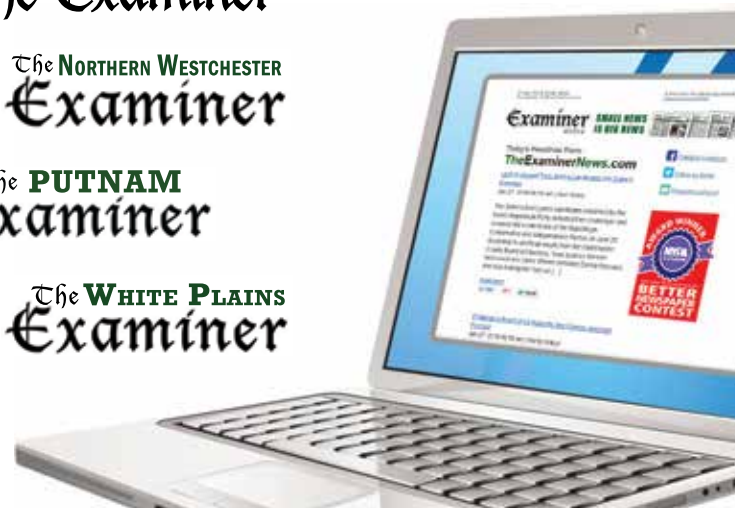
Get the latest headlines from:

The Examiner

The NORTHERN WESTCHESTER
Examiner

The PUTNAM
Examiner

The WHITE PLAINS
Examiner



SMALL NEWS IS BIG NEWS

Police Revive Unsolved Murder Case of Slain P'ville Firefighter

By Abby Luby

Westchester County Police joined Pleasantville firefighters, friends and family at the yearly candlelight vigil at Graham Hills Park last Monday to memorialize Tom Dorr, the volunteer firefighter brutally murdered 24 years ago.

To date, the case is unsolved.

"Tom Dorr is not forgotten and he is more than just a name on a cold case," Westchester County Police Capt. Mark Busche told the crowd at the vigil. "He deserves respect and dignity. That's why we are taking a hard look at any leads."

People surrounded a 40-foot maple tree planted as a sapling after Dorr's murder in January 1996. Dorr, who was to report to the Washington Avenue firehouse on standby along with other volunteer firefighters ahead of a blizzard, never made it to the firehouse. Fellow firefighters troubled by his absence searched the park and found his beaten and stabbed body under two feet of snow the next day.

At the vigil, a bagpiper softly played "Amazing Grace" and prayers and remembrances were shared. John Thys recalled his first year as a volunteer firefighter more than 20 years ago and how vigils for Dorr have been an annual event.

"If Tom's murderer is found, these vigils might not stop," Thys said. "The vigil could have a different meaning and we would hope people would still come."

John Brooks, who plans the vigil every year, said Dorr, who worked for the White



A cross and candles at the base of a tree in Graham Hills Park at last week's vigil for Pleasantville firefighter Tom Dorr.

Plains Water Department, was a hard worker and a family man who loved his kids.

"He was a big guy, around 6-foot-7, and everyone called him the gentle giant," Brooks said. "We are here hoping for some kind of resolution. We are not going away."

Dorr had served in the Pleasantville Volunteer Fire Department since 1979.

Fire Commissioner Dan Cultice remembered the night Dorr failed to report to the firehouse.

"The police had two strong suspects,



ABBY LUBY PHOTOS

Firefighters at the Jan. 13 vigil for Tom Dorr at Graham Hills Park, the volunteer firefighter brutally murdered 24 years ago.

his stepson and his wife," Cultice said. "I don't know how the police could hold out for 24 years without finding out more."

At the time of Dorr's death, his wife, Jane Sawyer Dorr, and stepson Jeffrey Sawyer were suspects. Both had been with Dorr in the park but returned home earlier. Soon after the murder, Jane Dorr and her son moved to Connecticut.

"This unsolved homicide went cold too quickly," Busche told the group. "Now that we have new forensic tools, any

leads will be thoroughly refreshed. We are also looking for new leads and additional suspects."

Busche said anyone with information can call 800-898-8477 or e-mail tips@wccops.com.

In 2015 Westchester Crime Stoppers and a private foundation offered a \$6,000 reward for information about Dorr's murder. Last January, Crime Stoppers posted an additional \$2,500 reward regarding the Dorr case.

Great Rate!
Grand Yield Savings®

1.40%
APY*

for balances of \$2,500 and up**

- High yield savings account
- 100% liquid so funds are accessible when you need them
- No monthly maintenance fee

Visit our Thornwood branch today for details!
Rose Hill Shopping Center, Thornwood, 914-769-8400
Linda Allen, AVP/Branch Manager

Apple Bank 
Established 1863 · Member FDIC

applebank.com

*Annual Percentage Yield (APY) disclosed is effective as of 1/21/2020 and may be changed by the Bank at any time, including after account opening. **For the Grand Yield Savings Account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$9,999: 1.40% APY, \$10,000-\$24,999: 1.40% APY, \$25,000-\$49,999: 1.40% APY, \$50,000 or more: 1.40% APY. Fees may reduce earnings. There is no interest paid on balances between \$1-\$2,499. \$100 minimum deposit required to open account. Offer may be withdrawn at any time without prior notice.

Plan a Great Guest Room but Watch Out for the Smell of Fish

As a realtor, I take care to point out to buyer clients the various possibilities for that "extra" room that might be utilized as a den, office or guest room. If the luxury of a guest room is chosen, there are certain amenities that can make it a more enjoyable experience for overnight guests.

Sleeping overnight in another person's home or having a guest spend a night with you can be delightful or a real drag, depending on the level of planning that goes into the guest accommodations. I've experienced both situations.

The first time I was an overnight guest was as a senior in college when I was invited to join my roommate for a weekend in New York City where we were scheduled to stay with one of his best buddies.

I had never been in a Manhattan apartment, but my expectations ran high because I had just seen a movie that showed the city digs of Doris Day as the very height of sophistication.

What I found instead was a five-story walkup in the East Village, long before it was chic, arriving breathlessly to a cold-water flat, which have since been outlawed. My sleeping arrangements were on the floor where the coffee table stood but had been pushed away. I had only a blanket under me to prevent my bones from getting bruised on the hard floor.

My buddy was luckier the first night because he got to sleep on the sofa, which our



By Bill Primavera

host proudly announced had been retrieved from the sidewalk. The second night, I got the sofa, but it was actually more uncomfortable than the floor.

To bathe, there was no shower, but rather a claw-footed bathtub, elevated on a platform across from a galley kitchen. When it was not in use, the tub was covered with a wooden top that served as the kitchen table. There's nothing to compare with my memory of bathing in the tub while our host prepared scrambled eggs 18 inches away from me, and then to eat breakfast on top of the tub where I had just bathed.

I vowed that someday I would have my own place in the city and invite all my out-of-town friends to visit me with a stayover they would remember. After I married, my wife and I couldn't afford to have an extra bedroom in our first apartment, but at least we were able to offer a comfortable Castro Convertible in the living room.

It wasn't until we moved to the country that we were able to realize our dream of having a nice guest room. In fact, we had two. While they are beautifully appointed with comfortable beds and attractive furnishings, they lacked one feature that I think is the most important for a top-notch guest room: a private bathroom. Nobody likes the idea of being caught in his skivvies on the way to a shared bathroom.

One reason that I love visiting my brother-



and sister-in-law is that in both their homes, one in Florida and the other in Asheville, N.C., there is a separate guest suite. To stay with them is truly like a fabulous vacation.

Not all of us can have a separate suite for guests, but we can compensate for it by providing other amenities that speak of comfort, convenience and luxury. For that, I consult with my wife Margaret who's the ultimate homemaker and hostess. Her advice:

- Fluffy new guest towels neatly folded on a corner of the bed or on a chair can make guests forget that they don't have a private bathroom.
- It's nice to have some totally empty drawers in the room, if not an entire chest of drawers. Also, there should be at least half a closet for hanging clothes. My wife likes to put attractive hangers in that space.
- A comfortable easy chair with a light positioned for reading is always welcomed, along with an interesting

selection of magazines and books. Guests are unlikely to read an entire novel while staying over, but they might enjoy the coffee table book variety that can be glanced at.

- A lighted bedside clock is especially appreciated by guests. Sometimes, you feel that time is altered when you're not surrounded by the familiar trappings of home.
- Like a hotel, you might add a couple of bottles of water and some packaged snacks, healthy and otherwise.
- A couple of liqueur bottles with some dessert wine glasses on a side table would be really nifty.
- Of course, a television set or even a laptop on a desk is a great way to have your guests entertain themselves at least part of the time they're with you.

Also keep in mind that too special a guest room may encourage guests to stay longer than you want. Remember Benjamin Franklin's advice: "Guests, like fish, begin to smell after three days."

Bill Primavera is a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. His real estate site is www.PrimaveraRealEstate.com and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

★ ROOFING ★ DECKS ★ DOORS ★ SIDING ★ WINDOWS ★

FINANCING
OPTIONS FROM
GreenSky

MIRACLE
HOME IMPROVEMENTS

NO\$DOWN
ON JOBS UNDER \$20,000

914★271★9119

2010 Albany Post Road, Croton-on-Hudson, NY
Robert & Mary Sniffen, Owners

Visit our office & showroom to see the variety of products on display, or we will bring the showroom to you

Family Run. Owner Supervision on All Jobs.
Exceptional Quality and Service at Affordable Prices.

www.miraclehomeimprovements.com

SEAMLESS GUTTERS LEADERS REPAIRS

★ ROOFING ★ WINDOWS ★ SIDING ★ DOORS ★ DECKS ★

DON'T BE THAT HOMEOWNER WHO WAITS UNTIL THE LAST MINUTE TO BUTTON UP THEIR HOME. THERE IS STILL TIME. CALL NOW FOR YOUR FREE ESTIMATE BEFORE YOUR HOME CATCHES A COLD!

WC. Lic. #10415H99
P.C. Lic. #1817
YNK 307
H-12519-07-23-00

MasterElite
NATION'S LARGEST FLOORING & REMEDIATION

Safe Haven
Self Storage

Got Stuff?
We've got space.

safehavenselfstorage.com

FIVE LOCATIONS

- ACCESS TO YOUR UNIT 7 DAYS A WEEK
- WE SELL BOXES, CARTONS, LOCKS
- FULL INSIDE LOADING DOCK
- SAFE AND SECURE
- CLIMATE CONTROLLED ENVIRONMENT

NEW CUSTOMERS

50% OFF

FIRST 3 MONTHS*

*Restrictions Apply

New Location Breathes Life into Chappaqua Pilates, Yoga Studio

By Martin Wilbur

It was a cruise with family more than a decade ago that altered Adina Olan’s life and career path.

Olan, having never been on a cruise before, didn’t realize that she had to hurry to book her reservations for the ship’s gym and other activities once aboard.

As a result, the only classes that were left for her and her husband and sister-in-law were Pilates.

Olan hasn’t been on any more cruises, but those classes proved to be a life-changing experience. It’s not like Olan, a longtime runner and bicyclist who also tried kick boxing, wasn’t active, but the Chappaqua resident was attracted to Pilates so much that she continued with classes after returning from that vacation.

“It was the only thing that physically changed my look,” Olan said of why Pilates kept her interest. “It made me longer and leaner, in that sense. It didn’t bulk me up, it didn’t hurt me and it also kept my interest because it doesn’t remain stagnant. You do your five repetitions and then you move onto the next. It’s constantly moving and constantly changing, the exercise regimen.”

Once hooked, she was encouraged to take certification classes, which she completed after a couple of years, and began teaching part-time. After she had had enough of her daily commute to Long Island City to run



Adina Olan, the owner and operator of Breathe Pilates & Yoga, at her new storefront at 14 S. Greeley Ave. in Chappaqua. Olan moved to the spot shortly after New Year’s after operating in another location in town.

her packaging company, she decided to make Pilates her career.

For nearly 10 years, Olan has owned

and operated Breathe Pilates & Yoga in downtown Chappaqua. Earlier this month, she moved her operation from its longtime location at 83 N. Greeley Ave. to the more highly visible 14 S. Greeley Ave. The 1,800-square-foot space is bright and airy and can accommodate as many as seven for the Pilates Tower classes, three students for the Pilates Reformer classes and up to 20 participants for yoga.

Olan is one of about 15 instructors at Breathe, most with a niche class or specialty. Regardless of one’s age, there is a class that is suited for anybody, Olan said. Her oldest Pilates student is in her mid-90s.

“The beauty of yoga and Pilates is there are things you can do until you’re 100,” Olan said. “She comes and she does Pilates every week.”

The 55-minute Pilates classes and yoga sessions ranging from 60, 75 or 90 minutes are offered seven days a week.

While the uninitiated may believe that Pilates and yoga are basically the same, Olan explained the key differences. Pilates uses various pieces of equipment and pulls everything into a person’s core, she said. Yoga, with mats and small props, is about expression and opening up mentally and physically, Olan said. There’s a strong mental component to yoga, connecting mind to body.

Olan said it depends on a person’s preferences and sometimes their physical strengths and weaknesses.

“People who do yoga sometimes say I’m not so strong in my core but I’m very flexible and I can do things that people who do Pilates can’t do,” Olan said. “Some people will say yoga’s too boring for me. I can’t get into it. They’re apparently not doing the right yoga. There are a million kinds of yoga.”

Then there are those students who do both, she said.

At Breathe, Olan offers a wide array of yoga classes, including multiple levels of Iyengar and vinyasa.

Olan said that Pilates and yoga don’t replace other forms of exercise, such as cardio, but the mobility and flexibility helps, especially as a person gets older. Plus, no matter how physically fit someone is, they’re not going to be able to run forever, she said.

It’s only been a little over two weeks since Olan moved into her new storefront, but she has enjoyed the fresh start. She sells a small selection of Pilates and yoga outfits and fiber powder. In the warmer weather, she plans to put out a few tables and chairs outside in the back to invite people to socialize.

“I have enormous respect for my clients and my community. I really do,” Olan said. “I mean they’re very loyal. They’re very supportive.”

To learn more about the types of Pilates and yoga classes offered, schedules, prices and information on memberships, visit www.breathepilatesandyoga.com.

SMALL NEWS IS BIG NEWS

THERE’S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Use Your Words. The Wayne State University Word Warriors have released their annual list of “eminently useful words that should be brought back to enrich our language.” The 2020 list, the 11th from the Word Warriors, is composed of submissions from around the world. Perhaps you will find a few of the quiz words useful additions to your vocabulary.

1. luculent (adj.)	A) playful	B) lavish	C) clear in thought
2. gewgaw (n.)	A) the very beginning	B) a worthless bauble	C) an expressive gesture
3. redolent (adj.)	A) suggestive of	B) reborn	C) illustrious
4. cachinnate (v.)	A) to hide away	B) restore to health	C) laugh loudly
5. somnambulant (adj.)	A) resembling a sleepwalker	B) of a serious mien	C) so many
6. coruscate (v.)	A) to undermine	B) sparkle	C) restrict closely
7. mullock (n.)	A) rubbish	B) a deceived person	C) complicated activity
8. perendinate (v.)	A) to make perfect	B) become lively	C) procrastinate a long time

ANSWERS:

1. C. Clear in thought or expression
2. B. A worthless, showy bauble
3. A. Reminiscent or suggestive of, like a scent
4. C. To laugh loudly
5. A. Resembling or characteristic of a sleep walker; sluggish
6. B. (or light) to flash or sparkle
7. A. Rubbish, refuse, dirt
8. C. To procrastinate a long time, especially two days

Follow us on



twitter

twitter.com/ExaminerMedia



Find us on Facebook

Search for

EXAMINER MEDIA

914-864-0878

advertising@theexaminernews.com

www.theexaminernews.com

Buchwald, Browde Campaigns Pick Up Key Endorsements

By Martin Wilbur

Two Democratic candidates vying for separate elected offices received key endorsements last week in their quest to gain their party's nomination.

Assemblyman David Buchwald (D-White Plains), who is part of a crowded field looking to earn the right to succeed retiring Rep. Nita Lowey in the 17th Congressional District, earned the support last Thursday of the Mount Pleasant Democratic Committee. It is Buchwald's sixth endorsement by a local Democratic Committee in the district. He also has the support of more than 40 officials.

Earlier in the week, Chappaqua attorney Kristen Browde, one of five Democrats competing for the 93rd Assembly District nomination, received the approval of the New Castle Democratic Committee.

"I am proud to have the support of the Mount Pleasant Democrats as I run for Congress," said Buchwald, now in his fourth term in the Assembly. "New Yorkers deserve a leader who will effectively deliver the resources we need – especially when it comes to healthcare access and reproductive rights, environmental solutions, government transparency and fair taxes. If elected to Congress, I am committed to undoing the tremendous damage Trump has done."

Buchwald introduced the New York TRUST Act, which enables Congress to request New York State tax returns for top government officials, a law which President



Assemblyman David Buchwald and Chappaqua's Kristen Browde, running to secure the Democratic nominations in the 17th Congressional District and 93rd Assembly District, respectively, earned endorsements from local political committees last week.

Donald Trump is now suing to block. Previously, he served on the White Plains Common Council, worked as an economics researcher on antitrust issues and practiced tax law.

Mount Pleasant Democratic Committee Chairman Wayne McPartland said Buchwald would provide the needed leadership for residents in the district.

"We are proud to endorse his campaign for Congress because he's ready to get to work on day one in Washington," McPartland said. "He's already taken on Donald Trump and will keep championing issues that



matter to us – ensuring better healthcare access, overhauling our broken tax system and protecting the environment."

Buchwald is one of at least 10 Democrats hoping to win the party's nomination in the 17th Congressional District race.

Browde, who is seeking to succeed Buchwald in representing the district in the Assembly, said she was proud to have earned the support of her hometown committee.

"I'm truly honored by the support of this core group of Democratic activists, with whom I've been working for years," Browde

said. "Their support is a very important step towards securing the nomination in the June primary and winning the election in November."

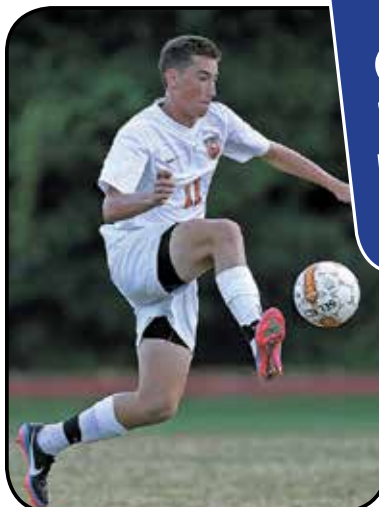
Key issues she plans to address if elected is to tighten gun laws, reverse the limitation on our property tax deductions imposed by the Trump Administration, environmental concerns and common-sense redistricting that rids the state of gerrymandering.

New Castle Committee Co-chair Randee Glazer said the committee concluded that New York needs leaders who represent the party's values and shared goals.

"We have every confidence that Kristen will take her decades of experience in Albany and make a seamless transition to being an effective assemblywoman," Glazer said.

Browde ran unsuccessfully for New Castle supervisor in 2017. A former award-winning television news reporter, she has practiced family law. Browde is a trustee of SAG-AFTRA's \$2.5 billion pension plan and a director of Equality NY, which has helped her to familiarize herself with Albany. She has helped to enact legislation, including major amendments to the state's human rights and criminal laws and to ban the use of non-compete clauses in employee contracts for broadcasters.

Other Democrats who are competing for the nomination in the 93rd Assembly Districts are Bedford Supervisor Chris Burdick, Alex Roithmyr, Buchwald's chief of staff, Jeremiah Frei-Pearson of White Plains and Mark Jaffe, a West Harrison resident.



Like
our
**SPORTS
PHOTOS?**

To purchase a digital file,
email us at
[photos@](mailto:photos@theexaminernews.com)

theexaminernews.com.

Just include the name of
the student athlete
featured in the picture
or pictures you're
interested in buying, the Tuesday
publication date in which
the image or images appeared
and the page number or numbers.
Photos are \$25 each.

New Program Empowers Parents to Boost Early Learning

Science has consistently shown that the first three years of life are vital to a child's developing brain, and new research confirms that families play an important role in language development and educational readiness.

"We've seen first-hand in our research what a positive impact parents can have in the process," said Dr. Dana Suskind, professor of surgery and co-director of the TMW Center for Early Learning + Public Health at the University of Chicago.

Preliminary results from a five-year study, supported through a \$3 million grant by the PNC Foundation and conducted by the TMW Center, reveal that parents improved their toddler's language environments by increasing conversational turns almost four times more than parents in the control group. These findings are particularly meaningful because they mirror new and emerging research that points to the importance of conversational turn-taking in building a child's language and cognitive skills.

These results are generating attention and investment in programs like "Any Time is 3Ts Time," a campaign launched by the TMW Center that's designed to empower parents with the knowledge and skills needed to make the most of everyday interactions with their young children.

The campaign, which is supported by an additional \$3.3 million grant from the PNC Foundation, is built on the "3Ts" – Tune In, Talk More and Take Turns – and includes the distribution of online and print materials

to parents through a network of community partners, particularly in underserved neighborhoods. The free, easy-to-use resources at the3Ts.org will become available in both English and Spanish in early 2020 and eventually include access to an interactive web-based app.

The grant, which is supported through PNC Grow Up Great, a bilingual \$500 million, multi-year initiative helping prepare children from birth to age 5 for success in school and life, also will support the TMW Center's "Let's Talk!" parent group program, which is designed for deeper 3Ts engagement and includes real-time coaching and in-person sessions. The group program will debut in Chicago and later extend to early education programs in other U.S. cities.

"We recognized an opportunity to develop high-quality, early educational resources for families with children under age three. Now, with proven research from the TMW Center, we are able to support their effort to make new resources accessible to millions of parents and caregivers across the country," said Sally McCrady, chair and president at the PNC Foundation.

Access to high-quality early education and resources is critical for a child's success in school and life. Thanks to new programs based on scientific research, more children are going to start school ready to thrive and learn.

This article was printed by permission of statepoint.net.

Weekly from June 29th–August 28th

SUMMER CAMP

club fit

Register for Summer Camp & Save up to 15%

Offer expires soon. Visit www.clubfit.com/summer-camp for details.



Join us for a couple weeks or stay the whole summer!
To register visit www.clubfit.com/summer-camp

"This summer, I'm going to learn to be strong!"



REGISTER TODAY!

at World Cup Gymnastics' SUMMER CAMP

Allow your child to discover his or her inner champion by giving them a summer camp they will flip for!

- Superior Gymnastics Training by USAG Certified Instructors
- Skills Training on All Olympic Events
- Traditional Camp Activities Including Weekly Field Trips
- Arts & Crafts, Cooking and Games
- State-Of-The-Art, 19,000 Square Foot Complex
- Fully Air-Conditioned

Call 914-238-4967

or register online at

worldcupgymnastics.com

170 Joan Corwin Way • Chappaqua • NY



Happenings

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

Tuesday, Jan. 21

Reading With Tobie and Karen. Practice your reading. For school-age children. Tobie and Karen are with the Good Dog Foundation. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 p.m. Free. Every Tuesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

DIY Tree and Birds Winter Art. Make your own wintry scene from the warmth of the library with this fun art project. For children of all ages. (Children under five years old must be accompanied by a caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended. Info and registration: 914-864-0130.

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

Mount Kisco Public Library Board of Trustees Meeting. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 6:30 to 8:30 p.m. Info: 914-666-8041 or www.mountkisco.library.org.

Armonk Readers Book Club. "House of Broken Angels" by Luis Alberto Urrea will be discussed. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:45 to 8 p.m. Free. 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, Jan. 22

Zumba Babies and Tots. A wonderful fun dance-and-play party for little feet. Age appropriate music and props are used to help children learn to love moving their bodies and dancing to their own rhythm. Singing and exciting activities will amuse delight and stimulate your child benefiting their cognitive, emotional and social development. For parents or caregivers and children one to three years old. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 9:45 to 10:30 a.m. Eight-week session: \$120. Maximum 12 children per class. Every Wednesday. Info and registration: Contact Dance Emotions at 914-238-8974 or instructor Peggy at 914-960-

4097.

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

New Mommy and Daddy Meet-Up. Whether it's your first child or your fifth, this is a great way to get out of the house, meet new friends and enjoy time with your baby. World Cup Nursery School, 170 Joan Corwin Way, Chappaqua. 10:25 to 11:10 a.m. Free. Every Wednesday. Info: 914-238-4967.

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.

Meditation Session. Meditation is one of the best tools to balance emotions, deal with physical and psychological distress and promote the peace of the present moment. Phelps Hospital's Family Medicine Residency Conference Room, (fourth floor), 755 N. Broadway, Sleepy Hollow. 11 a.m. Free. Info: Contact Ellen Woods at 914-366-3937 or e-mail Vitality@northwell.edu.

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.library.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. Every Wednesday. 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. Every Wednesday. 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.

The Basics of Intellectual Property. Intellectual property is one of the most important and valuable assets of any business. Laurie Marshall, founder and president of Marshall Law Group, and Libby Varghese, counsel for Scarinci Hollenbeck, will help entrepreneurs and small business owners better understand the different types of IP and how to protect them. SCORE Headquarters at White Plains Public Library, 100 Martine Ave., White Plains. 2 to 4 p.m. Free. Registration required. Info and registration: Visit www.westchester.score.org.

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. Wednesdays from 2:30 to 7 p.m., Thursdays from 1 to 6 p.m. and Saturdays from 10 a.m. to 2:30 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. 4 to 5 p.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Children's Chess Workshop. Participants will learn how to play chess and the fundamentals of good chess play through the study of strategy and tactics. Facilitated through guided instruction and supervised play. For children in grades 1-4. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 4:15 to 5:15 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

UJA-Federation Westchester Guys' Night Out. Talk Mets baseball with SNY Mets announcer Steve Gelbs, meet Westchester Table Tennis Center owner Will Short, and enjoy some friendly competition playing ping-pong with the pros. There will also be a craft beer tasting and barbecue buffet. Westchester Table Tennis Center, 175 Tompkins Ave., Pleasantville. 7 p.m. \$100. Registration required. Registration: Visit www.ujafedny.org/guys-night-out. Info: Contact Alexis Goldstein at 914-385-2122 or

goldsteina@ujafedny.org.

Art Series: Antony & Cleopatra in Art. From Tiepolo to Alma-Tadema, artists have long been inspired by the epic love story of the Roman general and the Egyptian queen. We'll take a peek at Shakespeare's and Plutarch's interpretations of the great love story, so be prepared for some drama. Led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Wing Nite: For Men Only. A Support Connection program open to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancers. Relax and have a night out with the guys. Enjoy good food and the company of others who understand how you feel. Furci's, 334 Underhill Ave., Yorktown Heights. 7 to 9 p.m. Free. Pre-registration required. Info and pre-registration: 914-962-6402 or 800-532-4290.

"The Rest I Make Up." Maria Irene Fornes was one of America's greatest playwrights and most influential teachers, but many know her only as the ex-lover of writer and social critic Susan Sontag. The visionary Cuban-American dramatist constructed astonishing worlds onstage, writing over 40 plays and winning nine Obie Awards. At the vanguard of the nascent Off-Off Broadway experimental theater movement, Fornes is often referred to as American theater's "Mother Avant-Garde." When she gradually stops writing due to dementia, an unexpected friendship with filmmaker Michelle Memran reignites her spontaneous creative spirit and triggers a decade-long collaboration that picks up where the pen left off. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:30 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Jan. 23

Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

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

continued on page 23

Reflections on Ways to Help Navigate Loss of a Loved One



By Joanne Witmyer

In May, one of my beloved uncles passed away. His name was George, and we shared interests in education, writing and being near the water in Maine where he lived with my aunt.

He served as a commander in the U.S. Coast Guard; recently I attended a service for him at Arlington National Cemetery,

which was a special honor for my family.

Some reflections that came to mind as we went through the rituals of the gathering helped me, and my hope is that these might bring you some peace if you have experienced a loss of any kind.

1. Acknowledge the reality of various emotions. Part of the message that the chaplain shared was that we all "had some grieving to do" (as he put it) but that we could also be comforted thinking of positive memories, such as my uncle playing the trumpet and how important music is to our family.
2. Connection and human touch sometimes comfort more than words do. As the Coast Guard cadets entered the chapel, carrying a folded flag, my

eyes sought out my aunt who was standing in the front pew. I wanted to say something to her but was sitting a few rows back; she looked at me and I simply touched my hand to my heart. She did the same, and that gesture from a distance seemed to speak more about what we were both feeling rather than anything I might have said to her in that moment.

3. It helps to be guided by rituals. At the grave site, our family and friends began gathering for the flag-folding ceremony and "Taps." There were some seats available, and at first it was a bit unclear where others should stand. One of the Coast Guard cadets shepherded us and said that we should "gather around the family and support them," referring to my aunt and others who were seated. It felt reassuring for someone to direct us in that way with strength, when there was some uncertainty at first.



4. Simplicity creates connection. For me, part of the positive element of attending the service was being around my cousins, who I hadn't seen in some time. As we reunited, we at first began talking about defining the exact relationships of our family. My uncle was a half-brother of my grandfather and he had children from two different marriages. So, did that mean we were distant great-cousins or second cousins once removed? Removed from what, we wondered? We laughed together and just declared each other cousins, which felt like the most authentic way to describe our connection.

I am grateful to the U.S. Coast Guard for offering such a meaningful service for our family and friends, and I think my Uncle George would be touched by the navigation.

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

Nourish

Advertise in The Examiner • 914-864-0878 • advertising@theexaminernews.com

Glass Onion
ORIGINALS

Specializing in Fine
American Craft

Fine Art • Sculpture
• Unique Gifts • Furniture
Home Accessories • Antiques
• Exquisite Jewelry • & more...

4 Washington Avenue,
Pleasantville 914-741-6294
Open 7 Days —
Friday and Saturday until 8pm

Aardvark Pet Supplies, Inc.

Not your AAverage pet store

For all your pet needs

Visit us at:

58 Washington Avenue,
Pleasantville

(914) 747-4848

E-mail: aarvarkpet@verizon.net

*When details, service
and price matter..*



Discover the difference at

*Pleasant Manor
Funeral Home, Inc.*

575 Columbus Avenue, Thornwood, NY 10594

914 - 747 - 1821

www.pleasantmanorfh.com

*Trusted, Compassionate
Care for Three Generations*

Family Owned And Supervised

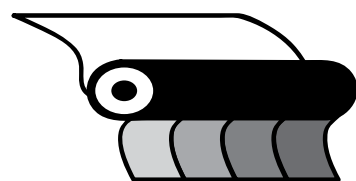


Patrick J. McNulty Jr.



Daniel J. McNulty

Patrick J. McNulty Sr. • Patrick T. McNulty
Patrick J. McNulty Jr. • Daniel J. McNulty



Trumbull
PRINTING

Newspapers • Publications • Shoppers • Catalogs • Magazines
Directories • Coupon Books • College Course Catalogs
Business and Financial Periodicals
Free Standing Inserts • Advertising Supplements

205 Spring Hill Road, Trumbull, CT 06611 • 203.261.2548
www.trumbullprinting.com

To Place a Classified Ad
Call 914-864-0878 or e-mail
classifieds@theexaminernews.com

EXAMINER MEDIA Classifieds

Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication

ANTIQUES & ART/COLLECTIBLES

MOST CASH PAID FOR paintings, antiques, furniture, silver, sculpture, jewelry books, cameras, records, instruments, coins, watches, gold, comics, sports cards, etc. **PLEASE CALL AARON AT 914-235-0302**

ATTORNEY/ LEGAL

LUNG CANCER? AND AGE 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-951-9073 for Information. No Risk. No Money Out Of Pocket.

AUTO DONATIONS

DONATE YOUR CAR TO WHEELS FOR WISHES, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 914-468-4999 Today!

BUYING/SELLING

BUYING diamonds, gold, silver, all fine jewelry and watches, coins, paintings, better furs, complete estates. We simply pay more! Call Barry 914-260-8783 or e-mail Americabuying@aol.com

****COMIC BOOKS WANTED! TOP PRICES PAID!**** 30 years experience.

Reliable and honest! Call or Text: 917-699-2496, or e-mail: smileLP@aol.com. Thanks.

GOLD / SILVER WANTED

HIGHEST PRICE\$ PAID - Visit West- chester's Top Buyer for Gold, Silver, Diamonds, Coins & Currency, Watches, Jewelry. Licensed, Professional, **No Appointment Necessary. Tuesdays-Saturdays 10am-6pm, Mt. Kisco Gold & Silver, 139E Main Street. 914-244-9500**

CABLE & SATELLITE TV

SPECTRUM TRIPLE PLAY! TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-977-7198

EDUCATION/CAREER TRAINING

TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET)

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7094.

FINANCE

Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help! Win or Pay Nothing! Strong, recent work history needed. 866-979-0096 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

HEALTH

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. **CALL Today For A Free Price Quote. 1-866-569-7986 Call Now!**

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-855-579-8907

HELP WANTED

HOTELCLEANING-White Plains: T&L Cleaning is looking for housekeeping staff for various hotels. Room attendants, laundry attendants, house-persons and supervisors. **Apply on-line at tlcleaningservices.com/apply or call (800) 610-4770.**

JOB OPPORTUNITY \$18.50 P/H NYC \$15 P/H LI \$14.50 P/H UPSTATE NY If you currently care for your relatives or

friends who have Medicaid or Medicare, you may be eligible to start working for them as a personal assistant. No Certificates needed. (347)462-2610 (347)565-6200

HOME IMPROVEMENT

ARLINGTON INC. Custom Cabinetry, Kitchen & Bath Interior & Exterior Painting Power Washing, Repairs 914-557-6703 WC-14665-H03 www-arlingtonwoodworking.com

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-657-9488.

INTERNET AND TV

Get DIRECTV! ONLY \$35/month! 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT All Included Package.) PLUS Stream on Up to FIVE Screens Simultaneously at No Additional Cost. Call DIRECTV 1-888-534-6918

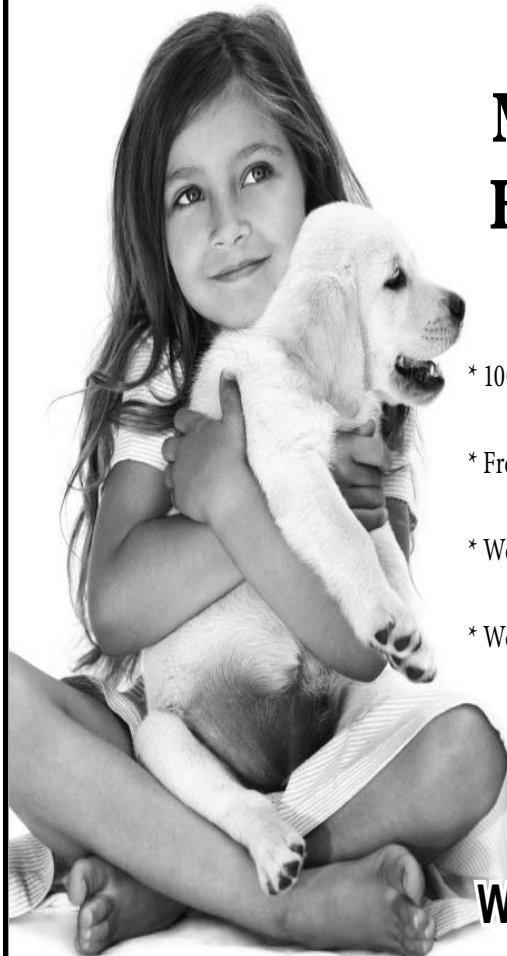
DISH TV \$59.99 for 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-800-943-0838.

continued on page 24

Wheels For Wishes

benefiting

**Make-A-Wish®
Hudson Valley**



* 100% Tax Deductible

* Free Vehicle Pickup ANYWHERE

* We Accept Most Vehicles Running or Not

* We Also Accept Boats, Motorcycles & RVs

Call:(914)468-4999

WheelsForWishes.org

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, call (213) 948-2000 or visit www.wheelsforwishes.org.

ELEVATORS • STAIR LIFTS • WHEELCHAIR LIFTS • RAMPS

• Sales • Rentals • Service • Buybacks
New and Reconditioned Lifts

Stay in the home you Love!

Locally Owned & Operated

The ALBANY
EasyLift Albany Division
Lift Company

(518) 393-2274 or (888) 558-LIFT

www.thealbanyliftcompany.com

Visit Our Display Center: 836 Troy-Schenectady Rd., Latham, NY 12110



THE FAVORITE GIFT

4 (6 oz.) Filet Mignons
4 (4 oz.) Boneless Pork Chops
4 (4 oz.) Omaha Steaks Burgers
4 (2.8 oz.) Potatoes au Gratin
4 (4 oz.) Caramel Apple Tartlets
Signature Seasoning Packet

\$218.92* separately

COMBO PRICE \$69.99

+ 4 FREE BURGERS

THAT'S 16 MAIN COURSES!

ORDER NOW! 1.866.749.2741 ask for 59104VSL
www.OmahaSteaks.com/cook31

*Savings shown over aggregated single item base price. ©2019 Omaha Steaks, Inc. Exp. 2/29/20

Forget Free Tuition or Debt Forgiveness, Rein in College Costs

By Ellie Dessart

At the recent Democratic presidential debate held in Des Moines, Iowa, viewers witnessed the ongoing argument about free college.

In particular, Mayor Pete Buttigieg criticized senators Elizabeth Warren's and Bernie Sanders' plans to eliminate student debt and tuition costs for all. While the candidates agreed on the need to increase access to higher education, they remained split over the effect this could have on different economic groups.

"I don't think subsidizing the children of millionaires and billionaires to pay absolutely zero in tuition at public colleges is the best use of those scarce taxpayer dollars," Buttigieg argued.

To which Senator Warren replied, "We need a wealth tax in America."

However, while Warren and Sanders' proposals for free college tuition are attractive, and Buttigieg brings up warranted objections, there are

other issues that are being avoided altogether.

None of these plans solve the issue of rapidly increasing college costs. They fail to place responsibility on colleges and universities to make their programs more affordable. Many schools take on massive infrastructure projects in an effort to attract prospective students, and while amenity upgrades are certainly needed in some cases, excessively overspending on facilities excessively drives up the cost of tuition.

Free-tuition plans would bring even more money into these institutions.

According to an article by Kacy C. James, president of The Heritage Foundation, "If more taxpayer dollars [are] funneled to schools with even

less discretion than exists today, schools [will] keep raising costs."

The result would be a disastrous cycle that leads to a strain on the federal budget. Perhaps as part of the plan to expand access to higher education, we should consider adopting incentives

that encourage colleges to prioritize affordability.

I asked around to see if some students had anything to say about the college debt dilemma. One of my friends, Grace McSherry, shared her thoughts.

"More oversight is needed over public colleges and universities to regulate capital expenditures and encourage creative cost-cutting," said McSherry, a Bronxville High School senior. "Instead of funneling more money into student loans, the government should provide subsidies to public institutions that successfully reduce tuition."

Further, when discussing the unrealistic nature of the debated plans, I asked her if she had any suggestions to make them more practical.

"The focus needs to shift from offering free tuition and loan forgiveness to more meaningful government reforms



By Ellie Dessart

that require student education about loan requirements and repayment expectations," she replied.

Perhaps instead of aiming to completely eliminate college tuition and student debt, we can work on figuring out ways to get schools to rein in their costs. In the meantime, we should focus on implementing strategies to foster fiscal responsibility among the many young students who may need help understanding the process.

If we consider these options, maybe we could approach this crisis more pragmatically.

Ellie Dessart is a senior at Bronxville High School. Her monthly column "Inside the Mind of a Teen" examines and addresses the issues pertaining to teenagers at both the local and global level.

Inside the Mind of a Teen

Happenings

continued from page 20

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 2 p.m. Free. Every Thursday and Friday. 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 Drive, Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Toddler Mixer. Come to play and hang out with other toddlers and adults. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 a.m. to noon. 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.

Mahjongg Club. Intermediate players welcome. Participants must bring their own set. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 4 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkiscoliberalry.org.

Jackson Pollock for Young Adults. Celebrate the birthday of groundbreaking artist Jackson Pollock and learn about his interesting technique while creating your own bright artwork. For students in grades 5-12. Presented by Knowledge to Grow On and sponsored by the Mount Pleasant Public Library. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 5 p.m. Free. Registration requested; walk-ins welcome. Info and registration: 914-769-0548.

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

Arts and Crafts. Paint, glue and color yourself something cool to take home. Each session will feature a different craft. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

DIY 3D Snowman Craft. You won't need snow to create your own adorable snowman. We promise he won't melt. For children of all ages. (Children under five years old

must be accompanied by a caregiver.) Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended. 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. Thursdays from 5 to 6 p.m. and Saturdays from 11 a.m. to noon (except Jan. 25). Info: 914-666-8041 or www.mountkiscoliberalry.org.

Let's Talk Food Scrapping. Help make a difference in the community. Food scrapping is easy and rewarding. Learn how you can participate. Presented and sponsored by Pleasantville Recycles. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 to 8:30 p.m. Free. Info: Contact Pat January at 914-769-1086.

Friday, Jan. 24

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.

Passport to Fitness for Kids. Get fit and learn dance moves from around the world with a fun Zumba class. For children four to

six years old. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 a.m. to noon. Free. Every Friday. Registration required. Info and registration: 914-864-0130.

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

Medical Marijuana Now. With the passage of The Compassionate Care Act by Gov. Cuomo in January 2014, treatment is now possible for specific medical conditions. We will discuss this legal medical alternative, the diseases for which it is available and methods to travel this path. Discussion led by local physician Dr. Lynn Parodneck, certified medical marijuana prescriber in New York State. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 2 to 3 p.m. Free. Info: 914-941-7072 or www.briarcliffmanorlibrary.org.

Bingo. For children. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

Opening Reception for "Half Way To Reality and a Little Bit Lost." A solo exhibit of paintings by New York artist Sandrine Kern. Madelyn Jordon Fine Art, 37 Popham Rd., Scarsdale. 6 to 8 p.m. Free. Exhibit continues through Mar. 7. Gallery hours are Tuesday through Saturday 10 a.m. to 5:30 p.m. Info: 914-723-8738, visit www.sandrinekern.com.

continued on page 25

To Place a Classified Ad
Call 914-864-0878 or e-mail
classifieds@theexaminernews.com

EXAMINER MEDIA Classifieds

Classified Ad Deadline
is Thursdays at 5pm for the
next week's publication

continued from page 22

Saving a Life EVERY 11 MINUTES

*I'm never
alone*

*Life Alert® is always
here for me even when
away from home.*

One touch of a button
sends help fast, 24/7.



Help at Home



Help On-the-Go

Life Alert®

Batteries Never Need Charging.

FREE!
FIRST AID KIT
WHEN YOU
ORDER!

For a FREE brochure call:

1-800-404-9776

DENTAL Insurance

Physicians Mutual Insurance Company

A less expensive way to help
get the dental care you deserve!

CALL NOW! **1-855-225-1434**

- ✓ Get help paying dental bills and keep more money in your pocket
- ✓ This is real dental insurance – NOT just a discount plan
- ✓ You can get coverage before your next checkup

Don't wait! Call now and we'll rush you a FREE Information Kit with all the details.

Insurance Policy P150NY
6129

**FREE
Information Kit**



1-855-225-1434

Visit us online at
www.dental50plus.com/nypress

MB17-NM003Ec



Discover the world's best
walk-in bathtub from
American Standard

**5 Reasons American Standard
Walk-In Tubs are Your Best Choice**

- 1 Backed by American Standard's 140 years of experience
- 2 Ultra low entry for easy entering and exiting
- 3 Patented Quick Drain® fast water removal system
- 4 Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 5 44 Hydrotherapy jets for an invigorating massage

**\$1,500
SAVINGS**

Includes FREE American Standard Right Height Toilet
Limited Time Offer! Call Today!

888-609-0248

Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit: one per household. Must be first time purchaser. See www.walkintubs.americanstandard-us.com for other restrictions and for licensing, warranty, and company information. CSLB B982796; Suffolk NY 554-314; NYC HC# 2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

MADE IN USA

FREE IN-HOME EVALUATION!

MISCELLANEOUS

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call: 1-800-404-8852

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY SERVICE, In-home repair/ On-line solutions. \$20 OFF ANY SERVICE! 844-892-3990

REAL ESTATE

RESTAURANT FOR SALE WHITE PLAINS, DOWNTOWN NY 10601. Busy location. 18 seater Chinese restaurant for sale. Eat in & take out. Can convert to Mexican restaurant. Call Peter at (917) 542-1168 after 10:00 AM.

GOT LAND? Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507 www.BaseCampLeasing.com

VACATION RENTALS

Sebastian, Florida (East Coast) Beach Cove is like paradise; 55+ Community with maintenance-free living, where friends are easily made. Sebastian is an "Old Florida" fishing village: quaint atmosphere, excellent medical facilities, shopping, restaurants. Direct flights from Newark to Vero Beach. Custom manufactured homes from \$114,900. 772-581-0080; www.beach-cove.com



Special Funding Programs For Necessary Home Improvements Are Now Available, Apply Today.



Roofing | Windows | Siding | Insulation | Walk-In Tubs

Contact us today and our highly knowledgeable team will be able to help discover the available funding programs that will best fit you and your needs.

800-736-9629

NYImprovementFund.com

NEW YORK NOW PROTECTS THE RIGHTS OF VICTIMS OF CHILD SEXUAL ABUSE

If you were previously a victim of child sexual abuse, The New York Child Victims Act temporarily allows you to revive your claim. There is a limited time to file a case; do not delay in contacting us.

**GREENBERG, MARIA, GREENBERG & ASSOCIATES
ONLY PROSECUTES SEXUAL ABUSE CASES**

Our firm will file your claim anonymously to protect your privacy.

CALL (833) VICTIM 9 • (833) 842-8469
www.NYvictim.com



Suffering from Stress? Travel Therapy is Second to None

Nothing clears your head, wipes out stress, invigorates your senses and transports your body and soul like taking a vacation.

Magically waking up in some exotic, faraway place is exhilarating. Waking up in a place where nothing is familiar. Where you're a stranger in a strange land. Instantly breaking your regular routine and jumping your escape from reality and your endless day-to-day activities.

It doesn't matter whether you're taking a river cruise on the Mekong River from Cambodia to Vietnam, trekking in Nepal, renting a farm house in Provence, staying at a villa on the French Riviera, cruising the Greek Islands or simply sunbathing on the beach in Miami. You absolutely, unequivocally must take one or more vacations a year. Life is short and you deserve it. After all, nobody on their deathbed ever said, "I wish I had spent more time at the office." By relentlessly working late hours at the office, managing a hectic household, schlepping the kids to all their afterschool activities and making endless meals, to preserve your sanity (and maybe your marriage) you must get away more often.



By Richard Levy

Importantly, once a year take a vacation without the children. Go someplace you've always dreamed about going, or maybe a place you have on your bucket list.

If you can't get away right now, even a spontaneous weekend in New York City would be a perfect dose of travel therapy. Just hand off the children and make your way to the city. Stay at a boutique hotel. Catch a Broadway show. Sleep in and order room service for a very romantic start to your day. Take a walk on the High Line or through Central Park. Devour a decadent dinner and linger in an atmospheric restaurant. Then upon arriving back home on Sunday, you'll

feel like a new, invigorated, stress-free person. You'll be more patient with your children and more productive at work.

Travel therapy is guaranteed to work.

When you're away on vacation you're transported to a totally new world where the sounds, smells and vibes are foreign and fresh. It's incredibly empowering. A place where nobody knows your name, surrounded by thousands of strangers, sights you're never seen and

foods you've never tasted.

Whether I was losing myself in the magnificent temples of Angkor Wat in Cambodia, sipping wine on a terrace in Ravello, Italy high above the gorgeous Amalfi Coast, drifting down the enchanting canals of Venice or deliciously roasting in a rejuvenating thermal bath in Budapest, travel therapy has totally enveloped and captivated me. Travel therapy provides complete indemnity, almost like being in the Witness Protection Program.

Be sure to also plan an adventurous family vacation. Travel therapy works amazingly on kids. It will cost a lot less than endlessly seeing a shrink. Nobody will tell you after 50 minutes "I'm sorry, we have to stop."

Since you're probably well-versed about just how effective retail therapy can be, travel therapy is easy. Don't worry if you don't have anyone to travel with; traveling solo is just as effective.

Like the sneaker company's commercial implores, just do it.

Hastings-on-Hudson resident

Richard Levy is a former advertising "Mad Man" creative director and now a travel writer. He's also an inventor of innovative new products and is writing and illustrating a new children's book. You can contact him at RichardLevyTravelWriter@gmail.com.

The Travel Maven

Happenings

continued from page 23

MadelynJordonFineArt.com or e-mail info@madelynjordonfineart.com.

Art Show: Bedford Preview Party. The kickoff event to this annual exhibition highlighting local and New York City artists. More than 40 artists will participate in this year's show, selling paintings, photographs and sculpture as well as hand-made jewelry, glass items and pottery at all price points. Fellowship Hall, St. Matthew's Church Fellowship Hall, 382 Cantioe St., Bedford. 6:30 to 9 p.m. \$125 in advance. \$150 at the door. Info and tickets: Visit www.artshowbedford.org.

Friday Night Film Series: "Joan Didion: The Center Cannot Hold." Director Griffin Dunne gives us a remarkably insightful and intimate portrait of his aunt and acclaimed author Joan Didion. This fascinating documentary looks at the life and times of the award-winning author of "The Year of Magical Thinking" and "Slouching Towards Bethlehem." Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Inner Artist Workshop. Be inspired with a docent-led tour of "Sparkling Amazons" followed by an artist-led workshop to create your own masterpiece. Unwind and cultivate your creativity while sipping an adult beverage. All materials included. Katonah Museum of Art, 134 Jay St., Katonah. 7 to 10 p.m. Members: \$30. Non-members: \$35. Info and registration: Visit www.katonahmuseum.org.

Westchester Photographic Society: Theme I. Members show their creativity

by capturing digital images based on a given theme. For adults 18 years old and up. Westchester Community College's Technology Building, Room 107, 75 Grasslands Rd., Valhalla. (Use Parking Lot 11) 8 p.m. Free. Info: 914-827-5353 or visit www.wpsphoto.org.

"Urinetown." Random Farms Kids' Theater presents this show about a terrible water shortage, caused by a 20-year drought, has led to a government-enforced ban on private toilets. The citizens must use public amenities, regulated by a single malevolent company that profits by charging admission for one of humanity's most basic needs. Amid the people, a hero decides that he's had enough and plans a revolution to lead them all to freedom. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. Adults: \$20. Students and seniors: \$18. Premium seating (first four rows of center orchestra): \$25. Also Jan. 25 at 2 and 8 p.m. and Jan. 26 at 2 p.m. Info and tickets: 914-631-3390 ext. 100 or visit www.randomfarms.com.

Saturday, Jan. 25

Pleasantville Farmers Market. The delicious good time moves indoors for the winter. A great way to support regional agriculture and eat healthy, year-round with plenty of warm smiles and community togetherness. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 8:30 a.m. to 1 p.m. Please note the market is a dog-free environment. Indoor market continues through Mar. 28. Info: Visit www.pleasantvillefarmersmarket.org.

Westchester Great Books Council's Annual Day of Discussion. This year's

annual daylong event features discussion of "The Trial" by Franz Kafka and "House Made of Dawn" by N. Scott Momaday. Both authors tell captivating tales of two young men caught; Josef in "The Trial" by the invisible law and Abel in "House Made of Dawn" between traditional and modern society. A light breakfast and a delicious catered lunch included. Snow date: Jan. 26. Briarcliff High School, 444 Pleasantville Rd., Briarcliff Manor. 9:30 a.m. to 3:15 p.m. \$25. Registration required. Info and registration: Visit www.briarcliffmanorlibrary.org/januaryevent2020.pdf.

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

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

Flight Time! A place to learn all about how things fly and the history of flight. Get the chance to fly your own simulation aircraft. For children eight years old and up. North Castle Public Library, 19 Whippoorwill Rd.

East, Armonk. 10:30 to 11:30 a.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Winter Wolves. Winter offers families a unique opportunity to visit the wolves during their favorite time of year. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical 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 their maturing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially the critically endangered red wolves and Mexican gray wolves. Enjoy hot beverages in the woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$15. Children (under 12): \$12. Also Jan. 26 and Feb. 16 at 1 p.m., Feb. 1, 16, 22 and 29 at 11 a.m. and Feb. 2, 8 and 23 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Music for Minis. Join Byram Hills High School students Nora and Edith as they explore different musical pieces and learn the basics of music in a fun and welcoming environment. For children in grades K-3. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 11 a.m. to noon. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Treasures of the Miller House. Enjoy a presentation about the collections, the family and the house. Miller House, 140 Virginia Rd., North White Plains. 11 a.m. to 12:30 p.m. Free. Registration required. Info and registration: 914-428-1005.

Art Show: Bedford. The 47th annual art

continued on page 26

Happenings

continued from page 25

show features a blend of contemporary and traditional artwork in all media. The show is a fundraiser for many local non-profits. St. Matthew's Church Fellowship Hall, 382 Cantitoe St., Bedford. 11 a.m. to 5 p.m. Free admission. Also Jan. 26 and 31 and Feb. 1 and 2. Info: Visit www.artshowbedford.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.

Creative Music Workshop for Early Childhood. Includes basic counting and singing coordination, body movement and mental agility in musical settings and draws upon multiple disciplines including Dalcroze, Suzuki, Orff and Kodaly. Led by Isaac Raz and Annalisa Vicencio. Geared toward children three to five years old but all ages welcome. Whippoorwill Hall, 19 Whippoorwill Rd. East, Armonk. 12 and 2 p.m. Free. Info and registration: Visit www.armonkplayers.org.

Eyes on Owls. Did you know that owls cannot move their eyes but they can turn their heads up to 270 degrees? Get to know owls and uncover the secrets of these mysterious night dwellers. Learn about their eating habits by dissecting owl pellets, then complete the bone puzzle to discover exactly what was on the menu for dinner last night. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

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. Saturdays from 1 to 2:30 p.m. and Tuesdays from 3 to 4:30 p.m. Free. Info: 914-666-8041 or www.mountkisco.org.

Winter Wolves for Kids. This is the best introduction to wolves for families with young children. Youngsters will learn about the mythology surrounding wolves and the important role of wolves in the natural world. This is an exciting time for wolves; they're out searching for prey as their growing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially the critically endangered red wolves and Mexican gray wolves. Enjoy hot beverages in our woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$15. Children (under 12): \$12. Also Feb. 1 and 22 at 2 p.m. and Feb. 2 and 23 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Hudson Chorale Goes Classic. Hudson Chorale returns with a full orchestra and soloists for two performances of great classical music. Hudson Hudson Chorale and Maestro Ira Spaulding have embarked on an exploration of great German composers, with the support of a grant from the Westchester Community Foundation. The program includes masses by Haydn and Beethoven

and Mozart's little jewel "Ave Verum Corpus." Followed by an informal reception to meet and chat with the conductor, soloists, orchestra and chorus members while enjoying some delicious refreshments. Maryknoll, 55 Ryder Rd., Ossining. 3 p.m. In advance: \$25. At the door: \$30. Students: \$10. Also Jan. 26. Info and advance tickets: 800-838-3006 or visit www.HudsonChorale.org or by calling 1-800-838-3006.

Chamber Music Society of Lincoln Center: French Enchantment. Experience the grace, wit and charm of French music. The program begins and ends with early works by Saint-Saens and Faure that recreate the elegant atmosphere of 19-century Parisian salons. In the between, the Ravel sonata, written soon after World War I, uses just two string instruments to produce a composition of unique, austere beauty. These three inimitable works capture the essence of pure melody in its most delightfully fundamental form. Performing Arts Center at Purchase, 735 Anderson Hill Rd., Purchase. 5 p.m. \$13.75 to \$62.50. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Winter Howl for Adults Only. Enjoy visiting the wolves during their favorite hour – dusk. Learn about the mythology, biology and ecology of wolves in North America while enjoying a spread of wine and cheese. Guests will take a short sunset hike to howl with ambassador wolves Alawa, Nikai and Zephyr and potentially behold the center's critically endangered red wolves and Mexican wolves, too. For adults 21 years old and up. Wolf Conservation Center, South Salem. 5 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Music with Friends: Jazz. Featuring the Isaac Raz Ensemble with selections from the great American songbook, America's contribution to world musical culture. Creative arrangements of songs range from Tin Pan Alley to the modern era. The concert will feature a wide array of New York City's top jazz talent, including Samara McLendon, winner of the elite Sarah Vaughan International Jazz Competition. Whippoorwill Hall, 19 Whippoorwill Rd. East, Armonk. 8 p.m. \$20. Info: E-mail: music@armonkplayers.org. Tickets: Visit www.armonkplayers.org/schedule.html.

Rita Harvey's Heart Like A Wheel: A Tribute to Linda Ronstadt. This show celebrates one of the most beloved and versatile pop singers of the past five decades. Hear the hits that Ronstadt helped make famous ("You're No Good," "Blue Bayou," "When Will I Be Loved," "It's So Easy," "That'll Be the Day," "Desperado," "Heat Wave" and many others) as well as stories behind the songs that highlighted her career. These timeless favorites are performed by Broadway star, Rita Harvey, backed up by four incredible rock musicians. White Plains Performing Arts Center, 11 City Place, White Plains. 8 p.m. \$37.50. Info and tickets: 914-328-1600 or visit www.wppac.com.

Sunday, Jan. 26

Feeding Fun. It's mealtime for the animals. Join our naturalists for a hands-on program and learn about the care that goes into feeding our indoor animals as well as

our birds of prey and barnyard. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Author Visit. Pleasantville native Miriam Sicherman will be reading from her new book "Brooklyn's Barren Island: A Forgotten History." The book tells the story of a forgotten community on a now-vanished island in Brooklyn. On Barren Island from the 1850s to the 1930s, New York City's garbage and dead animals were processed by immigrant and African-American workers who lived on the island with their families and created a thriving village before being evicted in the name of urban progress. The Village Bookstore, 10 Washington Ave., Pleasantville. 2 p.m. Free. Info: 914-769-8322.

The Ricardo Gautreau Trio. Gautreau is an innovative singer/songwriter/guitarist with a "melting pot" approach. His fresh, multicultural musical stew seamlessly blends rock, Latin and jazz to create originals and covers that are modern and rootsy. He studied with composer/pianist John Lewis, founder of the immortal Modern Jazz Quartet, master composer/pianist/educator Ran Blake of The New England Conservatory of music and with jazz guitar legend Sal Salvador. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3 p.m. Free. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Death Café Westchester. Facilitated by local volunteers, offers an opportunity to come to a nonjudgmental, friendly gathering to discuss end of life. When individuals gather in small groups to exchange thoughts and experiences, this shared information and exploration transform anxiety about death and dying so life can be lived more fully. Coffee, tea and snacks provided. Katonah Village Library, 26 Bedford Rd., Katonah. 2 to 4 p.m. Free. Info: Visit [facebook.com/DeathCafeWestchester](https://www.katonahlibrary.org/events/) or <https://www.katonahlibrary.org/events/> or e-mail deathcafewestchester@gmail.com.

Ballroom Dancing and Dinner. 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. 2:30 to 6:30 p.m. \$18 per person. Fourth Sunday of every month. Info: 914-241-0136 or contact Commander John A. Graziano at 914-248-7134.

Bindlestiff Family Circus. They have traveled the world, bringing a unique hybrid of vaudeville and circus spectacle to communities far and wide. This performance harkens back to the earthy and gritty heyday of the traditional American circus that toured the country by caravan at the turn of the 20th century, while adding the artistic twist of co-founders Stephanie Monseu and Keith Nelson. Jugglers, acrobats, plate spinning, sword swallowing, brain twisters and risk-taking feats set to live music in a fun and interactive show perfect for the entire family. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 3 p.m. \$26. Students: \$24. Children (under 13): \$18. Info and tickets: 914-606-6262 or visit www.sunywcc.edu/smartarts.

"Sparkling Amazons" Closing Party. A sparkling toast in honor of the contributors and to bid farewell to the current exhibit. Refreshments included. Katonah Museum of Art, 134 Jay St., Katonah. 3:30 to 5 p.m. Members: Free. Non-members: With museums admission. Info: Visit www.katonahmuseum.org.

Monday, Jan. 27

"Making Is Thinking." New York City-based artist Joel Carriero has built an extensive body of work inspired by art history. Using art reproductions from textbooks and magazines as his source material, he copies, enlarges and cuts the images into small pieces, then assembles them into mosaic-like collages that transform the familiar into something new. Westchester Community College's Fine Arts Gallery, 75 Grasslands Rd., Valhalla. 10 a.m. to 3 p.m. Free. Exhibit continues through Mar. 6. Gallery hours are Monday through Saturday 10 a.m. to 3 p.m. and Thursdays from 4 to 6 p.m. Info: 914-606-6621 or visit www.sunywcc.edu/gallery.

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. Info: 914-273-3887 or www.northcastlelibrary.org.

Here We Are Together: Story Time for Children. Story time for children of all ages, from newborns to school age children; with a parent or caregiver. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:15 to 11:45 a.m. Free. Every Monday. Info: 914-666-8041 or www.mountkisco.org.

Robert the Guitar Guy. Play along to some of your favorite songs! From "Go, Go, Power Rangers" to "Baby You're a Firework," everyone is a musician here. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 4:30 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Dungeons and Dragons. Be part of a role-playing adventure. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 6 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

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

Tuesday, Jan. 28

Bridge for Beginners. Sharpen your mind and enlarge your social circle by learning the fascinating game of Bridge. You will learn the suggested rules of bridge through card playing. Moving at a comfortable pace, also experience a passion for this game. Led by Doris Paucaldo. North Castle Public Library, 19 Whippoorwill Rd.

continued on next page

My Dry January and a Historic Commemoration



By Nick Antonaccio

At the beginning of the month I vowed to join the Dry January movement, abstaining from alcohol for 31 days. I hope you have considered this challenge as well.

How have I been persevering? I haven't fallen victim to abstaining from abstaining. I've developed strategies for specific situations. Allow me to share several with those of you who are participating, and those who may consider abstaining in future months.

1. Out at a restaurant, I pour the first glass as a standard amount. I sniff and swirl, not sip. The waiter won't ask if I'd like a refill. My friends don't goad me about abstaining. When someone at the table is ready for a final pour, I offer them my unfinished glass.
2. If my fellow diners order a cocktail before a restaurant meal or a social gathering at a bar, I'll order a cocktail. These non-alcoholic drinks mirror many of the sophisticated new cocktails on beverage lists. I can raise my mocktail glass for a toast, sip it in a bon vivant style while engaged in convivial conversation and

even order a second.

3. Abstaining at home is challenging. Wine enhances so many dishes and influences my palate to appreciate food on a unique plane. I must admit, our longstanding family tradition of Friday night pizza, wine and a movie without a bottle of red is quite unfulfilling. Alas, I have no clever alternative. Reluctantly, tap water it is.
4. For other occasions, mineral water with a squeeze of lemon, or one of the flavored natural seltzers, is a reasonably acceptable substitute.

Past the halfway point in my Dry January (or Dryanuary), I'm also finding positive effects. My ability to abstain from alcohol is not as difficult as I had imagined (whew). I wake up feeling refreshed, am getting more out of my early morning gym workout and saving on wine purchases. But I do miss the ethereal experience of savoring the full cycle of wine appreciation and

enjoying the full benefit of pairing wine and food.

But it's only 31 days, less than 10 percent of the year. I can do this. I'd like to think a number of you have taken this challenge. E-mail me with your experiences.

But now I'm beginning to think of the potential momentum created by Dryanuary.

What if the movement started to grow, across all drinking-age generations, but

especially among the self-declared alcohol abstainers of the Millennial generation?

What if the movement began to spread to organized groups averse to alcohol consumption and who espouse temperance? (Mothers Against Drunk Driving; the Center for Substance Abuse Prevention, a government agency; and the Robert Wood Johnson Foundation, which has spent \$265 million since 2015.) Their influence is significant and broad-based.

What if popular support began to grow across local cities and towns and a national march on Washington was held, further creating an awareness of the negative effects of alcohol consumption?

What if legislators in Congress realized the popularity of this national temperance movement and began to consider legislation to address their constituents' concerns?

What if this groundswell gained momentum, resulting in a proposed amendment to the Constitution and brought to the public for a vote?

What if it passed?

Preposterous, you exclaim. Not in an enlightened society of diverse opinions, practices, preferences and beliefs.

This week we recognized the 100th

anniversary of the effective date of the Eighteenth Amendment to the Constitution, which made it a federal crime to manufacture, sell, transport, import or export "intoxicating liquors." Wine was included in this ban.

Prohibition was arguably one of the most controversial, and perhaps least enforced, Constitutional laws in our history. It was repealed by the Twenty-first Amendment, the only amendment to suffer such a fate.

The nation was under the alcohol ban, not for the equivalent of a Dryanuary, not for an entire year, but for 13 long, dark years, straining the very fabric of our society.

Consider all the facts, weighing them carefully as you consume wine and consider its effects on your health and sociopolitical lifestyle.

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.



**You Heard It
Through the
Grapevine**

Happenings

continued from previous page

East, Armonk. 10:30 a.m. to 12:30 p.m. Free. Every Tuesday. Registration required. Info and registration: 914-273-3887 ext. 3.

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.mountkiscopubliclibrary.org.

Parkinson's Support Group. Patients with Parkinson's disease are invited to meet and share their experiences and knowledge with others. If you or a loved one has Parkinson's disease, it can affect many lives. Receive education and information from expert clinicians and get the emotional support you need from others. Learn more about treatment options to help alleviate symptoms and increase the quality of life. Phelps Hospital, fourth floor, 755 N. Broadway, Sleepy Hollow. 2:30 p.m. Free. Info: 914-366-3937 or e-mail vitality@northwell.edu.

Drop-In Breastfeeding Support Clinic. Join other moms and Certified Lactation Counselor Cabiria Dougherty at this drop-in clinic for breastfeeding concerns and questions big and small. This clinic is designed to lessen the pressure to perform that can arise from the usual hour-and-a-half home visits or 30-minute office visits, and afford time to observe more than one feeding in a relaxed and welcoming space.

Latch assessments and suggestions for improved positioning and feeding outcomes are the main focus, but moms with babies at all ages and stages are welcome. Questions about pumping, weaning, solids and more are answered with evidence-based, current knowledge and judgement-free respect. Drop in any time. NUR Space, 596 Warburton Ave., Hastings-On-Hudson. 1:30 to 4:30 p.m. \$30. Every Tuesday. Info: Visit www.nurspace.com/nur-calendar/drop-in-breastfeeding-support-clinic-mf83s.

DIY Phone Grip. Get the perfect selfie and add some pop to your cell phone with a phone grip you can create. For students 12 years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended. Info and registration: 914-864-0130.

Bible Study. Join the United Methodist Church of Mount Kisco for this new weekly session. Mt. Kisco Diner, 252 E. Main St., Mount Kisco. 7 to 8 p.m. Free. Every Tuesday. Info: Contact David Visaggio at 914-262-9973.

Wednesday, Jan. 29

Owning a Part-Time Business While Keeping Your Job. Frank Dunne, owner of FranNet of New York Capital Region and Hudson Valley, will explain how you can have the best of both worlds – having a full-time career plus the opportunity to

build wealth and equity through franchising. This workshop will show you how to diversify your income stream, increase your equity and prepare for the next shift in the corporate world. SCORE Headquarters at White Plains Public Library, 100 Martine Ave., White Plains. 2 to 4 p.m. Free. Registration required. Info and registration: Visit www.westchester.score.org.

Make Your Own Puzzles. Celebrate National Puzzle Day by making your own jigsaw puzzle, Word Search and crossword puzzle. Supplies and snacks provided. For children in grades 2-4. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Registration recommended; walk-ins welcome. Info and registration: 914-769-0548.

International Puzzle Day. Celebrate International Puzzle Day by piecing together a 1,000-piece puzzle. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Art Series: Romeo and Juliet. One good turn deserves another, so let's get back to the classics with an examination of how various artists have presented the story of Romeo and Juliet in stone and pigment. Look at works by Ford Maddox Brown, Hugues Merle and Julius Kronberg in addition to peeking at a few star turns on screen of the star crossed lovers. 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, Jan. 30

Exploring Marvelous Innovations as Expressions of Power and Status. Learn about the art collections of Europe's royal families with art historian Page Knox. JCC of Mid-Westchester, 999 Wilmot Rd., Scarsdale. 11 a.m. to noon. \$25. Registration required. Info and registration: Visit www.ujafedny.org/nexters-making-marvels.

Super Bowl Snacks. Come for some Super Bowl food fun. Make homemade baked tortilla chips and a healthy avocado dip. Plus, build your own snack stadium serving tray. Includes dairy. Presented by Cooking Crew School and sponsored by the Mount Pleasant Public Library. For students in grades 5-12. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 p.m. Free. Registration recommended; walk-ins welcome. Info and registration: 914-769-0548.

DIY Pinecone Light-up Jar. Light up the dark winter months with a decorative pinecone jar. For children seven years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Registration recommended. Info and registration: 914-864-0130.

Believe In Yourself.
Because a little effort goes a long way.



At Saw Mill Club we believe in you.
Together let's make 2020 your year.



Two incredible locations. One Amazing Experience.

Join Saw Mill Club and you'll receive membership to Saw Mill Club East for FREE.

Join today for \$75

Saw Mill Club
77 Kensico Drive, Mount Kisco
914-241-0797

Saw Mill Club East
333 N Bedford Rd, Mount Kisco
914-242-9760

www.SawMillClub.com



@SawMillClub #MySawMillClub