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February 25 - March 2, 2020

SMALL NEWS IS BIG NEWS

Volume 14, Issue 651

No. Castle to Benefit as Conn. Governor Pulls I-684 Toll Plan Off Table

By Martin Wilbur

The prospect of a truck toll on I-684 was taken off the table last Wednesday after Connecticut Gov. Ned Lamont aborted a plan to place tolls at about a dozen locations throughout the state.

Lamont had targeted the 1.4-mile stretch of I-684 between exits 2 and 3 that briefly enters and exits Greenwich as one toll location. The money was to be used toward renovating and rehabilitating Connecticut roads and bridges, including a small bridge over the Byram River on the Connecticut portion of the roadway near where the toll was proposed to be located.

Local officials breathed a sigh of relief, including North Castle Supervisor Michael Schiliro, who said that the town's opposition to the plan show that "our efforts were meaningful and effective."

However, he remained cautious because it's uncertain whether the plan might resurface.

"We will continue to closely follow this issue and if resurrected, will continue to fight for our town in preventing this proposed toll from ever becoming a reality," Schiliro said.

Westchester County Executive George Latimer was also pleased last week that Connecticut abandoned the toll specifically relating to I-684.

"I am pleased to hear that our Connecticut neighbors have decided to end their plans to charge tolls on the one-mile stretch of I-684 on our shared border," Latimer said in a statement. "My administration – and my colleagues in government – had serious issues with this

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Upgrades to Pleasantville Crossing Discussed to Enhance Pedestrian Safety

By Abby Luby

The Pleasantville Village Board is considering crosswalk improvements at Hopper Street and Marble Avenue to help make the intersection safer for pedestrians.

Plans for the intersection include a green and white crosswalk using stamped concrete with new activated pedestrian signals on both sides of the street

Since Hopper Street and Marble Avenue are village roads, changes and upgrades won't require permission from another agency. The location has a high level of pedestrian activity at certain times with walkers going to and from Parkway Field.

For over a year, Pedestrian Walks, a volunteer advocacy group promoting a more walkable Pleasantville, has been working on several proposals and plans. It has also created a tri-fold map for the school district

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A colored crosswalk, similar to what is shown here, may be installed at Hopper Street and Marble Avenue in Pleasantville to help make that intersection safer for pedestrians. A rapid-flashing beacon is also proposed for the location.



Unalarmed

A sudden fire alarm wasn't about to deter this group of determined knitters. When an alarm sounded at 200 E. Main Street in Mount Kisco on Saturday afternoon, these ladies were unfazed, and continued their knitting projects outside of Pick Up Every Stitch. There was no fire at the location.

County Residents Quarantined as Part of Coronavirus Precaution

By Martin Wilbur

Westchester County officials reported last week that 26 people had been quarantined within the county for possible exposure to the novel coronavirus but they are not sick and pose no threat to public safety.

A Feb.18 briefing in White Plains by Health Commissioner Dr. Sherlita Amler and County Executive George Latimer and other county officials provided an update on the precautions being taken in Westchester.

By Monday, there were only eight people who remained under quarantine, the county Health Department reported. The others who were released from quarantine are not a risk.

"We currently have travelers that have come back into the county from areas of the world where COVID-19 cases have occurred," Amler explained. "These people are not ill but we still have to monitor them."

There have been no cases of the novel



MARTIN WILBUR PHOTO

Westchester County Health Commissioner Dr. Sherlita Amler, at podium, spoke about the precautionary steps being taken by the county to address the specter of the coronavirus.

coronavirus, referred to in healthcare circles as COVID-19, in New York State. As of Feb. 24, 53 Americans have been infected, according to the Centers for Disease Control and Prevention.

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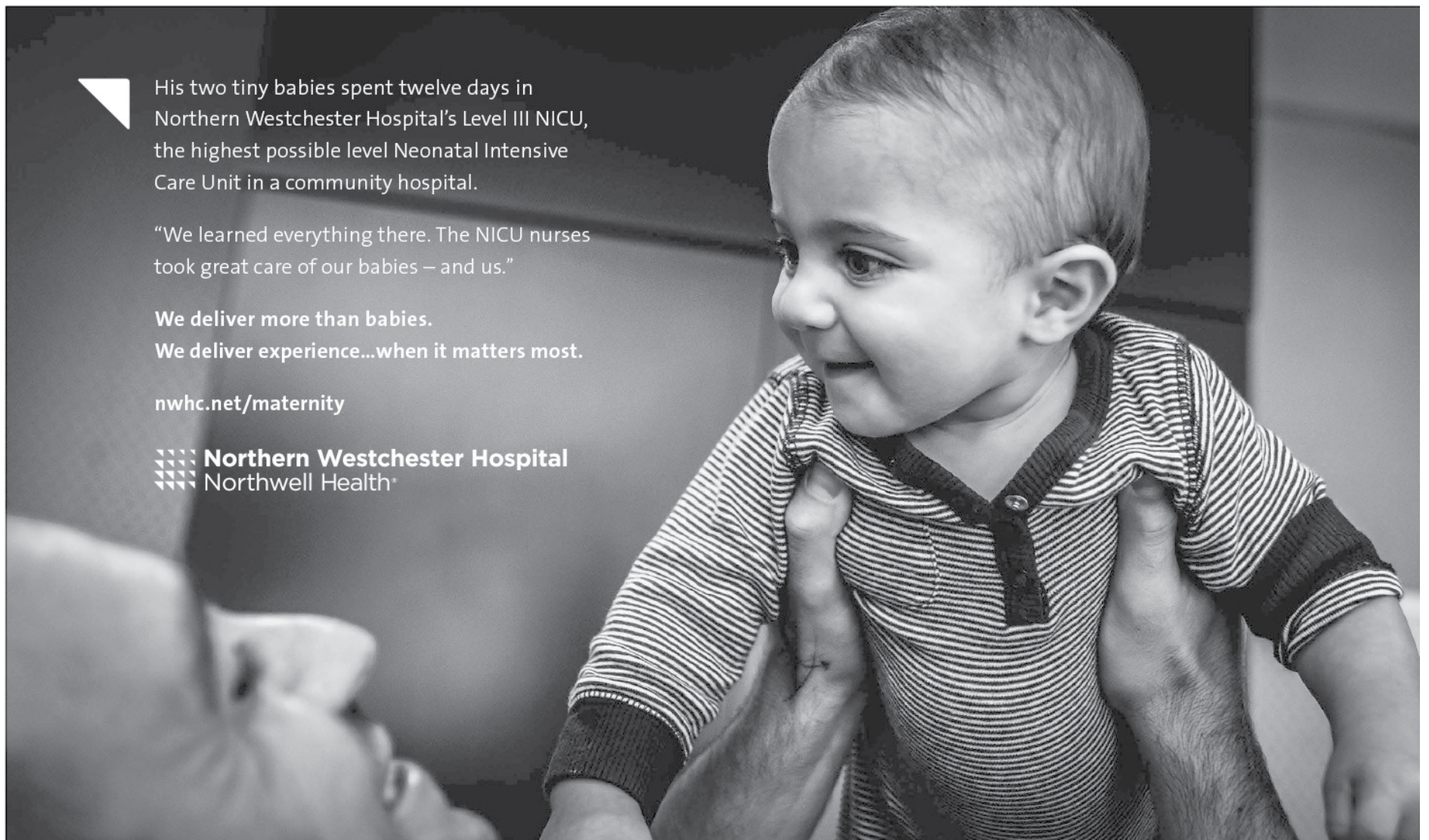
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State Senators Urged to Provide More Money for Education, the Disabled

By Martin Wilbur

Local state senators listened last week to appeals from school administrators, childcare advocates and parents to increase funding for education and programs to help children and the disabled in New York's Fiscal Year 2021 budget.

Majority Leader Andrea Stewart-Cousins (D-Yonkers) was joined by Senate colleagues Peter Harckham (D-Lewisboro), Shelley Mayer (D-Yonkers) and David Carlucci (D-Clarkstown) who heard from over 50 speakers during more than three hours of testimony at the County Center in White Plains last Tuesday.

In addition to the pleas for enhancing support for schools and to help defray the costs of day care centers, speakers also implored the lawmakers to prevent Gov. Andrew Cuomo's proposed \$2.5 billion cut to Medicaid that would hurt the disabled and the elderly, to continue criminal justice reform, and support more affordable housing.

Debbie Schneider, a teacher in the Elmsford School District who lives in Ossining, said many districts, particularly high-needs districts such as Ossining, have been shortchanged millions of dollars in state aid. In the last 12 years, under the state's foundation aid formula, the district should have received about \$25 million more than it had while absorbing a 1,000-student increase in enrollment in that time, she said.

Schneider said with her son scheduled to enter kindergarten in the fall, she shudders to think what the Ossining schools will look



MARTIN WILBUR PHOTO

Pleasantville Superintendent of Schools Mary Fox-Alter was one of more than 50 speakers to address Westchester's state Senate delegation at last week's state budget hearing in White Plains. Many of the speakers, including Fox-Alter, raised issues regarding education funding.

like in another 12 years.

"The governor and New York State (have) failed a generation of children and we can no longer sit by and let it happen again," Schneider said.

Karen Belanger, executive director of the Westchester Putnam School Boards Association, said Cuomo has proposed a relatively meager \$826 million increase in state aid to schools for the upcoming year. That falls far short of the recommended \$2.1 billion increase called for by the New York State United Teachers and other education

groups around the state. A \$2.1 billion hike would also include the first installment of repaying an estimated \$3.4 billion shortfall in foundation aid to districts statewide.

Belanger said 70 percent of districts in Westchester and Putnam are in line for just a .25 percent increase this year in foundation aid, which fails to meet needs such as mental-health-related services for students and school security.

"We need flexible funding focused on mental health and security to allow our schools to help our students and to protect them as well," Belanger said.

Pleasantville Superintendent of Schools Mary Fox-Alter, who spoke on behalf of the Lower Hudson Valley Council of School Superintendents and the Lower Hudson Education Consortium, said districts are feeling the crunch of having been shortchanged for so long.

In addition, Cuomo has now proposed dropping the state's share of funding for students with disabilities, she said. In Pleasantville alone, that would cost the district about \$120,000.

"The governor's proposal is harmful to our region's students and communities," Fox-Alter said. "It does not provide tax relief or support for our area, which has been hit very hard with the loss of the SALT deduction, changes to STAR, no mandate relief with the tax cap and increasing student needs."

She urged the senators to reject the proposal to strip the aid for students with disabilities, have the foundation aid formula operate as intended, and focus on mandate

relief.

Funding for child care, especially in areas of the state with more need, is also deficient, said Betsy Block, a longtime Ossining Children's Center board member. She said with the increase in minimum wage, two parents working full-time earning that salary would no longer qualify for child care subsidies, rising to just above the income threshold.

As a result, for the first time in its 125-year history, the Ossining Children's Center may have to turn away children because the demand would be too great. The center would then fail in its goal to provide affordable child care for every working family, Block said.

"Unfortunately, our ability to fulfill this mission has been compromised in recent times," she said.

Lisa Rosenbloom, a current board member at Ossining Children's Center, added that "the level of subsidy is so out of step with the cost of caring for children."

The loss of Medicaid funding also threatens to jeopardize the care and independence of people with disabilities, said Joe Bravo, executive director of the Westchester Independent Loving Center. A state Medicaid Redesign Team has been given until Mar. 31 to come back with recommendations about where to cut the \$2.5 billion, which will provide no time for public feedback on the recommendations before the state budget is passed, he said.

Maria Samuels, executive director of Westchester Disabled on the Move, said

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No. Castle to Benefit as Conn. Governor Pulls I-684 Toll Plan Off Table —

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plan from its inception and even took our case to the Connecticut state capitol to make those issues clear.”

Lamont said during a Feb. 19 news conference that the Republican-led Senate had opposed his toll plan but wanted to dip into the state’s rainy-day fund for road repairs. However, they had planned to filibuster for 30 hours with no guarantee

there would be a vote. The Senate also had made no efforts to schedule a vote on its alternative.

He announced that he’ll propose to bond for the money that would have been generated by the tolls.

“I’ve got a legislature that doesn’t want to make a decision when it deals with a problem that we’ve had, unfortunately, in

this state for over a generation, that’s our deteriorating roads and bridges and rail,” Lamont said.

A concerted effort by a large group of Westchester officials protested to Lamont and Connecticut lawmakers about the proposed I-684 toll. They argued that it would unfairly tax New York truckers and businesses on a highway that is overwhelmingly used by New Yorkers. Another concern would be that once the technology was installed, it could easily be changed to include passenger cars.

The Town of North Castle would have likely been most impacted, particularly if trucks would have used alternate routes to avoid the toll by getting off I-684 at Exit 2 and taking Route 120 to northbound Route 22, Schilero said. Another option would have been for trucks coming from I-287 to head north through North White Plains, potentially adding traffic to an already-congested hamlet, he said.

During a Jan. 31 public hearing in Hartford, officials from Westchester, including North Castle, appealed to a Connecticut state Assembly committee in hopes of having them reconsider the I-684 toll. Aside from generating more traffic on local roads, town officials pointed out that New York State has been paying for road maintenance, plowing and emergency services along that one-plus mile stretch

under a 1966 agreement between the two states. The agreement also obligated Connecticut to structurally maintain the small bridge in the Greenwich portion of the roadway.

State Sen. Shelley Mayer (D-Yonkers), whose district includes North Castle, said she was pleased to hear about Lamont’s decision.

“Thank you to the many elected officials and advocates who made it clear that a Connecticut toll on I-684 would disproportionately impact New Yorkers and would be an inappropriate way to make infrastructure policy,” Mayer said. “We share a commitment with Gov. Ned Lamont to improve road and rail infrastructure, and we hope to work collaboratively in the future on making these improvements.”

Assemblyman David Buchwald (D-White Plains) said he believed the unified local response had an impact.

“I believe our loud resistance helped dissuade Connecticut from moving forward on tolling, and with Connecticut lawmakers failing to support the plan, we seemingly have victory in hand,” Buchwald said. “Hopefully we can now get back to working across state lines on issues regarding our transportation needs.”

Upgrades to Pleasantville Crossing Discussed to Enhance Pedestrian Safety

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that highlights smart routes to Pleasantville schools to avoid troublesome morning gridlock for parents driving their children to school. The map will be sent home to parents and a digital version will be sent via e-mail.

To create a safer crossing at Hopper and Marble, village trustees are considering using bright flashing lights to alert motorists that there are pedestrians. The lights are known as rapid-flashing beacon light bars and would be activated by pedestrians. The estimated cost is about \$13,000 for two lights to go on either side of the street.

The stamped concrete, to catch drivers’ attention as they approach the crosswalk, could run between \$5,000 and \$8,000.

“There has been no final decision on this project,” said Village Administrator Eric Morrissey. “It will be part of the budget

process that will determine if there are appropriate funds for the upgrade.”

Morrissey said there will be a budget work session sometime next month with the village’s Superintendent of Public Works Jeff Econom to discuss the proposal.

Creating safer crosswalks throughout Pleasantville has been a longtime goal for both the village’s Pedestrian Committee and Pedestrian Walks. The 1.8-square-mile village is known for being pedestrian-friendly with easy access to shops, schools and places of worship.

Many village residents have spoken about the need for safer crosswalks along walkable routes.

Trustee Nicole Asquith said crosswalks are also needed along Bedford Road from Wheeler Avenue to Romer Avenue, a stretch of road where pedestrians have difficulty crossing the street

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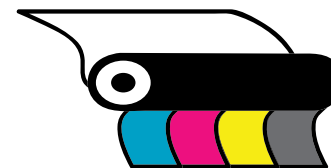
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Buchanan Trustee in Crowded Democratic Field to Replace Lowey

By Rick Pezzullo

The field of Democratic candidates vying to replace longtime Rep. Nita Lowey in the 17th Congressional District is in double digits and perhaps with no clear front-runner.

Among the hopefuls is Village of Buchanan Trustee Duane Jackson, who ran for Congress in 2012, has thrown his hat in the ring once again for the June 23 Democratic primary.

"I like my chances. I'm in it to win it," Jackson said during a recent interview. "There's a lot of work to be done until June 23. I feel great about it."

Jackson, a Vietnam War veteran and a New York City street vendor, is serving his fourth term on the Buchanan Village Board. He made national headlines on May 1, 2010,

*'I like my chances.
I'm in it to win it.'*

—DUANE JACKSON

when he helped thwart a terrorist attack by alerting police of a suspicious car that had been strapped with explosives in Times Square. Jackson was called a hero and received widespread praise for his actions, including from President Barack Obama.

"I want to get back in the hunt and be part of the conversation," Jackson said. "It's a crowded race. I see that there is no dominant player. It's almost like a once-in-a-lifetime opportunity."

Affordable housing is one of the issues

that Jackson feels is being largely ignored in the campaign.

"I think we're on a very fast downhill slope. For many people one missed paycheck and you're out on the street," he said. "People are paying 30 to 40 percent of living expenses for housing. That's just not sustainable."

Jackson plans to be an advocate for veterans, make climate change a priority, find a solution to student loan debt and address healthcare issues.

"I'm in this race to make sure these issues are being heard," he said. "There needs to be change in the type of people we send to Washington."

The petitioning period to collect signatures to appear on the Democratic primary ballot begins this week and ends on Apr. 2.

Another local lawmaker, Westchester County Legislator Catherine Borgia (D-Ossining), announced Monday she was dropping out of the race. She is one of 16 people who had obtained a federal identification number allowing a candidate to raise money.

Borgia said it is important for Democrats to nominate a strong candidate who will have the courage to stand up for the needs of the district, including underserved, poor and marginalized constituents.

"Although it is a difficult decision, especially as I have wanted to be in Congress since I watched the Watergate hearings with my parents when I was



Duane Jackson, who serves on the Buchanan Village Board, plans to be part of the wide-open field competing in the Democratic primary for the 17th Congressional District seat.

in second grade, I believe it is time for responsible leaders to put aside personal ambition for the greater good," Borgia said. "It was a privilege and honor to run to continue the great legacy of service of our outgoing Congresswoman Nita Lowey. I thank the many friends and supporters who have supported and encouraged me during this journey."

A-HOME to Move Next Week to Mount Kisco

The nonprofit organization A-HOME, which provides safe, affordable rental housing in northern Westchester by purchasing, developing and managing properties for its current programs, will move from its Pleasantville headquarters

on Tompkins Avenue to Mount Kisco next week. Starting Mar. 1, A-HOME's address in Mount Kisco will be 86 Smith Ave. The telephone number, 914-741-0740, and fax number, 914-741-0777, will remain the same as will its e-mail and website addresses.



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County Residents Quarantined as Part of Coronavirus Precaution

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Amler explained that a quarantine is for individuals who may have been exposed to the virus while isolation is reserved for those who are sick.

The original 26 individuals, whose identities and locations were withheld for privacy reasons, had voluntarily agreed to be quarantined at home until the 14-day incubation period for the virus was over, Amler said. The remaining people in quarantine have shown no symptoms and will not be tested unless symptoms appear, she said.

Arrangements were made to have food, medication and other basic items brought to the residents for the duration of their quarantine.

Symptoms for COVID-19 are virtually identical to the more typical strains of influenza – coughing, sneezing, a sore throat or fever, Amler said. It is most commonly spread through coughing or sneezing but doesn't travel very far, typically no more than six feet, she said.

There's no way to tell the difference between COVID-19 and other strains of virus.

"But what you want to ask, have you traveled to China or have you traveled to any region of the world where there are evolving cases of this novel coronavirus and have you been exposed to anyone who's been diagnosed or to anyone who came from those areas (who) was ill?" Amler said. "The travel history is very, very important,

and particularly for individuals who've traveled in that area for the last 14 days and developed symptoms."

As of Monday, 77,169 of the 79,360 cases of COVID-19 have been in China, the European Centre for Disease Prevention and Control reported. Most of the other cases identified are in South Korea (763) and Japan (144), along with other countries in that region.

There have been 2,618 deaths from the virus, with all but 26 confined to China. Last weekend, two deaths were reported in Italy and one in France.

Anyone with a travel history in the last 14 days to one of the countries with a high concentration of cases, would be put in contact with their local health departments upon return, which is how the county learned of the 26 people in Westchester, Amler said.

Precautions include frequent handwashing with soap and water for at least 20 seconds or with a hand sanitizer, she said. Coughing or sneezing should be done into the arm and not the hands.

If anyone hasn't gotten their flu shot for the season, they should be vaccinated, Amler said. Vaccines are still available, including at the county health clinics in White Plains and Yonkers through the end of this week, she said.

Latimer said he and his administration did not want to alarm the public but felt it was important to provide accurate information rather than run the risk of having "the

spread of the virus of fear and unnecessary panic."

"This is a time for sober realities, where speculation, where projections of things that aren't backed up necessarily by fact, where going on the internet and I heard this and I saw this is not only unhelpful but it can be negative," Latimer said. "It can create a climate of fear that is unwarranted."

For more information on the novel coronavirus visit the Centers for Disease Control at <https://www.cdc.gov/> or the county Health Department at <https://health.westchestergov.com/>

State Senators Urged to Provide More Money for Education, the Disabled

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organizations that help the disabled will have their ability to provide the services for that population's needs jeopardized, including having them live independently.

"We're going to lose the funding to keep people in the community," Samuels said. "People with disabilities, they need the support to remain in the community. If we lose that funding, they're going to have a problem."

There is a Mar. 31 deadline for the legislature to approve an on-time budget.

Social Anxiety Series for Teens, Young Adults Begins March 12

Cognitive and Behavioral Consultants (CBC), a leading Westchester clinical and wellness center, is offering a 12-week social anxiety group for teens and young adults that will start on Mar.12.

In this group, participants will learn how to reduce anxiety in social settings through practice and real-life activities; develop strategies for challenging "worry thoughts" experienced in social situations; enhance conversational

skills; and practice assertiveness skills and learn to say no effectively.

The series runs on Wednesdays from 5:15 to 6:45 p.m. in CBC's Schwartzberg Training Center, located at 1 N. Broadway, Suite 704, in White Plains.

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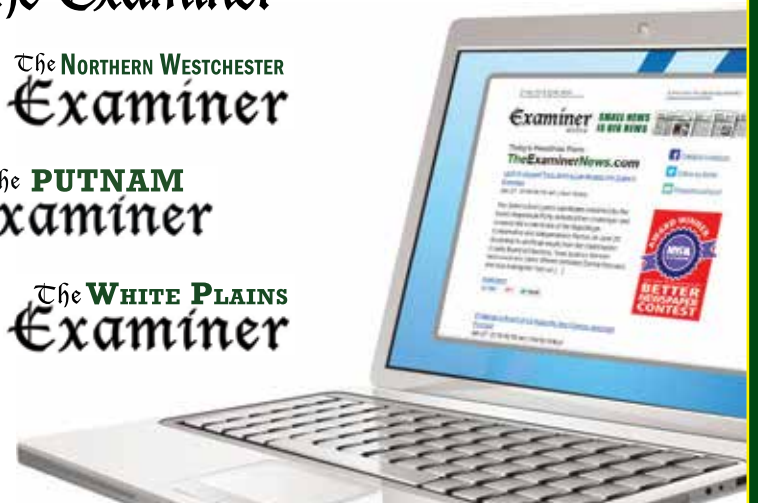
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P'ville School Budget Proposes Eight New Positions for 2020-21

By Abby Luby

Pleasantville School District administrators recently previewed the upcoming 2020-21 budget, a preliminary spending plan that proposes eight new full-time positions district-wide.

During a recent presentation, Assistant Superintendent for Business Tim Whipple also focused on future enrollment and employee benefits.

The 2020-21 budget proposes the addition of a psychologist, a third-grade teacher to address a large second grade this year that will be moving onto the next level, one teaching assistant, one computer aide in the technology department and four additional special education aides who work individually with students with disabilities. The district has 80 special education aides.

Overall, the district would see its employee count rise next year under the proposed plan from 347.2 to 355.2 full-time equivalents, with instructional staff increasing from 164.8 to 166.8 positions. The number of administrators would remain at 13.

Whipple's Feb. 11 presentation was the first in a series of upcoming budget discussions by the Board of Education that will continue in March and end with the Apr. 21 budget adoption. The budget will be put to voters on Tuesday, May 19.

Principals will present more detailed information about staffing in each of the

three schools during upcoming budget meetings. More information on total spending and the tax rate increase will be forthcoming later in the process.

For the upcoming budget, the district expects to have plenty of financial wiggle room. In addition to the 1.81 percent tax levy increase that was set by the state, which accounts for about \$670,000, Pleasantville is helped by its largest growth factor – 1.98 percent – since the tax cap went into effect, Whipple said. As result, the allowable tax levy increase is \$1,442,000 or 3.79 percent.

The growth factor for next year is determined by a formula that measures the increase in assessables within the district's boundaries from 2017 to 2018.

Total salaries next year will increase by nearly \$612,000, Whipple said. That figure includes savings from the anticipated retirement of several staff members, he said.

The estimated enrollment projection over the next five or six years is stable.

"We do project about 115 students in kindergarten and 10 students from Pocantico," he said. "There are no significant spikes."

Helping the district for next year is a modest 1.3 percent increase in employee benefits, which includes health insurance premiums, rising to about \$12,129,000, Whipple said.

Board members urged the public to attend upcoming budget meetings before

the mandated May 5 hearing.

"At the budget hearing you can't change things," said Trustee Shane McGaffey. "That's when the budget is in its final form and presented to the community."

Superintendent of Schools Mary Fox-Alter and trustees urged the public to attend the upcoming meetings leading up to the board's budget adoption to weigh in on the decisions being made.

"(We're) speaking with specificity about this budget over the next two meetings," Fox-Alter said. "We encourage people to come, ask questions."

The upcoming budget meetings are Mar. 3 where technology, operations and maintenance, athletics and the district-wide budgets will be discussed while the Mar. 17 discussion will focus on each individual school and the special education budget. Projected revenues and fund balances are the scheduled discussion items on Mar. 31.

The board will adopt the final budget on Apr. 21 followed by the May 5 hearing and the May 19 public vote and Board of Education election.

Special Visit

Members of the girls' Pleasantville soccer team traveled to Albany earlier this month to be honored by the state Senate for capturing the Class B state championship last fall. The team, which went 20-1-2 en route to the title, was also given a tour of the state capitol. Pictured with them is state Sen. Peter Harkham.



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By: Marie Kondo

Police Blotter

County Police/Mount Kisco

Feb. 17: Police responded to Rutland Drive at 12:54 p.m. on a report that a woman was walking up and down the street taking pictures of houses. The caller said he did not recognize the person and was concerned she was casing the block to commit future burglaries. Officers determined that the woman was a guest of a resident on the block. The woman said she was taking photos to show relatives back home how nice the neighborhood is.

Feb. 17: A Maple Avenue resident reported at 6:41 p.m. that his apartment had been burglarized while he had been in the hospital the past few days. A television valued at \$550 and a DVD player valued at \$150 were stolen. Officers observed signs of forced entry on the apartment's front door. The matter was turned over to detectives for additional investigation.

Feb. 18: Police responded at 12:25 p.m. to Kisona Road on a report of a person in emotional crisis who was a danger to himself. The man agreed to be taken for evaluation to Northern Westchester Hospital and was transported by the Mount Kisco Volunteer Ambulance Corps.

Feb. 18: A 17-year-old Amuso Drive boy was arrested at 4:01 p.m. and charged with second-degree criminal mischief after he damaged bedroom furniture during an argument with his mother. The boy's mother called police to report that her son was out of control and she needed assistance. The youth was arraigned in Mount Kisco Justice Court and released pending a future court

appearance.

Feb. 19: Police assisted Con Edison with making entry into a locked building on the 400 block of East Main Street at 8:39 a.m. where a gas leak was suspected. No leak was detected. The Mount Kisco Fire Department also responded and secured the premises when Con Ed was done.

Feb. 19: Management at an East Main Street laundromat reported at 2:34 p.m. that two men were sleeping in chairs and refusing to leave. Officers responded and directed the men to leave the premises.

Feb. 19: An employee at Walgreen's on South Moger Avenue reported an attempted larceny at 5:05 p.m. The employee said he observed a teenager place an item valued at \$44.99 in his jacket pocket and head toward the store's rear exit. When the teen realized he had been observed, he went into the bathroom, placed the item on the sink and left the store.

Feb. 19: A North Moger Avenue resident reported at 10:19 p.m. that some men have been drinking alcohol in public on the street recently. He said there was no activity going on at this time. He was advised to call police the next time he observed a violation.

Feb. 20: Two Mount Vernon men were arrested at 10:12 a.m. on misdemeanor petty larceny charges stemming from a complaint by loss prevention personnel at Target on North Bedford Road. Store officials contacted police to report that two men, ages 18 and 19, had stolen items the day before and had just returned to the store. Police detained both men, reviewed store security video from the previous day and placed them under arrest.

The two suspects were booked at the Green Street precinct. One was released on his own recognizance while the other was found to have an outstanding arrest in New York City. The latter suspect was transported to the 50th Precinct in the Bronx and turned over to the NYPD.

Feb. 20: Report of a fight between two men at a South Moger Avenue business at 9:43 p.m. Upon arrival, the responding officers were advised that the two men left the premises when police were called. An employee who tried to break up the fight suffered a minor injury to his arm but declined medical attention.

Feb. 21: Police responded to Maple Avenue at 10:31 a.m. on a report of a loud dispute between two tenants. The dispute was verbal in nature only and officers advised the two parties to return to their apartments.

North Castle Police Department

Feb. 15: A caller reported at 3:05 p.m. that her dogs chased what was believed to be a mountain lion up a tree on Whippoorwill Road property. The caller reported that the animal did not attack her dogs. The responding officer spoke with both parties who were on the scene and advised them not to go near the animal and to keep any domestic animals inside the residence. Police stated that the animal was not near any house and that if the animal is seen again

coming near the house to notify police.

Feb. 15: A caller reported at 4:03 p.m. that while at the laundromat on North Broadway he observed one of his loads of clothes missing from the washing machine that he placed them in. The responding officer gathered the information.

Feb. 19: A party arrived at headquarters at 5 p.m. to report vehicles speeding on Whippoorwill Road East at all hours of the day and she is concerned for her safety and the safety of other residents. The complainant stated she observes vehicles driving up to 60 miles per hour in a 30 mile per hour zone while walking her dog during different hours of the day. Patrols will be advised to conduct speed enforcement in the area.

Pleasantville Police Department

Feb. 15: A 21-year-old man was arrested for driving with a suspended license at 5:44 p.m. after he was stopped on Broadway.

Feb. 18: Report of a verbal dispute between two people on Broadway at 2:41 p.m. The matter was resolved without incident.

Feb. 19: A street sign was reported to have been knocked down on Tompkins Avenue at 12:55 p.m.

Feb. 19: Report of a burglary at a Clinton Street residence at 5:54 p.m. Items were taken from the home. An investigation is ongoing.

Obituary

George Rubin Sr.

George Nelson Rubin Sr., 99, died peacefully at his home in Mount Kisco on Feb. 17.

Rubin was born on July 26, 1920, in Matawan, N.J. to Olga Loennies and Sven N. Rubin. He is survived by his wife of 68 years, Jacqueline; their five children, George N. Rubin Jr. and his wife, Shelly, of Mount Kisco, John Rubin of Holly Hill, Fla., James Rubin and his wife, Jutta, of Mount Kisco, Thomas Rubin and his wife, Jody, of New London, N.H., Nancy Adams (Rubin) and her husband, Buddy, of Holly Hill, Fla.; nine grandchildren; and two great-grandchildren. He was predeceased by his sister Anna Cody and brothers Paul and Arthur.

Rubin graduated from Matawan High School and served three years in the United States Air Force, where he was honorably discharged with the rank of sergeant. After serving in the military during World War II, he played minor league baseball in the Border League where he excelled as a star pitcher.

In 1948, Rubin moved to Mount Kisco and began working in the construction field with Mannion Brothers until his retirement in 1985. He also served as the treasurer for the Laborers International Union of North America, Local 235.

Rubin met the love of his life, Jacqueline Nehls, and they were married at Mount Kisco's St. Francis of Assisi Church on Nov. 24, 1951. He was actively involved with his sons growing up, coaching them in multiple baseball leagues and served as scoutmaster

for Troop 43. He loved watching the Yankees, doing crossword puzzles and cooking, spending many of his days sitting at the kitchen table searching for a recipe and then generating a grocery list for his next culinary creation. His real pride and joy of late came from his time spent with each of his grandchildren, especially his two great-grandsons.

Most recently, Rubin received honors from the New York State Senate for his 72 years of dedicated service as a firefighter with the Mount Kisco Independent Fire Co., where he served as president and 1st lieutenant. Prior to his service in Mount Kisco, he spent eight years as a firefighter in Matawan. He will be remembered by his fellow firefighters as a wonderful role model who inspired others through his dedication and longevity of service.

As the patriarch of the Rubin family, he will be deeply missed and remembered for his hard work, integrity, dedication and deep love for his family. All who met him can confidently say he exuded genuine kindness and caring, exhibiting a quiet yet determined strength until his last day. He was a fine, fine man and a true inspiration to everyone who knew him.

A service for friends and family was held on Feb. 20 at Oelker-Cox & Sinatra Funeral Home in Mount Kisco. The funeral services were held the following morning at Oelker-Cox & Sinatra followed by a burial service at Oakwood Cemetery.

In lieu of flowers, memorial contributions may be made to the Independent Fire Co., 322 Lexington Ave., Mount Kisco, N.Y. 10549, Attn: Howard Kensing, Treasurer.



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Mt. Pleasant Obtains \$100G State Grant to Dredge Carrol Park Pond

By Martin Wilbur

The Town of Mount Pleasant has been approved for a \$100,000 state grant that will be used toward dredging the pond at Thornwood's James M. Carroll Park and other improvements at the facility.

The money comes from a State and Municipal Facilities Program (SAM) grant obtained by state Sen. Peter Harkham (D-Lewisboro), which will reimburse the town for costs associated with restoration of the 1.2-acre Leith's Pond.

Work will include returning the pond to its original depth through dredging and re-

establishing the shoreline with gabion basket walls. A bypass drainage system was recently installed under the north parking lot to divert stormwater from the pond, said Mount Pleasant Supervisor Carl Fulgenzi. Other improvements will include new playground equipment, he said.

The town expects the project to cost about \$1 million, with most of the money to be taken from fund balance, Fulgenzi said.

"We are excited to make improvements to Carroll Park for the coming spring and summer seasons," he said. "The park has seen a significant increase in usage over the past few years, so this is an especially important time to continue updating its features."

Fulgenzi said the town wanted to complete

the bypass system work before starting the park rehabilitation. He expects the park improvements to begin this spring and take about six months.

Previously, the pond was a thoroughfare for stormwater, which led to the buildup of silt and weed and vegetation growth, according to the town. With the new bypass system, there will be less silt buildup that will reduce the need for frequent dredging.

Once the project is complete, Leith's Pond will once again be used for fishing and ice skating while improving its appearance, Harkham said.

This is the latest SAM grant that Harkham has secured for communities in his Senate District. To date, he has obtained about \$3.8

million for a variety of projects around the district, including \$250,000 last fall for ballfield improvements at Millwood Park in New Castle and trail enhancements at Fort Hill Park in Peekskill.

"Maintaining the infrastructure of our well-used and much-loved resources, like Carroll Park, enhances our quality of life in great communities like Mount Pleasant, so I'm pleased to have been able to partner with town officials on the pond restoration project," Harkham said.

The nearly seven-acre Carroll Park on Kensico Road includes a ball field, a bandstand and the pond. Sidewalks allow residents and people who work in the area to walk to the park.

Pleasantville Mulling New Designs for Village Pool

By Abby Luby

A consultant retained by the Village of Pleasantville has produced swimming pool designs for the Lake Street complex after the facility was plagued by leaks last summer.

Village Administrator Eric Morrissey said the village engaged Aquattica Pools & Water Parks, Inc. of Albany, which recently designed a new pool in Dobbs Ferry.

Morrissey said that the company's consultant, Gary Schultz, sketched out preliminary ideas as possible options for a new or renovated pool for the village to consider.

"Once we get some cost estimates with certain design options, we will bring that back to the Village Board and further the conversation," Morrissey said.

He said if the village decides to move forward with funding during the upcoming village budget work sessions, work would likely be done by summer 2021.

Leaks last summer prompted the village to hire a consultant to determine if the pool needed to be renovated or redesigned. Early in the season, an unexpected leak in the kiddie pool was found in one of the return pipes around its perimeter, forcing a temporary shutdown. The pipes were quickly replaced and the pool was re-opened.

That was followed by problems with the main pool, which had been leaking sizeable amounts of water because of the deterioration of its overall structure. The larger pool also has to be brought up to code and modified to accommodate new drain sumps, inlet fittings for the pool bottom and connecting piping.

Work on a new or renovated pool would be done for the 2021 pool season, Morrissey said. It is expected that the existing pool complex will open on time for the upcoming summer.

Prior to hiring the pool consultant, the village conducted a survey last September of the 22.7-acre Nannyhagan Park as an initial step for a pool renovation project. The survey shows property lines between the village and the Town of Mount Pleasant, surrounding wetlands, park structures, the pool, pond and the water course and the Catskill Aqueduct.



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Editorial

State Needs to Address Pressing Needs for Schools, Working Families

Listening to more than three hours of comments from the public at last week's state budget hearing in White Plains should have been a sobering experience, including for the four state senators who patiently listed to the testimony.

Despite a strong economy and Westchester's reputation for affluence, there was more than a fair share of extreme uncertainty and even pain expressed by the speakers, whether they were school officials, parents or representatives of nonprofit organizations.

The common thread was unmistakable. Those advocating for the most vulnerable populations – the disabled, child care centers that serve working families, school districts with sizeable populations of special needs and/or English Language Learners and those who deal with people with mental health issues – cried out

for the help they must have to continue effectively serving the public.

And that doesn't even include the representatives from highly worthy entities such as the libraries and the Legal Aid Society, which also needs help.

To be certain, there are never unlimited resources. Taxpayer money is always at a premium and there are always difficult choices to be made.

However, Gov. Andrew Cuomo during his tenure in office has talked a good game about helping the schools and the less fortunate but has too often failed to follow through. For too long, the state has shortchanged districts across New York of their foundation aid, failing to fully fund schools under the formula that has been in place. That has most seriously impacted school systems such as Ossining that has some resources but also has

seen mushrooming enrollment, including immigrants and the working poor.

The proposed \$2.5 billion cuts in Medicaid spending threaten to harm the organizations that depend on the funding to serve the developmentally disabled become or remain independent.

A lack of adequate support for childcare subsidies will increasingly force working families to find unlicensed and unreliable facilities to bring their children.

During the next five weeks leading up to the Mar. 31 deadline to have an on-time budget, state legislators will have difficult choices to balance a spending plan that started with a \$6 million budget gap. But prioritizing whatever funds are available on education, children and those populations most in need should be an easy choice for officials to make.

County Lawmakers to Consider Paper Carryout Bag Reduction Fee

As New York State's ban on single-use plastic bags takes effect on Sunday, the Westchester County Board of Legislators is considering legislation to opt into New York's Paper Carryout Bag Reduction Fee.

The fee would be five cents on each paper bag used at checkout. Under the proposal, three of the five cents will go to the state's Environmental Protection Fund. The remaining two cents will help local

governments provide reusable shopping bags to residents.

A year after Suffolk County instituted a five-cent fee on all carryout bags, bag use – both paper and plastic – dropped 80 percent, and more than 62 percent of shoppers were bringing their own bags or going bagless.

Non-biodegradable plastic bags clog local sewers and storm drains, pollute waterways endangering marine life and are

a major source of roadside litter. Paper bags biodegrade, so they don't present the same problems for landfills, sewers, storm drains and marine life. But they can have a higher carbon footprint than plastic bags.

Paper bags are thicker and heavier so they take up more space to store and ship, meaning the energy used by a switch to paper can be even higher than the energy used in manufacturing and distributing plastic bags.

Letters to the Editor

Delay Funding for New Voting Machines Until Problems Are Resolved

The Westchester Board of Elections (BOE) plans to replace its current voting machines because of maintenance and repair issues. Sounds good, right?

Well, maybe not. The Dominion ICE machines that the BOE plans to buy have a number of significant problems:

- They don't provide a reliable paper trail should a recount be necessary;
- They are connected to the internet, making them vulnerable to hacking;
- Experts have documented security problems with the Dominion ICE machines, including the potential for adding fake votes to ballots.

Last November, the BOE spent \$6 million to purchase 30 of the Dominion ICE voting machines for early voting sites. They wanted new machines in order to avoid the potential for problems with older machinery in New York's first experience with early voting.

The BOE now proposes to purchase hundreds more of these Dominion ICE machines for the 2020 elections and place them at all polls. This will be a huge expenditure of public money for equipment with questionable security.

The Westchester Board of Elections should hear from the county taxpayers.

Our tax money should only be spent on machines which are fully secure. The Westchester Board of Legislators should delay funding for any purchase of voting machines until these security issues can be resolved.

The number for the Westchester Board of Elections is 914-995-5700. Contact the Westchester Board of Legislators at 914-995-2800.

April Chau
Ossining

Clarifying a Few Points About Lawsuit Against Westchester, Harrison

With reference to the article entitled "Group Sues Board of Legislators, Claims 52% Raises Violates Law," which appeared in the February 18 - February 24 edition

of The Examiner, please note that We The People New York is not a "tax protest organization." Our mission is to hold government accountable to all provisions of our Constitutions and all existing laws. We have charged the county and the Town of Harrison with violating Article IX, Section 2(c) (1) of the state constitution, which prohibits local laws that are inconsistent with any provision of the State Constitution. Also, Queensbury, N.Y. is not in Albany County, but Warren County.

In America, we have a written Constitution and Bill of Rights that strictly limits the jurisdiction and authority of our federal and state governments. The Constitution contains a set of principles and rules by which the People direct and control our servant government.

Tony Futia
North White Plains

Correction

In last week's article on the likely upcoming referendum to expand the New Castle firehouse, it incorrectly stated that the fire trucks would enter the enlarged building on Oak Lane. The correct name of the street is Memorial Drive. The Examiner regrets the error.

SMALL NEWS IS BIG NEWS

Pleasantville Tennis Club Finds New Way to Help the Environment

By Abby Luby

If you play tennis, there's nothing like the springy bounce of that brand-new tennis ball right out of the canister.

Play enough games with that ball and the bounce wears off and the ball becomes sluggish. Time for a new ball.

It's estimated that the 250,000 tennis courts in the United States discard more than 125 million tennis balls, or 20,000 metric tons of methane-producing rubber and nylon that cannot decompose into the country's landfills annually.

Tennis clubs all over the world have been grappling with how to recycle or re-purpose used tennis balls. Last spring, the Pleasantville Tennis Club on Willow Street started collecting discarded balls in a bin at the club.

"We were trying to figure out how to recycle the balls instead of throwing them in the dumpster," said Marielise Watts, the club's manager.

Watts wasn't sure what to do with the several hundred balls filling up the bin until she learned of a nonprofit organization called RecycleBalls located in South Burlington, Vt.

RecycleBalls was launched in 2016 with

a singular mission to recycle and reuse every tennis ball in the United States. It offers just the kind of program Watts was looking for.

She got on board and signed up the Pleasantville Tennis Club, also a nonprofit organization, to be a RecycleBalls program sponsor.

"As a sponsor they shipped us bins, posters and instructions," Watts said. "The bins, which can hang on the fence, come with prepaid UPS shipping labels, and as a sponsor, it costs us about \$50 a month, tax-deductible funds that can go back into the club."

To date, Watts said she has sent as many as 1,600 tennis balls to RecycleBalls.

"I still have more in the shed," she said.

Watts reached out to Matt Trainor, Pleasantville's superintendent of recreation and parks, to see if bins could be placed at the Foxwood public tennis courts on Bedford Road. Watts said Trainor responded favorably and told her it "was a great idea and very simple to implement." Bins are expected to be placed outside of the fence at the Foxwood entrance, she said.

Other Westchester municipalities that have been recycling tennis balls are New

Rochelle, Scarsdale, North Castle and Yonkers. In 2018, 2,000 tennis balls from Scarsdale were recycled and re-used in the Lakeland School District as school chair sliders, when the balls are placed on the ends of chair less, to reduce classroom noise.

According to RecycleBalls, ground-up balls are being used for equestrian flooring mulch and as additives to tennis court sub-surfaces. A variety of other uses are also being developed. Courts at CourtSense Tennis Training Center, at Tenaflly Racquet Club in New Jersey, features a layer of cushioning on its playing surfaces made from thousands of recycled tennis balls.

Currently, Pleasantville tennis players are asked to drop their used and old tennis balls at 156 Great Oak Lane until the spring when the tennis club's clubhouse reopens.

Watts said the Pleasantville Tennis Club, with its six Har-Tru courts and a brand-new tots teaching court, should easily fill the recycling tennis ball bins.

"After all, it's Pleasantville and it's all about being green," she said.

To learn more about RecycleBalls, visit www.recycleballs.org.



Tennis ball recycling bins, courtesy of the Pleasantville Tennis Club. The club has been collecting old tennis balls that can no longer be used for play and shipping them to a nonprofit organization that is re-purposing the material for other uses.

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Touro Dental Health Prepares to Make Children Smile

By Martin Wilbur

It's unusual to see so many children smiling when they visit the dentist's office.

That's what happened last Wednesday at Touro Dental Health in Hawthorne for Give Kids a Smile event, a day when the practice partnered with several local school districts to provide free checkups, consultations and educational activities to promote good oral health habits to children 14 years old and younger.

But it wasn't only the kids who were smiling. The day kicked off with a ceremony at the clinic to commemorate the groundbreaking for a new pediatric dental practice within Touro College of Dental Medicine's training facility.

The six-chair pediatric unit space, which will be carved out of Touro Dental Health's 109-chair dental teaching practice, will not only specialize in child dental care but have a focus on helping the special needs population, who are especially challenging to treat at a traditional dentist's office, said Dr. Ronnie Myers, the school's dean.

"I think first and foremost it's a great day for the children of the lower Hudson Valley because what has been has been created here and what will be created here is a facility that will instill in them in their care that good oral health goes with systemic health and good oral health from the beginning will lead to a life free from dental disease," Myers said.

The pediatric unit is expected to take



MARTIN WILBUR PHOTOS

Touro College of Dental Medicine Dean Dr. Ronnie Myers and Vice Dean Dr. Ed Farkas hold a ceremonial hammer during last week's celebration announcing that the school will construct a pediatric dental unit. They are surrounded by various representatives from the college and local elected officials, including County Executive George Latimer.

about three months to complete, said the college's Vice Dean Dr. Ed Farkas. It is anticipated that it will be running before the start of summer, he said.

Myers said that the unit will not only be specifically built for children, which will help the college's development of its



County Executive George Latimer, left, looks at images of what will be the finished product of Touro Dental Health's new pediatric dental unit in Hawthorne. Touro College of Dental Medicine Vice Dean Dr. Ed Farkas looks on.

students who will soon embark on their dental careers, but there are dentists who have critical experience in serving special

needs children.

"We hope that this is the first step in developing a program in which we can see a significant increase in special needs patients and special needs children," he said. "They really are marginalized in many, many health care facilities, which we can bring here to treat them in the right way."

The ceremony was attended by officials throughout Westchester, including County Executive George Latimer and several local state legislators. Latimer said that Touro Dental College's development has been a boon for the county as well. The college, which opened about two years ago, has been one of the only new dental colleges that has been established in New York in the past several decades.

Furthermore, it's not just a college but also serves as an alternative for local residents' dental needs. Since its debut, there have been about 46,000 patient visits, Farkas said.

"It continues to expand the services not only for Tauro but for all of us in this general complex that promotes health and science in such a profound way," Latimer said. "We think the future of Westchester County, generally speaking, is when a complex like this and the medical players grown and extend services."

Touro Dental Health is also developing a relationship with Maria Fareri Children's Hospital, Myers said.

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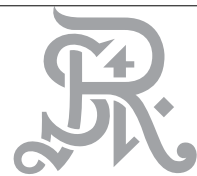


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Getting Ready for Early Spring Garden Chores

As a realtor who frequently has sold to first-time home buyers, I always try to remember to advise them about the responsibilities of maintaining the property's outdoor landscape. When I first moved to "the country" from New York City, I had no clue and not so much as a rake or a hand spade to help me.

But after the shock of that first year's garden chores, I grew to love digging in the dirt and watching things grow.

After a while, I would experience the feeling of near euphoria as I anticipated my first days in the garden, but since moving to Trump Park in Yorktown, where all the gardening is done for me, all I can do now is reminisce about how special this welcome chore was.

Whenever I got down on my knees for the first time to accomplish some garden task, I would be thinking about the growth and color I'd enjoy in just a short time. But invariably I also would think of my mother.

Frequently my mother gave me advice without telling me any good reason for complying. One of those advisories was to avoid kneeling, instead of bending over, for garden chores that required closer proximity to the ground. Why, I don't know. I do know that my mother was very pleased with her agility into later life and wanted to demonstrate that ability. Or maybe she had



By Bill Primavera

heard of "gardener's knee."

As I grew older, I became aware that my back seemed to go awry more often than my knees. So, with no small amount of guilt, I did kneel to plant those first seedlings that I would buy from my local supplier. But I protected myself with either a garden kneeler or knee pads, which I don't remember being around when I was a child.

Of course, squatting is a good in-between measure, but I find that more taxing than either bending or kneeling.

Because I didn't have the time I used to when I was younger to plan and plant my garden, every step I took was orchestrated to reduce labor and maximize enjoyment of color and greenery from early spring to late fall.

For instance, while I envy those people who can build outdoor frames for planting seeds early or do it inside, I rely on one of the garden centers for my annual seedlings that are all ready for popping in the ground. Vicariously I can enjoy the planting from seed activity by watching my young grandson proudly nurture his own vegetable garden.

This was my earliest spring garden routine:

I would first clean up all that nasty debris that I left the preceding fall that kept the ground from heaving and, at the same time, feed the birds, but would then lie in a state of rot in my annual and perennial beds.

Then, if I was quick about it, I would still prune my apple and cherry trees before they develop buds.

After my first year, I quickly got out of vegetable gardening (too much work for harvesting too little product), but if you still are, you can put lettuce seeds in the ground early in March. Then, every couple of weeks, start a new row to get results throughout the summer. If you're into planting onions and other hardy vegetables, now is the time to do it.

I would redefine my beds with a slight new edging around all of them.

Light thinning can be done in April to any shrub or tree except lilacs. Lilacs should have been done after blooming last year; if you do it now, there will be no bloom this year.

Prepare your flower beds by adding compost or fertilizer right now. I kept a natural compost pile that I had cultivated for a long time, and each year, I would rob this black gold to enrich the soil, depleted from last year's growth.

Mulch now for a weed-resistant summer. Each spring, I would ask my trusty tree man to drop off a load of finely chopped chips. One



load served my entire property for a season.

As you are preparing for planting your annual and perennial beds, the earliest spring bulbs will be blooming. Afterwards, be sure to deadhead them (remove the remains of the blossoms) but don't remove the leaves. Let them die back naturally so that they can feed the bulbs for next year.

Also, remember to schedule the time needed to trim spring-flowering shrubs, everything from

forsythia to azalea, right after blooming for thicker growth and more blooms next year.

And, for anyone who gardens like I did kneeling rather than bending, remember to protect your knees with those knee pads or kneelers. Sorry, Mom.

Bill Primavera is either a realtor who writes or a writer who sells houses. As a realtor, he is associated with William Raveis Real Estate in Yorktown. Also, as founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), his promotional endeavors focus on lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

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The Westchester Women's Chorus Singing Their Hearts Out

By Abby Luby

Magic happens when you sing. Whether it's soulful humming in the shower, belting it out in the car or crooning at karaoke, singing is a personal instrument that never fails to lift our spirits.

It wasn't surprising when Carol Arrucci, co-owner of The Cortlandt School of Performing Arts with her husband Ray, was approached by several women to start a local women's chorus.

"I kept hearing over and over again from friends and women I knew how much they really wanted to sing," said Arrucci. "There's been a rapid decline in groups to perform in Westchester and fewer opportunities for women to sing around here."

Arrucci is a certified music teacher with an award-winning background in vocal music. Her conducting talent and love of musical theater led her to work briefly on Broadway, and she has conducted and directed over 200 shows at Westchester middle schools, high schools, colleges, community theater and regional theater.

For close to 25 years, Arrucci taught chorus and musical theater at the Hendrick Hudson School District's Blue Mountain Middle School and instructed students at various Westchester-based performing arts organizations. In 2012, she and her husband opened The Cortlandt School of Performing Arts in Croton-on-Hudson as a year-round, afterschool program where she teaches piano and voice. In 2016, they opened a satellite school in Mohegan Lake.

Last October Arrucci decided to organize The Westchester Women's Chorus. She posted announcements on social media including many 'moms' sites and town pages in the area.

"It happened very quickly," Arrucci



WESTCHESTER WOMEN'S CHORUS PHOTO

The Westchester Women's Chorus, with conductor Carol Arrucci, far right, end of second row. The chorus will be performing a program called The Magic of Broadway next month at the First Presbyterian Church of Ossining.

recalled. "I put out announcements one week and held auditions the next week. We had 28 women initially, now we have 35 in the chorus."

By December, after about six rehearsals, the group found itself performing holiday songs in nursing homes, retirement homes and veterans' facilities.

"We also sang for a fundraiser event for the Gullotta House at the Ossining Library, an event that I put together to help them raise money," Arrucci said. "We sang a full program with a band. It was really wonderful to support that charity organization who help people in need."

Around the same time, 10 women from the chorus all donned red scarves and

toured Peekskill restaurants one night to serenade patrons.

"It was all pre-arranged. We would file into the restaurant, told everyone who we were, sang two songs and then left," Arrucci said. "It was fun and very crazy."

Choral member Annette Vaccaro, a retired music teacher from the Lakeland School District, has known Arrucci for over 40 years and currently teaches piano and voice at The Cortlandt Performing Arts Center.

"The chorus is great," Vaccaro said. "There are women from all walks of life and the ages range from young girls in their twenties to women who are retired."

The chorus meets for two hours every

Thursday night at The Croton Performing Arts Center. Arrucci encourages the women to learn the music before rehearsals. She posts soundtracks of songs on the chorus website to sing along to and offers free sight-reading classes for those who don't know how to read music. Sopranos and altos make up the four-part chorus.

"I find that there is great camaraderie in our group," Arrucci noted. "We are making new friends, having a good time and enjoying each other's company. I get texts from the younger women every day telling me how much fun they are having. Some have families and they are getting away one night a week and doing something for themselves. It's really something special."

Chorus members are working to sell ads in the program for the chorus's Mar. 27 performance. Arrucci said sponsors to help pay for the musicians and other expenses are still being sought.

Vaccaro said she was thrilled to see one of her former high school students join the chorus.

"The whole idea of the power of music and women coming together to make music is so positive," she said. "When you hear us, it grabs you, it's electric. I find so much joy in that."

The Westchester Women's Chorus will be performing "The Magic of Broadway," on Friday, Mar. 27 at the First Presbyterian Church of Ossining, located at 34 S. Highland Ave. at 7 p.m. Tickets are \$20 each and \$15 for seniors 65 and up. Children five years old and under are free. A free reception with hors d'oeuvres and dessert will follow the show.

For tickets or more information about the chorus, visit www.westchesterwomenschorus.org.

Event on Kidney Transplants Scheduled for March 4 in Armonk

Rabbi Josh Sturm will make a presentation, "The Anatomy of Kindness," about giving the gift of life – a kidney transplant from a living donor for those with chronic kidney disease on Wednesday, Mar. 4 at 7 p.m.

The event takes place at Congregation B'nai Yisrael in Armonk and is presented by Renewal, a nonprofit organization that has successfully facilitated kidney transplants around the world.

Sturm is the director of outreach at Renewal, which helps patients and their families navigate the process of kidney transplant, from finding a donor to arranging the transplant and beyond. Renewal also supports donors during their

incredible lifesaving act. There are no financial costs for the donor. Whether it be medical, lost wages, childcare or travel expenses, all will be covered. Sturm will also answer questions following the presentation.

To learn more, or if you are interested in becoming a donor, please attend the event. Renewal will have swab test kits available. The presentation will be informative with no pressure whatsoever. There will be kosher vegan food from Seasons of Scarsdale for all to enjoy.

Congregation B'nai Yisrael is located at 2 Banksville Rd. in Armonk. For more information, contact Phil Alderman at 914-579-2240 or AldermanPhil@aol.com.

A Spiritual View

By Rabbi Josh Sturm

Sometimes life feels simply overwhelming. Keeping up with our personal responsibilities and the myriad challenges facing our nation and world can be dizzying. We want so much to do good for our world, to bring light to the dark places, to fix what is broken.

But with so much in need of repair, and so little time to do so, it's natural to wonder how much we can really do to effect change. We are ready to do some serious work, but where do we begin?

When I feel this way, I am comforted by the wisdom of the Talmud, which says: "You are not obligated to finish the work; but neither are you free to desist from it." They're telling us: there's no way you – by yourself,



even in the entirety of your lifetime – will be able to finish the work of healing the world. Give yourself a break. But that can never be an excuse that prevents you from trying.

If, in each day, we can make time to do even one good thing toward repairing what is broken, then we are doing the

most important work of the human experience and, perhaps, God's work as well.

Josh Sturm is the rabbi at Congregation B'nai Yisrael in Armonk, which is part of the Armonk Faith Alliance. The alliance also comprises St. Stephens Episcopal Church, Hillside Church, St. Patrick's RC Church and St. Nersess Armenian Seminary.

SMALL NEWS IS BIG NEWS

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, Feb. 25

DIY Craft for Young Adults. Create a unique design using the initials of your name. Use fun materials like washi tape, yarn, ribbons and magazines to make a special piece for your wall or locker. Snacks provided. For students in grades 5-12. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Registration requested; walk-ins welcome. Info and registration: 914-769-0548.

DIY Yarn Wall Hanging. Add some color to your room with a beautiful, decorative wall hanging. 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.

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

Pajama Story Time. Join Miss Debbie for an evening story time that includes stories, songs and fun. Pajamas and stuffed animals are welcome. For children two to five years old and their families. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 to 7 p.m. Free. Every Tuesday through June 16. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Social Security Educational Workshop. For single, married, divorced and widowed people 60 to 70 years old. Presented by Paul Petrone, Social Security, retirement income and tax specialist. Somers Public Library, Route 139 and Reis Park, Somers. 6:30 to 7:30 p.m. Free. Registration required. Info and registration: 914-232-5717 or www.somerslibrary.org.

An Evening With David G. Marwell. Marwell will discuss his book "Mengele, Unmasking the Angel of Death." He is the former chief of investigative research at the Office of Special Investigations at the U.S. Department of Justice and the former director of the Museum of Jewish Heritage in New York City. He will share stories about his work and the hunt for Mengele. Books will be available for purchase with a book signing following the program. Chappaqua Performing Arts Center, 480 Bedford Rd., Chappaqua. 7 p.m. Free. RSVP required. Info and RSVP: E-mail ssaiontz@mynewcastle.org or arosenberg@mynewcastle.org.

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.

"Children of God." Set against the backdrop of a nation grappling with violent homophobic crime, Bahamian director Kareem Mortimer's debut narrative feature tells the stories of three very different individuals: Lena, the conservative, deeply religious wife of a secretly gay firebrand pastor; Romeo, a handsome young black man

hiding his sexuality from his close-knit and loving family; and Jonny, the conflicted and creatively-blocked white artist in search of himself. All three head for the spectacularly beautiful and tranquil island of Eleuthera, each with a different reason for escaping current circumstances. Followed by a Q&A with producer Richard LeMay and Professor of Media Studies and Film at the New School Michelle Materre. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.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, Feb. 26

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. For newborn babies and their moms and dads. World Cup Nursery School, 160 Joan Corwin Way, Chappaqua. 10:25 to 11:10 a.m. Free. No registration required. Wednesdays through June 24. 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.

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 Whipoorwill 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.mountkiscoblibrary.org.

Meditation Series: Midday Mind Break. Benefits of meditation include increasing focus and memory; increased health; reduced stress, anxiety and pain; and increased productivity and happiness. Led by Alka Kaminer. North Castle Public Library, 19 Whipoorwill Rd., East, Armonk. 12:15 p.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

Great Decision Series: Climate Change and the Global Order. Look at the effects of climate change on relations between countries. Will countries be vying for resources and are local wars a likely result? As islands and coastal regions flood, where will the inhabitants go? Will other countries accept or reject these climate refugees? Professor Nicholas A. Robinson, one of the founders of environmental law will be the guest speaker. Presented by the United Nations Westchester board member and Nominations Committee chair Professor Joan Katen. Harrison Public Library, 2 Bruce Ave., Harrison. 12:30 p.m. Free.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. 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.

How to Build Your Business One Conversation at a Time. There is no better way to learn than working with other small business owners and entrepreneurs and bouncing different ideas, questions and concerns off each other. This round table discussion, led by Drew George, business entrepreneur and SCORE mentor, discusses ways to grow a profitable business. 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.

Transform a T-Shirt. Get ready for the state's plastic bag ban by upcycling clothing to make a tote bag. For children in grades 3-6. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 4 p.m. Free. Registration required. Info and registration: 914-238-4779.

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 Whipoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Every Wednesday. Info: 914-273-3887 or www.northcastlelibrary.org.

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

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. This will be done 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. Registration requested. Info and registration: 914-769-0548.

Harriet Tubman and the Underground Railroad. In this exciting program, learn about how the Underground Railroad helped enslaved people escape to freedom. Students are invited to enact a play about an escape led by Tubman and Thomas Garrett through the Underground Railroad. Co-sponsored by Greenburgh African-American Historical Alliance and the 400 Year Project. Thomas H. Slater Center, 2 Fisher Court, White Plains. 6:30 to 8 p.m. Free. Info: 914-525-3076 or visit www.mlkwestchester.org.

Art Series: Carnevale and the Art of Masks. The history of Carnevale in Venice goes back to the 12th century and has been immortalized by numerous artists over the years, including Pietro Longhi, Caneletto, Francesco Guardi and Antonio Donghi. Tonight, explore the tradition of the festival in art and take a look at some of Venice's most acclaimed mask makers. 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, Feb. 27

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

continued on page 18

Venus Provides a Stunning Sight for Our Night Skies

By Scott Levine

A couple of years ago I had the great pleasure of writing a monthly astronomy column here at The Examiner. It was fun, and I always appreciated the comments some of you sent. I loved knowing there were other people who shared the excitement and derived enjoyment from those articles.

After a break, I'm glad I can bring the column back and start things again.

Like lots of us, I'm not a scientist, just someone who loves the sky. My hope for this column is to bring the night sky to everyone, young or old, whether you look up every night or have never looked up before. There's enough to see any night of the year that we usually won't need telescopes here; just that love for and curiosity about the sky.

A great place to start, even if you have the fanciest of lenses, is with one of our closest neighbors. If you've looked toward the skies in the west over the last few weeks, you might have noticed a single bright and icy white light staring back at you.

Clouds like angry blankets of acid and fire cover the planet Venus, and hide the absolutely horrible truth about what's happening there: a runaway greenhouse has made temperatures hot enough to melt lead, poisonous air and an atmosphere so heavy that it crushed the spacecraft we've sent to the surface.

From here, however, where we're safely sequestered 75 million miles away, the second rock from the sun is a truly gorgeous sight. As all that mayhem happens there, we get to sit back and just enjoy those clouds kicking enough sunlight back toward us that it's dazzling whenever we see it – evening or morning. It's so stunning, that it carries the name of the Romans' goddess of beauty and love.

Clear Skies

As it happens, this March is a particularly good time to see Venus. It's the third brightest object in the entire sky, after the sun and moon, and at times like these, it's not uncommon for people to call the police, worried it's a UFO or something else from space!

If you can, treat yourself and take time to watch night fall around both you and it. Watch it appear to brighten as our skies change from pink and orange to a deep, starry black as afternoon becomes evening, and then deep night.

As March progresses, keep an eye on that patch of sky. At dark, Venus will be a little higher, and it'll set a little later each night. On Mar. 24, it will

reach greatest eastern elongation – the place where, from our point of view, it's farthest from the sun in the evening before it starts to move back toward it again. That night, Venus won't set until after 11 p.m. As this happens, the stars of the constellations Orion and Taurus will seem to march toward it. We'll talk about those more next month.

Remember to set your clocks ahead before you turn in on Saturday night, Mar. 7. That's also a great time to check your smoke detectors' batteries and grab a new toothbrush, too.

As we come into the last couple of weeks of winter, the sky is already changing, with Venus leading the way. I hope you'll take a look.

Scott Levine (astroscott@yahoo.com) is a lifelong astronomy lover and a member of the Westchester Amateur Astronomers, dedicated to astronomy outreach around our area. For information about the club including membership, newsletters, upcoming meetings, lectures at Pace University and star parties at Ward Pound Ridge Reservation, visit www.westchesterastronomers.org. Events are free and open to the public.



By Scott Levine



First Quarter
March 2



Full Moon
March 9



Last Quarter
March 16



New Moon
March 24

Watch for these phases of the moon during the upcoming month.

Elder Law and Estate Planning: A Series of Defined Terms

As an elder law attorney, I am frequently asked questions, the answers of which have been taken for granted during the ordinary course of business.

The common denominator among these questions surfaces from a misunderstanding of words and phrases used daily. I thought it would be a good idea to explain some of the words and terms we use that generate questions, ultimately assisting you in moving forward with your estate planning, or perhaps, reviewing the plan you have already put in place.

Agent: The person you name to act on your behalf under the terms of your power of attorney or health care proxy. Your agent generally must act in your best interests.

Basis: What you paid for an asset. Basis is the value that is used to determine gain or loss for income tax purposes.

Distributee: A person entitled to take or share in the property of a decedent under the statutes governing distribution. For instance, you may draft a Last Will and Testament leaving everything to your



By Salvatore M. Di Costanzo,
Esq.

spouse. Under New York State law, however, your spouse and children are your distributees, because they would all inherit your property if you had no will.

Executor: A person you nominate in a will, later approved by the court, to carry out the terms of the will and to administer your estate.

Fiduciary: The person or entity, usually an executor or trustee, designated to manage money or property for beneficiaries and required to exercise the standard of care set forth in

the governing document under which the fiduciary acts.

Guardianship: A court-controlled program for persons who are unable to manage their own affairs due to mental or physical incapacity.

Issue: An issue includes an individual's children, grandchildren and more remote persons who are related by blood or because of legal adoption. An individual's spouse, stepchildren, parents, grandparents, brothers or sisters are not included. The term "descendants" and "issue" have the

same meaning and includes children born posthumously.

Operation of Law: In this context, this phrase means the way some assets will pass at death, based on state law or the ownership of the asset, rather than under the terms of a will or trust.

Pour Over Will: A will used in conjunction with a revocable trust. It passes title at your death to property not transferred to the revocable trust during your lifetime.

Power of Attorney: A document that authorizes one or more individuals to act in your place as agent (see above) with respect to some or all legal and financial matters. The scope of authority granted is specified in the document. It is important to take the time necessary to work with an elder law/estate planning attorney to modify the terms of your power of attorney.

Probate: The court's supervised process of proving the validity of a will.

Revocable Trust: A trust created during one's lifetime over which the creator reserves the right to terminate, revoke, modify or amend the trust. Revocable trusts are becoming increasingly popular.

Special Needs Trust: Established for the benefit of a disabled individual that is designed to allow him or her to be eligible for government financial aid (usually Medicaid)

by limiting the use of trust assets.

Stepped-Up Basis: Assets are given a new basis when transferred by inheritance (through a will or trust) and are revalued as of the date of the owner's death. If an asset has appreciated above its basis, the new basis is called a stepped-up basis.

Transfer on Death: A beneficiary designation for a financial account that automatically passes title to the assets at death to a named individual without probate. It's frequently referred to as a TOD or POD (payable on death) designation.

Trust: A legal entity created by someone for the benefit of designated beneficiaries under the laws of a state. A trust can be irrevocable or revocable.

Trustee: An individual, bank or trust company designated to hold and administer trust property (also generally referred to as a fiduciary). A trustee has the duty to act in the best interests of the trust and its beneficiaries and in accordance with the terms of the trust instrument for the economic benefit of all beneficiaries.

Salvatore M. Di Costanzo is a partner with Maker, Fragale & Di Costanzo, LLP in Rye and Yorktown Heights. He is an attorney and accountant whose main area of practice is elder law and special needs planning. Di Costanzo can be reached at 914-245-2440 or at smd@mfd-law.com.

SMALL NEWS IS BIG NEWS

Happenings

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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 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 Drove, 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 Whippoorwill Rd. East, Armonk. 11 a.m. to noon. Free. Every Thursday. Info: 914-273-3887 or www.northcastlelibrary.org.

Poets and Writers. Steven Salvatore is a young adult author and educator who will read selections from his debut novel, "The Other Side of Silence," which will be published by Bloomsbury in 2021. In this work, Salvatore, who prefers the term queer (identifying as both gay and genderqueer), wrote about a genderqueer student who dreams of being a diva like Mariah Carey. Salvatore teaches at Westchester Community College and Pace University. Westchester Community College's Davis Auditorium, 75 Grasslands Rd., Valhalla. 11 a.m. and 12:30 p.m. Free. Info: 914-606-6716.

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

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

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

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 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

DIY Origami Leap Year Leap Frogs. Leap to Feb. 29 with a folded origami frog that can actually jump. 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.

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. Info: 914-666-8041 or www.mountkisco library.org.

Great Books Forum Series. "The Bluest Eye" by Toni Morrison will be discussed. Professor Keisha Miles will lead the discussion. Westchester Community College's Gateway Center, Room 131, 75 Grasslands Rd., Valhalla. 6 to 8 p.m. Free. Info: E-mail Professor James Werner at james.werner@sunywcc.edu.

"Cunningham - in 3D." Celebrating Merce Cunningham's 100th year, this breathtaking film brings the legendary choreographer and his dances to life, immersing audiences in a 3D experience that puts them "there, in the room, with these bodies in motion." (New Yorker). Incorporating rare archival footage with performances by the last generation of Cunningham dancers of iconic pieces such as "Interscape," "Summerspace" and "Crises," it is also rich in interviews with the choreographer and his collaborators, including company founding member Carolyn Brown, composer John Cage and artist Robert Rauschenberg. Followed by a Q&A with Dance on Film host Peter Pucci and dancers/choreographers Gus Solomons, Meg Harper and Jennifer Goggans of The Cunningham Trust. Part of the Dance on Film series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7:15 p.m. Members: \$12. Non-members: \$17. Info and tickets: Visit www.burnsfilmcenter.org.

Friday, Feb. 28

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 Whippoorwill Rd. East, Armonk. 11:30 a.m. to noon. Free. Every Friday. Info: 914-273-3887 or www.northcastlelibrary.org.

Overbooked: Young Adult Book Club. "Lovely War by Julie Berry will be discussed. For students in grades 6 to 12. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 4 to 5 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

Teen Movie and Pizza: "Blinded by the Light." Snacks, beverages and pizza will be provided. For children 10 years old and up; families welcome. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6 to 8:30 p.m. Free. Registration suggested. Info and registration: E-mail CPaulsen@wlsmail.org.

Opening Reception for "Fragile Nature, River Studies in Glass." A solo exhibit of glass wall sculptures by David Licata, a multimedia artist and a dedicated naturalist. Conceptually, his work explores the fragile connections between humans and the natural environment. He presents nine new torchworked glass-hanging sculptures, some affixed to the wall and others suspended from the ceiling. Licata chooses glass for its inherent beauty and the endless variety of colors and textures he can create with the medium. Kenise Barnes Fine Art, 1947 Palmer Ave., Larchmont. 6:30 to 8 p.m. Free. Exhibit continues through Apr. 11. Gallery hours are Tuesday through Saturday 10 a.m. to 5:30 p.m. and by appointments. Info: 914-837-8077 or visit www.kbfa.com.

Air Play. Come for an hour-long circus-style adventure about two siblings journeying through a surreal land of air, transforming the ordinary into objects of uncommon beauty. Fabrics dance in the wind, balloons have a mind of their own, confetti turns into the night sky and an enormous canopy of hovering silk brings to life the very air we breathe. Flying umbrellas, larger-than-life balloons, giant kites and the biggest snow globe you've ever seen will make you gasp in wonder and laugh until it hurts. The creation of husband-and-wife team of Seth Bloom and Christina Gelsone, Air Play merges circus and street theater performance art with the sculptural artistry of Daniel Wurtzel. This poetic ode to childhood will enchant and electrify the young and young at heart. For ages six and up. PepsiCo Theatre at Purchase College, 735 Anderson Hill Rd., Purchase. 7 p.m. \$25 to \$45. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Friday Night Film Series: "Dare to Be Wild." Inspired by a true story, this film follows Irish landscape designer Mary Reynolds and her fight to bring her wild and

unconventional style to the more traditional world of flower shows in the U.K. Prior to the screening, there will be a discussion about the history of floral competitions in England, as well as the various socio-political issues that the film touches upon. 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.

Westchester Photographic Society: Photo Competition 4B. Members compete in digital competitions; all prints and digital black and white. Critiqued by a professional judge. 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.

Lotus Land and Awaken: A Tribute to the Music of Rush and Yes. Two incredible bands in one night. With an unparalleled performance, American Rush tribute band Lotus Land brings the force of Rush live on stage. Enjoyed by diehard fans, musicians and casual music listeners, the Lotus Land experience has been heralded as the ultimate celebration of Rush's musical craftsmanship and spirited performances. With the setup and sound of the Canadian power trio, Lotus Land delivers the thrill that people expect when they see RUSH in concert. Awaken is comprised of extremely talented and seasoned musicians dedicated to celebrating the music of Yes. By combining elements from the original studio recordings along with the inspirational power of past live Yes performances, Awaken provides an authentic and dramatic musical experience that will impress even the most critical and passionate fans of the band they pay tribute to. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$30, \$35 and \$40. Info and tickets: 914-233-3586 or visit www.tarrytownmusic hall.org.

Saturday, Feb. 29

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. Continues through Mar. 28. Info: Visit www.pleasantvillefarmersmarket.org.

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

Practice Tai Chi With Larry Atille. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. This is a hands-on class that will be geared to the level of experience of the class and challenge all

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The Path to a Healthier Heart Every Step of the Way

By Daniel Holand

February is American Heart Month and a good time to remember that maintaining a heart-healthy lifestyle can start by simply moving your feet.

I often work with people who are recovering from heart surgery or learning to adapt to lifestyle changes after being diagnosed with heart disease. If this pertains to you or someone you know, it's important to follow doctors' orders and to work with a rehab therapist who can help you create personal recovery goals and offer guidance as you regain your strength.

Here are a few pointers that may be helpful for heart patients and family caregivers who want to help their loved ones establish or keep a heart-healthy lifestyle.

Talk to Your Doctor

By following your doctor's treatment plan, you may be able to keep heart disease from developing further. Once you start treatment, your doctor will want to see you regularly. If you are having trouble with lifestyle changes, he or she will help you find ways to stick with them. Your doctor will also check to see how well these changes and your medications are controlling your heart disease.

If you've had a heart attack, your doctor may recommend a cardiac rehabilitation program, where you can get help with exercises, stress management, nutritional counseling and other ways of reducing your

risk of future heart problems. A physical therapist can help you set goals and progress safely from rehabilitation to a fitness regimen that you can comfortably maintain in the future.

Get Out of Your Seat

Sometimes, just moving your body can be the best medicine. The best cardiovascular exercise for people with heart problems is the often the simplest – walking. Bed rest, inactivity, surgery and/or heart disease can make you feel tired and weak, and walking is a great way to get back into action. Gradually increasing your pace and distance over time and adding a few more steps to your daily routine can help relieve pain and improve functionality.

Remember, if your movement has been interrupted for more than a few days due to illness or injury, ease back into things carefully. Start with a reduced level of activity under the guidance of a trained physical therapist or rehabilitation specialist and advance slowly. You don't have to go far. A daily goal of walking to the mailbox can be the first step to recovery.

Short- and Long-Term Goals

Start by setting small, attainable physical activity goals like getting in or out of bed or your favorite chair slowly and safely. Be patient, it can take time to get your strength back, but setting and meeting longer term goals such as walking to the mailbox or a bench outside your home can be great motivation and aid your physical recovery.

One of my patients was used to making a 20-minute walk from her house to the commuter train she took to work. She worked up to it gradually by walking five minutes a day after her heart surgery. By the time she was cleared by her doctor to return to work, she was confident and comfortable, and could safely make the 20-minute walk. But she started slowly and built up strength with supervision.

Pay Attention to Swelling

Swelling in the legs and extremities isn't uncommon after surgery, but it is very important to observe the swelling carefully and stay in communication with your doctor. Elevating the legs when you are sitting and wearing compression stockings can help keep fluid from collecting in the feet and ankles. But pain or tenderness in the leg, especially a cramping feeling that persists, could signal infection or a blood clot. If a swollen area feels warm to the touch or takes on a reddish or bluish color, it is best to call your doctor right away.

Know Your Numbers

Body Mass Index (BMI) is calculated from an individual's height and weight and can help determine whether a person is at a healthy weight. Your health provider can help you determine if your BMI is in the safe zone: 25 or less.

It is also important to think lean around the waist. If you carry too much fat around your waist, you are more likely to develop health problems. A healthy waist measurement is

35 inches or less for women, and 40 inches or less for men. To measure your waist, place a tape measure around your bare abdomen just above your hipbone. Be sure that the tape is snug, but not compressing your skin.

Maintain a Heart-Healthy Diet

You've heard it before, but all heart and vascular patients should follow a heart-healthy diet and take their medications as prescribed. If your cardiologist or a dietician at the hospital has advised you to make dietary changes, it's important to heed their advice. The American Heart Association (www.heart.org) has easy-to-understand guidelines and resources for preparing heart-healthy meals at home or when eating out.

Many websites, magazines and television and radio programs also provide helpful dietary and exercise tips to help you start and maintain heart-healthy lifestyle changes. Stick to websites ending in .org or .edu for the most trustworthy information. Eating well and safely increasing your physical activity will help you become physically and mentally stronger as your body recovers.

You don't need to face heart disease alone. Go to the Visiting Nurse Service of New York's website at www.VNSNY.org or call 1-800-675-0391 to learn more about home- and community-based services that can be integrated into your unique clinical and social needs.

Daniel Holand is a physical therapist with Visiting Nurse Service of New York.

Happenings

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participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 10:30 a.m. Free. Every Saturday. Info: 914-273-3887 or www.northcastlelibrary.org.

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. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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

Balanced Life Series: What is a Balanced Life? A balanced life is when all aspects of one's life are working properly

and there is a sense of joy. Discover ways to improve the areas that are not serving you well. Led by Shanti Uretta and Ken Goldfarb, health coaches trained by the Institute for Integrative Nutrition with an extensive knowledge of health and a strong purpose in supporting others to create a more healthy and joyful life. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 to 2 p.m. Free. The series will continue every Saturday in March from 1 to 2 p.m. Info: 914-273-3887 or www.northcastlelibrary.org.

Feeding Fun. Join naturalists for a hands-on program and learn about the care that goes into feeding the indoor animals as well as the birds of prey and barnyard. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Also Mar. 15 and 28. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Winter Wonderland Photo Session. A special opportunity to photograph ambassador wolves Alawa, Nikai and Zephyr in a winter wonderland setting. Guests will also have the opportunity to photograph some of the critically endangered Mexican wolves and red wolves from vantage points not generally available during regular visits. Dress for cold weather. Wolf Conservation Center, South Salem. 3 p.m. \$100. Pre-registration is required. Info and pre-registration: Visit www.nywolf.org.

An Evening of Music, Dance and Conversation. In celebration of Black History Month, attend an unforgettable evening of music and dance with four family

ensembles as they perform and discuss the meaning of kinship, tradition and the arts. The event features the award-winning Prestige Step Team (New Rochelle), the Ptah-Shabazz Wisdrum Orchestra (White Plains), Bronx jazz legend Bertha Hope with daughter Monica Meaux Hope (New York City) and the old-school hip-hop crew the Money Makin' Mob (Mount Vernon). ArtsWestchester, 31 Mamaroneck Ave., White Plains. 7 p.m. \$10. Info and tickets: Visit www.artswestchester.org.

Sunday, Mar. 1

Pack Chat for Kids. This is the best introduction to wolves for families with young children. Kids will learn about the mythology surrounding wolves and the important role they play in the natural world. This is an exciting time for wolves as they are out searching for prey as they prepare for the birth of this year's pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: \$14. Children (under 12): \$11. Also Mar. 7, 14 at 2 p.m., Mar. 8, 22 and 29 at 11 a.m. and Mar. 21 and 28 at 3 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

The Art of Clean Communication. The second half of a two-part workshop in which you will discover the unconscious ways that

you sabotage your own needs from being met by others; and learn new, clean and effective ways to ask for what you need. Designed to open up your blind spots to clean communication based on the work of Dr. Marshall Rosenberg. Have the opportunity to practice with these new learned tools through various exercises. Led by Iris First. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 to 4 p.m. Free. Space limited; pre-registration required. Pre-registration: 914-273-3887 ext. 3. (Once registered, there will be a video link sent for registrants to prepare for the workshop.) Info: Contact Iris First at 914-490-6851, visit www.relations-coach.com or e-mail iris@relations-coach.com

Wolves of North America. Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they prepare for the birth of pups. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and possibly the critically endangered red wolves and Mexican gray wolves as well. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Mar. 7, 14 at 11 a.m., Mar. 15 at 1 p.m., Mar. 21 and 28 at noon and Mar. 29 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

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Author Visit and Book Reading. Writer and teacher Herbert Hadad will be reading excerpts from his work "Tender and Tough," a compilation of a lifetime worth of stories and topics he's covered and the people he encountered ranging from September 11th and Syria's Bashar Al Assad, to the arrival of four glorious grandchildren and the meaning of a happy marriage. The Village Bookstore, 10 Washington Ave., Pleasantville. 2 p.m. Free. Info: 914-769-8322.

Beethoven's Mass in C Major. The choir of Christ's Church in Rye will be enlarged by numerous guest choristers from the surrounding communities and under the inspirational leadership of Dr. Sándor Szabó, an interim organist and choirmaster at the church. Christ's Church, 2 Rectory St., Rye. 3 p.m. Free. Info: 914-967-1749 or e-mail sszabo@ccrye.org.

The Mermaid Theater of Nova Scotia: The Very Hungry Caterpillar and Other Eric Carle Favorites. Three beloved stories by the award-winning children's book illustrator and author are retold on stage through the magic of black light and fanciful puppets. "The Very Hungry Caterpillar" follows the wonderful adventures of a very tiny and very hungry caterpillar as he eats his way through an amazing variety of foods on his path to becoming a beautiful butterfly. High up in the sky, "Little Cloud" playfully transforms himself into various creatures, including a sheep, an airplane, a shark and more. "The Mixed-Up Chameleon" is bored with his life, but following an adventurous trip to the zoo he realized that there is value in his unique self. Adapted, designed and directed by Jim Morrow with music by Steven Naylor and narration by Gordon Pinsent, the production features the imaginative approach to storytelling through theater. For ages three and up. PepsiCo Theatre at Purchase College, 735 Anderson Hill Rd., Purchase. 3 p.m. \$25 to \$45. Info and tickets: 914-251-6200 or visit www.artscenter.org.

Music for the World. The Hudson Valley Symphonic Wind Ensemble will perform this benefit concert for the Maryknoll Sisters' mission work with the poor around the world. Under the direction of James D. Wayne, the 45-member ensemble's selections will include "Credence" by Smith, "Autumn Walk" by Work, "Pineapple Poll" by Sullivan-Mackerras, "The Seafarer" by Wood, "Poem for Flute" by Griffes-Thornton, "Serenade" by Bourgeois and "John Williams Fantasy" by Williams-Iwai. All proceeds raised from the concert will benefit the Sisters' mission work. Maryknoll Sisters Center, 10 Pinesbridge Rd., Ossining. 3 p.m. In advance: \$30. At the door: \$40. Info and tickets: 866-662-9900 or visit www.maryknollsisters.org/concert20.

Sunday Night Jam. Eclectic open event for all musicians and music lovers. Back-line provided. Easy parking and great food. All instruments, genres and styles welcome, and includes covers, original music, full bands, duos, acoustic and electronic. If you are a solo singer, the house band can back you up. Freebird Kitchen and Bar, 161 Mamaroneck Ave., White Plains. 8 to 11 p.m. No cover charge. Every Sunday. Info: 914-607-2476 or visit www.facebook.com/FreebirdSundayNightJam.

Monday, Mar. 2

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 library.org.

DIY Cat in the Hat Handprint Painting. Happy Birthday Dr. Seuss! Come celebrate the author's birthday with a handprint painting from "Cat in the Hat." 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; walk-ins welcome while supplies last. Info and registration: 914-864-0130.

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.

Telephone Support Group for Women With Metastatic Breast Cancer. This Support Connection group offers the opportunity to share information and experiences with women across the country who are living with breast cancer. Share information and experiences. Confidentially discuss concerns and gain support from others who understand from the comfort of home. Open to women nationwide living with recurrent, advanced stage or metastatic breast cancer. 8 p.m. Free. The first Monday of each month. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

Tuesday, Mar. 3

Yoga for Adults. A beginner yoga class for adults taught by Joy Alter. Stretch out, calm down, be happy. A limited number of mats are available; please bring your own if possible. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11:15 a.m. Free. Also Mar. 10. Registration requested. Info and registration: 914-769-0548.

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. 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.mountkisco library.org.

Senior Afternoon Cinema: "Viceroy's

House." The final Viceroy of India, Lord Mountbatten, is tasked with overseeing the transition of British India to independence. He is initially hopeful for a peaceful transfer of power but soon meets with conflict as different sides clash in the face of monumental change. Starring Hugh Bonneville, Gillian Anderson and Michael Gambon. Sponsored by The Knolls, a Bethel community. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 p.m. Members: \$10. Senior non-members: \$12. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

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, and get pre- and post-feed weights to learn how much your baby is getting. 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 judgment-free respect. NUR Space, 596 Warburton Ave., Hastings-On-Hudson. 1:30 to 4 p.m. \$30. Meets the first and third Tuesday of each month. Pre-registration encouraged; drop-ins welcome. Info: Visit www.nurspace.com/nur-calendar/drop-in-breastfeeding-support-clinic-mf83s.

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. 3 to 4:30 p.m. Also 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 library.org.

Yoga for Young Adults. Learn to use yoga postures, breathing exercises and mindful activities to become calmer and happier. Led by instructor Joy Alter, this is a non-competitive, stress-free workshop. For young adults in grades 5-12. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:15 p.m. Registration requested; walk-ins welcome. Info and registration: 914-769-0548.

Teen Advisory Board. A group of teens in grades 6-12 who get together monthly and help come up with program ideas, books to purchase and things for the North Castle Public Library's Young Adult room. North Castle Public Library, 19 Whippoorwill Rd. East., Armonk. 4 to 5 p.m. Free. First Tuesday of every month. Info: 914-273-3887 or www.northcastle library.org.

Durst Distinguished Lectures Series: Francisco Goldman. Internationally acclaimed writer Francisco Goldman, the author of four novels and two nonfiction books has been the recipient of many prestigious literary awards. His novel, "Say Her Name," won the Prix Femina étranger, while his non-fiction book, "The Interior Circuit: A Mexico City Chronicle," won the Premio Metropolis Azul. He has been a Guggenheim fellow, a Radcliffe Institute fellow and a Cullman Center fellow at the New York Public Library. Purchase College's in the Humanities Theatre, 735 Anderson Hill Rd., Purchase. 4:30 p.m. Free. Info: 914-

251-6550 or visit <https://www.purchase.edu/academics/school-of-humanities/lectures/durst-distinguished-lectures>.

DIY Lion and Lamb Puppets. March comes in like a lion and goes out like a lamb. Now you can have both of these fun puppets at once. 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; walk-ins welcome while supplies last. Info and registration: 914-864-0130.

Wednesday, Mar. 4

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

Art Series: Jacob Lawrence. Born in Atlantic City in 1917, Lawrence was well known for his dynamic Cubism and incredible presentations of African-American life. A professor at the University of Washington, he was inspired by the shapes and colors of Harlem. The galvanizing life force present in his work has continued to inspire many artists that have followed him. Led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastle library.org.

Kidney Donation Awareness Event. Rabbi Josh Sturm will deliver a presentation, "The Anatomy of Kindness," about giving the gift of life, a kidney transplant from a living donor for those with chronic kidney disease. Sturm is the director of outreach at Renewal, a nonprofit organization that has successfully facilitated kidney transplants worldwide. Congregation B'nai Yisrael, 2 Banksville Rd., Armonk. 7 p.m. Free. Info: Contact Phil Alderman at 914-579-2240 or AldermanPhil@aol.com.

Thursday, Mar. 5

Skin Creams Workshop. Learn how to make your own coconut lotions for day and night. Each participant will take home two skin creams after this hourlong workshop. Led by Mary Johnson. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 to 2 p.m. Free. Registration required. Info and registration: 914-273-3887 ext. 3.

Royal Opera House Live's "Don Pasquale." The Royal Opera's Bryn Terfel leads the cast in this new production of Donizetti's comedy of domestic drama across two generations. The witty story of a middle-aged man whose wife runs rings around him – with her own ulterior romantic purpose in mind – has long delighted and surprised audiences, especially as presented in these virtuosic performances. This exhilarating production shows how contemporary the characters still are and how immediate and touching the story remains. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

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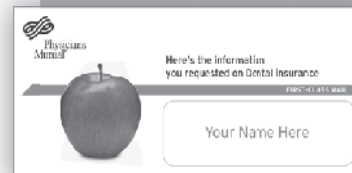
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LEGAL NOTICES

NOTICE OF SPECIAL MEETING MOUNT PLEASANT CENTRAL SCHOOL DISTRICT NOTICE IS

HEREBY GIVEN that pursuant to a resolution adopted by the Board of Education of the Mount Pleasant Central School District (the "District") that a special meeting of the qualified voters of said District be and the same is hereby called to be held in said District in the **Westlake High School Gymnasium, Westlake Drive, Thornwood, New York on Tuesday, March 31, 2020 from 7:00 a.m. until 9:00 p.m. for the purpose of voting on the following proposition:** Shall the Board of Education of the Mount Pleasant Central School District be authorized to (1) reconstruct school buildings and construct and reconstruct athletic fields, tracks and related facilities, including site work, and acquire original furnishings, equipment, machinery or apparatus required for the purpose for which buildings, athletic fields, tracks and facilities are to be used, at a maximum cost of \$9,085,366, (2) expend such sum for such purpose, (3) levy the necessary tax therefore, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education taking into account state aid; and (4) in anticipation of the collection of such tax, issue bonds and notes of the School District at one time or from time to time in the principal amount not to exceed \$9,085,366, and the levy of a tax to pay the interest on said obligations when due? The vote upon such proposition shall be by machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. Any resident of the School District who is registered to vote in general elections is qualified to vote at said meeting without having their name placed upon the School District register of voters provided they voted at a general election at least once within the last four calendar years. Further, provided that any person who has previously registered to vote in any annual School District meeting or election or special School District meeting or election and who has voted at an annual School District meeting or election or special School District meeting or election held during the past four years (2019, 2018, 2017, 2016) shall not be required to reregister. The Board of Education has also provided for registration of qualified voters at the **District Office, Westlake Drive, Thornwood, New York, between the hours of 9:00 AM and 3:00 PM** on any regular school day through March 26, 2020. The register prepared pursuant to Section 2014 of the Education Law will be filed in the Office of the Clerk of the District, and will be open for inspection by any qualified voter of the **District at the Office of the Clerk of the District, District Office, Westlake Drive, Thornwood, New York, at the polling place on the day of the vote, as well as between the hours of 9:00 a.m. and 4:00 p.m.** on each of the five (5) days prior to the election excluding Sunday, March 29, 2020, except on Saturday, March 28, 2020 it will only be available for inspection between the hours of 8:30 a.m. and 10:30 a.m. Absentee



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ballots may be applied for at the office of the District Clerk. If the ballot is to be mailed to the voter, the completed application must be received by the Clerk of the District no later than seven days before the vote or the day before the vote if the ballot is to be delivered personally to the voter. A list of all persons to whom absentee ballots shall have been issued will be available in the Office of the Clerk between the hours of 9:00 AM and 3:00 PM, except Saturday and Sunday. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his challenge and reasons therefor known to the Inspector of Election before the close of the polls. **Dated: January 22, 2020 District Clerk, Board of Education Mount Pleasant Central School District**

AVISO LEGAL AVISO DE REUNIÓN ESPECIAL DE DISTRITO MOUNT PLEASANT CENTRAL SCHOOL DISTRICT SE DA AVISO QUE, de conformidad con una resolución adoptada por la Junta de Educación del Distrito Escolar Central de Mount Pleasant (el "Distrito") que una reunión especial de los votantes calificados de dicho Distrito sea y por la presente se llama a la misma para que se celebre en dicho Distrito en el gimnasio Westlake de la Escuela Secundaria, Westlake Drive, Thornwood, Nueva York el martes, 31 de marzo de 2020 de 7:00 de la mañana a 9:00 de la noche con el propósito de votar la siguiente propuesta: **Propuesta** Deberá la Junta de Educación del Distrito Central Mount Pleasant estar autorizada para (1) reconstruir edificios escolares y construir y reconstruir campos de atletismo, pistas e instalaciones afines, incluido el trabajo del sitio, y adquirir muebles originarios, equipo, maquinaria o aparato requerido para el propósito que dichos edificios, campos de atletismo, pistas e instalaciones se utilizarán, a un costo máximo de \$ 9,085,366, (2) emplear dicha suma para dicho propósito, (3) recaudar el impuesto necesario por lo tanto, para ser recaudado y cobrado en cuotas anuales en tales años y en tales cantidades según lo determine la Junta de Educación teniendo en cuenta la ayuda estatal; y (4) en anticipación de la recolección de tal impuesto, emitir bonos y pagarés del Distrito Escolar al mismo tiempo o de vez en cuando en la cantidad principal que no exceda \$ 9,085,366, y la recaudación de un impuesto para pagar

los intereses de dichas obligaciones cuando vencen? El voto sobre dicha propuesta será por máquina o boleta de voto en ausencia. Las horas en que las urnas se mantendrán abiertas serán de 7:00 de la mañana a 9:00 de la noche, hora prevaleciente o por el tiempo que sea necesario después de estas horas, para habilitar a los votantes calificados que se encuentran en el lugar de votación a las 9:00 de la noche, para emitir su voto. Cualquier residente del Distrito Escolar que esté registrado para votar en las elecciones generales está calificado para votar en dicha reunión sin tener su nombre colocado en el registro del Distrito Escolar de votantes siempre que hayan votado en una elección general al menos una vez dentro de los últimos cuatro años calendarios. Además, una persona no necesitará volver a registrarse, siempre y cuando se haya registrado previamente para votar en cualquier reunión o elección anual del Distrito Escolar o reunión o elección especial del Distrito Escolar y quién ha votado en una reunión o elección anual del Distrito Escolar o reunión o elección especial del Distrito Escolar celebrada durante los últimos cuatro años (2019, 2018, 2017, 2016). La Junta de Educación también ha previsto el registro de votantes calificados en la Oficina del Distrito, Westlake Drive, Thornwood, Nueva York, entre las 9:00 de la mañana y las 3:00 de la tarde en cualquier día escolar regular hasta el 26 de marzo de 2020. El registro preparado de conformidad con la Sección 2014 de la Ley de Educación se archivará en la Oficina de la Secretaria del Distrito, y estará abierta a la inspección de cualquier votante calificado del Distrito en la Oficina de la Secretaria del Distrito, Oficina del Distrito, Westlake Drive, Thornwood, Nueva York, en el lugar de votación el día de la votación, así como entre las 9:00 de la mañana y las 4:00 de la tarde en cada uno de los cinco (5) días previos a la elección, excepto el domingo 29 de marzo, 2020, excepto el sábado 28 de marzo de 2020 en que solo estará disponible para inspección entre las 8:30 y 10:30 de la mañana. Las boletas de voto en ausencia se pueden solicitar en la oficina de la Secretaria del Distrito. Si la boleta debe ser enviada por correo al votante, la solicitud completa debe ser recibida por la secretaria del distrito a más tardar siete días antes de la votación o el día antes de la votación si la boleta se entrega

continued on next page

The Lofty Role the Lowly Natural Cork Plays in Your Wine



By Nick Antonaccio

The otherwise mundane natural cork stopper has gained greater respect over the last year than at any time this century. Natural cork fell out of favor with the advancement of alternative bottle stoppers. Synthetic, glass, agglomerated corks (particles of natural cork glued together) and metal screwcaps gained popularity.

Today, the consensus favors natural cork and screwcaps, although the growth of screwcapped bottles seems to be waning. Consumer opinion rides high for the screwcap, not only for its convenience but also for the soiled reputation of natural cork that had significant levels of cork taint for a number of years.

However, many winemakers favored natural cork for its ability to interact with, enhance and preserve wine as a living, breathing organism.

As alternative stoppers grew in popularity, natural cork producers responded to their threat. The Portuguese cork industry, which

dominates the market, undertook to remove the causes of cork taint and was successful in the near eradication of this perennial problem.

In the process of researching, and improving, the quality of cork, Portuguese scientists discovered its previously unknown qualities. Cork not only performs as a stopper; it affects the quality of the contents of the bottle it secures. And it depends how it is deployed after bottling.

Perhaps the cork is much more than a functional closure. Perhaps it has inherent qualities that affect the quality and characteristics of the bottled wine. And perhaps lying horizontally may not be its best use.

Let's explore these two concepts of functionality and preservation.

Functionality: The Drinks Business, a trade publication, reported on

a research paper in the Journal of Agricultural and Food Chemistry concerning the impact of certain compounds in natural cork on the aging and quality of wine. The Drinks Business interviewed Dr. Miguel Cabral, director of research and development for Amorim Group, the largest producer of natural corks in the world.

Cabral: "Amorim was attempting to put the science behind the belief that wine matures 'differently and better under cork.' When we put wine in a barrel there is an extraction of phenolic compounds from a barrel into the wine, and it's the same when we put wine in a bottled seal with a cork."

These compounds include tannins, phenols and polyphenols. Cabral has identified 40 different extractable compounds in a natural cork that may be beneficial to the aging of wine.

Preservation: The common belief is that storing a bottle on its side will keep the cork moist and swollen, thus preventing it from becoming dry, shrinking and permitting external oxygen from permeating the contents.

According to Cabral, storing a wine bottle on its side makes no difference to the moistness of the cork. If anything, it may hasten its deterioration. This startling assertion is based on Amorim's research results. "(H)umidity in the headspace of the bottle, at almost 100%, was high enough for phenolics to migrate from the cork stopper into the wine when the bottle was stored upright," Cabral stated.

Further, "when you put a cork stopper in a bottle, the cork is squeezed and the air in it will compress as much as it can and then try

to escape, and some of it goes up and some goes down, and so the oxygen comes from the interior of the cork, and comes in [to the bottle] up to 6-8 months." He added, "the network inside a cork is complicated, with millions of cells, so the air escapes slowly and then less and less."

Startling to say the least. The symbiotic relationship of a cork and the bottle contents with which it interacts is highly complex and seemingly contradictory. Is it likely that modern science trumps centuries-old trial and error?

There are additional factors affecting the ageability and quality of wines. In future columns I'll delve into two of these: humidity levels and temperature of the bottle's storage environment, each key to the ability of cork to impart its unique characteristics.

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

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personalmente al votante. Una lista de todas las personas a quienes se les habrá emitido un voto en ausencia estará disponible en la Oficina de la Secretaria entre las 9:00 de la mañana y las 3:00 de la tarde excepto sábado y domingo. Cualquier votante calificado/a puede impugnar la aceptación de la boleta de cualquier persona en dicha lista, haciendo conocer su desafío y sus razones al Inspector de Elección antes del cierre de las urnas. **Fechado: 22 de enero de 2020 Secretaria del Distrito, Junta de Educación Mount Pleasant Central School District**

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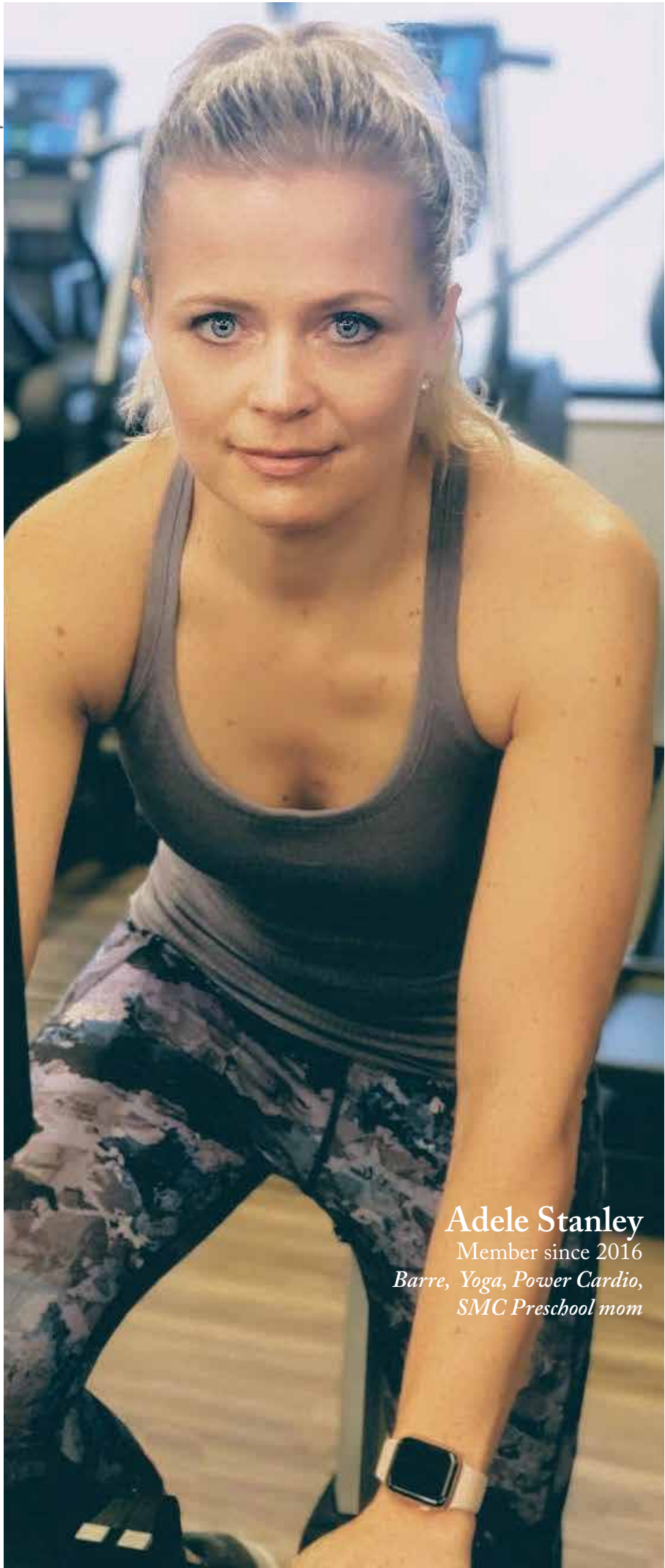
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