



## Depew Street Project Defeated in Tie P'ville Planning Vote

By Abby Luby

In a stunning turn of events, Lighthouse Development's Depew Street residential project was voted down, failing to gain the requisite support of the Pleasantville Planning Commission.

The 3-3 vote last Wednesday evening saw commission members Henry Leyva, David Keller and Anjali Sauthoff oppose the project while Chairman Russell Klein, Phil Myrick and James MacDonald voted in favor. The commission's current vacancy left it without a seventh vote to break the deadlock.

"I think everybody was surprised at what had occurred, particularly because this was an opportunity for the village to clean up a contaminated site and increase the tax revenue on a property that hasn't been

paying taxes for many years," said David Cooper, an attorney representing Lighthouse Development.

The contentious two-year review was unable to overcome several obstacles. Originally, the proposal called for a mixed-use project with ground-floor retail and 73 apartments but the proposed construction encroached too far into the property's wetlands buffer.

Concessions made by Lighthouse developer David Mann eliminated the commercial component, so that the proposal ultimately included only a 71-unit apartment building with 106 parking spaces, which would have pulled the structure nearly entirely out of the buffer.

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## New Castle Supervisor's Son, 11, Dies in Hiking Accident

By Martin Wilbur

The 11-year-old son of New Castle Supervisor Ivy Pool died Saturday in an accident while hiking in the Catskills with his father and a small group of other people, according to the Greene County Sheriff's Office.

Mattias Edstrom, a sixth-grader at Chappaqua's Robert E. Bell Middle School, fell about 300 feet off of ice-covered ledges near Platte Clove Road in the Town of Hunter, police said.

The sheriff's office is investigating the incident, which occurred in the Indian Head Wilderness Area of Catskill State Park. Police said it is near a popular ice climbing location known locally as the "Dark Side."

Edstrom was with a group that included his father, three other adults and a 13- and

a 15-year-old, police said. As the group was walking on a portion of a trail equipped with a hand line, the boy lost his footing, slipped and fell.

Forest rangers were able to reach Edstrom late Saturday but authorities made the decision that it would be too dangerous to try and recover him in the darkness. At 9 a.m. Sunday, a team of rangers set out to return to the scene and recover the body, and completed its mission at 4:24 p.m., police said.

Edstrom was then taken to Ellis Hospital in Schenectady pending an autopsy, authorities said.

Deputy Supervisor Jeremy Saland said the Town Board has canceled its Tuesday night work session and is holding an abbreviated meeting in the morning to address

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### Hitting the Right Note

Byram Hills High School hosted an All-District Choral Festival last month featuring about 250 students in grades 5-12. More than 200 students from H.C. Crittenden Middle School and Wampus Elementary School joined 50 high school students in "getting to know you" musical activities, workshops, master classes, a pizza lunch, rehearsals and an all-inclusive final performance.

## County Starts Making Contingency Plans to Tackle Coronavirus

By Martin Wilbur

Westchester officials announced last week they are making plans for the county to combat the deadly coronavirus should there be a local outbreak.

County Executive George Latimer and Health Commissioner Dr. Sherlita Amler held a Feb. 26 briefing in White Plains where they said there is no reason for residents to be alarmed but officials don't want to be caught off-guard. There have been no cases of the coronavirus, referred to as COVID-19, reported in Westchester as of Monday, although on Sunday a New York City woman tested positive, the first case in the state.

"We are making contingency plans should circumstances become worse and if they become worse, we will not be sitting around (saying) 'Oh, what is next?'" Latimer said. "We will be prepared for what comes next. We are not going to frighten the public coming up with a worst-case scenario because we're not near the worst-case scenario, but be advised we are

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MARTIN WILBUR PHOTO

County Executive George Latimer receives his flu shot last Wednesday from Health Commissioner Dr. Sherlita Amler. While there is no vaccine for the coronavirus, Amler outlined steps people should take to stay healthy, including getting a flu shot for anyone who hadn't received one for the fall-winter season.

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#### Q: Why is it important to be screened for lung cancer?

**A:** Lung cancer is a silent killer. In its early stages, it has no symptoms and can spread without warning. That's why lung cancer screening for people who are high-risk is so important: They often feel perfectly healthy. Often, people don't develop symptoms until the disease has either spread or grown too large to cure. Research shows that if a person's lung cancer is detected at an earlier stage, their five-year survival rate can increase from four percent to fifty-five percent, according to the American Lung Association.

#### Q: Who is considered high-risk?

**A:** If you currently smoke or have a long history of smoking, you may be considered high-risk. Of course, even lifetime non-smokers sometimes get lung cancer. Exposure to second-hand smoke, asbestos, or a family history of lung cancer can all increase risk. For the safest approach, speak to your doctor about any of the above risk factors. If your physician recommends a lung cancer screening, don't delay.

#### Q: How are patients screened and treated?

**A:** Patients are screened with a noninvasive low-dose CT scan, which only takes a minute. It's a very sensitive test for diagnosing lung cancer. If the cancer is in the early stages, the most advanced treatment option is minimally invasive robotic surgery, which enables me

to move surgical instruments more precisely, so I'm not damaging healthy surrounding tissue. In addition, I'm able to make tiny incisions, so there's less bleeding and pain for the patient. At NWH, we also offer advanced ablation techniques, which use image guidance to insert a needle through the skin into the tumor. Other options include burning or freezing the tumor; or stereotactic radiosurgery, which uses radiation without an incision.

#### Q: What if surgery is too risky for the patient?

**A:** Some patients have advanced lung disease, very bad emphysema, or heart disease, and surgery is too risky. If the patient is too high-risk, the cancer is too advanced or the patient doesn't want surgery, an option is immunotherapy, a newer treatment. Immunotherapy is a targeted treatment that revs up the immune system so it's better able to fight the cancer. It's been remarkably effective. I have patients who are in complete remission. It's a wonderful advancement in the treatment of lung cancer. As part of the Northwell Health Cancer Institute, we're able to expand our ability to bring top-rated cancer specialists, state-of-the-art technology, leading-edge clinical trials and a full range of support programs so community members can get the best cancer care right near home, in Westchester. Patients who want the most advanced cancer care don't need to travel to New York City.

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# Depew Street Project Defeated in Tie P'ville Planning Vote

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Mann also faced having to remediate the petroleum-contaminated soil caused by the site's former occupant, the LaDuca auto repair shop, which would have cost about \$1.5 million. The Brownfield Cleanup Program would have eventually reimbursed Mann for the work.

Commission members who voted against the project referred to concerns voiced at the Feb. 12 public hearing. Some village residents cited traffic flow and pedestrian safety. The site is in close proximity to the Grant Street-Saw Mill Parkway intersection.

"Listening to the comments at the public hearing made me take into account my own personal observations – what I see and what I live with," Keller said about why he voted against the proposal. "We are the boots on the ground."

Keller disagreed with traffic experts who testified that there would be no negative impact caused by the extra traffic that would have been generated.

"Experts on both sides used the exact same models but they do not have the specificity and the uniqueness of this particular site," he said.

Keller added that his reconsideration did not involve any further consultation with a traffic expert.

Meanwhile, Mann and one of his attorneys, David Steinmetz, were bewildered at the outcome. Steinmetz said to vote for a negative declaration under the state Environmental Quality Review Act (SEQRA), meaning there would be no significant adverse environmental impacts, only to defeat the project primarily because of traffic impacts was highly inconsistent.



MARTIN WILBUR PHOTO

The property where the 71-unit apartment building on Depew Street in Pleasantville would have been sited. The project was defeated in a 3-3 vote by the village's Planning Commission last week.

"The applicant is somewhat taken aback by the vote," Steinmetz said. "It would appear if your commission voted that there's no significant impact associated with the development, to vote for the negative declaration, and then vote against the other components would be arbitrary. I would want them to reconsider. This board made a conscious determination after two years that there's no sign of environmental impact."

The commission voted 4-0 for the negative declaration last June 12, supporting the soil remediation and the project's stormwater treatment that would "result in better water quality leaving the site." Sauthoff and Myrick were absent for that vote.

Sauthoff said she was also unconvinced about Mann's claim of "extraordinary

hardship," referring to the soil remediation work. Mann had claimed the work would cause financial hardship despite the Brownfield Cleanup Program reimbursement.

Cooper pointed out that experts representing both sides stated that the project would have no negative impacts.

"If the voters who have adopted the negative declaration are now denying the applicant based on comments about traffic from the public hearing, I want the record to reflect that since it will be reviewed by others," Cooper said.

He gave no indication whether his client would appeal the decision to the village, which could include heading to state Supreme Court to file an Article 78.

Leyva, though, said he had concerns about the project from the start.

"It's just a bunch of little things that don't sit right with me," he said. "I was moved by comments made during the public hearing and the concerns that were voiced about traffic and safety at the Saw Mill crossing and (in) the vicinity of the proposed development. Those comments deepened my concerns."

Building Inspector Robert Hughes said the commission has since met with the village attorney in executive session, which could lead to a compromise.

"They've been in touch with the applicant and plan to go through some revisions," Hughes said. "They want to avoid going to court because it is costly and takes a lot of time."

## New Castle Supervisor's Son, 11, Dies in Hiking Accident

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administrative matters.

"We are profoundly saddened over the tragedy that has befallen our Supervisor, Ivy Pool, and her family," Saland said in a statement. "Everyone here at Town Hall offers Ivy and her family our support and sincerest condolences. In difficult times like this, our community is at its best – united together in friendship and love for one another."

Over the weekend, in a statement to the school community, Bell Middle School Principal Martin Fitzgerald said grief counselors would be available at the school for students who need help. He asked that the community keep the family in their thoughts.

"Mattias was a brilliant, kind and loving young man," Fitzgerald said as part of the statement to the community.

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# Planning Commission Members Raise Prospect of P'ville Moratorium

By Abby Luby

Pleasantville Planning Commission members jumped into an impromptu discussion about a need for the village to consider a moratorium following one of the board's most controversial votes.

Last Wednesday's dialogue on a building ban came on the heels of the commission's rejection of Lighthouse Development's 71-unit residential project for Depew Street moments earlier, prompted some members to openly question the impact of development in the village.

"I'm concerned we are moving very quickly as a village," commission member Henry Leyva said. "My fear is if we don't act proactively and start to control the development then the village is in jeopardy. I feel it's time to assess the impact of development occurring at the rental properties at 70 Memorial Plaza. This is the first time in the village's history we're putting in a huge rental building."

Leyva's comments echoed sentiments from some residents, during public forums and in informal discussions, who have expressed concern that Pleasantville may be losing its community character.

Leyva suggested the commission write a letter to the Village Board encouraging consideration of a temporary moratorium on development.

"We need to hit the pause button to be

reflective as a community and to figure out what we want," said commission member David Keller.

Pleasantville Building Inspector Robert Hughes reminded the board that the block from Bedford Road to Manville Road and Cooley Street to Memorial Plaza where the project is being built required its own master plan.

"What is happening is actually something that was wanted," Hughes recalled. "The room was filled but there were no real questions (from the public) on the master plan. There were only questions about zoning items that pertained to owners' properties. I was blown away."

Keller contended that most village residents didn't understand the future view from the master plan.

"The Village Board needs to better educate the community and what the vision holds for the future," he said. "If residents don't want that (vision) they need to better communicate that and not just when there's a public hearing."

The four-story mixed-use building that will be constructed next to the post office at 70 Memorial Plaza will have 82 apartments on the upper three floors and 7,691 square feet of street-level retail space. There will be a three-level underground parking garage for use by the project's residents and visitors to the downtown.

Commission Chairman Russell Klein

said that the 70 Memorial Plaza master plan permitted four stories.

"It was intended to keep a vibrant downtown, occupied storefronts and increase the tax base to give relief to homeowners," Klein said. "The Village Board found that without increasing the density...they couldn't get a developer to tackle the rock and build a structure like that. They needed a larger size to justify the cost of that project."

Others voiced concerns about the rapidly changing character of the village because of the uptick in development, which has also included another mixed-use project on Washington Avenue.

"It's hard to assess when all of a sudden you go from a sleepy village to having three or four major projects which will increase the population of the village by more than 10 percent with limited infrastructure," Leyva said. "One development like 70 Memorial Plaza is one thing. Two, three, four or five developments like that and you change the nature of the community."

The Planning Commission unanimously approved the 70 Memorial Plaza application July 10, 2019.

Klein suggested that if downtown density reaches the point of saturation, Pleasantville's zoning code would have to be adjusted.

Planning consultant Sarah Brown said a moratorium typically has a specific

timeframe of six or nine months and should be accompanied by a specific scope of study.

Brown suggested the commission discuss the issue at its next meeting, then draft a letter to the Village Board based on the discussion.

Mayor Peter Scherer said the board would be happy to discuss development in Pleasantville.

"It's a complicated issue. Everybody benefits if we talk about it and understands what the real issues are," Scherer said. "There's been a lot of interest in Pleasantville and it's understandable that people have concerns."

Hughes warned that using the term moratorium could have consequences. Once that is floated, the village may see a rush of applications, he said. Hughes noted that if applications were submitted before a possible moratorium started, those would still need to be processed.

Klein encouraged his Planning Commission colleagues to express their opinions, which would be reflected in a letter to the Village Board.

"It's entirely appropriate for us to write a letter with all our viewpoints," Klein said. "We will start a conversation and try to bring the community along rather than have the community react later on."

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# County Starts Making Contingency Plans to Tackle Coronavirus

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planning for the worst-case scenario.”

On Monday, there were 12 people in Westchester under quarantine after either having returned from a location that is considered a COVID-19 hotspot or were exposed to someone who had traveled, the county's Health Department reported.

On Feb. 18, 26 people in the county were voluntarily quarantined after returning from China or were exposed to someone who had traveled there, the county reported. None of the quarantined individuals showed symptoms or got sick. The number of individuals under

quarantine was reduced to as few as four by last Tuesday, but has ticked up again, Amler said.

Nearly all of those under quarantine have waited out the 14-day incubation period at home, she said.

She expects that number to fluctuate on an almost daily basis as people return from countries that have had a large number of cases or were potentially exposed to someone who had traveled to those countries.

Isolation would be used for anyone returning in the last 14 days who shows various symptoms such as coughing, sneezing or fever.

Part of Westchester's contingency plans include the county Health Department being in close contact with hospitals and other healthcare facilities to make sure there is an ample supply of protective equipment for personnel and to assist any facility that needs to obtain or bolster its supplies, Amler said.

Each county department is also making preparations, particularly those that deal with the public on a large scale, Latimer said. For example, some of the most extensive preparations have to be made by the Parks Department because it oversees large public facilities such as parks, the County Center and Playland, he said.

Last Wednesday's announcement came as fear of the virus gripped much of the world with cases and deaths spreading, particularly in South Korea, Italy and Iran.

There has been at least one case reported in at least 65 countries as of Monday afternoon, and just over 89,000 cases reported worldwide with 3,046 deaths.

Of those, China has had 2,912 deaths and 80,026 cases and South Korea has had 22 deaths from 4,212 cases, according to worldwide statistics from the European Centre for Disease Prevention and Control. Iran and Italy had 54 and 35 deaths, respectively, as of Monday.

The Centers for Disease Control has advised the public to avoid all non-essential travel to China, South Korea, Iran and Italy. Japan has been placed on a Level 2 travel alert, which suggests that anyone over 50 or with underlying health issues not to visit.

Amler said residents should be washing their hands regularly with soap or hand sanitizer, which is the best way to stay healthy. She also cautioned to stay calm and stay informed. Also, remain at home if you're not feeling well, cough or sneeze into your arm and get a flu shot if you haven't had one.

While there is no vaccine for the coronavirus, currently influenza is more likely to negatively affect Americans, Amler said. This fall-winter season, more than 14,000 people in the United States have died from the flu. The first two deaths in the U.S. from coronavirus occurred over the weekend in Washington state.

“So your chances of dying right now in the U.S. is much greater from

influenza,” Amler said. “(That's) not to say coronavirus is not a problem, not to say we shouldn't be concerned about it but I don't have a vaccine for coronavirus. We have a vaccine for influenza.”

Several local school districts also corresponded last week with families explaining that officials are in contact with the county and state health departments. Letters from the Pleasantville and Mount Pleasant school districts also included common-sense steps to take and where to turn for updates and information on the coronavirus.

For more information, visit these websites:

Center for Disease Control 2019 nCoV website: <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

NYS Department of Health Novel Coronavirus Hotline: 1-888-364-3065

NYS Department of Health Novel Coronavirus Website: <https://www.health.ny.gov/diseases/communicable/coronavirus>

NYS Department of Health Local Health Departments: [https://health.ny.gov/contact/contact\\_information/](https://health.ny.gov/contact/contact_information/)

NYS Center for School Health: [www.schoolhealthny.com](http://www.schoolhealthny.com)

Westchester County Health Department: <https://health.westchestergov.com/2019-novel-coronavirus>



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# Farber to Bow Out in Mt. Kisco; Democrats Back Schleimer, Markus

By Martin Wilbur

Five-term Mount Kisco Village Board member Jean Farber has decided against running for re-election this November while fellow incumbent Trustee Karen Schleimer will seek another term.

Replacing Farber, the village's current deputy mayor, on the Democrats' ticket will be former trustee Anthony Markus.

Farber, who has been on the board since December 2010, she thought it was time to move on and give someone else a chance to serve.

"I think 10 years was an amazing opportunity to be part of the village (government) and serve with some amazing people," Farber said. "I made a decision based on different reasons. It's time for someone new to step in and enjoy the amazing experiences I had."

She said the board's top accomplishment over the past decade was the successful move in 2015 to merge the town's police department with the county. Additionally, Farber said helping improve the arts and cultural opportunities by working with the arts council has also been gratifying.

Schleimer said she had been undecided to run for what will be a fifth term, but residents continually reached out to her and urged her to stay on the board. Infrastructure work and the amount of taxpayer money that is being spent requires vigorous oversight, a key reason to stay on, she said.

"I think we have a lot of expenditures, we have a lot of projects on the table and that is something that I want to stay on top of," said Schleimer, who has periodically butted heads on a variety of issues with her colleagues despite it being an all-Democratic board.

She said she hopes to once again work with Markus on the board. Although Schleimer mentioned that she didn't always agree with his positions, he vigorously participates in important discussions on village issues.

Markus, an attorney, served for 14 years as village trustee until he was defeated in the 2017 race by Isi Albanese.

Village Democratic Committee Chairman William Serratore said Markus has remained active in the village since he left the board, currently serving on the Finance Committee, which should help



Mount Kisco Deputy Mayor Jean Farber, left, serving her fifth term, will retire from the Village Board later this year. Trustee Karen Schleimer will run for re-election with running mate Anthony Markus, who previously served 14 years.

him seamlessly return should he be elected.

A message left for Markus at his law office was not returned.

Serratore said Farber has been "an outstanding servant for the community," always doing what she thinks is best for the village and its residents.

"We'll miss her," he said. "She'll be well-remembered."

He said the committee will honor Farber for her service at its annual spring brunch on Sunday, Mar. 29.

Although no would-be opponents have announced their candidacies yet, Serratore and Schleimer agreed that they wouldn't be surprised if this year's trustees' races will be contested. The Republican Committee hasn't run a candidate in several election cycles but the independent party 4MK remains active.

In 2017, Albanese and Mayor Gina Picinich's original candidacy saw them appear on the 4MK line. Picinich ran as a Democrat in her uncontested re-election effort last

fall.

"We're going to raise funds and do the things we need to do to be prepared to run a contested race," Serratore said. "Should a candidate emerge, we'll be poised to effectively run a campaign, and if not, we're still not going to take it for granted, and we'll be out reminding everyone of who's running and why we're running."

The Democrats also endorsed Town Justice Mark Farrell for re-election.

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Police Blotter

North Castle Police Department

**Feb. 22:** An officer was flagged down by a motorist on Banksville Road at 4:20 p.m. He stated that his vehicle was sideswiped by a red Toyota Camry, which then fled the scene on Banksville Road heading toward Route 22. Units canvassed the area without locating the vehicle.

**Feb. 22:** Report of an injured cyclist on Route 120 just north of Whippoorwill Road at 5:53 p.m. The party apparently fell and believes he may have a broken collarbone. An officer responded and 60 Control was notified. The injured cyclist was transported to Westchester Medical Center.

**Feb. 22:** A caller reported at 9:31 p.m. that a large number of bottled beverages fell from a truck on Route 22. The debris was in the lane of traffic. The truck remained at the scene.

**Feb. 23:** An officer on patrol reported at 7:55 a.m. that he removed a temporary solicitation sign from the roadway shoulder on Park Drive East in violation of the town code. Two additional signs were found on the roadway shoulder at 674 N. Broadway and 1 Virginia Rd. Patrols will monitor the area to identify who is posting the signs.

**Feb. 23:** Report of illegal dumping on Fisher Lane at 9:28 p.m. An officer reported that a broken 10-foot ladder and filled black garbage bags were dumped at the entrance to the North Castle commuter lot. The town's Highway Department was notified.

**Feb. 24:** An Old Mount Kisco Road resident reported at 3:55 p.m. that the construction being performed on the street doesn't allow cars enough room to pass because vehicles are obstructing the roadway. The responding officer reported speaking with the foreman on the scene and advised him that the roadway needs to be passable for larger vehicles. Matter adjusted.

**Feb. 26:** Report of an erratic driver on Route 22 at 6:36 p.m. A caller reported being involved in a road rage incident that occurred on I-684. She stated a male party in a blue Audi sedan with Connecticut plates followed her off of Exit 3 and onto Route 22. The caller pulled into police headquarters and the blue Audi continued north on Route 128. The responding officer canvassed the surrounding area with negative results.

Pleasantville Police Department

**Feb. 22:** A party reported at 2:29 p.m. that he lost his credit card in White Plains and a short time later it showed a charge of \$34.68 at an establishment on Marble Avenue. An investigation is ongoing.

**Feb. 27:** An 18-year-old male resident of the Cottage School was arrested on a warrant out of Pleasantville.

**Feb. 28:** A complainant reported at headquarters at 10:29 a.m. that his credit card had an unauthorized \$570 charge. The matter is under investigation.

Mount Kisco Man Arrested for Burglarizing Village Residence

A 27-year-old Mount Kisco man was arrested Sunday for allegedly burglarizing a residence on Maple Avenue, Westchester County police said.

Jevon Odum, who has lived at various addresses in the village, was charged with three felonies – second-degree burglary, fourth-degree grand larceny and fourth-degree criminal possession of stolen property. He also faces the misdemeanor charge of possession of burglar tools, police said.

Police received a call shortly before 11:30 a.m. Sunday about a burglary in progress at 68 Maple Ave. A third party reported that a resident had just confronted an intruder in his apartment.

Officers Scott Forsythe, Brian Tierney and

Bryan Yatsko responded, located the intruder inside the apartment and took him into custody, according to police.

Police said the officers recovered from the suspect several pieces of jewelry, multiple credit and debit cards in other people's names, \$619 in cash, \$60 in coins in a bag, a screwdriver and a pocket knife. Not all of the recovered items are from the Maple Avenue residence. Detectives from the General Investigations Unit are continuing to investigate and additional charges are possible.

Odum was held overnight at county police headquarters in Hawthorne and was arraigned Monday in Mount Kisco Justice Court. He was released on his own recognizance.

—Martin Wilbur

NWH to Hold Colorectal Cancer Awareness Panel Discussion March 23

Hear from leading experts and learn the latest screening and prevention recommendations, facts about diagnosis and advanced treatment options and the role of nutrition in prevention at this free event on Monday, Mar. 23 from 6 to 7:30 p.m. at Northern Westchester Hospital's Center for Healthy Living in Chappaqua.

Ask questions, speak with a dietitian, physicians and surgeons and take action to protect yourself and those you love. With proper screening, colon cancer can be prevented, and when detected early, is often beatable.

Featured panelists will include Dr. Alexis Grucela, Dr. Elie M. Abemayor, Dr. Jerald D. Wishner, Dr. Paul Strombom and registered dietician Pat Talio.

For questions and information, contact Lauren Selsky, healthcare navigator, at 914-223-1780 or lselsky@northwell.edu. To register, visit <https://www.eventbrite.com/e/colorectal-cancer-awareness-panel-discussion-tickets-93536101999>.

The Center for Healthy Living is located adjacent to Whole Foods Market at Chappaqua Crossing, 480 Bedford Rd. in Chappaqua.



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THERE'S A WORD FOR IT

A vocabulary-building quiz | By Edward Goralski

**Words of the Month Club: March Edition** This week the quiz words come from the March entries found in the book "The Cabinet of Linguistic Curiosities" by Paul Anthony Jones. The book is "A yearbook of forgotten words" that features a "curious or long-forgotten word of the day, picked from the more obscure corners of the dictionary."

- |                                |                          |                          |                         |
|--------------------------------|--------------------------|--------------------------|-------------------------|
| 1. <b>absconsion</b> (n.)      | A) an absolute principle | B) voluntary forbearance | C) an escape            |
| 2. <b>breviloquent</b> (adj.)  | A) thrilling             | B) succinct              | C) nonchalant           |
| 3. <b>vinipote</b> (n.)        | A) a wine drinker        | B) a wine seller         | C) a wine label         |
| 4. <b>Barnumism</b> (n.)       | A) overblown promotion   | B) a showstopper         | C) public entertainment |
| 5. <b>telepheme</b> (n.)       | A) a phone dial pad      | B) a phone book          | C) a phone message      |
| 6. <b>daedal</b> (adj.)        | A) foolish               | B) skillful              | C) issued every day     |
| 7. <b>lickpenny</b> (n.)       | A) a small amount        | B) a sound thrashing     | C) a costly enterprise  |
| 8. <b>pantagruelian</b> (adj.) | A) gigantic              | B) barren                | C) exhausting           |

- ANSWERS:
- |                                   |   |  |  |
|-----------------------------------|---|--|--|
| 1. C. An escape                   | 2. B. Pithy; succinct; characterized by brevity of speech     | 3. A. A wine drinker                           | 4. A. Exaggerated, overblown promotion             |
| 5. C. A message sent by telephone | 6. B. Skillful; displaying great artistic craft or shrewdness | 7. C. A costly enterprise; something demanding | 8. A. Gigantic; comically or grotesquely oversized |

# No. Castle Seeks Tight Regulation of Marijuana Sales if Legalized

By Martin Wilbur

North Castle officials are girding themselves for the state legislature's anticipated legalization of recreational marijuana by preparing a local law to tightly regulate its sale within the town.

Town Board members reviewed a draft of their legislation at the Feb. 26 work session, a proposed measure that closely mirrors last February's passage of their law pertaining to the sale of e-cigarettes and vaping products.

Supervisor Michael Schiliro said there has been consensus on the board since last year that whatever legal steps officials could take to limit the sale and availability of marijuana would be welcome. However, since it was unclear what the final form of any state legislation would be, they held off pursuing the local law to regulate marijuana.

"We had the most concern for our school-age children throughout the town," Schiliro said. "We wanted to take whatever legislative action we could."

While the exact language of a state law remains uncertain, the board hopes to quickly move forward with its zoning regulations whenever legalization occurs.

Under the draft of North Castle's law, any proprietor looking to sell cannabis would have to obtain a permit from the Town Board. The law would also require that any establishment must be at least 500 feet from a residential district and a marijuana business must not be in a building that includes residential use.

Furthermore, a school, house of worship,

community center, daycare center, park, hospital, drug or alcohol treatment facility or psychiatric treatment center must be at least 500 feet away from a business selling marijuana. Stores selling the product must also be at least 500 feet apart.

The town plans to require an alarm system, video surveillance and extra security lighting for any marijuana store. There will also be specific hours of operation.

Originally, the draft of the local law prohibited hours sales from 7 p.m. to 9 a.m. but the board hopes to further restrict the time a business can operate, possibly as narrow as 11 a.m. to 4:30 p.m.

Councilwoman Barbara DiGiacinto said similar to the town's e-cigarette and vaping product regulations that were passed last year, the legislation is in reaction to what many residents have communicated to the board.

"I think our decision reflected not so much our personal feelings but reflected what we are hearing from the community, and as the supervisor just mentioned, protecting our residents who have children in school," DiGiacinto said. "We're very, very concerned about this."

Town Attorney Roland Baroni explained that in the state's latest draft legislation, it pre-empts most municipalities from opting out. Currently, only counties and large cities will have the right to ban marijuana sales, he said.

Board members had other questions, such as whether the town could prevent someone from ingesting the product on the street or in

public and prohibiting the sale near pizzerias, candy stores and other establishments that are frequently visited by schoolchildren.

"It all comes down to how is the state going to regulate it," said Director of Planning Adam Kaufman, who helped draft the proposed ordinance. "If they regulate it like tobacco, then you're allowed to smoke it outside. If it's regulated like alcohol, you can't."

Another potential restriction the board raised was whether they could limit a marijuana business from operating within 500 feet of any other business.

Some of the additional questions the board had last week will be posed to state Sen. Shelley Mayer (D-Yonkers) and

Assemblyman David Buchwald (D-White Plains).

"These are things that we need to get on paper and communicate to our state representatives, that we want to have the ability and flexibility to pass what we're basically showing them," Schiliro said. "So keep that in mind when they potentially pass this bill into law that we've got some flexibility on how we can regulate it."

Baroni cautioned the board that it appears the town's authority is limited to where the outlets selling marijuana can open.

"All we can do, as I understand it, is regulate where the stores can be located," he said. "Once the product is purchased, I don't think we can regulate where it's consumed."

## Tech's the Rage

Not only can Mount Kisco residents contribute to the public comment portion of Village Board meetings by calling in from home, but last week Deputy Mayor Jean Farber was able to Skype into the meeting from Florida. Mayor Gina Picinich explained that the board had consulted with experts, including the New York Council of Mayors, and learned that as long as the town provided an audio and a visual connection, Farber's participation met the legal requirements.



JOAN GAYLORD PHOTO

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



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## Editorial

### Board's Activism Presents Real Problem in Depew Street Rejection

It's rare to see a significant application reach the point where a vote is taken on site plan approval and get rejected.

But that's what happened last Wednesday evening at the Pleasantville Planning Commission meeting where a resolution to grant final approval for Lighthouse Development's 71-unit apartment building on Depew Street was on the agenda. After more than two years of review and revisions, everything seemed to be lined up for the project to be the latest development in the village.

Instead, one of the most surprising votes in recent memory took place. The seven-member board, which currently has one vacancy, was split.

In their statements, the three board members in opposition weren't necessarily wrong about their concerns, particularly about traffic. Many of those issues were raised by the roughly 25 residents who turned out during the Feb. 12 commission meeting.

Citing the likelihood of increased traffic volume during peak hours and Depew Street's proximity to the Saw Mill Parkway, the dissenting members appeared uneasy about supporting the plan.

Environmental obstacles, such as the contaminated soil on the site and encroachment on wetlands buffer, were also credible.

Some, as the applicant did last week, would point to the commission's vote last year for a negative declaration under the state's environmental review laws, which means the board doesn't believe there would be significant adverse environmental impacts, as a reason why it should have been approved. If that was the case, then why bother with site plan review? The review is where other issues often arise.

However, the evening veered off course with the commission's spontaneous discussion after the vote was taken. The members in opposition argued

for a moratorium to prevent rampant overdevelopment and potential loss of the village's character, a sentiment shared by a fair number of residents, at least in passing conversations.

But last week was the wrong time and place to make the overdevelopment case, statements that could come back to hurt the village. By week's end, discussions were already underway about a compromise with the developer to avoid potential litigation, an option that's available to Lighthouse.

Pleasantville's Comprehensive Plan meetings would have been a more appropriate forum to make that argument. Engaging with the Village Board about whether zoning is too developer-friendly is a valid point.

Instead of coming to an objective conclusion, half the commission appeared to morph from fair arbiters to activists – and potentially to the village's detriment.

## Letters to the Editor

### New York Needs a Formal Assessment of State Budget Requests, Funding

In last week's editorial, "State Needs to Address Pressing Needs for Schools, Working Families," at a time of growing deficits and competing agendas, it is essential the state consider making its agenda and top priorities public.

New York's government must pay attention to myriad issues each and every year in the state budget and through other funding measures. Some get more attention than others, some get mentioned a lot but receive limited funding while others get mentioned quietly and receive robust funding. It's just the public is often out of the loop.

Each year everyone makes requests, but there is no public review process. Do we actually know what works, what doesn't work and what shouldn't be funded at all?

When was the last in-depth look at the state's authorities, boards, commissions and agencies and their spending and political patronage costs? Where is a state and or independent report card on the results of what is spent? Was it a success, did it warrant the funding or does it deserve more?

New York brings in a great deal of money each year; any number of programs (especially some of the economic development, redevelopment and other

incentive programs) have cost the state billions with questionable returns.

Before the governor and legislators present a budget, they should conduct a thorough assessment of where we are, what are our top priorities, what is working (and how well) and what are the state's primary goals and objectives.

We can't afford to waste more taxpayer money and we cannot ignore our fellow citizens most in need.

**Robert Kesten**  
South Salem

### Ending the Sale of Flavored Tobacco Products Would Protect Youngsters

The ongoing debate on whether or not New York should end the sale of all flavored tobacco products including flavored e-cigarettes and menthol cigarettes all comes down to one question: How long are we going to let Big Tobacco make money off of kids?

Make no mistake about it, 81 percent of kids who have used a tobacco product started with one that was flavored. The tobacco industry knows exactly what they're doing; in fact, they have aggressively marketed their products to kids for years because they know that flavors make smoking and vaping more appealing. As such, menthol cigarettes are the most popular choice for youth who

smoke, and not by an insignificant amount – 54 percent of youth smokers ages 12 to 17 use menthol cigarettes and seven of 10 African American youth smokers choose menthol cigarettes.

Next time the argument arises from convenience stores, retailers and manufacturers that menthol is an adult flavor, we should remind those around us that this is coming from the same people who profit off of the continued addiction of youth to a deadly product.

For those of us who have the best interest of our children's well-being in mind, we need to make sure our elected officials are supporting efforts to remove these products

from the shelves. We know youth are getting e-cigarettes and flavored tobacco from easy access points in their communities. If flavored tobacco is no longer available at the corner stores and shops that kids visit with friends and family, the appeal of these flavored products will slowly fade. Some adults will quit and youngsters will never start. That's the end goal.

**Dr. Damara Gutnick**  
American Heart Association,  
Westchester County Board of Directors  
Medical Director, Montefiore Hudson  
Valley Collaborative

### Assembly Must Act on Automatic Voter Registration Bill

All New Yorkers want to be assured that when we cast our ballots that our votes get processed safely and securely – to make our elections more inclusive and less expensive with one simple reform: Automatic Voter Registration (AVR).

We came close to passing AVR at the end of the 2019 legislative session. The

legislature made a public promise that at the earliest moment in 2020 leaders of both houses would pass AVR. On Jan. 9, the first day back in session, the state Senate held to its promise and passed AVR. What happened in the Assembly? The AVR bill is still not amended and legislators have NOT moved the bill for a vote! What is their problem?

The AVR is a simple, groundbreaking solution for New York. To our Assembly, we New Yorkers say, "do your job and pass the Automatic Voter Registration bill now."

**Karen Sevell Greenbaum**  
Croton-on-Hudson

# County Launches Airport Master Plan Review, Unveils Consultants

By Martin Wilbur

Two firms that will help officials develop a supplemental master plan for Westchester County Airport were introduced last Thursday, in a process that will include public discussion to help determine the future direction and operation of the facility.

Merchant Aviation, an aviation consulting firm that has studied more than 50 airports around the world, will assess the infrastructure and the economic and environmental impact of Westchester County Airport. Arch Street Communications will be in charge of messaging through social media, outreach and communications, public involvement plans, the scheduling of press conferences and the coordination of materials to keep the public informed, County Executive George Latimer said.

An online survey is being conducted at [www.onthehorizon914.com](http://www.onthehorizon914.com) now through Apr. 30 and public comments may be left as well. A print version of the survey can also be found at the county's public libraries.

At a briefing at the airport, Latimer announced that the first step will include the 11-question survey that the public is encouraged to complete followed by an open house to engage the community in discussion on Thursday, Mar. 19 at the County Center from 4 to 7 p.m.

Latimer said all aspects of the airport's operations will be reviewed by organizations independent of the county.

"Our view is that these two organizations are professional, they will help guide the



MARTIN WILBUR PHOTO

County Executive George Latimer, left, speaks with Nora Madonick of Arch Street Communications and Merchant Aviation CEO Kieran Merchant following last Thursday's announcement of the start of the Westchester County Airport master plan review and public engagement process.

dialogue ahead with a professional eye along with the stakeholders in this process, that we'll have a viable master plan," Latimer said.

During Thursday's briefing, Latimer noted that the airport's impact on the nearby New York City watershed and Long Island Sound will be included in the consultants' work along with the noise impacts on neighboring communities. The county will also continue to work with the Federal Aviation Administration (FAA) on noise concerns, he said.

In the past few years there has been an intense outcry from residents in portions of Chappaqua, Pleasantville and Mount Pleasant as well as areas south of the airport about an

increase in noise generated by aircraft landing and taking off.

"We have to strike an intelligent, responsive balance," Latimer said. "That intelligent, responsive balance means everybody has to be at the table, everybody's voices have to be heard and we have to make accommodations so we do not pollute the watershed, so we reduce as much as possible the noise and make sure this administration is committed to what we have been committed to, which is not expanding the airport."

The restrictions on the number of gates and commercial passengers per hour will not change, Latimer added.

Kieran Merchant, CEO of Merchant Aviation, said his firm will approach the task objectively.

"We do not come with a preconceived idea of something we have done at other airports," Merchant said. "We have worked on airports around the world. But we look at every single airport as an original airport because we understand the unique nature of every community, every region and every airport."

The public input process and review, will be independent, inclusive, transparent and robust, said Nora Madonick, founder and CEO of Arch Street Communications.

Latimer said he anticipated the entire process to update the master plan will take about a year-and-a-half. The consultants will likely take the rest of the year to gather and analyze data before presenting a first draft to the Board of Legislators. County legislators will then review the document and will have to approve the master plan. Latimer will then

have to sign off on it.

County Legislator Vedat Gashi (D-Yorktown), who attended the Thursday announcement, said he is optimistic the process will yield fair results. Residents in portions of Gashi's district in New Castle and Yorktown have been among the most affected of anyone in the county by the noise generated by incoming flights.

He also is pleased that there is an understandable and finite timeline to get the work done.

"I think all we can do is make sure it's going to be an open process, that we're going to ask questions of as many people as possible," Gashi said.

Peter Schlactus, a member of the Coalition to Prevent Westchester Airport Expansion, said he is happy with the county's decision and intention to review the facility's operations. Schlactus said he hopes that issues relating to private and corporate aviation, which comprise about 85 percent of the flights at the airport, are adequately addressed.

"This is a great next step for the airport master plan and we look forward very much to being engaged with the county and having the county finally take into account the perspective and concerns of impacted communities around the region," Schlactus said.

The master plan supplement, which is essentially a new plan that builds on an update from several years ago, is being paid for through funds in the county's airport budget, Latimer said.

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# New Castle Town Board Debates Pros, Cons of Façade Grant Program

By Martin Wilbur

The New Castle Town Board renewed debate last week about whether a proposed matching grant program is an effective incentive for store and property owners to make exterior improvements to help reinvigorate downtown Chappaqua.

Board members were split on what the appropriate scope should be for the Façade Improvement Grant Program, an initiative brought forward by last year's Democratic winning slate of Supervisor Ivy Pool and councilmen Jeremy Saland and Jason Lichtenthal.

The program, which would not be approved until after the town has completed work on its new form-based code for downtown Chappaqua later this year, is one tool to help the hamlet.

Under the current proposal, business and property owners could apply for a \$1,000 matching grant for small repairs in the program's first phase. In a second phase, applicants could seek a 50 percent matching grant for up to \$7,500. Phase II work could include new signage; exterior lighting; façade repair or reconstruction; cleaning brick masonry or façade; new cornices for roof gables; window or door replacement; and rear entrance improvements if used by the general public.

The three-year program would set aside up to \$150,000 derived from a portion of the \$1.5 million New Castle received from Chappaqua Crossing developer Summit/Greenfield. That money was negotiated by town officials to

offset any negative impacts of the new retail development at the former Reader's Digest site on downtown Chappaqua.

Pool said she believed it was wise use of those funds.

"I think spending \$150,000 over the course of three years to directly provide financial assistance to the merchants and property owners who have been adversely impacted by three-plus years of construction, where they have been crying out for the town to give them some kind of assistance, to be able to provide them with that kind of assistance and to understand the economic development impact that it could potentially have for our town, in my mind is a good use and an effective use of \$150,000," Pool said.

For the second time within the past month, there was strong pushback from Councilwoman Lisa Katz. Katz said she had no objection to Phase I, and even suggested increasing the maximum grant to \$1,500. However, she was worried whether the town was in danger of providing money to property owners and developers that would help enhance their property values without improving downtown.

"I just think that Phase II is going to be money that we're going to lose and we're not going to see much of a financial benefit from it, and I think that the possibility of first having arbitrary approvals is a big possibility and it being utilized for things we don't necessarily want utilized for that, are not going to actually enhance the look of the downtown," Katz said.

Pool countered that the town would evaluate each application on a case-by-case basis but there are clear requirements proposed. Work



MARTIN WILBUR PHOTO

The Façade Improvement Grant Program, discussed last week by the New Castle Town Board, would help business and property owners offset the cost of making upgrades to the exterior of their buildings to encourage improvement of downtown Chappaqua. Last week sharp disagreements continued among board members.

as part of new construction would not be eligible to receive funding.

Katz recommended the board approve Phase I and monitor its progress. If successful, it could then add Phase II.

But Lichtenthal said that it's not a big enough commitment to help the downtown business and property owners.

"Phase II shows that we are serious about making sure that our downtown looks and feels a certain way based upon the code," he said.

Councilwoman Lauren Levin said dedicating up to \$150,000 appeared to her as risky. She also questioned whether it would have the desired effect.

"I just think \$150,000 is a lot of money after the town just invested 15 million-plus dollars for our infrastructure and the streetscape," Levin said.

The Town Board agreed to continue discussion about the Façade Improvement Grant Program at a future meeting as well as to talk about how to best use the remainder of the \$1.5 million from Summit/Greenfield. The town still holds roughly half of that money. So far, funds have been spent on developing the form-based code and studying the feasibility of the Chapp Line, a proposed mile-long pedestrian walk stretching from downtown Chappaqua to Roaring Brook Road near Chappaqua Crossing.

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# Mt. Pleasant Ponders Cell Tower Proposed for Pocantico Hills

By Joan Gaylord

Representatives from Homeland Towers made a presentation before the Mount Pleasant Town Board last Tuesday to site a cell tower in Pocantico Hills.

Vincent Xavier, the company's regional manager, shared preliminary specifications for the project but said the company will be gathering additional information to be included in the official proposal.

The plan currently calls for a 120-foot faux tree-style tower to be installed on town-owned land on Highland Avenue near Route 448, across from the Pocantico Hills Fire Department. The tower, which Xavier said would be set back into the woods, would not be higher than the hill behind it but would be taller than trees in the area which is necessary to ensure effective cell coverage.

He said Homeland Towners was working with Mount Pleasant Town Attorney Darius Chafizadeh to draft a lease agreement for the property.

Under the proposal, the top part of the tower would be set aside for municipal use, including fire departments, EMS and police. This access would be provided at no cost to the town.

The lower portions below would be divided among the major cell service providers in the area.

"We need these towers," said Charlie Carlson, chief of the Pocantico Hills Fire

Department. "We have very poor (cell) coverage there. Even with radios we are in a black hole there."

Not everyone was supportive of the proposal, however. Several neighbors expressed concerns about the health effects of living near the tower and the visual impact it would have on the neighborhood.

Xavier assured the neighbors of the tower's safety and spoke of the company's efforts to identify alternate locations before settling on the proposed site.

Waddell Stillman, president of Historic Hudson Valley, noted that the intent to install the tower so close to several historic properties would trigger a federally required review for the impact the tower would have on those properties. He also expressed a willingness of the nonprofit organization to work with Homeland Towers during the review process.

Homeland Towers President Manuel Vicente said company representatives were aware of the required review. He also asked people to wait until the Town Board received the final presentation that he said would include answers to most of their questions.

Homeland Towers expects to submit the final proposal to the Town Board by this Friday. A balloon test to help town officials gauge the height of the proposed cell tower at site is scheduled for this Saturday, Mar. 7 from 8 a.m. to noon.

# Mt. Kisco Makes Headway in Addressing Illegal Residences

By Joan Gaylord

Mount Kisco Building Inspector Peter Miley reported significant progress last week in enforcing the village's Landlord Registry and Fire Safety programs.

Speaking during last week's Village Board meeting, Miley reported nearly 100 percent compliance with sign-up for the Landlord Registry Program and about 80 percent with the Fire Safety Program.

The town created the two initiatives in 2016 to address what appeared to be widespread violations, including unlawful subdivisions and overcrowding caused by the creation of illegal apartments.

The Landlord Registry Program pertains to two-family homes and what are considered multiple dwellings, structures with at least three units but smaller than apartment buildings. Compliance for large apartment buildings, properties with ground-floor retail and apartments upstairs and commercial properties are addressed under the Fire Safety Program.

"We're making a lot of progress," said Miley, who reported the department is working with property owners to help bring the remaining noncompliant buildings up to code. "Our last resort is sending people to court."

Any notice of violation includes possible remedies.

Since 2016, the department has identified that 207 one- or two-family homes contained

unlawful units in attics or basements, residences that had been converted to single-room occupancy (SRO) and overcrowding.

Miley said 130 unlawful units had existed, 86 of which have been removed and the buildings restored to legal use. Also, 354 of 430 single-room occupancy units have been removed. Of the 69 homes cited for overcrowding, 59 are now in compliance, he said.

The Fire Safety Program has registered 301 commercial properties and 592 businesses, most of which are inspected every 18 months, Miley said. Of these, 274 received an initial notice of violation for offences such as fire extinguishers that hadn't been properly inspected, blocked exits and fire suppression systems that needed upgrades.

Slightly more than 80 percent of the commercial businesses and 85 percent of the multiple dwellings are now fire-safety compliant. Only 29 property owners were issued a court appearance ticket, he said.

Miley also said that regular inspections have revealed a significant drop in new offenses.

"It seems to have peaked," he said.

Trustee Peter Grunthal asked Miley if he believed there were cases not yet discovered.

Miley said he was confident there weren't undiscovered dwellings in violation based upon the thoroughness of the department's inspections.

"The progress is tremendous," said Mayor Gina Picinich.



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# Is Your Ceiling Height a Trip for Alice in Wonderland?

Many years ago, when my wife and I discovered our dream home in the country, we were delighted that we could figure out a way to turn a one-and-a-half-story saltbox wing with all original 18th century details into a separate apartment. It was the most charming rental unit, we were convinced, in all of Westchester.

However, it came with one caveat. Whenever it was available for rent and we received inquiries from prospective tenants, the first thing my wife would ask was, "Do you mind telling me how tall you are?"

There was always a questioning pause on the other end of the line, but if the answer was 6-foot-2 or over, her response was, "Sorry, I don't think this apartment would be for you."

The reason was simple to explain. The structure was built in 1734 when people were shorter, and the ceilings on both floors would barely accommodate anyone taller than 6-foot-2. We didn't want to waste a very tall person's time in considering a home where they might feel like Gulliver visiting Lilliput or Alice in Wonderland inside the rabbit's house.

In those early days, most houses were simple utilitarian structures and home builders knew that lesser heights meant less space to heat in the winter; therefore, there was less wood chopping to fit into a

day already bursting with physical activity.

My house belonged to a tenant farmer on the Van Cortlandt land grant and his needs were quite simple, but down the road a way at the landlord's Van Cortlandt Manor, greater affluence afforded ceilings with greater height. The same holds true today.

While ceiling heights in Victorian times had reached an average of 13 feet, based on English city houses, heights moderated down to eight feet with the advent of mass housing developments after World War II. That height, based on the standardized length of an eight-foot stud, stayed in place

until the term McMansion was coined in the early 1980s where center halls and family rooms could soar two stories high.

By the end of the 20th century, increased fuel costs put a damper on ceiling heights. Today the average ceiling for new construction is nine feet on the first floor and eight feet on the second. That extra foot on the first floor, it is estimated, can increase the cost of building a home from \$20,000 to \$30,000 for a 4,000-square-foot house, depending on the area of the country in which it is built.

To keep everything in proper scale, a higher ceiling means that furniture might have to be larger, windows have to be taller, crown molding has to be thicker, a fireplace

mantel must be taller, light fixtures bigger and even artwork has to be larger to cover more wall space.

What mitigates the extra expense of taller ceilings is the cost savings that come from better insulation and other energy-saving improvements to windows and doors.

In the past, homes were built with what we call a balloon frame, where studs go from grade level to roof, as opposed to the platform frame we use today where each floor's studs make their own separate box and one box is placed upon the other. With a balloon frame, ceilings could be any height, but as the milling of studs was standardized to eight feet in the early 20th century, ceiling heights were almost universally that same measurement.

A comfortable ceiling height today depends on who you talk to. Affluent buyers of new home construction are asking for a nine-foot minimum ceiling height, but prefer 10- or even 12-foot ceilings. Anything less than that is unacceptable to the people who do not have to be concerned with utility costs.

Interestingly, new zoning regulations keep even the wealthiest clients from going overboard in that the overall building

height is limited in our communities, which in turn limits the height that architects can build ceilings.

Beyond cost, another factor to consider is the psychology of it all. Pulte Homes, one of the nation's largest homebuilders, recently conducted research demonstrating that while consumers like higher ceilings to have a room feel more expansive because they feel it gives a greater sense of formality to the space, it can also render it cold and austere.

But today, besides an open floor plan, we want homes that are more inviting, casual and warm. Part of achieving that is with ceilings that are more humanly scaled.

So, if you're a house-hunter, consider carefully the space between your head and the ceiling, because it can't be changed easily, unless you partake of Alice's magic mushroom!

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



By Bill Primavera



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# Water Main Replacement Considered for Areas in No. White Plains

By Martin Wilbur

The North Castle Town Board gave the go-ahead last week to the town's water and sewer director to seek engineering bids to explore replacing three-plus miles of aging water mains in North White Plains.

During a presentation last week, director Sal Misiti told officials that some of the mains servicing Water District #1 were built in the late 1920s and have been prone to repeated breaks and disruptions in service. As much as 25 percent of the water that runs through those cast-iron mains is lost through leaks in the system, he said.

Misiti outlined a priority plan to replace about 6,100 linear feet of main along McDougal Drive, General Heath Avenue, Smallwood Place, Dunlop Way between North Broadway and Virginia Road and Palmer Avenue. The cost for that work has been estimated to run \$1,940,000.

Consultants have also recommended 10,900 linear feet of main replacement along portions of North Broadway, Hillendale Avenue, Virginia Road and Washington Avenue, costing about another \$3.5 million. The district has about 8.5 miles of water main.

"This system, we're getting to the point where nothing lasts forever," Misiti said in his presentation at the board's Feb. 26 work session. "It's 90 years old in some of the areas and we need to move forward with

some kind of process."

In addition to age, Misiti said that a large portion of the district's mains – 69 percent – are only six inches in diameter, which by today's standards are undersized. Most mains are eight and 10 inches, he said.

While certain streets would see the new mains, it would have a benefit to the entire system, Misiti mentioned. If the improvements are made in these areas, it would lessen the strain elsewhere. Customers on streets in higher elevations have reported low water pressure along with the interruptions in service throughout the district.

"You don't really have the ability (now) to use the system the way it is intended,"

Misiti said.

There are 591 residential customers and 109 commercial properties that make up Water District #1.

Annual costs for the average district taxpayer have been estimated at \$330 a year for a 25-year bond, \$257.96 over 35 years and \$198.86 over 40 years, based on the \$5,440,000 estimated price tag and a 2 percent interest rate, Misiti said.

The town would also apply for various grants, which could offset some of the expense, he said.

Borrowing over the longer period of time would not only lower the added annual costs for taxpayers but many of the residential property owners would likely move in and

out of the district over 40 years, Misiti said.

"The infrastructure that's there, as crumbling as it is, it's 90 years old, what we're going to put in is going to last a lot longer than that, and the thought is you spread this out over time, everybody's there right now is going to get the full effect of this and it would be spread out over time as properties change hands, they'll all kind of share the costs," Misiti said.

Should the town move ahead with the project, he estimated the analysis and design would last about six months. When the town replaced nine miles of water main in Windmill Farm a few years ago, construction took about 18 months.

## DEP Accepting Applications for Summer College Interns

The New York City Department of Environmental Protection (DEP) encourages college students to apply for one of 14 summer internships.

Those accepted into the paid summer internship program will have the chance to work alongside DEP scientists, engineers, planners and other professionals who operate, maintain and protect the largest municipal water supply in the United States.

The intern positions available include summer work associated with water quality laboratories, water supply operations, drinking water treatment, environmental health and safety, research and innovation, wastewater and stormwater projects, water system modeling and research and infrastructure planning.

The internships are located at DEP's offices, including in Westchester and New York City.

Information and applications, can be found at [http://www.nyc.gov/html/dep/html/job\\_opportunities/internships.shtml](http://www.nyc.gov/html/dep/html/job_opportunities/internships.shtml).

Prospective interns are encouraged to carefully read the qualifications for each job to determine whether they meet the enrollment, GPA, coursework and other requirements. Candidates must submit applications by Friday, Apr. 3.

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## Obituaries

### Richard Cummins

Richard M. "Dick" Cummins died peacefully surrounded by his family on Feb. 21 after a brief illness. He was 82.

Cummins was born on Sept. 25, 1937, in New Ulm, Minn. to Dewey Homer and Dorothy Colgan Cummins. Raised in Cedar Rapids, Iowa, he met his wife, Jackie, in grade school and they were married in 1957. While attending Creighton University, Cummins played baseball, catching future Hall of Famer Bob Gibson. He would spend most of his life involved in the great American pastime.

He held degrees from DePaul University (Commerce, 1960), Fordham University (LLB, 1964) and New York University (LLM, 1970). He was an attorney in New York and a certified public accountant. He was an adjunct professor at Columbia University School of Business from 1984 to 1997.

Cummins spent the majority of his professional career at Coopers & Lybrand, where he practiced tax, trust and estate law and was named partner in 1977. He remained at the firm until his retirement. He was able to blend his passion for baseball with his business acumen when in 1987 he was appointed by friend and co-owner of the New York Mets, Nelson Doubleday, as special adviser to the team's board of directors, on which he served proudly until 2002.



Richard Cummins

Known to many as a large, booming presence, Cummins was forthright and fiercely loving. He took great pride in his beautiful bride, Jackie, and the tight-knit family they raised together over 63 years. To all whom he met, Dick was known as a charming and generous man and a great storyteller and avid sports fan. In his later years, he enjoyed the 21 Club, Sleepy Hollow Country Club, The University Club and spending time with his extensive close-knit family.

In addition to his wife, Cummins is survived by four children and their spouses, Daniel (Leslie) Cummins, Tim (Tara) Cummins, Mary (Jeff) Caty and Sarah Cummins; 12 grandchildren, Jake, Sam and Karen Hutchings, Harry and Johnnie Cummins, Evelyn and Jack Caty, Maggie and Patrick Cummins and Lily, Katie and Luke Umphred; and three great-grandchildren, Mack, Molly and Will. Cummins is predeceased by his oldest daughter, Catherine Camille (Cummins) Hutchings, his brothers, Bob, Billy, Jim and Jack and his parents.

Visitation was on Feb. 27 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on Friday, Feb. 28 at St. Aloysius Parish at 21 Cherry St. in New Canaan, Conn. A private Rite of Committal and burial will follow at a later date.

In lieu of flowers, donations may be made to Rosary Hill Home in Hawthorne.

### Georgina Burton

Georgina (Gina) Dodd Burton, 84, most recently of Pleasantville, passed away peacefully on Feb. 14 due to complications from Lewy body dementia.

She is survived by her children, Pamela Burton Moore (Steve) of Chapel Hill, N.C., Gregory Burton (Erin) of Rosendale, N.Y. and Antony Burton (Jacqueline) of Pleasantville, as well as her grandsons, Connor, Ryan and Jacob.

Burton was a loving and dedicated mother first and foremost. She adored and embraced every moment with her children and loved her role as "Gigi" to her grandsons. She also cherished her many friendships, some which lasted more than 50 years.

Burton was born on Oct. 9, 1935, in Manchester, England to Albert and Betty Dodd. She studied ballet, tap and ballroom at the Royal Academy of Dance. She and her dance partner won the British Junior Ballroom Championship at the Blackpool Dance Festival and represented the United Kingdom in several international ballroom competitions. They demonstrated throughout Great Britain, including London's Royal Albert Hall and The Earls Court Arena.

Burton received her degree from the Imperial Society of Teachers of Dance and began teaching ballroom as well as judging competitions in England and Ireland.

She then immigrated to the United States with her parents in 1957 and continued her teaching career in Toronto, Albany and Madison, Wisc.



Georgina Burton

It was in Albany that she met Jack Burton, to whom she was married for 20 years.

She then went on to teach ballet at William Woods College, the Bedford Central School District and the Westchester Performing Arts Group. Her passion for dance and theater led her to choreograph for college and community theater productions. In Westchester, her credits include "Oklahoma" and "The Sound of Music" for the Jay Players; "Celebration," "The Fantasticks" and "A Funny Thing Happened on the Way to the Forum" for Chappaqua Summer Theater as well as "The Robber Bridegroom" for the Saw Mill Summer Theater.

Burton's second career as a New York City tour guide came from her passion for the city, its history and culture that she loved to share with people visiting from around the world. After years with Shortline Tour Company, Gina became a highly sought-after independent guide working with many private and international companies.

Burton took every opportunity to attend the theater, films, ballets, operas and museums. She was also a longtime loyal member of the Jacob Burns Film Center and for several years was awarded the Top 100 Ticket Buyer, given to its most frequent visitors. She will be dearly missed and forever in our hearts.

All are invited to attend the celebration of Gina's life on Saturday, Mar. 28. There will be a memorial gathering from 2 to 4 p.m. followed by a service from 4 to 5 p.m. at Beecher Flocks Funeral Home, located at 418 Bedford Rd. in Pleasantville. Donations in her memory can be made to the Jacob Burns Film Center at <https://shop.burnsfilmcenter.org/donate/i/1>.

### Michael Leser

Michael M. Leser died peacefully on Feb. 26. He was 85.

Leser was the beloved husband of Elisabeth (nee Connolly); the devoted father of Patricia (Kirwan), Michael, Matthew and Christopher; the loving brother of Ann Mercurio and Theresa Betty, who predeceased him; brother-in-law to Katherine and Earnest Menzel; father-in-law to Erin, Dee and Rodney; grandpa and pop to Cassandra, Mark, Tricia, Jason, Jenna, Meaghan, Christopher, James and Michael; great-grandpa to Arthur and Shepard; and

fond uncle to Christine, Anthony, Paul, Lawrence, Tracy, Dylan, Jillian and Jake.

He was a longtime member of the Pleasantville Fire Department, avid golfer, hunter and fisherman. God needed the ultimate gentleman and came for the best. We will miss you dearly.

Visitation was at Beecher Flocks Funeral Home in Pleasantville on Feb. 28. A Mass of Christian Burial was held Feb. 29 at Holy Innocents Church in Pleasantville. Interment was private.

### Joan Ferris

Joan Mary Lane Ferris, the daughter of Albert and Carmela Lane who was born on Sept. 3, 1931, in Pleasantville, passed away in Tarrytown on Feb. 26 in the home of Patricia and Kevin Donohue. She was 88.

She is survived by her three children, Patricia (husband Kevin Donohue), Susan and Steve (wife Leslie); stepson and daughter Gary Ferris and Lee-Ann Keene; 12 grandchildren; and 11 great-grandchildren.

Ferris grew up in Pleasantville with her brother Albert. During her youth she had a strong passion for swimming and spent many summers competing in events at the Pleasantville pool. On June 14, 1952, she married Ernest E. Fischer, a Thornwood resident, and brought into this world her three children, Stephen, Susan and Patricia, from 1955 through 1959.

In December 1955 as a young adult, she joined and was very active in the Thornwood Fire Department Ladies Auxiliary and held many offices, including president, and was a member of the board of directors. She became a life member in 1975.

Ferris started her working career with Chas H. Sells, Inc., an engineering and surveying firm, after graduating business school. She later joined the Town of Mount Pleasant in the planning and zoning departments where she worked for 25 years.

As singing and performing was a passion, Joan joined The Golden Apple Chorus in White Plains and was an active member with the group for more than 40 years. She remarried in 1987 to Herbert Ferris, and following retirement from the Town of Mount Pleasant, spent a good amount of time traveling across the U.S. and internationally. Gary and Lee-Ann have continued to provide support and assistance since Herbert's death on Aug. 25, 2011.

Visitation was held at Beecher Flocks Funeral Home in Pleasantville on Feb. 29 followed by a short service. In lieu of flowers, the family is requesting donations to either Rosary Hill Home, 600 Linda Ave., Hawthorne, N.Y. 10532 or the SPCA of Westchester, 590 N. State Rd., Briarcliff Manor, N.Y. 10510.



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# Pleasantville Road Area Most Polluted Part of Saw Mill River

By Michael Gold

The Pleasantville Road section of the Saw Mill River has the highest average level of fecal pollution than any other area of the river, according to tests conducted by Sarah Lawrence University and Riverkeeper.

The fecal bacteria in the river may contain pathogens, such as bacteria or viruses, which can make people sick. The fecal cells are known scientifically as enterococci.

The latest test was conducted in October.

The U.S. Environmental Protection Agency (EPA) standards recommend that fecal bacteria not exceed 30 cells per 100 milliliters of water. The Pleasantville Road section of the river tests at 737 cells per milliliter. That figure is a calculation by geometric mean, a type of average of the data analyzed for the years 2015 to 2019.

"The pollution is far higher than the EPA threshold," said Jen Epstein, water quality program scientist at Riverkeeper.

Epstein warned that swimmers in the Saw Mill who accidentally swallow the water could get sick and suffer from vomiting and intestinal problems. Also, anyone who goes in the river with an open wound on their body could face the risk of infection.

Sarah Lawrence College's Center for the Urban River at Beczak (CURB) and Riverkeeper experts are currently exploring the sources of the fecal pollution.

"That's the million-dollar question, where the bacteria are coming from," said Ryan Palmer, director of CURB.

Sources could be cats, dogs, birds or humans.

"A good, educated guess is that it's human," Palmer said.

If the fecal bacteria is coming from humans, the next question is its origin.

Palmer and Epstein believe that it's possible that towns and villages in the area have sewage lines that are leaking or failing.

CURB will use a newly-acquired device this spring to identify what type of DNA is in the bacteria. It's called a qPCR, for quantitative polymerase chain reaction.

"The entire stretch of the Saw Mill has levels of fecal cells," Palmer said. "The whole stream has issues."

"The Saw Mill River has been profoundly altered by humans," Epstein said. "It's been treated poorly."

"People should expect water that is drinkable, swimmable and fishable," Epstein added.

The 23.5-mile-long river drains into the Hudson River.

"You can't have a big, healthy river with polluted tributaries," Epstein said.

Steve Pucillo kayaks on the Saw Mill and also works with Riverkeeper to test the water for fecal bacteria.

"I don't put my skin in the water," Pucillo, a Hastings-on-Hudson resident, said. He wears long-sleeve shirts and hip waders when kayaking on the river.

When asked why he does the testing for Riverkeeper, Pucillo said, "I want to know



MIRIAM GOLD PHOTO

A portion of the Saw Mill River flowing near the Saw Mill Parkway in Pleasantville. This area has the highest average level of fecal pollution of anywhere in the river, according to the latest data.

about what's in the river."

Pucillo is passionate about the Saw Mill and its health. He has built houses to shelter ducks, birds and butterflies along stretches of the river. He regularly fishes plastic objects out of the river that motorists driving along the Saw Mill River Parkway throw out

of their cars.

Concerning the fecal pollution, Pucillo said "It's been that way forever. We're still learning about how to deal with all this."

"We're hoping that things will change," he continued. "I want to see people fishing in the river. I'm an optimist. I have great faith that young people can change things. The Hudson is cleaner than it was 15 years ago."

The New York State Water Quality Improvement Project (WQUIP) provides money for wastewater treatment, storm sewer systems, land purchases to protect water sources and other projects.

The grants must be won through a competitive bidding process by local governments or nonprofit corporations. The state government spent \$93 million in 2019 for 85 projects throughout New York.

The vast majority of the 2019 grant recipients were from municipalities upstate and Long Island. Just one Westchester County project earned funding from the WQUIP, a land acquisition grant for 63 acres on Byram Lake Road for source water protection in North Castle.

*Pleasantville resident Michael Gold has published op-ed articles about the environment in the New York Daily News and the Albany Times-Union. He has written four books, including "Consumer Culture is Consuming Us" and "God in Crisis - The Destruction of the Environment and its Consequences for Our Relationship with God."*

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## A Spiritual View



By Rev. Beth Graham

Célestin Musekura, a Rwandan pastor, tragically lost family members and friends during that country's civil war fighting in the 1990s. Despite his deep faith, his initial thought was revenge and hatred. He said that God then spoke clearly to him: "Fail to forgive and give up your freedom, joy and peace... [instead] be the wounded healer who gives the healing gift of forgiveness to the undeserving."

We don't see a lot of forgiveness in our society today; it is so easy to hold grudges and take offense. Saint

Augustine once said, "Resentment is like drinking poison and waiting for the other person to die."

Knowing that we are forgiven by God, we can be released, and are then able to bring forgiveness and healing to the world around us. So the thought for this week is to be forgiven – and forgiving.

*Rev. Beth Graham is the pastor at Hillside Church in Armonk, which is part of the Armonk Faith Alliance. The alliance also comprises St. Stephen's Episcopal Church, Congregation B'nai Yisrael, St. Patrick's RC Church and St. Nersess' Armenian Seminary.*

# 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](mailto:mwilbur@theexaminernews.com)*

## Tuesday, Mar. 3

**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.mountkiscoliberalry.org](http://www.mountkiscoliberalry.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 Whipoorwill Rd. East., Armonk. 4 to 5 p.m. Free. First Tuesday of every month. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.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.

**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](http://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](http://www.mountpleasantlibrary.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.

**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, Mar. 4

**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](http://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](http://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](http://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](http://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.mountkiscoliberalry.org](http://www.mountkiscoliberalry.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](http://www.northcastlelibrary.org).

**Chair Yoga With Alka Kaminer.** Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Every Wednesday. Info: 914-273-3887 or [www.northcastlelibrary.org](http://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](mailto:rooneylm@optonline.net).

**A Selling Clinic.** Capitalize on your current sales opportunities and plan next steps to achieve greater success. In this workshop, Paul Katzenstein, MBA in marketing and finance with more than 35 years of experience in sales management, will discuss the sales process, how to identify and overcome obstacles with your sales opportunities, how to be more comfortable and effective selling and more. 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](http://www.westchester.score.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.mountkiscoliberalry.org](http://www.mountkiscoliberalry.org).

**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 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.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](mailto:AldermanPhil@aol.com).

## Thursday, Mar. 5

**Pleasantville Garden Club Meeting.** The featured speaker is landscape designer Carrie Greenwald, a partner in the landscaping firm of Maher & Greenwald Fine Gardens in Greenwich. Their projects have received numerous awards and Greenwald has lectured and taught landscaping designs nationally. Greenwald designed the Pocket Park in Greenwich with continuous plantings that attracts birds, butterflies and bees, which enchants people from spring to fall. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit [www.pleasantvillegardenclub.org](http://www.pleasantvillegardenclub.org).

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

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

**Toddler Storytime.** Finger plays, action

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# Sportswriters Boot Camp Scores Big with Eager Students

By Ed Perratore

Will the next Red Smith or Mike Lupica trace his career back to a little class held weekly in the Katonah Library?

Thanks to veteran sportswriter and publicist Richard Finn, it might just happen.

Finn, a Goldens Bridge resident, has plenty of experience under his belt, having written myriad pieces for USA Today and other publications. He also directed public relations for the New York City Marathon, a position he held for 14 years, and the 1999 Women's World Cup.

But it's his background as a coach and trainer – he teaches tennis in Katonah and coaches junior-varsity tennis at John Jay Middle School – that has led Finn to pass along his passion to others. In Sportswriters Boot Camp, open to boys and girls nine to 14 years old, he guides the students through the mechanics of writing a sports article or column. Each week, they produce a finished piece.

"It's been a lot of fun to see them take a story idea, a game that we're going to do," Finn explained. "They talk about it, take notes and then take the ideas and put them down on paper in a pretty articulate and cohesive way. We've taught them the who, what, when, where and how of a story. The piece is going to have a dateline, a byline, a lede (the introductory paragraph). They're covering a different subject each class that I give them."

In past sessions, the handful of students who attend each Monday from 4:30 to 5:30 p.m. have written about notable games from the previous weekend, along with producing opinion pieces such as whether Eli Manning belongs in the Pro Football Hall of Fame or who's the better basketball player, Stephen Curry or LeBron James. Finn provides all the essential facts, catnip to these avid young fans, and he takes the part of the athlete in question to hone their interviewing skills.

"I've been fortunate to get two or three boys that have embraced it," he said. "They're



Sportswriter and publicist Richard Finn passes along his craft to three students at the Katonah Library's Sportswriters Boot Camp last Monday. Pictured above, left to right, are Nico Vigil and Aaron Koenig, both fifth-graders at Katonah Elementary School, and Trevor Lombardo, a third-grader at Rippowam Cisca School.

sports junkies; they love talking sports with me."

Last week, the subject they covered was star pitcher Gerrit Cole, whom the Yankees had signed to a nine-year, \$324 million contract. Cole, 29, had boasted an MLB-leading 326 strikeouts for the Houston Astros last season, and he was making his debut as a Yankee at last Monday evening's spring training game.

Finn is no stranger to the Katonah Library, where he can often be found in a quiet corner, reading, his first love before he discovered sports. Discussions with library staff about a writing program there followed his participation last year as a mentor to students in Katonah Elementary School's biennial Do the WRITE Thing writers workshop for fourth- and fifth-graders.

It turned out the library had been pondering a similar program.

"We were trying to think of different things that might get kids going, particularly young men in the library because they're very hard to draw in here," said Katonah Library Director Mary Kane. "But then we got the idea to do this based on (Finn's) profession,

which seemed perfect."

"In a lot of libraries, we start to lose kids as they age out of the children's room and then no longer necessarily feel at home in the library," said Michael Robin, the librarian in charge of engagement and special projects. "We've worked really hard to let them know there's a natural progression from story times and all the staples of the children's room that we do so well here, that there's another tier, that they're still welcome, that this is a place that both the

parents and the tweens can feel excited about visiting."

Robin said Finn's weekly session is an example of how the community and the library have collaborated to present an engaging

program for a sometimes hard-to-reach population.

"When Rich comes forward with his experience and his passion and his comfort level with working with kids this age, it's really a no-brainer," he said. "The feedback for Sportswriters Boot Camp has been unbelievable."

Whatever the effect on Finn's students at school – one parent calls her son's growing interest in writing a "godsend" – what he would most like to leave them with could be lasting.

"When you see them sitting around the table, you can see them thinking," Finn said. "With everything else that a computer can do, it can't think for you. Being able to take your thoughts and put them down on a piece of paper, whether you're in marketing or a teacher or a writer, whatever, you're going to have to articulate your thoughts to somebody else."

"If you can open that door for kids, and support where they want to go, even in a little way, it may help these kids somewhere down the line."

## Student Essay Contest: Why a Free Press Matters in Democracy

Examiner Media joins news outlets across the United States in supporting the National Student Essay Competition designed to deepen a recognition of the First Amendment, strengthen freedom of the press and bolster trust between readers and the organizations who serve them.

We believe there is no more important time than now to focus conversation and critical reflection on understanding the crucial relationship between the First Amendment, a free press and the foundations of democracy.

Students in grades 6-8, 9-12 and those at universities and colleges are invited to submit essays to their participating local newspaper examining the state of freedom of the press in the U.S. today and the importance of the First Amendment to our Constitution.

Examiner Publisher Adam Stone noted how critical it is for young Americans to understand the unique and critical role independent media plays in a democratic society.

"It's vital for the next generation to have not just general knowledge but also a deep understanding and appreciation for the inseparable connection between a free press and the ability to maintain a healthy democracy," Stone said. "From the local and state level and all the way to national news reporting, our country can only function as a free society when we have a robust free press and citizens and leaders who believe in and defend our cherished First Amendment rights."

Students served by the Examiner group of newspapers in Westchester and Putnam counties may submit essays now through

Friday, Apr. 17. E-mail submissions to [astone@theexaminernews.com](mailto:astone@theexaminernews.com). Winners in each category selected by Examiner Media will then be submitted to a national jury who will select the semifinalists and then the finalists by early September 2020. Examiner Media will announce local winners during the first week of June.

The national winner in each category (grades 6-8, grades 9-12 and university/college) will each receive a \$5,000 check from the Boston Globe Foundation. The winning essayist with the highest ranking among the three categories will also receive a full four-year

scholarship, currently valued at \$38,000 a year, to Westminster College in Salt Lake City. Prizes will be awarded in late fall at the 15th annual McCarthy Family Foundation Lecture Series: In Praise of Independent Journalism.

"The competition is designed to engage the important voices of our students, voices that are vital to the future of a robust democracy and to expand national dialogue about press freedom by encouraging discussion at home and in school," National Student Essay Competition Director Mary Kay Lazarus said.

More information can be found at <https://mkpr.com/national-student-essay-competition>

Examiner Media publishes four weekly print community newspapers, The Examiner, The White Plains Examiner, The Northern Westchester Examiner and The Putnam Examiner. Our corresponding news website, TheExaminerNews.com, publishes daily and powers a five day per week free e-mail blast.



## Films on Purpose to Hold Next Screening March 12 in Pleasantville

Films on Purpose in partnership with Neighbors Link will host a free screening of "Llévate Mis Amores" ("All of Me"), a documentary that tells the remarkable story of Las Patronas, volunteers who prepare food that they toss to migrants passing through on freight trains hurtling through their Mexican village toward the U.S. border. The 2014 film was directed by Arturo González Villaseñor.

The screening is scheduled for Thursday, Mar. 12 at Pleasantville Presbyterian Church, located at 400 Bedford Rd. in Pleasantville. A reception at 6 p.m. will precede the 7 p.m. screening.

Following the film, Carola Bracco, executive director of Neighbors Link in Mount Kisco, will lead a discussion with Martha Palomino, volunteer coordinator for Neighbors Link, and Katherine Rothschild, co-chair of Friends of Neighbors Link, on the organization's advocacy work in the immigrant community and issues facing immigrants in the U.S. today.

The file recounts how, since 1995, a group of women have cooked and packaged food and filled bottles of water that they hand or

toss to migrants who are hanging off the train as it rushes through the Village of La Patrona, in Veracruz, Mexico. This incredible choreography, requiring strength, agility and timing is the work of a devoted group of volunteers, and the film captures the love that goes into every bag they fling toward the speeding trains.

While the film is graphic in its depiction of the condition of the migrants hanging onto freight trains and of the poverty of the people in the village that has taken on this challenge, its message is one of hopefulness – when people sacrifice to help those in greater need than their own, love flourishes and humanity benefits.

Films on Purpose is a grassroots organization screening documentary films on important contemporary issues that are hosted at venues throughout the community. The group seeks to encourage community engagement by keeping the conversation going after the film and providing avenues for involvement and activism to interested audience members.

# Happenings

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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](http://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](http://www.mountpleasantlibrary.org).

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

**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](http://www.burnsfilmcenter.org).

**John Jay Homestead Women History Month Tours.** In celebration of Women's History Month, the historic site will be offering thematic tours focusing on six generations of strong, educated women who lived at the house. Their stories shed light on the roles of women in upper class homes in the 18th, 19th and early 20th centuries. Explore the house and learn about these fascinating women. John Jay Homestead, 400 Jay St. (Route 22), Katonah. 2 p.m. Adults: \$10. Seniors and students: \$7. Students, children (under 12) and Friends of John Jay Homestead members: Free. Every Thursday, Friday and Saturday in March. Advance ticket purchases strongly recommended. Info and tickets: Visit [www.johnjayhomestead.org](http://www.johnjayhomestead.org).

**Theatre Games With Arc Stages.** Celebrate your child's innate self-expression. Your child will learn basic theater skills and self-confidence and will have loads

of fun through guided theater exercises and playtime For children in grades 2-4. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free. Registration requested. Info and registration: 914-769-0548. (If you register but are unable to attend, please call the library to cancel. Unoccupied seats may be given away five minutes after the program begins.)

**Wildlife Explorers: Afterschool Adventure.** Take a walk on the wild side and explore the natural world. Give the young animal lover in your family a chance to thrive among wolves and other woodland critters. The afterschool program encourages your child to embrace nature's wild treasures and helps foster an understanding of the importance of healthy and balanced ecosystems. For children in grades 1-5. Wolf Conservation Center, South Salem. 4 p.m. \$165 per child for the session. Thursdays through May 28. Info and registration: 914-763-2373.

**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](http://www.mountpleasantlibrary.org).

**Sunny Scientists.** Children discovering scientific concepts through fun hands-on experiments. Brigitte Burgler, a science teacher and a mother will guide kids in exploring life, earth and physical science concepts through hands-on investigations. Each month will bring a different hands-on project for kids to experience. Promoting the love of sciences in children is the goal of her projects. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:15 p.m. Free. Info: 914-666-8041 or [www.mountkisco.library.org](http://www.mountkisco.library.org).

**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](http://www.mountkisco.library.org).

**Drop-In Knitting Help.** First-time knitter? Need help with a knitting project? Instructor and advanced knitter Benny Gerwitz can help. Please bring your own materials. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 6:30 to 8 p.m. Free. The first and third Thursdays of each month. Info: 914-941-7072 or visit [www.briarcliffmanorlibrary.org](http://www.briarcliffmanorlibrary.org).

**Hoff-Barthelson Music School Master Class Series.** Featuring renowned violinist Colin Jacobsen. Master classes are an enlightening experience for students and audiences. After months of careful preparation, students perform for and then receive feedback and guidance from a master teacher who challenges the student to think in new and critical ways about the piece they have prepared. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 7 p.m. Free. Space limited; reservations strongly encouraged. Info and reservations: 914-723-1169, visit [www.hbms.org](http://www.hbms.org) or e-mail [hb@hbms.org](mailto:hb@hbms.org).

**"First Cow."** Master of American

independent cinema Kelly Reichardt once again trains her perceptive and patient eye on the Pacific Northwest, this time evoking an authentically hardscrabble early 19th century way of life. A taciturn loner and skilled cook (John Magaro) has traveled west and joined a group of fur trappers in Oregon Territory, though he only finds true connection with a Chinese immigrant (Orion Lee) also seeking his fortune. Soon the two collaborate on a successful business, although its longevity is reliant upon the clandestine participation of a nearby wealthy landowner's prized milking cow. Reichardt constructs an interrogation of foundational Americana that recalls her earlier triumph "Old Joy" in its sensitive depiction of male friendship, yet is driven by a mounting suspense all its own. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

**An Intimate Evening of Songs and Stories with Graham Nash.** This legendary artist is a two-time Rock 'n' Roll Hall of Fame inductee – with Crosby, Stills and Nash and with The Hollies. Nash was also inducted twice into the Songwriters Hall of Fame, as a solo artist and with CSN, and is a Grammy Award winner. Towering above virtually everything that he has accomplished in his long and multifaceted career stands the litany of songs that he has written and introduced to the soundtrack of the past half-century. His remarkable body of work, beginning with his contributions to The Hollies from 1964-68 and continuing all the way to 2016 with "This Path Tonight," his most recent solo album. Fifteen of his songs are celebrated in a collection of some of his best-known works from the past 50 years and more than a dozen unreleased demos and mixes in his 2018 release "Over the Years..." Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$49 to \$96. VIP access: \$175, \$295 and \$395. Info and tickets: 914-233-3586 or visit [www.tarrytownmusichall.org](http://www.tarrytownmusichall.org).

## Friday, Mar. 6

**New York State Legislators Forum.** The Westchester County Association (WCA) has invited the entire Westchester/Putnam delegation of the state legislature to this interactive dialogue with WCA members and friends. Issues to be discussed will include prevailing wage, Medicaid, SALT property tax deduction, rent regulations, population flight out of Westchester and New York State and investment in workforce and talent development. Moderated by Sen. Nick Spano, Empire Strategic Planning, 1133 Westchester Ave., lobby atrium, White Plains. 8:30 to 10:30 a.m. WCA members: \$35. Non-members: \$45. Info and tickets: Visit [www.westchester.org](http://www.westchester.org).

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

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.

**Jazz at Lincoln Center Screening: "Music of John Lewis and Gerry Mulligan."** Jon Batiste and Doug Wamble join the Jazz at Lincoln Center Orchestra to celebrate two iconic Jazz musicians and composers. Drinks and refreshments followed by the screening. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 6:30 to 8:30 p.m. Free. Info: 914-238-4779 or [www.chappaqualibrary.org](http://www.chappaqualibrary.org).

**Friday Night (and Saturday Afternoon) at the Movies: "Judy."** Best actress Oscar winner Renee Zellweger stars as legendary performer Judy Garland, who arrives in London in the winter of 1968 to perform a series of sold-out concerts. This new-to-DVD movie will be shown on the big screen. You may bring your own snacks. WJ. Vescio Community Center, 1 Library Rd., Briarcliff Manor. 7 p.m. Free. Also Mar. 7 at 1 p.m. Registration recommended. Info and registration: 914-941-7072 or e-mail to [sglick@wlsmail.org](mailto:sglick@wlsmail.org).

**Friday Night Film Series: "The Hoax."** Directed by Lasse Hallstrom and starring Richard Gere, this drama is based on the book by Clifford Irving. Irving, played by Gere, attempts to pull off one of the greatest media scams of the century by writing a fake biography of reclusive billionaire Howard Hughes. With great supporting performances from Alfred Molina, Stanley Tucci and Eli Wallace. 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](http://www.northcastlelibrary.org).

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

**"The Brink."** An exclusive screening of this documentary, which premiered at the 2019 Sundance Film Festival. The film follows Steven Bannon through the 2018 mid-term elections, shedding light on his efforts to mobilize and unify far-right parties. The former Goldman Sachs banker and media investor reinvents himself, as he has many times before, this time as the self-appointed leader of a global populist movement. As a gifted self-promoter, Bannon continues to draw headlines and protests wherever he goes, feeding the powerful myth on which his survival relies. Followed by a discussion with the film's director Alison Klayman, who received unprecedented access to Bannon, and New Yorker staff writer Andrew Marantz. Irvington Town Hall Theater, 85 Main St., Irvington. 7:30 p.m. \$15 (includes a glass of wine from event sponsor Drinks & Co. Info and tickets: Visit [www.irvingtontheater.com](http://www.irvingtontheater.com).

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# The Complicated Realities of Millennial Dating

The language of love has been rewritten by millennials.

Boomers once “courted,” we millennials “talk.” The traditional dinner date has devolved to “hanging out.”

But it seems there is one major change that separates millennial dating from generations past: technology.

While dating online became a reality in the 1990s, it wasn't until the late 2000s and early 2010s, with the genesis of dating apps, that online dating became destigmatized and ubiquitous. Dating apps combine the embarrassing selfies and hackneyed “about me” bios of online dating, with an easy user interface, providing a nonstop bout of speed dating right in the palm of your hand.

And millennials regularly log in to dating apps. According to a 2018 study conducted by the online legal marketplace Avvo, 43 percent of all online daters are millennials.

“I think the apps are great because, you know, where else can you meet people while you're at home in your pajamas?” said Karenn Alexander, a Norwalk, Conn.-based dating coach.

Alexander, who has served clients from around the world for the past 18



By Erin Maher

years, regularly works with clients from Westchester, and will often refer her clients to dating apps.

The ease of dating apps is alluring, but there are definite drawbacks.

When I asked three single friends of mine what dating is like for a millennial, I was told, “complicated,” “tedious” and “horrible.”

“People become more disposable because there are so many new people you can meet, and you're judging someone based on a picture,” said 28-year-old White Plains resident Katherine McAteer. “You don't really know anything about them.”

With online dating comes a whole new lexicon of unfortunate millennial dating habits. “Orbiting” is when someone stops talking to you but still engages with your social media. “Breadcrumbing” is when someone continually stays in contact with you, but makes no commitments or plans to see you. And “ghosting” is the spookiest dating habit of all. Ghosting is when someone you are dating abruptly stops communicating with you without explanation. It's pretty common to be ghosted and to pull some disappearing acts yourself.

“I think everyone has ghosted, and we've all ghosted others,” said James

Rogers, 29, of White Plains.

It's no wonder, with all these cowardly dating habits that plague my generation, that millennials don't care much for dating.

In 2018, dating app Tinder conducted a study of 1,000 single people, ages 18 to 25, and found that 72 percent of surveyed millennials made a conscious decision to stay single for a period of time.

There are a lot of reasons for this. For starters, marriage is not a must anymore. Historically, women were reliant on men to provide. However, times have changed. Millennial women are more educated than previous generations, leading to greater job and income opportunities with less of an economic dependency on a partner. Men these days are a luxury, not a necessity. Gentlemen, be sure to highlight that last sentence.

Millennials also cite finances as a barrier that keeps them from dating. Match.com's 2019 Singles in America survey found that 30 percent of millennials said that their finances have held them back from pursuing love. Millennials are in oppressive student debt, dealing with rising healthcare costs

and battling insane housing inflation prices, so finding those funds for dates is difficult.

Finally, just because you match with a handsome guy or beautiful girl online does not mean you two will click in real life.

“I think that we're very glued to the phone and that people skills are very limited,” said 28-year-old Dan Hofer of Ossining. “I've been on dates where it's like talking to a brick wall.”

Hofer and I were a former Tinder match turned longtime friends. So there are some upsides to online dating. And don't worry, I wasn't that brick wall. I'd like to think of myself more like soft concrete.

Online dating can be both daunting and exhausting. Make it easier on yourself, and only put in the effort for those that reciprocate.

“Love only those who love you,” Alexander said. “Keep trying, and don't give up. And sometimes you have to treat it like a part-time job.”

Erin Maher is a writer in Westchester County. Find more of her musings at [erinmaherwrites.com](http://erinmaherwrites.com) or follow her on Twitter and Instagram @erinmaherwrites.



## In Pain? Chiropractic Care Helps Regain Highest Capacity Function

Growing up with a grandfather who was a chiropractor, the idea of preventative medicine was always second nature to me.

In America, we practice dental health and hygiene and receive blood screenings and frequent testing, yet the idea of preventative treatment for the spine eludes us. Chiropractors may call this maintenance care, but spinal hygiene is important to ensure our backs function at their highest potential.

Back pain is usually recurring or chronic. But most patients are symptom-guided, which means they seek care only when they feel pain. Why must we wait until we are nearly paralyzed from pain in the low back if studies show regular maintenance care can prevent us from experiencing those symptoms?

A 2018 study set out to study the benefits, if any, of maintenance care for low back pain, compared to symptom-guided therapy, essentially examining preventative care and

spinal hygiene. The conclusion noted maintenance care was more effective than symptom-guided treatment in reducing the number of days in a year with bothersome, non-specific low back pain.

By taking care of our spines, like we do with so many aspects of our body, we can reduce pain. Those who have had debilitating low back pain can appreciate how important that is. Furthermore, patients who respond well to the initial course of chiropractic treatment will respond even better to maintenance care.

We have heard the complaints made by some, “once you go to a chiropractor you have to keep going.” Yet the same argument isn't made about the dentist, optometrist or other doctors.

One of the biggest risk factors of having low back pain, is a history of back pain. Considering the statistics that 90 percent of the population will at some point experience low back pain, this leaves the overwhelming

majority of us at higher risk of experiencing it again.

So what are our options when we first experience back pain or any pain? Some will head to their primary care physician or orthopedic who will prescribe muscle relaxers and pain medication. This will dull our pain until the body eventually heals and the pain ultimately subsides.

Some will get prescriptions for physical therapy, which will help the patient stabilize and strengthen the back for a number of visits. The patient at this point will feel better and think they are cured and go back to their regular day-to-day routine, usually no longer continuing the rehab exercises.

Now, since statistics show a history of low back pain is a leading indicator of future



By Dr. Elan Michael

episodes, most patients will have a recurrence of this pain. The underlying issues of the spine have not been addressed and corrected, the stabilizing exercises have stopped and it will be only a matter of time before the back hurts again.

Some patients will go to the chiropractor when they initially feel low back pain for the first time. They will be treated and the spine will be addressed, pain will disappear and they will be given stabilizing exercises for the low back.

At this point patients face a fork in the road: either they no longer receive treatment because the symptoms are gone or they participate in maintenance care and periodically make sure the spine is functioning at its highest capacity. Research shows the best way to reduce the amount of future low back pain would

be receiving maintenance care, and with the risk profile of chiropractic treatment being so low it seems a no-brainer.

As a child, having the privilege of growing up with chiropractic care and, as an adult, my own brother is my chiropractor, I have experienced the benefits of maintenance care. It has helped me to prevent injury, reduce pain and keep me functioning at my highest capacity.

Chiropractic care combined with stabilizing exercises can be a life-changer for most of the population, once we stop the idea of only going to the doctor when in pain. That is the hurdle ahead of us and that is the hurdle that we will jump over together, as the most recent research and evidence propels us.

Dr. Elan Michael is one of the chiropractors at ProClinix Sports Physical Therapy & Chiropractic and sees patients in its Pleasantville and Ardsley locations. For more information about this article or about ProClinix, he can be reached at 914-202-0700 or at [emichael@proclinix.com](mailto:emichael@proclinix.com). Please visit [www.ProClinix.com](http://www.ProClinix.com).

**ProClinix**  
Sports Physical Therapy • Chiropractic Wellness, PLLC

# Happenings

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**It Gets Better.** Brings the experience and message of the online It Gets Better Project to communities and audiences by blending music, theater and multimedia into a work for the stage and produced by the San Francisco Gay Men's Chorus. Since its 2011 inception, It Gets Better has been an ever-evolving work. Now, it's responding to troubling but hopeful changes in the American conversation about LGBTQ++ people and issues. In collaboration with Speak Theater Arts. PepsiCo Theatre at Purchase College, 735 Anderson Hill Rd., Purchase. 8 p.m. \$25 to \$50. Info and tickets: 914-251-6200 or visit [www.artscenter.org](http://www.artscenter.org).

**Westchester Photographic Society: Elijah Goodwin's and Storytelling With Light Painting and Drawing.** Beyond just making pretty designs, light painting and light drawing can be used to create fantasy worlds, special effects and specialty lighting, almost completely in camera and in real time, that enhance your storytelling ability far beyond a "normal" daytime exposure. 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](http://www.wpsphoto.org).

## Saturday, Mar. 7

**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](http://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.

**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. 10 a.m. to 2:30 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.

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

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

**Wolves of North America.** Learn about the mythology, biology and ecology of wolf families and discover why it's a special time for packs in North America. Whether the wolves are living on the Arctic tundra or the woodlands of the southwest, wolf families are out searching for prey as they 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. 11 a.m. Adults: \$14. Children (under 12): \$11. Also Mar. 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](http://www.nywolf.org).

**Uke From Scratch: A Ukulele Workshop for Beginners.** Join Wendy Matthews from The Edukated Fleas for this one-hour session to learn some basic chords and techniques. For ages eight and up. Children must be accompanied by an adult. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 11 a.m. Free. Info: 914-273-3887.

**Magician Jonathan Blair.** Blair's show will include magic, juggling, comedy and lots of audience participation. For children three to seven years old and their families. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 11 to 11:50 a.m. Free. Registration requested. Info and registration: 914-769-0548.

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

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

**Balanced Life Series: Eating for a Healthier You.** Examine bona fide, unbiased, nutritional advice that can sustain you throughout your life. 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](http://www.northcastlelibrary.org).

**Meet the Animals.** Meet and learn about the animals who live at the nature center. Cranberry Lake Preserve, 1609 Old Orchard St., North White Plains. 1 to 2 p.m. Free. Registration required. Info and registration: 914-428-1005.

**Origami.** Join Westchester Origami Workers, a regional group of Origami, USA to share models and techniques. Open to all

adults. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 to 3 p.m. Free. First Saturday of every month. Info: 914-666-8041 or [www.mountkisco.library.org](http://www.mountkisco.library.org).

**Pack Chat for Kids.** This is the best introduction to wolves for families with young children. Children 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. 2 p.m. Adults: \$14. Children (under 12): \$11. Also Mar. 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](http://www.nywolf.org).

**Purim Celebration.** The Westchester Community for Humanistic Judaism will hold its annual Purim celebration. Everyone is invited to come in masks and/or costume as Rabbi Tamburello leads a humanist-style Megillah reading accompanied by fun public noisemaking. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2 p.m. Free. (Donations of canned or nonperishable food is welcomed. Info: Visit [www.wchj.org](http://www.wchj.org) or on Facebook.

**Keith Zalinger Mind Reader Extraordinaire.** Explore the power of the human mind. Zalinger is an acclaimed and award-winning thought-reader and paranormal entertainer and hypnotist, as he connects with every member of his audience through thoughts, feelings and imagination. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2 to 3 p.m. Free. Info: Visit [www.readerofminds.com](http://www.readerofminds.com).

**Opening Reception for "Her Story/His Story: A Celebration of Women's History Month."** Art is a journey full of surprises and detours. Looking at your personal journey from the beginning to the present, what best expresses where you are now and where you want to go next? Mamaroneck Artists Guild, 126 Larchmont Ave., Larchmont. 3 to 5 p.m. Free. Exhibit continues through Mar. 21. Gallery hours are Tuesday through Saturday 12 to 5 p.m. Info: 914-834-1117 or visit [www.mamaroneckartistsguild.org](http://www.mamaroneckartistsguild.org).

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

## Sunday, Mar. 8

**Purim Family Activities and Carnival.** A celebration of one of the most enjoyable Jewish holidays. Activities kick off with activities for families with young children, including Purim songs, a megillah story and

costume parade followed by the carnival featuring game booths and events for all ages. Joshy K will also put on a magic show. Everyone is encouraged to dress in costume. Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry. 10 a.m. to 1:30 p.m. Only cash and checks are accepted for ticket and food purchases. Info: 914-693-4260 or visit <http://www.g-h-c.org>.

**Maple Sugaring Party.** Featured events include sap collection demonstrations, depictions of Native American and colonial-style sugaring sites, porridge making, maple crafts and treats. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11 a.m. to 3 p.m. Advance registration: Members--\$5. Non-members--\$10. Day of event: Members--\$8. Non-members--\$15. Info and pre-registration: Visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Chappaqua Orchestra: Women Composers.** Music director candidate Reuben Blundell joins The Chappaqua Orchestra to celebrate Women's History Month, performing Linda Robbins Coleman's "For a Beautiful Land" tone poem. Pianist Marika Bournaki performs the Schumann piano concerto and the concert will conclude with Leokadiya Kashperova's Fourth Symphony. Tarrytown Music Hall, 13 Main St., Tarrytown. 1 p.m. \$25. Info and tickets: Info and tickets: 914-233-3586 or visit [www.tarrytownmusicall.org](http://www.tarrytownmusicall.org) or [www.chappaquaorchestra.org](http://www.chappaquaorchestra.org).

**21+ Book Group. "Educated" by Tara Westover will be discussed.** New members welcome. Copies of the book are available at the circulation desk. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 3:30 p.m. Free. Info: Contact Carolyn at 914-769-9169.

**"Shadow Patriots, Lady Spies of the Revolution."** Hear a firsthand account of how these remarkable brave patriots risked their lives to make America great and to create a better future for all of us. As told by "Ann Fisher Miller." Miller House, 140 Virginia Rd., North White Plains. 2 to 4 p.m. Free. Info: 914-428-1005.

**Chess Workshop for People With Disabilities.** Participants will learn how to play chess and will learn the fundamentals of good chess play through the study of strategy and tactics. Facilitated through guided instruction and supervised play. For adults with intellectual disabilities. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2:30 to 3:30 p.m. Free. Registration requested. Info and registration: 914-769-0548.

**Sounds from the Gilded Age.** Music at Copland House presents this Victorian, high-romantic muse – homegrown and imported – with major works from the turn of the 20th century. Featuring piano quintets by Amy Beach and Bruno Walter; Pala Garcia and Curtis Macomber, violins; Danielle Farina, viola; Wilhelmina Smith, cello; and Michael Boriskin, piano. John Jay Homestead, 400 Jay St. (Route 22), Katonah. 3 p.m. \$25. Friends of Copland House: \$20. Students (with I.D.): \$10. Info and tickets: Visit [www.coplandhouse.org](http://www.coplandhouse.org).

**Community Chili Cook-Off.** Sangria, beer and soft drinks will be available along

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# Embracing the Popularity of Today's Plant-Based Diets in Wine



By Nick Antonaccio

Are you, as I am, inundated by the growing change in the dietary landscape? Have you been lured into the millennial and Generation Z dietary habits?

Are you, as I am, engaging in these changing diets,

which are slowly evolving into social mores?

This shift is evident each time I visit my local marketplace. A growing allocation of floor space is dedicated to organic products. Dedicated sections of shelf space, even aisles, have been converted to organic products, from fresh fruits and vegetables to prepared foods to household goods.

This shift is also evident as I peruse the menus at an increasing number of restaurants and fast food establishments. Vegetarian and vegan dishes are spread across menu offerings.

This inexorable shift in dietary preferences in the New York metropolitan area engenders a proliferation of menu explanations and legends. At the macro levels are farm-to-table, sustainability,

natural and organic labels. At the micro levels are a cornucopia of symbols beyond V and VG, including GF, DF, SF and NF. (Did you decode them all?)

With these headwinds of dietary choices and restrictions swirling in culinary circles, the American diet is moving from its age-old carnivore centrality to a more focused and healthy perspective, rooted in our physiological heritage.

At the risk of sounding like a baby boomer fading into the malaise of an omnivore's languidness, I offer below a brief backdrop to the imbedded popularity, across all generations and socioeconomic demographics, of vegetarian and vegan diets and lifestyles. (Plant-based protein diets, as I prefer to refer to them.)

The human body has evolved very little over the last 40,000 years. It was "designed" for a specific diet, one that was readily available at the time. Think about the diet of early Homo sapiens: berries, root vegetables, nuts – and fermented juices. This diet prevailed for millennia but

as the population grew, along came cities and the need to feed the masses. And our diets changed with the times.

Fast forward to the 21st century. The nearly eight million vegetarians in the

United States have sworn off meat, fowl and fish, but not eggs or dairy products. The approximately one million vegans have taken vegetarianism several steps further. Theirs is not only a dietary difference but also a lifestyle choice. They have sworn off all animal products as well as animal byproducts. For them, slaughtering animals is interrupting our symbiotic relationship and peaceful coexistence with nature. You will not see a vegan consuming eggs or wearing leather, drinking milk or eating honey.

A balanced vegan diet consists of four food groups: legumes, nuts and seeds; grains; vegetables; and fruits. Sound familiar? Check the Food and Drug Administration's dietary guidelines, which are focused increasingly on these foods. Simply because it is based on plant-based products, a vegan diet helps reduce the risk of heart disease, cancer, obesity and diabetes.

How do vegans feel about a glass of wine? The same as any environmentally conscientious omnivore might feel about organic wine. An organic wine is a sustainable product, one produced in a manner to perpetuate the environment, not deplete or corrupt it. Organic vineyards exist in harmony with nature – no chemical

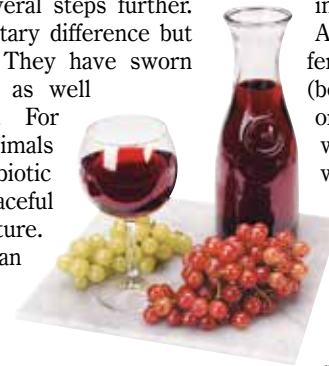
additives in the soil, vines or wines – and no scientific meddling with genetics.

However, vegans must be diligent in their quest for vegan wines. A number of organic vineyards fertilize with animal products (bone meal and dried blood) and organic wines may be processed with animal byproducts (egg whites and dried blood) to filter or "fine" any sediment that may be suspended in a wine barrel during the aging process. Check the internet for clarification on specific wines.

Vegans are vegetarians, but not necessarily vice versa. Vegan wines are organic wines but not vice versa. Confused? Just leave your decisions in the hands of committed chefs and sommeliers.

My diet continues to evolve. Plant-based is better for me. I raise my glass of organic (vegan?) wine to my longevity.

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



**You Heard It Through the Grapevine**

## Happenings

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with dinner, which includes mac and cheese, hot dogs, chili, salad and corn bread. Prize awarded to the chili cook-off winner. St. John's Episcopal Church, 8 Sunnyside Ave., Pleasantville. 4 p.m. Adults: \$10. Families: \$25. To enter the contest, contact Cindy Sullivan at 914-769-4635. Further info: Contact Linda Spione at 914-485-1119.

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

**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](http://www.facebook.com/FreebirdSundayNightJam).

### Monday, Mar. 9

**Morning Bird Walk.** Go birding with the Saw Mill River Audubon. Beginners welcome. Rain or shine. Rockefeller State Park Preserve, 125 Phelps Way (Route 117), Pleasantville. 8:30 a.m. Free. Meets the second Monday of each month. Info: Visit

[www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).

**Places for Pollinators: Designing Welcoming Landscapes.** The Native Plant Center's 2020 Spring Landscape Conference will explore the threats facing pollinators and what gardeners and landscapers can do to help these critical creatures survive. The conference will include four presentations examining the needs of bees, effective landscape designs, valuable native plants to use and the growing Pollinator Pathway movement that is changing communities in the region. Westchester Community College's Classroom Building, Room C200, 75 Grasslands Rd., Valhalla. 8:30 a.m. to 3 p.m. The fee depends on whether professional credits are requested. Snow date: Mar. 13. Registration required. Info and registration: 914-606-7870 or visit [www.nativeplantcenter.org](http://www.nativeplantcenter.org).

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

**Building Emerald City.** An architecture lesson that helps children learn about city planning and encourages collaboration. Each participant will take a role in creating the city with recycled materials. For children in kindergarten and first grade. Sponsored by the Mount Pleasant Public Library and presented by Knowledge to Grow On. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:30 p.m. Free.

Registration required. Info and registration: 914-769-0548.

**Metal Embossing Key Rack.** The first of two classes to learn how to do metal embossing. This technique is perfect for making key racks or decorative plaques. Choose from a wide variety of designs. All supplies will be provided. Participants should prepare to attend both classes. Second class will be on Mar. 16. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6 to 8 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Leading Ladies of the Renaissance.** Discover the lives and legacies of Italy's "Renaissance Women" and those of several unheralded women who inspired some of the greatest artwork of all time. An uplifting and illuminating program examining the evolution of the perceptions of women from Roman and Medieval times through the Renaissance, the inflection point when our concept of today's modern woman began to take shape. Hear the stories of women such as Isabella D'Este, Vittoria Colonna and Artemisia Gentileschi whose lives and accomplishments can still inspire us today while providing fresh perspectives on some of the Renaissance's most beloved artists and paintings. Let by Carla Gambescia, author of "La Dolce Vita University." North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 6:30 to 7:30 p.m. Free. Info: 914-273-3887 or [www.northcastlelibrary.org](http://www.northcastlelibrary.org).

**Monday Night Stitchers.** Come and stitch with us! Any needlework is welcome. Share a technique, get instruction, advice

and support or just hang out and work on your project. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 to 8:30 p.m. Free. Meets the second Monday of the month. Info: E-mail Louann Rooney at [rooneylm@optonline.net](mailto:rooneylm@optonline.net).

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

### Tuesday, Mar. 10

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

My name

Adele Stanley

day job

Nurse Practitioner and Educator

favorite song

Good Feeling by Flo Rida

perfect day

summer at the beach

guilty pleasure

Shoe shopping

inspiration

my family

childhood dream

a runway model

greatest strength

my sense of humor

My health club

Saw Mill Club

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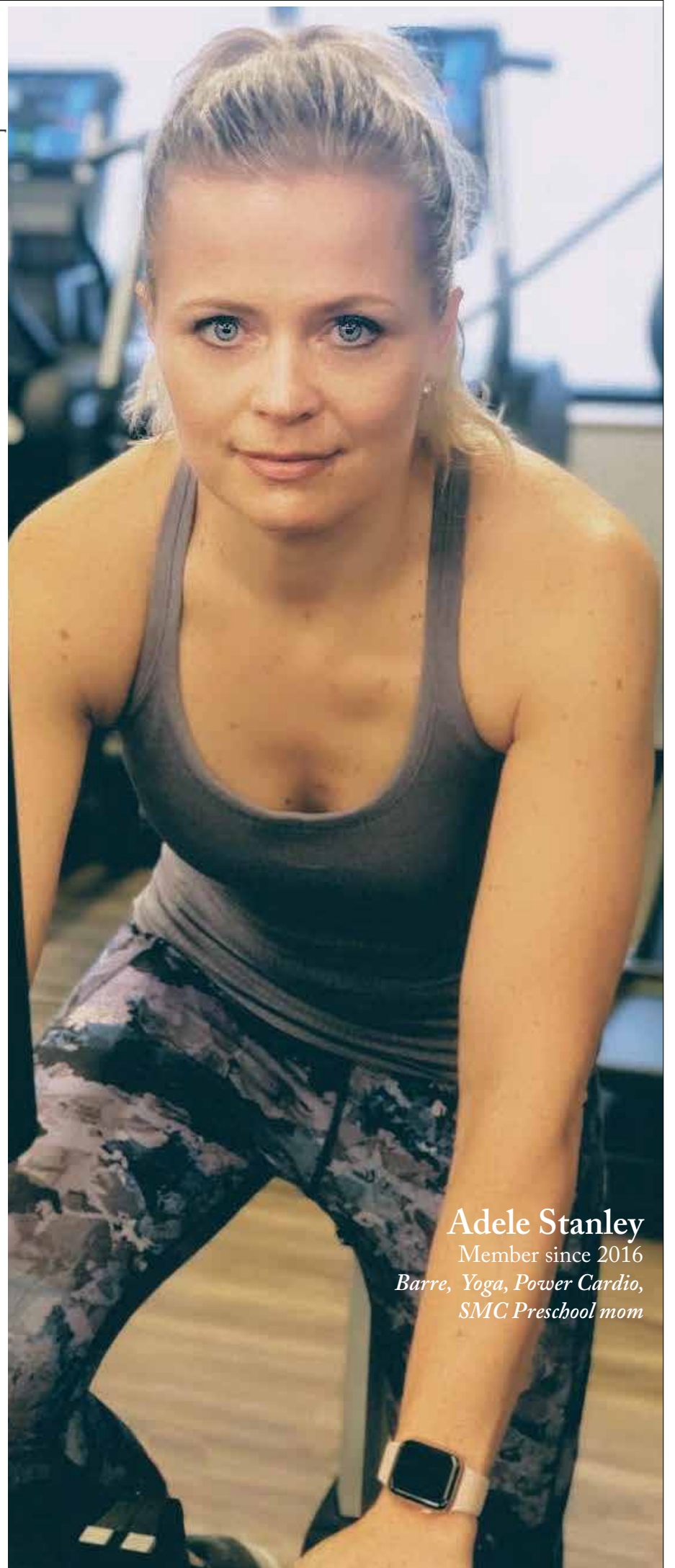
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