By Martin Wilbur

The Mt. Kisco Movie Theatre will be reopening after one of the property owners announced last week that there is a new tenant to take over the space.

Christina Martabano, who posted about the development for the venue at 144 E. Main St., said Friday that the operator has signed a lease and would be revealed as soon as this week. Movie screenings will be the primary focus but the facility may also host other types of events, she said.

“It’s not one of the major players, it’s not that type of company, but it’s somebody who wants to get involved in distribution and I think some other art-type functions there,” Martabano said.

Currently, there is no time frame for when the Mt. Kisco Movie Theatre is scheduled to reopen, she said.

The theater, which first opened in 1962, has been closed since COVID-19 forced the shutdown of virtually all venues in March 2020. Six months later, it was learned that Bow Tie Cinemas, which had been the previous operator, would not be reopening the site when movie theaters were allowed to reopen last fall.

Mayor Gina Picinich said the community is excited about the theater’s return because over the years it has become a gathering place for generations of village residents.

“It’s a rite of passage for children when they get to a certain age,” Picinich said. “They get to walk to a movie theater, maybe

to Re-open Mt. Kisco Movie Theatre

No. Castle Residents to See Nearly Flat Taxes in 2022 Tentative Budget

North Castle residents are likely to see virtually no change in their town tax bill next year as the recently released $32.5 million tentative budget for 2022 is more than $1.1 million under the tax cap.

Despite dealing with the pandemic, factoring in a new police union contract, increased building and recreation costs and a $2.4 million increase in highway expenses as officials plan to complete an aggressive road paving program next year; the tax rate is proposed to drop 0.4 percent.

The homeowner with a house at the median market value of about $930,000 would see a $1 decrease in next year’s tax bill.

Supervisor Michael Schiliro said he was pleased that department heads did an outstanding job in adhering to the current year’s budget and that North Castle is well-positioned heading into 2022.

“It gives us the ability, like in this budget year, to pull down some money from fund balance and it gives us flexibility as well,” Schiliro said.

He credited Town Administrator Kevin Hay and Director of Finance Abbas Sura for keeping the board abreast of rapid changes during the pandemic and for updating projections to help guide the town through a turbulent period.

The town’s unassigned and restricted fund balances have grown from nearly $5.3 million in 2015 to just under $12.6 million at the close of last year.

As a result, the town plans to use about $1.15 million of fund balance in 2022 for the general fund, $2 million for the Highway Department and $250,000 for the library budget.

Along with strong management, robust revenues in key lines have also played an important role. The town is budgeting $2.8 million for sales tax revenue for next year, a $600,000 increase over 2021, and about $350,000 increase over money actually received in 2020.

Last year, North Castle received

Revisions Made in Affordable Housing, Parking for Form Based Code

A majority of the New Castle Town Board agreed on additional changes for the proposed Form Based Code legislation regarding affordable housing, parking issues and Planning Board involvement for combining smaller lots.

The revisions last Tuesday evening came during a work session that also discussed the parameters for the draft findings statement on whether to extend the retail requirement farther down North Groveley Avenue, as well as building height and construction phasing should multiple projects be given the green light in a short period of time.

Under the latest modifications, for developments of at least 25 residential units in the Form Based Code district, the town would decrease the percentage of affordable housing units from 10 to 8 percent but add a 4 percent workforce housing requirement. Under the New Castle Town Code, income for workforce housing is 80 percent of area median income (AMI), which in 2021 for a four-person household has a cap of $102,000.

Officials could choose to use that

Operator Signs Lease to Re-open Mt. Kisco Movie Theatre

Welcome Wonka

For the last seven years, the Moran family of Mount Kisco has gone all in to win the costume game on Halloween as most families in their neighborhood and on Facebook dress up as their favorite character. Pictured, from left, are Thomas Moran as Violet, Sean Moran as Willy Wonka, James Moran and Melissa Moran as Oompaloompas, Lucy Moran as Veruca Salt and Grandma Mel as Charlie.
Operator Signs Lease to Re-open Mt. Kisco Movie Theatre

continued from page 1

grab some pizza, get to be with their friends. There’s so much to it as part of the culture of our community, so having it reopen is very important.”

Loretta Brooks and Beth Vetare-Civitello, co-executive directors at the Mount Kisco Chamber of Commerce, said the excitement in the community at news of the eventual reopening of the theater was palpable. As the marquee was being changed, people passing by were stopping to inquire about the plans.

“Movie theater reopening is a huge step forward toward recovery,” they said in a joint statement. “It is welcome news not only to the surrounding businesses and local restaurants but also to area residents.”

As of Friday morning, there had not yet been a request received by the village’s Building Department for any work or renovations that would be needed, she said. Picinich mentioned that the village would prefer for the new operator to maintain the retro-style marquee that is on East Main Street.

The most difficult challenge is explaining to local residents that there will be a period of time before people can start heading to the movies again, the mayor said.

“I think that’s going to be the hardest part of this, setting expectations of folks that it’s reopening; it’s just that we’re not there yet,” Picinich said.

Revisions Made in Affordable Housing, Parking for Form Based Code

continued from page 1

more than $1.1 million for mortgage tax, exceeding projections by more than $300,000. For 2022, $900,000 has been budgeted.

Money to be raised by taxes next year will be $24,303,597, which leaves the town $1,110,865 under the allowable limit.

Town Comptroller Robert Deary said at the very least I would hope to be below the cap,” he said.

As of Friday morning, there had not yet been a request received by the village’s Building Department for any work or renovations that would be needed, she said. Picinich mentioned that the village would prefer for the new operator to maintain the retro-style marquee that is on East Main Street.

The most difficult challenge is explaining to local residents that there will be a period of time before people can start heading to the movies again, the mayor said.

“I think that’s going to be the hardest part of this, setting expectations of folks that it’s reopening; it’s just that we’re not there yet,” Picinich said.

No. Castle Residents to See Nearly Flat Taxes in 2022 Tentative Budget

continued from page 1

Local residents will once again be able to head to the movies in Mount Kisco after it was learned that an operator has signed a lease to show films at the Mt. Kisco Movie Theatre.

The Mount Kisco Historical Society is pleased to announce the first in a series of special events. Its first in-person event of the year will be held at the Mount Kisco Public Library this Saturday, Nov. 6 at 10 a.m. in the Community Room on the second floor. Enjoy a close-up view of 19th and early 20th century photographs of Mount Kisco restored by photographer Martin Hampel. At 10:30 a.m., Mount Kisco Village Historian Harry McCartney will provide historic background and context for the images on display.

The library requires that everyone visiting the library wear masks at all times regardless of vaccination status.
Latimer: Westchester to Reduce Tax Levy By $7M in 2022 Budget

By Martin Wilbur

Westchester County Executive George Latimer expects to release a tentative 2022 budget next week that reduces the property tax levy by $7 million, the third consecutive year the levy will decline.

In a preview of the $2.2 billion county budget that will officially be unveiled by Nov. 10, Latimer said last Thursday there will be a variety of new initiatives funded in 2022, including $64.4 million to pay for Project Alliance, where specially trained professionals will respond to mental health emergencies alongside the police, and $5.6 million to expand child care subsidies to families earning up to 85 percent of state median income.

Nearly all of the slightly less than $100 million in new spending for next year is from the American Rescue Plan Act that Westchester received from the federal government, he said. However, the sharp property tax levy is a result of saving more than $11 million by trimming the workforce through last year’s voluntary separation incentive program and saving or generating more revenue through reworked contracts.

Latimer said he is proud that he will be proposing the largest tax cut in recent memory for 2022 and maintaining all existing services provided for by the county in addition to adding new initiatives.

“Savings on expenditures, non-property tax revenues and keeping the workforce balanced in size are all factors that help us being able to do this,” Latimer said.

The last time the county presented a declining levy for three consecutive years was 1999 to 2001. After an initial 2 percent cut in his first year on the job, former county executive Rob Astorino kept the levy steady for the remaining seven years that he served.

In each of the last two years the property tax levy fell by $1 million.

Latimer said in the nearly four years since taking office, the number of county employees has declined by just over 200, from 4,608 to 4,399 as of last month.

The new five-year agreement with Liberty Lines, the operator of the county’s Bee-Line buses, will save the county $20 million over the length of the contract while the pact reached in 2019 with Wheelabrator Westchester’s waste-to-energy plant in Peekskill will save another $17 million over 10 years, Latimer said.

There would be $17 million set aside for nonprofit organizations and religious institutions that provide non-religious community services. The money would provide the organizations with technical assistance.

“They provide necessary services in innumerable ways and to maintain those services we believe this program will be helpful, and particularly in the aftermath of COVID,” Latimer said.

An additional program proposed by Latimer for next year will see $6 million go toward health care equity and access. Of that sum, $4 million would fund federally qualified health centers and clinics for equipment, telehealth capacity and outreach improvements. Another $1 million will be for the Health Moms, Healthy Babies Nurse Home Visiting Program and $1 million for a senior telehealth program.

A $1 million initiative to help small landlords called the Rehabilitation Assistance Program would provide qualifying building owners with a 75 percent reimbursement for physical improvements to a property in exchange for keeping rents affordable for at least 10 years.

A pilot program for $500,000 to help pay for college and trade school tuition for volunteer firefighters and emergency medical technicians has also been proposed. To start the program, there would be $2,000 available to 200 recipients.

Latimer said he is proud that he will be proposing the largest tax cut in recent memory for 2022 and maintaining all existing services provided for by the county in addition to adding new initiatives.

Another $500,000 could be available next year toward the Youth Uplift Program, a public-nonprofit partnership to help identify 50 to 100 pre-teen and middle school students to focus on health, wellness and fitness and to provide mentoring and training by life coaches.

Once the Board of Legislators receives the proposed budget, it must approve a final spending plan on or before Dec. 27. At least two public hearings will be scheduled around the county for later this month and early December.

County Executive George Latimer announced last week that Westchester’s $2.2 billion budget for 2022 will see one of the largest tax reductions in the county’s history.

By Martin Wilbur

Westchester County Executive George Latimer expects to release a tentative 2022 budget next week that reduces the property tax levy by $7 million, the third consecutive year the levy will decline.

In a preview of the $2.2 billion county budget that will officially be unveiled by Nov. 10, Latimer said last Thursday there will be a variety of new initiatives funded in 2022, including $64.4 million to pay for Project Alliance, where specially trained professionals will respond to mental health emergencies alongside the police, and $5.6 million to expand child care subsidies to families earning up to 85 percent of state median income.

Nearly all of the slightly less than $100 million in new spending for next year is from the American Rescue Plan Act that Westchester received from the federal government, he said. However, the sharp property tax levy is a result of saving more than $11 million by trimming the workforce through last year’s voluntary separation incentive program and saving or generating more revenue through reworked contracts.

Latimer said he is proud that he will be proposing the largest tax cut in recent memory for 2022 and maintaining all existing services provided for by the county in addition to adding new initiatives.

“Savings on expenditures, non-property tax revenues and keeping the workforce balanced in size are all factors that help us being able to do this,” Latimer said.

The last time the county presented a declining levy for three consecutive years was 1999 to 2001. After an initial 2 percent cut in his first year on the job, former county executive Rob Astorino kept the levy steady for the remaining seven years that he served.

In each of the last two years the property tax levy fell by $1 million.

Latimer said in the nearly four years since taking office, the number of county employees has declined by just over 200, from 4,608 to 4,399 as of last month.

The new five-year agreement with Liberty Lines, the operator of the county’s Bee-Line buses, will save the county $20 million over the length of the contract while the pact reached in 2019 with Wheelabrator Westchester’s waste-to-energy plant in Peekskill will save another $17 million over 10 years, Latimer said.

There would be $17 million set aside for nonprofit organizations and religious institutions that provide non-religious community services. The money would provide the organizations with technical assistance.

“They provide necessary services in innumerable ways and to maintain those services we believe this program will be helpful, and particularly in the aftermath of COVID,” Latimer said.

An additional program proposed by Latimer for next year will see $6 million go toward health care equity and access. Of that sum, $4 million would fund federally qualified health centers and clinics for equipment, telehealth capacity and outreach improvements. Another $1 million will be for the Health Moms, Healthy Babies Nurse Home Visiting Program and $1 million for a senior telehealth program.

A $1 million initiative to help small landlords called the Rehabilitation Assistance Program would provide qualifying building owners with a 75 percent reimbursement for physical improvements to a property in exchange for keeping rents affordable for at least 10 years.

A pilot program for $500,000 to help pay for college and trade school tuition for volunteer firefighters and emergency medical technicians has also been proposed. To start the program, there would be $2,000 available to 200 recipients.

Another $500,000 could be available next year toward the Youth Uplift Program, a public-nonprofit partnership to help identify 50 to 100 pre-teen and middle school students to focus on health, wellness and fitness and to provide mentoring and training by life coaches.

Once the Board of Legislators receives the proposed budget, it must approve a final spending plan on or before Dec. 27. At least two public hearings will be scheduled around the county for later this month and early December.

County Executive George Latimer announced last week that Westchester’s $2.2 billion budget for 2022 will see one of the largest tax reductions in the county’s history.

By Martin Wilbur

Westchester County Executive George Latimer expects to release a tentative 2022 budget next week that reduces the property tax levy by $7 million, the third consecutive year the levy will decline.

In a preview of the $2.2 billion county budget that will officially be unveiled by Nov. 10, Latimer said last Thursday there will be a variety of new initiatives funded in 2022, including $64.4 million to pay for Project Alliance, where specially trained professionals will respond to mental health emergencies alongside the police, and $5.6 million to expand child care subsidies to families earning up to 85 percent of state median income.

Nearly all of the slightly less than $100 million in new spending for next year is from the American Rescue Plan Act that Westchester received from the federal government, he said. However, the sharp property tax levy is a result of saving more than $11 million by trimming the workforce through last year’s voluntary separation incentive program and saving or generating more revenue through reworked contracts.

Latimer said he is proud that he will be proposing the largest tax cut in recent memory for 2022 and maintaining all existing services provided for by the county in addition to adding new initiatives.

“Savings on expenditures, non-property tax revenues and keeping the workforce balanced in size are all factors that help us being able to do this,” Latimer said.

The last time the county presented a declining levy for three consecutive years was 1999 to 2001. After an initial 2 percent cut in his first year on the job, former county executive Rob Astorino kept the levy steady for the remaining seven years that he served.

In each of the last two years the property tax levy fell by $1 million.

Latimer said in the nearly four years since taking office, the number of county employees has declined by just over 200, from 4,608 to 4,399 as of last month.

The new five-year agreement with Liberty Lines, the operator of the county’s Bee-Line buses, will save the county $20 million over the length of the contract while the pact reached in 2019 with Wheelabrator Westchester’s waste-to-energy plant in Peekskill will save another $17 million over 10 years, Latimer said.

There would be $17 million set aside for nonprofit organizations and religious institutions that provide non-religious community services. The money would provide the organizations with technical assistance.

“They provide necessary services in innumerable ways and to maintain those services we believe this program will be helpful, and particularly in the aftermath of COVID,” Latimer said.

An additional program proposed by Latimer for next year will see $6 million go toward health care equity and access. Of that sum, $4 million would fund federally qualified health centers and clinics for equipment, telehealth capacity and outreach improvements. Another $1 million will be for the Health Moms, Healthy Babies Nurse Home Visiting Program and $1 million for a senior telehealth program.

A $1 million initiative to help small landlords called the Rehabilitation Assistance Program would provide qualifying building owners with a 75 percent reimbursement for physical improvements to a property in exchange for keeping rents affordable for at least 10 years.

A pilot program for $500,000 to help pay for college and trade school tuition for volunteer firefighters and emergency medical technicians has also been proposed. To start the program, there would be $2,000 available to 200 recipients.

Another $500,000 could be available next year toward the Youth Uplift Program, a public-nonprofit partnership to help identify 50 to 100 pre-teen and middle school students to focus on health, wellness and fitness and to provide mentoring and training by life coaches.

Once the Board of Legislators receives the proposed budget, it must approve a final spending plan on or before Dec. 27. At least two public hearings will be scheduled around the county for later this month and early December.

County Executive George Latimer announced last week that Westchester’s $2.2 billion budget for 2022 will see one of the largest tax reductions in the county’s history.
Jones Looks to Inspire Students During Ossining High School Visit

By Abby Luby

For U.S. Rep. Mondaire Jones (D-White Plains), speaking to Ossining High School students last Friday was, as he put it, “the highlight of my week.”

Jones was invited by the school’s Human Rights Club to answer questions from students on current political issues and to share his background and involvement in politics.

Jones, 34, who represents New York’s 17th Congressional District, was sworn in on Jan. 3 as one of the nation’s first openly gay Black member of Congress. He earned his bachelor’s degree at Stanford University in California, worked at the Department of Justice during the Obama Administration and graduated from Harvard Law School. He is a co-founder of the nonprofit Rising Leaders, Inc. and has previously served on the NAACP’s National Board of Directors and on the board of the New York Civil Liberties Union.

About 200 students and community members filled the high school auditorium, many excited to see and later meet Jones for the first time. The high school also streamed the forum online.

Wearing jeans, T-shirt and a sports jacket, Jones recounted his involvement in community issues.

“I got my start in politics in high school,” Jones said when asked what motivated him to run for Congress. “It was clear to me as a young person I could still make a difference. There is no age that is too young to change the world.”

Jones said he was raised in Section 8 housing by his single mother who worked multiple jobs. The family depended on food stamps. He attended East Ramapo public schools.

“Growing up I never imagined that someone like me could even run for Congress, let alone get elected,” Jones said. “But I also saw in the communities that we come from there was injustice in the criminal justice system, worsening climate crisis, a housing affordability crisis – all of which have only gotten worse. I saw a lot of people in government not fighting hard enough for the things people say they believe in.”

As the youngest member of the House of Representatives’ leadership team, Jones mentioned the current gridlock in Congress over passing the Build Back Better bill.

“It’s been a rough week and I’ve been fighting for all of the things that matter to all of you,” Jones told the students. “Being surrounded by people like you who share my values, who energize me, and because of your ongoing commitment to public service, that’s a really cool thing.”

When asked about a fun, cool moment Jones may have experienced in Congress, he recalled sleeping on the Capitol steps with his colleagues and hundreds of supporters to pressure the Biden administration to reinstitute the eviction moratorium and use the $46.5 billion Congress had yet to spend to help people pay rent during the COVID-19 pandemic.

“It didn’t make sense to force 11 million people out on the streets during a deadly pandemic,” he said. “We stayed there a total of five days and weren’t willing to go home until we got a result. I got to know my colleagues and the coolest thing was that we won that fight.”

Asked about the student debt crisis, Jones said he was still paying off his own law school loans but he was able to attend Stanford University with the help of financial aid.

“Nationally there is $1.7 trillion in student debt and we have thousands of young people in Westchester, Rockland and many here in Ossining who, because of student debt and despite graduating college and having degree, are unable to start families or own homes,” he said.

Jones pivoted to a more light-hearted subject when asked if he liked Grammy Award-winning rapper, singer and songwriter Lil Nas X.

“I’m definitely a Lil Nas X fan; I think he’s awesome,” Jones said.

Jácome is so inspiring and his talk gave me optimism and a positive feeling about Congress. I love politics,” Bolger said.
Armonk Luxury Residential Project May Progress After Bankruptcy

By Martin Wilbur

Site plan review for a proposed 43-unit luxury apartment project at the former Mariani Gardens site in Armonk could begin early next year if a bankruptcy court judge accepts a settlement among the parties.

Attorney Anthony Veneziano told the North Castle Town Board last Wednesday that the principals are scheduled to appear before Judge Robert Drain in U.S. Bankruptcy Court in White Plains on Nov. 19 where it is anticipated that the deal will be accepted. Veneziano requested a one-year extension for the special use permit from the board, but officials decided to shorten the extension to three months pending the outcome of the bankruptcy court proceedings.

“It’s not a guarantee but another builder would really have to pay quite a bit,” Veneziano said of the likelihood of the financial matter being resolved. “That’s the one factor, somebody would have to bid it up.”

However, the attorney acting as the trustee for the new partnership put the order before the judge to sign it, so both sides are looking forward to the matter progressing, he said.

Personal disputes between the partners as well as the apparent financial troubles of Mark Mariani, one of three members of the 45 Bedford Road LLC partnership that served as the applicant, has delayed site plan review since the controversial June 2019 rezone of the 4.1-acre site on Bedford Road.

Later in 2019, the applicant also received a special permit from the Town Board. Veneziano said that the mortgage for the half of the partnership that belonged to its other two members has been paid off. On Nov. 19, the parties hope that the remaining 50 percent of the mortgage that belongs to Mariani will be released from bankruptcy to the new entity, NCD Acquisitions, he said.

The new six-member partnership is looking to pursue site plan review with hopes of building the project as it was approved.

Veneziano declined to disclose the financial arrangements between the players following a question from Councilman Jose Berra.

Town Board members were mostly in agreement that an extension of the special use permit was warranted but hesitated to allow a full year with the ownership still in flux. Councilman Barry Reiter suggested 60 days, but with that time period ending right around the holidays, the board opted for three months.

“I would be favorable to do an extension; not a year but on the shorter end,” said Councilman Saleem Hussain. “That way we can see how this evolves and make the right decision.”

Berra, who opposed both the rezone and the special use permit, pressed Veneziano on whether the town would be receiving accelerated payments as part of the $1.25 million Community Benefits Agreement (CBA). Although the first $250,000 had been paid in August 2019, there was a provision in the agreement for accelerated payments under certain situations.

The owners are required to pay the CBA in full in order to build should they receive site plan approval.

Berra said the town should be protected if the new owners try to evade some of the provisions.

“I’m really going to want assurances that there’s 100 percent transfer to the interests and that the CBA will be accelerated,” said Berra, who eventually abstained from last week’s vote. “I really think that we should be getting that right now, making it a condition because we know that transfers can be done in a certain way.”

Veneziano pushed back, saying that if under the agreement the town has a right to accelerated payments, then the new owners will abide by that.

“You can’t extort this money, if you don’t have a right to it,” Veneziano said. “That’s what this is, give me a million dollars I’ll give you an extension.”

Supervisor Michael Schiliro said he was comfortable with the shorter extension. If the board wouldn’t extend the permit, the town would not be in an improved situation, he said.

The property has become unkempt over the past two years as the ownership squabbles have played out.

"HER TREATMENTS ARE LIFE CHANGING"

Finally! A local acupuncturist is helping cancer survivors live lives free from the constant pain and suffering associated with Peripheral Neuropathy!

Albert S. of Westchester, NY survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. “I was beginning to be worried that one day I would be wheelchair-bound.”

Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.

The most common symptoms include:

- pain, tingling, burning, weakness, or numbness in arms, hands, legs, or feet
- sudden, sharp, stabbing or shocking pain sensations
- loss of touch sensation
- clumsiness and trouble using hands to pick up objects or fasten clothing
- loss of balance and falling

For over 5 years Taisha, Licensed Acupuncturist, has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you’ve recently beat cancer only to find that you’re living a life in constant pain and discomfort or you’re struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Taisha and the incredible team at Signature Acupuncture Studio can help!

Signature Acupuncture Studio success stories can be viewed by finding us on Google, or on our website at signatureacupuncture.com.

Signature Acupuncture is now accepting new patients but only for a limited time. To determine whether or not you are a good candidate for her personalized and comprehensive treatments an initial consultation is required.

Call (914)222-5644 today to schedule!

www.SignatureAcupuncture.com | Call (914) 222 - 5644
Changes to Parking Regulations Proposed for Memorial Plaza

By Abby Luby

The Pleasantville Village Board has proposed adjusting rules at the Memorial Plaza parking lot near the Metro-North train station largely due to changes in commuter habits. Parking demand in Memorial Plaza has dropped dramatically since the start of the pandemic because many local residents who used to commute daily to Manhattan or other destinations have been working remotely.

Officials hope the proposed changes bring in some more revenue and address the issue of many parking permit holders underutilizing their access to the lot.

While parking demand has recently increased to some extent, the number of vehicles hasn’t returned to pre-pandemic levels.

“It seems fair,” said Mayor Peter Scherer, “Especially coming off this year when so many people paid for parking and used it rather infrequently. Who knows what that will look like in the year to come. All of this is a work in progress.”

The proposed revisions would continue to authorize Memorial Plaza parking permit holders to park in the lot Monday through Friday, and on Saturday without additional charge. Non-permit holders may park in the lot after the peak commute times Monday through Saturday, but must pay a 75-cent hourly meter fee, which can be paid in 20-minute increments, until 6 p.m. Sundays would be free to all.

Free parking after 3 p.m. on weekdays would be discontinued. Only permit holders would be able to park at Memorial Plaza from 6 to 10 a.m. Monday through Friday, instead of the current 6 a.m. to 11 a.m. Starting at 10 a.m. on weekdays, the lot would also be open to drivers without permits.

Prior to the pandemic, Metro-North’s peak morning travel time was any train arriving at Grand Central by 10 a.m.

“Right now, Metro-North is not enforcing peak and off peak,” said Village Administrator Eric Morrissey. “But we want to align our restrictions to Metro-North’s definition of peak.”

Parking payment by non-permit holders on Saturdays would address the problem of spots filling up for the entire day when the farmers market is held at Memorial Plaza.

“Once you have to start paying on Saturday, that will be a deterrent for people who have been parking in that lot all day,” Scherer said.

Another change would include converting meters on the median from the gazebo to Manville Road to a maximum 12-hour stay.

Non-permit holders parking could use pay stations and the Pango mobile parking app.

A public hearing on the proposed changes will be held at the board’s next meeting on Nov. 8. Comments or questions on the proposal can be sent to villageclerk@Pleasantville-ny.gov.
Mt. Kisco Solar Farm Proposal Blasted By Residents at Hearing

By Martin Wilbur

Environmental advocates and neighbors near the site of a proposed Mount Kisco solar farm warned the village’s Planning Board of landscape degradation and displacement of animals if the project is allowed to proceed.

During a public hearing last Tuesday for SCS Sarles Street’s application for a 2.6-megawatt solar array on a portion of 25 acres at 180 S. Bedford Rd., residents as well as representatives of the neighboring Marsh Sanctuary harshly criticized the proposal that would remove 546 living trees from the site.

Nigel Sizer, a forest ecologist and a Marsh Sanctuary board member, said the proposal is being billed as a green and environmentally sound initiative but “gives a bad name to solar.”

“Across our county and state are countless sites where solar should be developed that will involve the cutting of not one large tree, that will not neighbor important conservation areas, that will not abut the houses of families,” Sizer said. “There is simply no good reason or justification for clearing forests to locate a solar plant.”

The applicant resubmitted an application in May that removed all panels from the 200-foot buffer, reduced the number of trees to be cleared by 138, lowered the number of trees that would be cleared from the buffer from 164 to 83 and limited steep slope disturbance from 3.7 to 2.9 acres. Most of the 5,600 panels would be located on a portion of the land that once was the site of a house before its demolition, said project engineer Rich Williams of Insite Engineering.

Furthermore, the panels would reach a height of seven feet, seven inches, making them difficult to see by the closest neighbors, he said.

Williams said other impacts would be negligible because there is no sewer or water demand and it would generate virtually no traffic except for a single vehicle that would visit the site a few times a year to allow personnel to check the panels.

“In fact, this is a source of clean renewable energy,” Williams said. “It’s going to generate energy for the community without generating fossil fuels. It’s actually a benefit of the application.”

Complicating the project is the uncertain status of the cell tower proposed by Homeland Towers for a different portion of the same site. Homeland Towers has not appeared before the Planning Board since February as it searches for alternative sites; however, it has also failed to maintain a minimum balance in its escrow account, which has knocked them off multiple agendas.

Last week, the Planning Board gave no indication when it might reach a decision on whether to issue a negative or positive indication when it might reach a decision. Homeland Tower’s former chair Doug Hertz. Hertz resigned last February before the village Board of Ethics concluded he had a conflict of interest.

Despite his resignation more than eight months ago, resident Harry McCartney said the Board of Ethics’ advisory opinion was that the conflict could never be completely mitigated. He asked the board to reject the application.

“If we are not at local levels, at state levels, at federal levels, if we are not operating based on honesty and integrity, we are finished as a village, as a town,” McCartney said.

Village Attorney Whitney Singleton said the Planning Board has limited jurisdiction, which is to review the application. The courts will decide on the litigation that has been filed related to the conflict and other issues, he said.

The hearing was adjourned until Nov. 9.
**Obituaries**

**Joseph Mulholland**

Joseph John Mulholland Jr., 72, passed away on Oct. 15 at home in Mount Kisco. He was the husband of Celina Viana, sharing 31 years of marriage together. Born in New York City, he was the son of Joseph John Mulholland and Mary Mulholland. Joseph was retired from the New York City Transit Authority.

Joseph will be remembered as an avid artist, whose paintings will be forever present in lives of the Viana and Mulholland families, both here in New York and Brazil. Joseph had zest for life and enjoyed each day on Earth.

He graduated from North Salem High School as a dental receptionist in his offices.

He is survived by his wife, Celina Viana Mulholland; their son, Patrick George Mulholland; and his brother, Patrick Mulholland; two children from a previous marriage, Coleen and Joseph Mulholland; nieces and nephews; and five grandchildren. He was predeceased by his brother, Anthony Mulholland.

**Marjorie Tarantola**

Marjorie “Peggy” Tarantola, beloved wife, mother and grandmother, passed away on Oct. 29 in Pleasantville. Her family and friends are deeply saddened by her unexpected loss.

Peggy was born on Mar. 1, 1951, in Brooklyn to Mary and John Bierweiler and was joined by her cherished sister, Ellen, five years later. She met her sweetheart, Paul Tarantola, at the age of 15 and they had been inseparable ever since as they prepared to celebrate their 48th wedding anniversary this December. She was at the heart of their home and could be seen helping Paul as a dental receptionist in his offices.

Peggy had an undeniable passion for loving and caring for people. To know her was to know her kind heart. She also had a deep appreciation for flowers, which will carry on in her stunning gardens, as well as all things Dewey Beach.

The footprints she made along the sand may no longer be but she will always live in our hearts.

The funeral Mass will be held this Thursday, Nov. 4 at 11 a.m. at Holy Innocents Church in Pleasantville followed by burial at Kensico Cemetery in Valhalla.

In addition to Paul, Peggy is survived by their only daughter, Elena, son-in-law Christopher and three beautiful grandchildren (the center of her universe), Olivia, Madeline and Charlotte.

**John Horton Jr.**

John Horton Jr. died on Oct. 1. He was 54. Horton born in Yonkers on Feb. 6, 1967. He graduated from North Salem High School in 1986. After completing school, he spent most of his career as a laborer at various locations, including the state Department of Transportation.

He will mostly be remembered for his sense of humor and his love for music, sports and nature. He enjoyed exercising in the outdoors. John was loved by his family and was a loving person himself. He will be missed and remembered with fond memories by his siblings.

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

Hawthorne Funeral Home

21 West Stevens Ave.
Hawthorne, NY 10532

Ernest J. Carpentieri ~ Douglas A. Daniels

Tel: 914-769-4404
Fax: 914-769-5306

www.hawthornefuneralhome.com
Serving all faiths ~ Independently owned
Conveniently located on the Taconic State Parkway

**Police Blotter**

**County Police/Mount Kisco**

Oct. 26: Police responded to a domestic dispute at a West Hyatt Avenue residence at 11:13 p.m. A woman reported that her ex-boyfriend came to the residence uninvited and intoxicated. She called the man’s parents to come get him because he had been drinking and an argument broke out. The woman did not wish to pursue the matter with police. The man was advised to leave the area and complied.

Oct. 27: Report of a loud dispute between a man and a woman at Starbucks on South Moger Avenue at 12:20 p.m. The dispute stemmed over a traffic incident on South Moger Avenue and continued when one party followed the other into the shop. Officers sent both parties on their way.

Oct. 28: Police responded to Northern Westchester Hospital’s emergency room at 11:47 p.m. on a report that a youth had been assaulted earlier that evening. The 17-year-old stated that he was outside Chipotle on North Bedford Road about 7 p.m. when he was attacked by a group of four or five males. The matter was turned over to detectives for investigation.

**Croton-on-Hudson Police Department**

Oct. 22: Patrol responded to an area on O’Riley Court at 1:12 p.m. after a resident reported their vehicle was stolen from the driveway. The stolen vehicle was a black 2019 BMW X5, which had been observed in the driveway earlier in the day. The area was canvassed with negative results. A report was to be filed. An investigation is ongoing.

Oct. 24: A resident reported at 5:03 p.m. that they had received harassing text messages from the parents his child was dating. The messages were read and did not warrant a criminal investigation. No report filed at this time.

**North Castle Police Department**

Oct. 21: Report of a suspicious incident on Willow Pond Lane at 7:22 a.m. The caller stated that she heard a noise as if something fell, then went into the dining room and noticed that the window had shattered. The woman stated that she checked the area for debris such as a rock or tree branch but was unable to find out what had shattered the window. The responding officer checked the area with no signs of suspicious activity.

**Pleasantville Police Department**

Oct. 24: A two-car accident was reported on Cooley Street at 2:30 p.m. A property damage report was filed.

Oct. 25: Report of a youth ring residents’ doorbells on Academy Street at 10:58 p.m. before leaving. No complaints.

Oct. 28: A hazardous condition was reported at 5:22 p.m. from a water leak at 264 Washington Ave. The matter was handled by the Pleasantville Department of Public Works.

Oct. 29: At 12:50 p.m., an abandoned vehicle was reported to have been parked at 409 Manville St. for four months. The vehicle was towed.

**Putnam County Sheriff’s Department**

Oct. 23: Deputies were dispatched at 4:11 a.m. to the area of Cedar Drive in Putnam Valley on a report of three subjects screaming. One subject could be heard saying “Get away from me.” Responding deputies spoke with a 32-year-old woman who said she went to the home of her ex-boyfriend, who lives on Cedar Drive, and got into a verbal and physical dispute with another woman who was in the home. There were no apparent injuries. The woman did not want to press charges and left the scene with another male.

Oct. 25: A deputy observed a Blue Dodge Caravan with Pennsylvania plates and tinted windows speeding on Route 9 in Philipstown at 11:20 a.m. A check of the driver’s license revealed that it had been suspended three times. The driver, a 46-year-old Poughkeepsie man, was issued multiple traffic tickets and released. He was driven from the scene by a licensed driver.

Oct. 28: Report of a disorderly male at a Putnam Valley residence at 7:23 a.m. Upon arrival, deputies were told by a man that his 21-year-old son was highly intoxicated and was threatening to harm himself. The individual was taken into custody and removed to a local hospital for evaluation.

**Yorktown Police Department**

Oct. 23: Mark Lee, 21, of Yorktown, was charged with criminal possession of a controlled substance and two counts of reckless endangerment at 9:30 p.m. after firing two shots from his residence at Cording Road. A quantity of an allegedly hallucinogenic substance was also found in the home.

Oct. 28: Sobhy Ahmed, 66, of Tinton Falls, N.J., was charged with criminal contempt at 4:45 p.m. after allegedly sending multiple text messages over the course of several days in violation of a temporary order of protection.

**Kent Police Department**

Oct. 30: A 47-year-old West Haven, Conn. woman was arrested at about 10:30 p.m. and charged with DWI and various traffic infractions. An officer on patrol in the area of routes 52 and 311 notices a tan Hyundai Elantra driven erratically. After a traffic stop at Route 311 and Terryhill Road, the suspect was charged. She was issued an appearance ticket for Town Justice Court.

Oct. 31: A 48-year-old Clinton Corners man was arrested at about 4:30 p.m. and charged with seventh-degree criminal possession of a controlled substance. The officers were dispatched to the Mobil gas station at Route 52 and Ludingtonville Road for a report of a man passed out inside his vehicle. Upon arrival, the responding officers made contact with the suspect who acknowledged he had been drinking before arriving at the gas station. A search of the vehicle yielded miscellaneous drug paraphernalia. He was issued an appearance ticket for Town Justice Court.
Municipalities to Divvy Up $15M From Indian Point Settlement

By Rick Pezzullo

New York State has awarded $15 million to local municipalities and entities affected by the closing of the Indian Point nuclear power plants in Buchanan.

The funding came through a legal settlement between the state and Entergy, former owners of Indian Point, as part of a 2017 agreement stemming from the plant’s closure in April.

“This funding is part of a comprehensive approach to ensure that Indian Point’s closure does not translate to a lack of investment in the region,” Gov. Kathy Hochul said. “My administration is committed to working with unions and local leaders for a transition that strengthens the local economy, treats workers fairly and protects the environment of New York State.”

Award notification letters were sent to the Town of Cortlandt and Village of Buchanan, Historic Hudson Valley, Teamsters Local 456, the Hendrick Hudson School District and the Hudson River Foundation.

Below is how the entities that will be receiving the money will use the funds.

Town of Cortlandt and Village of Buchanan: $7 million
• To support the planning of four Buchanan: $7 million receiving the money will use the funds.

Hudson River Foundation: $6.5 million
• The money would go toward the Hudson River Biological Monitoring Program, which consists of funding for a variety of research efforts to track the status of fish populations in the Hudson River and the food sources for fish in the river. This program was previously funded by Entergy prior to the plant’s closure and included in the settlement agreement as a priority project.

Hendrick Hudson School District: $500,000
• To purchase a commercial driver training simulator that will provide training and new job skills to union members.

Historic Hudson Valley: $750,000
• The funds would pay for historical and environmental integrity improvements to museum property and to leverage a $3 million Federal Highway Administration grant that would otherwise be lost for the Van Cortlandt Manor Gateway Project.

Van Cortlandt Manor Gateway Project: $2 million
• Purchase and operate air monitoring equipment at Buchanan-Verplanck Elementary School during decommissioning.

Buchanan Mayor Theresa Higgins thanked Hochul and the task force for this award, which will allow the Village of Buchanan to do much-needed upgrades to our aging wastewater plant and prepare us for the future of our community,” Buchanan Mayor Theresa Knickerbocker said.

Cortlandt Supervisor Linda Puglisi also thanked Hochul and the task force for providing key resources to support clean water infrastructure, opportunities for new businesses and the chance for sewers for area businesses that don’t have that infrastructure.

“The Village of Buchanan would like to thank Gov. Hochul and the Indian Point Closure Task Force for this award, which will allow the Village of Buchanan to do much-needed upgrades to our aging wastewater plant and prepare us for the future of our community,” Buchanan Mayor Theresa Knickerbocker said.

Hendrick Hudson School District: $500,000
• To purchase a commercial driver training simulator that will provide training and new job skills to union members.

This year’s enacted state budget included sufficient funding authorization to provide seven years of transitional grant assistance to Westchester County, Cortlandt, Buchanan and the Hendrick Hudson School District under the state’s Electric Generation Facility Cessation Mitigation Program administered by Empire State Development.

More than $100 million is projected to be awarded over seven years to these entities, providing them time to adjust to the loss of about $32 million per year that had been paid by Entergy when the plant was operating.

Helping Others – With Gratitude

Yorktown Elks Lodge 2324 recently presented donation checks to three organizations. Funds were approved and provided through the Elks Gratitude Grant program. Support Connection and Yorktown Community Help each received $1,000 donations while a $500 grant was awarded to Birthright of Peekskill. Pictured, from left, are Past State Elks Vice President Joseph Hochreiter, Teamsters Local 456: $250,000
• To purchase a commercial driver training simulator that will provide training and new job skills to union members.

This year’s enacted state budget included sufficient funding authorization to provide seven years of transitional grant assistance to Westchester County, Cortlandt, Buchanan and the Hendrick Hudson School District under the state’s Electric Generation Facility Cessation Mitigation Program administered by Empire State Development.

More than $100 million is projected to be awarded over seven years to these entities, providing them time to adjust to the loss of about $32 million per year that had been paid by Entergy when the plant was operating.

Helping Others – With Gratitude

Yorktown Elks Lodge 2324 recently presented donation checks to three organizations. Funds were approved and provided through the Elks Gratitude Grant program. Support Connection and Yorktown Community Help each received $1,000 donations while a $500 grant was awarded to Birthright of Peekskill. Pictured, from left, are Past State Elks Vice President Joseph Hochreiter, Teamsters Local 456: $250,000
• To purchase a commercial driver training simulator that will provide training and new job skills to union members.

This year’s enacted state budget included sufficient funding authorization to provide seven years of transitional grant assistance to Westchester County, Cortlandt, Buchanan and the Hendrick Hudson School District under the state’s Electric Generation Facility Cessation Mitigation Program administered by Empire State Development.

More than $100 million is projected to be awarded over seven years to these entities, providing them time to adjust to the loss of about $32 million per year that had been paid by Entergy when the plant was operating.
Letters to the Editor

Regulated Marijuana Sales Would Not Cause the Ruination of Our Communities

After reading a recent guest column by Michael Gold, who told us about how he thought a legal marijuana business would not work in our area ("Not Ready for a Cannabis Store for Billions of Years," Oct. 20-26), I wanted to respond with one major counterpoint: Don’t judge your neighbors so poorly.

Mr. Gold insinuated that a marijuana cafe would deteriorate the very fabric of our safe, family-friendly community. But it’s an antiquated assumption that those people consuming marijuana, whether for medical or recreational purposes, are somehow less intellectual, caring or community-minded than those who do not partake.

The reference point Mr. Gold gave was to a troubled person he knew growing up who was a regular marijuana user and eventually died of a drug overdose later in life. Not only was this at a time when Mr. Gold was a young man, but the reference point is also not the only story of someone’s life. There are many others who have successfully used marijuana for medical reasons, for tobacco replacement therapy or for recreation. It is important to patronize your favorite local eateries, especially for Restaurant Week.

Support Your Favorite Local Eateries, Especially for Restaurant Week

As we come out from under COVID-19, it is important to patronize your neighborhood restaurants during Hudson Valley Restaurant Week. It runs from Nov. 1-14.

My wife and I don’t mind occasionally paying a little more to help our favorite restaurants survive. Don’t forget your cook and server. We try to tip 20 percent against the total bill including taxes. If it is an odd amount, we round up to the next dollar. If we can afford to eat out, we can afford an extra dollar tip. When ordering take out, we always leave a dollar or two for the waiter or cook. It is appreciated.

The restaurant industry employs thousands of people in Hudson Valley communities. This includes bartenders, waiters, busboys, cooks, cashiers, wholesale food sellers, distributors and linen suppliers. There are also construction contractors who renovate or build new restaurants.

Our local entrepreneurs work long hours, pay taxes and provide local employment. If we don’t patronize our local restaurants, they don’t eat either.

Larry Penner
Great Neck, N.Y.
Do Caregivers Really Need a Month of Their Own?

November is National Family Caregivers Month. Who knew?

It’s not like the greeting card aisle is overrun with cards wishing that special someone in your life a Happy Caregivers Month. Most caregivers won’t get a dozen roses delivered to their doorstep. And don’t look for lawn signs announcing “A Family Caregiver Lives Here.” I have yet to see one.

National Family Caregivers Month, I’m afraid, falls into that category of overlooked events that includes National Celerity Month (March), National Accordion Awareness Month (June) and Spunky Old Broads Month (February). Events that come and go without landing on anyone’s radar.

But why?

Based on sheer numbers alone – 53 million in the United States – family caregivers certainly warrant some sort of recognition. I can’t imagine there being anywhere near that many spunky old broads running around.

More than one in five Americans are providing care, without pay, to a family member, friend or neighbor, according to a 2020 survey by the National Alliance for Caregiving and AARP. Many are looking after more than one person, like those who belong to what’s called the sandwich generation – caregivers caught in the middle of caring for their own children plus their elderly parents.

And more than 60 percent of caregivers, in addition to their caregiving responsibilities, also hold “real” jobs. Turns out caregivers have little to pay too.

Caregiving can take a toll on a person’s health, finances, relationships. Yet many caregivers find the role quite fulfilling. They see it as an expression of their love, a way to give back to someone who has meant so much to them. Caregiving gives their life meaning.

I think it might be even more fundamental than that. I think as human beings we recognize a responsibility to look after one another. If we have the capacity to love, then we have the capacity to care.

Most of the caregivers I know could care less about having a month in their honor. They’d be thrilled with just one uninterrupted hour to curl up with a good book, soak in a hot tub or go for a walk by themselves.

But if you’re so inclined this month to acknowledge any caregivers you might know, allow me, a caregiver, to give you some suggestions on meaningful ways to do that.

Direct Ask...Do. Saying to a caregiver “Let me know if there’s anything I can do” may be well-intentioned, but he or she has enough to do without making a to-do list for you. Instead, offer something specific. Better yet, go ahead and just do it. Mow the lawn or rake the leaves. If you’re able to stay with the person being cared for for a few hours so that the caregiver can get a break, be the one to make that happen.

Likely, most caregivers I know cherish any opportunity to converse with another human being who doesn’t judge, doesn’t claim to have all the answers and doesn’t monopolize the conversation. Someone who simply listens, patiently, with an open heart and an open mind. Can you be that person?

Be a friend. Stay connected. Caregiving can make a person feel alone. You find yourself saying “Sorry, I can’t” an awful lot. And when you finally do go out, let’s face it, no one wants to hear you talk about adult diapers or the high cost of prescription meds. Soon, family and friends stop coming around altogether. This month, every month, be the kind of friend that doesn’t give up on friends who are caregivers.

Share something funny. Laughter is known to reduce stress, improve moods and make it easier to cope with difficult situations. Nobody needs laughter more than a caregiver.

Support healthy habits. Getting enough sleep, exercising, eating right, doing the healthy thing isn’t always easy for caregivers. While a box of Entenmann’s frosted chocolate donuts is always welcome in my home, if I’m bringing food to a caregiver, I’d probably opt for something a bit healthier. Likewise, if we’re getting together in person, I might suggest we do something physical, like go for a hike. Be a healthy influence whenever possible.

Avoid reminders about self-care. Caregivers I see in my therapy practice know all about the need for self-care. What they don’t know is how they’re supposed to find the time to care for themselves when they spend all their time caring for someone else. Hiring private caregivers can be expensive, and the pandemic has made finding good ones a real challenge. Is there something you could offer to help make a caregiver’s dream of self-care a reality?

So, to all the caregivers out there on this National Family Caregivers Month, you may not get your very own lawn sign, but know that you are all heroes. Thank you. Thank you so much for all you do.

Curtis Au, LCSW, a Pleasantville resident, has a private therapy practice in Westchester called Calm in a Storm, focusing on caregiver support, grief counseling and major life transitions. He can be reached at curtis@calminastorm.com.
Yorktown Boy Scout Troop 174 Celebrates Two New Eagle Scouts

Justin Boogaard of Yorktown Heights and Cristian Cruz of Mohegan Lake achieved the rank of Eagle Scout after completing their Eagle Board of Review on Oct. 27.

Boogaard, a senior at Yorktown High School, was recently named the Class of 2022 valedictorian and has received several academic honors including selection to both the National Honor Society and the Math National Honor Society, as well as receiving a National Merit Scholarship Commendation. He is in the process of pursuing a civil engineering career. At Lakeland, Cruz played soccer and was active with Shrub Oak Athletic Club travel soccer, advancing from U13 through U16, as a winger and striker.

While a Boy Scout, Boogaard was the senior patrol leader from mid-2019 through January 2021 and hopes to finally make it to Philmont next summer for what is deemed to be the pinnacle of any scouting experience. Troop 174 had made two attempts since 2018 to visit New Mexico for the 12-day backpacking experience; however, both attempts failed due to wildfires in 2018 and then COVID-19 last year.

Boogaard’s Eagle Scout project restored and beautified the inner outdoor courtyard at Yorktown High School. He is very appreciative of the support he received from his fellow scouts as well as the administration and staff at Yorktown High School.

Cruz has also received several academic honors, including selection to both the National Honor Society and the Math National Honor Society. He also received the U.S. Congressional Award Silver Certificate. Cruz’s Eagle Scout project consisted of constructing a 120-foot-long puncheon on the Blue Trail located in the Hudson Gateway Park in Cortlandt. Punccheons allow hikers to stay on the indicated trails and provide an elevated walkway over wet and environmentally sensitive surfaces.

Boogaard’s Eagle Scout project consisted of constructing a 120-foot-long puncheon on the Blue Trail located in the Hudson Gateway Park in Cortlandt. Punccheons allow hikers to stay on the indicated trails and provide an elevated walkway over wet and environmentally sensitive surfaces. Only about 5 percent of Boy Scouts who enter scouting achieve the rank of Eagle. Since 1974, Troop 174 has now produced 114 Eagle Scouts.

Cruz, a senior at Lakeland High School, is also engaged in the college application process as he plans to pursue a civil engineering career. At Lakeland, Cruz played soccer and was active with Shrub Oak Athletic Club travel soccer, advancing from U13 through U16 as a winger and striker.

Boogaard’s Eagle Scout project restored and beautified the inner outdoor courtyard at Yorktown High School. He is very appreciative of the support he received from his fellow scouts as well as the administration and staff at Yorktown High School.

On Tuesday, November 2: Make the Right Choice for New Castle’s Future.

Vote for the Unite New Castle team on the last line, Row G. Vote last to put New Castle first!

Unite New Castle will pursue smart, sustainable development to revitalize our hamlets, and NOT the irresponsible Form-Based Code that will overwhelm our schools and turn New Castle into another Westchester city, with 1,000 new apartments, traffic congestion and higher taxes.

Chris Hildenbrand’s name won’t appear on the ballot. To vote for Chris, choose Andrea Sanseverino Galan. When Unite New Castle is elected, Chris will replace her. DO NOT write in Chris’ name.

From October 23 to October 31, vote early at Mt. Kisco Memorial Complex at Leonard Park, 1 Wallace Dr., Mt. Kisco.
New Mural Honors the Legacy of DJ Henry at Pace University

By Abby Luby

A striking and vibrant mural of DJ Henry, a Pace University student athlete shot and killed by a Pleasantville police officer 11 years ago, prominently lights up a large space at the university’s Kessel Student Center.

Unveiling of the mural last Monday kicked off the school’s second annual Social Justice Week as students, alumni, staff and faculty gathered to commemorate the slain student.

“This is touching because I can relate to him as a Black male student,” said Jarette Mungin, a Pace graduate student who helped conceive and advocate for the mural.

Mungin addressed about 100 people gathered in the student center just a few feet from the mural.

“What I see when I look at this image of DJ, I don’t see a victim of brutality, I see the love that DJ spread,” Mungin said. “It’s important to educate students to be socially aware of who we are.”

Senior Shea Teague, an English major who was also instrumental in having the mural created, said Henry’s story was one heard too many times.

“The purpose of community is to start with equity so we have justice,” Teague said. “It starts with us.”

The 12-foot-by 8-foot mural was painted by Brittney S. Price, a Los Angeles-based artist known for her visual work representing groups such as Black Lives Matter, Change.org, Paint the City Peaceful, We Rise LA and LA Commons. Price said she connected with DJ’s parents before painting the mural.

“They said his smile would light up a room,” Price said. “I was honored to lend my talents.”

Price used shades of blue and gold, Pace’s school colors, to illuminate the work. Symbols of DJ’s life in the mural include a large “12” — his football jersey number — and an image of the Pace clock tower built in 2012 in his memory.

“The story here today is really about the students and their nod to their world,” Pace President Marvin Krislov said. “What happened to DJ was an unforgettable, unforgivable tragedy but his legacy lives on in the efforts of our students to ensure he is commemorated.”

Junior Kimberly Mars, president of the Student Government Association, said there were numerous meetings to plan and place the mural. She said it was a community effort.

“DJ’s mural is a lasting legacy that represents not only him, but the countless numbers of Black people who have lost their lives through police brutality over the years,” Mars said.

At the unveiling on Monday, Carlton Aiken, a Pace graduate student and the school’s quarterback, told how Pace’s football team retired Henry’s jersey number to honor his life.

“Nothing we can do will bring DJ back,” Aiken said. “But we can keep sharing his story. We all have an obligation to speak up about police brutality and to make sure nothing like this ever happens again.”

On Oct. 17, 2010, Henry, 20, was fatally shot by Pleasantville Police Officer Aaron Hess as he was attempting to drive away from the old Finnegan’s, a bar and grill, at the Thornwood Town Center. Hess stepped in front of the moving vehicle, ended up on the hood of the car and shot through the windshield, killing Henry and wounding a passenger.

A grand jury failed to return any indictments. Hess never returned to the department, immediately went on medical leave and was granted an accidental disability retirement pension of $69,934.

The Henry family sued the Village of Pleasantville, and in 2016 the family accepted a $6 million settlement. An independent review of Henry’s death and subsequent investigation was announced in June by Westchester County District Attorney Mimi Rocah. Her office will be assisted by a former federal judge.
DEER FENCING, NETTING, POSTS & REPELLENT

BEDFORD GRAVEL & LANDSCAPE SUPPLY Since 1949

Norm Ave., Mt. Kisco (next to Kohl’s)

One Face Cord (Single Row 4’x8’) $179
Two Face Cords ($177 each) .......... $354

Small amounts available for pick-up
Fatwood firestarter & kindling wood

LOOK NO FURTHER!
LISTEN TO OUR SATISFIED CUSTOMERS...

The quality of Fred’s work is really - AND I MEAN REALLY - high and the prices are always fair. They even gave me a ride on a busy day when I had no one to drop me off to pick up my car.
- David F. in Ossining

Always honest and straightforward. Fred’s is the best!
- Caitlin T. in Briarcliff Manor

VISIT OUR NEW LOCATION!

3668 BARGER ST (RTE 132) • SHRUB OAK • 914.352.6090
FredsAutoRepair.com • shruboak@fredsautorepair.com

OFFICES NOW OPEN!

CareMount Dental
Put Your Health Where Your Mouth Is™

Take Your Oral Health Seriously—It Affects Your Overall Health

State-of-the-Art Offices | Multi-Specialty Dentistry | COVID-19 Safety Protocols | Convenient Hours and Locations | Most Insurances Accepted

Make An Appointment Today

Mt. Kisco
241 Lexington Avenue
Mount Kisco, NY 10549
Phone: 914-242-2000

Mt. Kisco
657 Main Street
Mt. Kisco, NY 10549
Phone: 914-431-5900

COMING SOON!
Yorktown Heights
331 Downing Drive
Yorktown Heights, NY 10598

MyCareMountDental.com

MEDICARE MADE SIMPLE!
Make an Informed Decision Choosing a Plan That’s Right for You
I CAN HELP!

- Medicare Advantage Plans
- Medicare Supplement Plans
- Part D

Your trusted Healthcare and Medicare Resource
Angela Asadi, Licensed Agent
914-330-5252
Asadiangela@gmail.com
Mt. Kisco Joins Communities to Regulate Gas-Powered Leaf Blowers

By Martin Wilbur

Mount Kisco recently approved regulations governing the use of leaf blowers within the village, becoming the latest Westchester municipality hoping to gradually curtail the machinery’s use.

The Village Board unanimously ratified the law on Oct. 18, after village resident Lilian Burgler appealed to officials earlier this year to prohibit the two-stroke gas-powered leaf blowers because of the carbon emissions and noise pollution they generate.

Trustee Peter Grunthal thanked Burgler for her efforts and spearheaded the drive to get the local legislation passed. Despite a longer than anticipated phase-in period, Grunthal thanked his colleagues for helping to protect residents and the environment.

“As all of you on this board know, I would have preferred to see a more rapid implementation but everyone on this board supported the principle and supported the ultimate legislation and I’m very grateful for that,” he said.

The law does not entirely prohibit gas-powered leaf blowers within the village until Jan. 1, 2027, as long at the equipment was purchased before the end of this year. There are also restrictions on the number of gas blowers that can be used simultaneously. There is a limit of no more than two blowers on properties less than three acres and a maximum of three gas blowers on parcels that are larger than three acres.

Despite the slower pace of phasing out gas-powered blowers, Grunthal said he believes it will make a difference. “I do believe this legislation as time goes on will make life a lot more pleasant when we don’t have to listen to the two-stroke leaf blowers,” Grunthal said.

Mayor Gina Picinich said the compromise legislation was an important starting point to eventually rid the village of the noisy and polluting two-stroke gas machines. Over the next five years, Picinich said she expects that improved technology for electric and battery-powered blowers will be available to residents and landscapers. “I think this legislation says that this community wants to move in that direction, that this board wants to move in that direction, and so I think that this is a very strong and solid start for us,” Picinich said.

State Sen. Peter Harckham (D-Lewisboro) has introduced new legislation that requires all in-state sales of new lawn care and landscaping equipment, including mowers, leaf blowers and trimmers, be zero emissions by 2027.

“As New York continues to advance the goals set in the Climate Leadership and Community Protection Act, we need to do more to reduce our dependence on fossil fuels,” Harckham said. “Gas-powered landscaping devices create an inordinate amount of air pollutants, and so it is imperative that we transition to zero emission equipment.”

This Wednesday morning, he is expected to hold a press conference with state Sen. Liz Krueger (D-Manhattan) and Assemblyman Steve Englebright (D-East Setauket) in Sleepy Hollow along with village Mayor Ken Wray and environmental advocates to push for the legislation.

The measure, S7462, would amend the state’s energy law to require zero emission lawn care devices.

With assistance from various state agencies, a plan will be put in place to ensure that a transition strategy is developed by February 2023. The agencies will overview the issue of new equipment affordability to ensure that the zero-emission devices are affordable so individuals in low-income and disadvantaged communities have access to them.

Prior to submitting the legislation, which was filed with the Senate Rules Committee two weeks ago, Harckham met with professional landscapers, who voiced concerns about recouping investments on recently purchased equipment. The five-year implementation to zero emissions in the bill takes that factor into consideration.

Over the past few years, multiple municipalities around Westchester, including Bedford and New Castle, have passed local laws with a similar objective. Two weeks ago the Village of Mount Kisco followed suit.

Last month, California Gov. Gavin Newsom signed a bill banning gas-powered lawn equipment and generators starting in 2024. The state has three million more small, two-stroke engines lawn equipment currently being used than light-duty passenger cars.

Nationally-recognized expertise.
Local address.

Premier medical experts close to home. Including top doctors from Columbia and award-winning Magnet® nurses. Offering you advanced medical technology and treatments. Affiliated with NewYork-Presbyterian Hospital, ranked #1 in New York. Care that is nothing short of amazing, here in Westchester.

Learn more at nyp.org/hudsonvalley


Advertise in The Examiner • 914-864-0878 • advertising@theexaminernews.com
Get to the root of back pain with specialized treatment

Author: Dr. Silva, Neurosurgeon

The average American will suffer with some sort of back pain or spinal injury in their lives. However, the root cause and manifestation of back pain is different for everyone.

At the Phelps Spine Institute, we understand that not all back pain is the same. We work with each of our patients to offer a variety of solutions for back issues. While the cause of back pain may vary, we have the same goal for anyone who visits the Phelps Spine Institute – to get you back to your daily life pain-free.

Phelps’ unique approach lies within its all-encompassing ability. The Spine Institute contains spine surgeons, neurosurgeons, physical therapists, pain management specialists, and more, all working under the same roof. Having multiple specialists working together allows us to operate in a manner that allows patients the ability to see multiple specialists in the same day, expediting their care.

When any patient comes into the Spine Institute for the first time, our first step is to diagnose the cause of the pain. Your back pain may be related to the spine itself, disc herniation, joint pain, muscular pain, or a handful of other underlying issues. Typically, the cause of back pain is not only one of these issues, but a combination. Ultimately, discovering the underlying causes will determine the steps for successful treatment.

Our treatment approach is a three-step process. After we identify why your back hurts, we seek to determine how to both decrease the pain and increase your quality of life. Following the development of your individual treatment plan, our third step is to prevent this pain from becoming a recurring issue.

Many patients coming into our clinic can be successfully treated with non-surgical options. A common holistic step we urge many of our patients to try is to make initial dietary and lifestyle improvements that can be contributing to their pain and overall health.

Physical therapy is another key component of our conservative treatment options. Our physical therapists are movement experts that will help you understand how your body behaves with pain. They can prescribe you individual exercises and provide hands-on care to alleviate or help you better control your symptoms. Pain relief can come through posture improvements or alternate ways to perform your daily activities in ways that are less harmful to your back.

While about 90% of neck and back pain can be resolved by these conservative management methods, some patients may need consultation with a spine surgeon to evaluate surgical options. We offer a variety of procedures, from epidural steroid injections and nerve blocks to spinal cord stimulation. Our ultimate goal is to improve your pain issues and get you back to your standard lifestyle.

Is back pain preventing you from performing or enjoying your typical activities? If so, it may be time to seek medical attention. If you are experiencing any red-flag symptoms, including severe pain, weakness in an extremity, or loss of bowel or bladder function, you should seek an urgent consultation with a spine surgeon.

Learn about prevention and treatment from experts at the Phelps Hand, Wrist, and Elbow Center

Author: Erika Larson

Did you know that common daily activities such as typing, writing, or playing sports can impact the health of your hands, wrists, and elbows? If pain in your upper extremities is interfering with your everyday life, it’s time to seek medical attention. At the Phelps Hand, Wrist, and Elbow Center, we offer complete, multidisciplinary care to treat upper extremity pain. Some common upper extremity conditions include tendinitis, nerve compression, and arthritis. All conditions have their own symptoms, but common causes include age, overuse, physical injuries, genetic susceptibility, or underlying medical conditions.

Preventing tendonitis or arthritis can be tricky but maintaining overall body health with a nutritious diet and exercise can help. Remember to warm up before a strenuous activity and stretch after.

You do not need a prior diagnosis or a referral to visit our Hand, Wrist, and Elbow Center, so consider coming in if you’re experiencing any type of pain or discomfort in your upper extremities. Our team of physicians and occupational therapists will work together to find the right treatment plan for you.

Everyone has their own unique medical needs, so we give each patient an individualized treatment plan. Our Initial Consultation Physician Team assesses your condition, and our Rehabilitation Team works with you to find the best course of action.

For more information on appointments and treatment plans, please contact our Concierge Service at 1-833-51-HANDS.
Community Events for November & December

Phelps Hospital offers the community a wide range of programs on health and wellness subjects as well as numerous health screenings and support groups. All events are free and will be virtual for the time being.

Lectures and Seminars

Virtual Lecture Series
To stay up to date on our monthly virtual lectures and other community programs, scan here: or visit this site: https://lp.constantcontactpages.com/su/duZPBfj/newsletter

Cancer Institute Support Groups

These support group sessions are open to anyone with cancer as well as family, friends, caregivers, and anyone else interested in attending. You do not have to be a Phelps Hospital cancer patient to join, all are welcome.

Cancer Patient & Family Support Group
Mondays: November 8, November 22, December 6
1:30pm – 3:00pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or call (914) 366-1661.

Breast Cancer Support Group
Thursdays: November 11, December 2, December 16
6:00pm – 7:00pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or (914) 366-1661.

Warrior Sisters Women’s Survivorship Group
Wednesdays: November 3, December 1, 2, 3, 9, 10, 16, 17
1:00pm – 2:00pm
To register, please reach out to Jane Heartly at jheartly@northwell.edu or call (914) 366-5495.

Coeds Kicking Cancer Together
Wednesdays: November 17, December 15
1:00pm – 2:00pm
To register, please reach out to Jane Heartly at jheartly@northwell.edu or call (914) 366-5495.

Support Groups and Programs

bereavement Support Group
Handled on an individual basis.
To register, please reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435.

Alzheimer’s Caregivers Support Group
2nd and 4th Friday of each month, 10:00am – 12:00pm
To register, please reach out to Ellen Woods at vitality@northwell.edu or (914) 366-3937.

Parkinson’s Support Group
4th Tuesday of each month
2:30pm – 3:30pm
To register, please visit parkinsonssg.eventbrite.com or reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435.

Laughter Yoga
Thursdays: November 4, December 9
6:00pm – 7:00pm
Thursdays: November 18
11:00am – 12:00pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or call (914) 366-1661.

Maternal Child Health
For more information on our Maternal Child Health classes and groups, please call (914) 366-3937.

Stretch and Strength for Cancer Survivors
Wednesdays: November 10, December 8
7:00pm – 8:00pm
To register, please reach out to Jane Heartly at jheartly@northwell.edu or call (914) 366-5495.

Nutrition For Cancer Survivors
Tuesday, November 16
1:00pm – 2:00pm
To register, please reach out to Amy Hendler at ahendler@northwell.edu or call (914) 366-1611.

Vitality for Seniors
To join the Vitality email list to receive the Zoom information for the below programs, please reach out to Ellen Woods at vitality@northwell.edu or call (914) 366-3937.

Keeping Memory Alive
1st Monday of each month
10:00am – 11:00am

Breakfast Club
2nd Thursday of each month
9:00am – 10:00am

Osteoporosis Program
2nd Thursday of each month
10:30am – 11:30am

Holistic Pain Support
3rd Wednesday of each month
9:00am – 10:00am

Monday Morning Zoom Chat
Each Monday of the month
9:30am – 10:30am
(Except 1st Mondays of the month, it will start at 11:00am)

Support Groups

ABC’s of Baby Care
Thursdays: November 18, December 9, 7:00pm – 9:00pm
Register here to receive information to join the meeting: abcbabycare.eventbrite.com

Childbirth Experience
Saturdays: November 20, December 5
10:00am – 12:30pm
Register here to receive information to join the meeting: childbirthexperience.eventbrite.com

Baked Pasta with Broccoli, Tomatoes & Sausage

Ingredients: (Serves 4-6)
- Extra virgin olive oil
- 2-3 cups broccoli florets
- 2 cloves garlic
- ¼ cup white wine
- 1 pint grape or cherry tomatoes, cut in half
- ½ pound sausage of your choice (chicken or turkey sausage is a leaner, healthier choice)
- 1 pound short dried pasta (medium shells, orecchiette, mezzi rigatoni, penne) - use whole grain pasta for a healthy twist!
- 1 pound fresh mozzarella (or part-skim shredded mozzarella)
- Optional: grated Parmigiano-Reggiano cheese
- Salt and pepper
- Butter or olive oil for greasing the baking dish

Directions:
1. Preheat the oven to 400 degrees.
2. For the tomatoes: Toss the tomatoes with a drizzle of olive oil and season with salt and pepper. Spread the tomatoes in a single layer on a rimmed baking sheet lined with parchment paper and roast until they’re wrinkled and begin to release some of their liquid, about 15 minutes. Remove from the oven and let cool on the baking sheet.
3. Lower the oven temperature to 375 degrees.
4. For the broccoli and sausage: Slice the garlic and set aside. Remove the sausage from casings. Over medium heat, add 3 tablespoon olive oil to a wide sauté pan and heat until shimmering. Add the sausage and break up any large pieces with the back of a wooden spoon, stirring frequently to prevent sticking. Cook until sausage is slightly browned, about 6 minutes. Using a slotted spoon, remove sausage to a bowl.
5. Add another tablespoon of olive oil, lower heat to medium low, and add the garlic to the pan. Cook the garlic until slightly golden, occasionally shaking the skillet. Dump the broccoli pieces into the skillet, season with salt and pour in ¼ cup of water.
6. Cover the pan, raise the heat slightly, and cook for an additional 5 minutes, occasionally shaking the pan. Remove from the heat and uncover as soon as the broccoli is cooked through and still brightly colored. Meanwhile, cut the fresh mozzarella into bite-sized pieces and set aside.
7. Cook the pasta until slightly underdone, about 2 minutes less than package directions. Drain the cooked pasta in a colander, shake off excess water, and dump into a large bowl.
8. Toss the pasta with the roasted tomatoes and any accumulated juices, the broccoli, and the sausage. (You can drizzle some extra olive oil on if mixture seems too dry.)
9. Grease the bottom and sides of the baking dish.
10. Spread half of the pasta mixture into the baking dish. Scatter half of the mozzarella (and sprinkle some Parmigiano-Reggiano if using) across the dish. Repeat with the remaining pasta and cheese.
11. Bake uncovered for 20 minutes or until the top is crusty and starting to bubble and brown. Serve hot. Buon appetito!

Caregiver Services at Phelps

As the population ages and life expectancy becomes longer, we need to ask ourselves “Who will take care of the older family members as they age”? Caregiving is the ultimate act of love, and it requires strength, commitment, and sound judgement. The responsibility of being a caregiver is often stressful and has become even more so during the COVID-19 public health emergency. Phelps Hospital’s Care Connections program has partnered with the Westchester Public/Private Partnership for Aging Services to assist caregivers by offering unique services during this difficult time.

- Guidance and Counseling from a Caregiver Navigator
- Care Baskets Containing Resource Material and Relaxing Amenities
- Free Educational Workshops and Symposia

Caregiver Services

For more information, contact the Care Connections Program at 914-366-1199 or e-mail us at caregiver@northwell.edu.

Construction Update

Phelps Hospital, part of Northwell Health – New York’s largest healthcare provider – offers one of the broadest ranges of community hospital services in Westchester County.

Our mission at Phelps has always been to provide the highest quality, comprehensive care in a safe environment for our community. In furthering that mission, we are actively upgrading much of our equipment and facilities. Please pardon any inconvenience this may cause while on our hospital campus.
How I Beautified My Home With Custom Lighting

Before I made the move to my current home in Trump Park in Yorktown, I got permission from management to have an electrician install custom lighting from the ceiling, all planned to highlight my collection of paintings – antique portraits and landscapes.

Sometimes the use of lamps that focused lighting on our side walls is all the illumination I use when creating a mood at home. It can be quite effective.

My interest in lighting as an aspect of decorating started early. When I was in college, I appeared in a play called “The Madwoman of Chaillot” by Jean Giraudoux with the actress Linda Lavin who would later go on to achieve fame as “Alice” on television. The most stunning thing about that production was the amazing effects achieved by its lighting director, on staff in the theater department, who was an incredible talent.

I remember that when the curtain rose for the second act, the stage was completely dark and slowly a small pin spotlight illuminated only the face of the madwoman in the center of the stage. Just that lighting effect alone brought applause from the audience.

Every scene of the play was an arresting aspect of decorating started early.

When I was in college, I appeared in a play called “The Madwoman of Chaillot” by Jean Giraudoux with the actress Linda Lavin who would later go on to achieve fame as “Alice” on television. The most stunning thing about that production was the amazing effects achieved by its lighting director, on staff in the theater department, who was an incredible talent.

I remember that when the curtain rose for the second act, the stage was completely dark and slowly a small pin spotlight illuminated only the face of the madwoman in the center of the stage. Just that lighting effect alone brought applause from the audience.

Every scene of the play was an arresting study in shadow and light where brightness brought applause from the audience. Just that lighting effect alone brought applause from the audience.

I arranged with management to have electrical contractors work with me to install a system to light my great room and dining room, which I had designed basically as an art gallery for my collection of portraits and landscapes. The lighting system I planned was to highlight the paintings on three walls: portraits on the living room side, pastoral oil paintings on the dining room side and a large abstract on the third wall in between.

At first, I was planning to hire a lighting designer, but I was lucky to find an electrician with sensitivity to my ideas and needs, and partnering with an electrician supplied by us, we all worked wonders together.

There were many technical challenges to overcome working on the top fifth-floor condo with 10-foot ceilings, installing high hats in a soffit with insulation material. The casing for the high-hat units I originally wanted turned out to be too large to be accommodated in the soffit, but I had the good fortune to be assigned an electric job manager who was as much an artist as he was an electrician.

He guided me every step of the way in terms of which product to use – we sourced a small LED light whose imprint on the ceiling is only two inches square – as well as the appropriate spacing and angles of light to employ. And he cut such clean holes that nary a speck of spackle was needed for patching the plasterboard.

Now completed, the overhead pin spots illuminate my great room/gallery in a warm and inviting way. Rather than being surrounded by flat walls with two-dimensional shapes on them, the lighted paintings create great depth and richness to our space.

While we have other traditional lighting sources in the room, it really requires no light other than that resting on the faces of the portraits and on the landscapes of the pastora. The effect takes us to other acquaintances and distant places beyond the space we occupy. It’s transporting.

Bill Primavera is a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.
You don’t realize it’s happened until it’s too late. First, you develop small, seemingly innocuous habits, like going to bed earlier, using SPF religiously, and starting to avoid dairy because you know it will upset your stomach.

Then before you know it, you prefer siestas over fiestas (but let it be said that sombreros are welcomed for both occasions), you diligently study the grocery store’s weekly circulars, and the bartender doesn’t even bother checking your I.D. anymore. Yes, that’s right. I’m talking about the pandemic that is taking hold of myself and my fellow millennials ‘round the world: adulthood.

No one intends to be an adult. I certainly didn’t. As a child, I had major plans for when I grew up that included becoming a Crime Scene Investigator after watching one too many CSI episodes. When I wasn’t busy dusting for fingerprints or having long, scientific monologues that I didn’t understand, I would be tending to my pair of Dachshunds, lovingly named “Ketchup” and “Mustard.” And on my wall would be the winning check from my Wheel of Fortune appearance as a victorious contestant. But nowhere in the Erin Maher Life Grand Schemes was the idea of being an adult part of the program.

But, I’ve recently turned 30, and with that comes the realization that I’ve somehow managed to stumble my way into the weeds of adulthood. My driver’s license says I’m 30, but my heart says I’m 30 - 9 years. Youth, it’s Erin. Are you there?

There were quite a few signs that led me to this self-discovery that I was “adulting” full-time.

First, it’s all about sleep. You wake up thinking about how you didn’t get enough of it, you daydream about getting more of it, and can’t wait to pop back in under the covers. Sleep is at a premium. Long gone are the nights spent staying out ‘til 4 a.m., wired from the restlessness of youth and the false information that anything good happens ...

To read the rest of this article, and others like it, visit examiner-plus.com and click subscribe.

We hope you’ve enjoyed this week’s excerpt from Examiner+. We love honest feedback. Tell us what you think: examinerplus@theexaminernews.com.
Why It’s More Important Than Ever to Get Your Flu Shot – Now.

Getting your flu vaccine, coupled with the behavioral changes you’ve likely already adopted – including wearing a mask, social distancing, practicing good hand hygiene and staying home while you’re sick – are crucial to reducing your risk of a potential double whammy.

Why you shouldn’t skip the flu vaccine
If you’re a fairly young and healthy person, you could get the flu and recover. But if you then become infected with the coronavirus, your immune system will be weakened and the impact of both viruses could be devastating. A flu vaccine adds another layer of protection against serious complications that may result from having both viruses.

Is the flu vaccine effective?
Each year, scientists monitor flu activity worldwide to determine which flu strains are likely to cause illness, then concoct a vaccine to match. Some years they get it right; some years, not so right. But even if the vaccine isn’t a perfect match, if you do get the flu, you get a much milder case. It takes about 2 weeks after vaccination to have full protection against the flu. So unless you have a life-threatening allergy to eggs, or have a history of Guillain-Barré syndrome, get your flu vaccine now and encourage those you love to do the same.

I get my flu shot every year in September and it carries me through to May. Play it safe – protect yourself and those you love.

Ask the Doctor
Dr. Debra Spicehandler
Co-Chief of Infectious Disease
Northern Westchester Hospital

For more information about the flu, visit the CDC at cdc.gov/flu

While the start of flu season this year comes with heightened concerns about a potential double threat of COVID-19 co-infection, Dr. Debra Spicehandler, Co-Chief of Infectious Disease at Northern Westchester Hospital, is hopeful for a more favorable reality – especially if you get your flu vaccine as soon as possible.

Similarities and key differences between COVID and the Flu
Both viruses are transmitted by respiratory droplets – when someone sneezes, coughs, or even talks; or if you touch an object that someone with the virus has just handled. While COVID-19 is more aggressive, symptoms appear to be somewhat similar to the flu – fever, cough, sore throat, runny or stuffed nose, body aches, headache, fatigue and sometimes nausea, diarrhea, and vomiting. With COVID, the key points of difference include loss of taste and difficulty breathing.

Don’t self-diagnose! Here’s how you can protect yourself...
Because the characteristics of these viruses are similar, it’s important to speak to your doctor about testing. If you mistakenly attribute your symptoms to the flu, you could risk spreading the coronavirus, which is more easily transmitted, to those around you.

Another way to protect yourself. Get your flu vaccine.
MOVING MOUNT KISCO FORWARD

ANN BIANCHI FOR TRUSTEE
- Ann Bianchi has made Mount Kisco her home for over three decades including raising her family in the Village.
- Professionally, Ann has built a notable career with the Legal Aid Society of Westchester County defending indigent clients and now serves as Bureau Chief.
- Ann will focus on preserving and beautifying green spaces, strengthening equity, and creating opportunities for all residents.

KARINE PATIÑO FOR TRUSTEE
- First-generation American, lifelong Mount Kisco resident, and a product of the Bedford Central School District.
- Karine is an attorney, small business owner, working mom, and a community advocate.
- Karine is committed to inclusion, transparency, economic development, and empowerment.

TONY MARKUS FOR VILLAGE JUSTICE
- Served on the Mount Kisco Village Board for the past 14 years including as Deputy Mayor and Chair of the Village’s Finance Committee.
- Served as an Assistant Regional Commissioner for the American Youth Soccer League (AYSL).
- Brings a great deal of experience from family, labor, and criminal law. Will also bring a fair minded approach and judicious temperament to the position.

Check your voter registration status and find your polling place at: voterlookup.elections.ny.gov

Paid for by the Mount Kisco Democratic Committee
Are you caring for a loved one with dementia? *The Artis Way of Memory Care Is Opening in Your Neighborhood!*

We know the journey with dementia can be difficult, and we want to provide you and your loved one with the support you both need. Join us as we open our brand-new community to learn more about *The Artis Way*, exceptionally personalized Memory Care that values and supports each resident.

**RSVP by Thursday, November 4th**

**Grand Opening Celebration and Open House**

**Saturday, November 6th**  
12:00 - 3:00 p.m.  
Being Held At: **Artis Senior Living of Somers**  
51 Clayton Blvd., Yorktown Heights, NY 10598

To RSVP  
TheArtisWay.com/WestchesterExaminer  
914-214-7927

Check out our other nearby communities in Briarcliff Manor and Chestnut Ridge.

---

**Join us in our fight to Keep Mount Pleasant Moving Forward**

**VOTE** on November 2nd to Re-Elect....

[Images of candidates]

**OUR PROMISE**

- Continue to control taxes & spending so town government lives within its means.  
- Keep Mount Pleasant a safe place to live and raise a family.  
- Continue to invest in improving our roads and infrastructure.  
- Encourage the development of financially accessible senior housing.  
- Support sustainable energy alternatives and green initiatives.  
- Foster the development of business-friendly, walkable down town areas without sacrificing existing character.

**COMMUNITY. COMMITMENT. EXPERIENCE. SERVICE.**

Paid for by the Mount Pleasant Republican Committee
New Theater Group Ready to Debut Performing the Classics

By Martin Wilbur

There is an assortment of local theater companies across Westchester County, but a new organization hopes to find its niche with productions that are outside the scope of most existing groups.

Katonah Classic Stage, which is debuting this week after a delay of about a year-and-a-half due to the pandemic with a presentation of David Mamet’s “Oleanna,” is a professional nonprofit theater company that is dedicated to performing the classics, said Sharron Kearney, its executive director.

The theater group’s tagline is “Shakespeare to Shaw and beyond,” which has generated highly encouraging feedback even before “Oleanna” opens for the first of eight performances this Thursday evening before continuing through Nov. 14, Kearney said.

Katonah Classic Stage’s home will be the Bedford Historical Hall on Old Post Road.

“Trent is hoping to delve into his connections to Broadway and bring some network of actors with stage and television experience, the hope is to attract notable talent to their performances, she said.

For the two-character “Oleanna,” the male lead will be played by Broadway veteran Jordan Lage, who is also a seasoned performer of Mamet plays. He will be joined by Lea Dimarchi, who was selected for the female lead of Carol. Dimarchi recently filmed a movie with Naomi Watts and Bobby Canavale and has an extensive classical theater background.

“Trent is hoping to delve into his connections to Broadway and bring some Broadway veterans up here, and we have a pretty heavy hitter for our first production, so we’re excited about that,” Kearney said.

There is an assortment of local theater companies across Westchester County, but the classics will be its focus, she said.

A very long-term goal for the company is to build its own venue, although plenty of fundraising would be needed.

“Oleanna” will be performed Thursday through Sunday, Nov. 4-7 and Nov. 11-14. Show times are 8 p.m. Thursday through Saturday evenings and 7 p.m. on Sunday. Tickets are $40 for adults and $30 for students and seniors.

For tickets and more information about Katonah Classic Stage, visit www.katonahclassicstage.com.

‘A Something Good’ Chat With Peter Noone

By Mark Jeffers

Peter Noone is a multitalented entertainer, who has been delighting audiences nearly all his life. Universally regarded as one of rock ‘n’ roll’s finest and most versatile entertainers, his distinctive voice and live performances are the stuff of legend.

Herman’s Hermits starring Peter Noone is returning to the Paramount Hudson Valley Theater in Peekskill this Friday, Nov. 5 at 8 p.m.

I had the chance to sit down with Noone to discuss his career, current tour and his return to the area.

Q: You are performing here on your birthday. Happy early birthday.

Noone: “Thank you, I’m not going to tell you how many years, as I am going in reverse…”

Q: How are you and your family getting through COVID-19?

Noone: “We were all very fortunate to avoid COVID. We were scared and for a while I was actually becoming a ‘Hermit.’”

Q: What is it like performing to live audiences again?

Noone: Really, really good fun. I think we got better because we weren’t on the road so much and when we came back, we wanted to be twice as good as before. People are now more relaxed and can go out and have some great fun.”

Q: At the age of 15, you achieved international fame as “Herman,” lead singer of the legendary pop band Herman’s Hermits. Classic hits include “I’m Into Something Good,” “Mrs. Brown, You’ve Got a Lovely Daughter,” “There’s a Kind of Hush (All Over the World)” and “No Milk Today.” Herman’s Hermits have sold over 52 million recordings; in all, 14 singles and seven albums went gold. Peter, what makes you still want to tour and perform?

Noone: It’s what I do, I’m in a band, I’ve been performing at a private party for the folks at Sirius one day, just me and my guitar, and the folks thought I would be a good host for a show on Saturdays. People liked listening to me tell fun stories about the time period and it all seems to work.

Q: Of all your huge hits, which one is your favorite?

Noone: “I’m Into Something Good” and on some other days it’s “There’s a Kind of a Hush All Over the World.”

I’m happy to be coming to Peekskill, I have been there before, great fans there, the concert should be a lot of fun.

For tickets and more information about Friday’s show, visit www.paramounthudsonvalley.com.
**Separation agreements. Custody signature required. Poor person divorce papers prepared. Only one ATTORNEY AARON at 914-235-0302**

- **Coins, watches, gold, comics, cameras, records, instruments, silver, sculpture, jewelry books, paintings, antiques, furniture**

---

**ONLINE BIDDING ONLY** NOV 5TH – NOV 22ND at 11AM(ET)

- Uncontested DIVORCE $389
- Most Cash Paid
- Auto Collection 250 CARS SHALL SELL AT ABSOLUTE AUCTION!
- Call 914-864-0878 or e-mail Inventory will be posted online November 5th
- Collection Location: New York Mills, NY

---

**FREE 7 Year Extended Warranty** To qualify, consumers must request a quote, purchase, install and activate the
Subject to Credit Approval
Special Financing Available
877/hyphen.case516/hyphen.case1160

---

**FREE 200 OFF**

---

**Wheels For Wishes!**

---

**Regain Your Independence!**

---

**Généra**

---

**PHARMACY**

---

**MAJOR AUTO COLLECTION AUCTION**

---

**TODAY’S VIDEO**

---

**NOTICE OF PUBLIC HEARING**

---

**MEDICAL BILLING!**

---

**EDUCATION / CAREER TRAINING**

---

**HEALTH**

---

**VIAGRA & CIALIS!**

---

**MISCELLANEOUS**

---

**BEST SATELLITE TV**

---

**NOTICE OF PUBLIC HEARING**

---

**continued on page 26**
What Happens if I Sell My Parent’s House While They Are on Medicaid?

Besides being a health and wellness issue, long-term care is also a housing issue.

If your loved one is on Medicaid but unable to continue living in their home, a family may decide to sell the house. Under the existing rules for community-based Medicaid home care, or ALP Level 3, whether a parent moves in with an adult child, rents an apartment or joins an assisted living facility, the house could be sold and the proceeds transferred to the family or a Medicaid irrevocable trust without a penalty.

It gets trickier with respect to nursing homes. Admission to a nursing home designates the person’s house as an available resource for Medicaid purposes unless an intent to return home letter is included in the Medicaid application. This letter is designed to inform Medicaid that the applicant does not wish to stay in the nursing home permanently. Their desire is to live and recuperate at home.

Medicaid allows a six-month window to exempt the person’s house from becoming an available resource. During those six months, either the person is able to return home or not. If not, the house can be sold and the proceeds can be partially protected with a Medicaid-approved promissory note. Promissory notes, in a Medicaid context, utilize a combination of a gift and loan that can save about half of the proceeds while the other half is used to pay the nursing home along with their regular income during the penalty period created by the gift.

New Medicaid transfer regulations in New York will take effect in 2022. These new rules will impose transfer penalties for home care and ALP Level 3 Medicaid applications starting Jan. 1. This means that Medicaid applicants filing after Jan. 1 may have to use promissory note planning to sell a house while under any type of long-term Medicaid care program.

Understanding how penalties are calculated is very important. The 2021 regional Medicaid rate for Putnam County, for example, is $13,206. Regional rates reflect the average nursing home cost in a specific region of New York State. This regional rate is divided by the total dollar amount of resources gifted or transferred to a person or trust within the look-back period. (The look-back period is five years for nursing homes and will soon be two-and-a-half years for home care and ALP Level 3.)

Let’s say a parent’s house is sold and after the mortgage is paid and the proceeds transferred to a person or trust within the look-back period, the proceeds would be protected.

New Medicaid transfer regulations in New York will take effect in 2022. These new rules will impose transfer penalties for home care and ALP Level 3 Medicaid applications starting Jan. 1. This means that Medicaid applicants filing after Jan. 1 may have to use promissory note planning to sell a house while under any type of long-term Medicaid care program.

Promissory notes can reduce the penalty period while providing a partial gift of the proceeds.

Contact the professionals at Sloan & Feller today to review all of the Medicaid law changes and how they impact a recipient’s residence.

Alan D. Feller, Esq. is managing partner of Sloan & Feller Attorneys at Law, located at 625 Route 6 in Mahopac. He can be reached at alandfeller@sloanandfeller.com.
As a Roman Catholic – and a wine writer – I haven’t given much thought to the wine that is consumed at mass during the sacrament of the Eucharist. This past week I recalled a conversation with our parish priest several years ago about sacramental wines, and, in the face of COVID-imposed wine abstience for congregants at mass, decided to offer my thoughts to you.

For Catholics, one of the fundamental precepts underlying their faith is the transformation during mass of bread and wine into the body and blood of Jesus. This transubstantiation has formed the basis of their faith since Christ performed this miracle at the Last Supper. However, the history of the underlying wine used in this consecration is not widely discussed. Certainly, there are religious laws that define how a particular wine qualifies for this sacrament of the Eucharist. Ancient Egyptians, Greeks and Romans cultivated grapes and produced wine as an alternative to contaminated water in their daily lives and as a celebratory beverage for special occasions. Each civilization created wine to conform to their particular palates.

This meal became a religious focal point of Christians as they and their religion spread across the ancient world. The wine itself did not improve much; the respect for it grew, as a religious symbol of Christianity and the belief in the role of sacrifice – temporary (?) COVID impacts notwithstanding.

And so it was for centuries. Then the perspective of wine for Christians changed forever at Christ’s Last Supper when he engaged in the Passover meal of the time, including sharing wine with friends. This meal became a religious focal point of Christians as they and their religion spread across the ancient world. The wine itself did not improve much; the respect for it grew, as a religious symbol of the underlying tenet of Christianity. And so the quality of wine remained unchanged for centuries – until the European monks took the scene in the Middle Ages, especially in France and Spain.

They became experts in cultivating a more refined and pure wine that was pleasing to them and their spiritual subjects. They owned and developed properties that today are considered several of the premier wine growing areas in the world. The French monks toiled in Burgundy, the Loire Valley and the Rhone Valley. The Spanish monks ventured to the New World, planting grapevines and cultivating wine production in South America and all along the Pacific Coast as far as northern California. The highly regarded wines produced in these regions today are root in the toil and sweat of those European monks.

All of this for the sake of having ample supplies of sacramental wine for themselves and the masses at mass.

For some reason, along the way, the participation of church congregations in receiving consecrated wine at mass declined and then disappeared. Also, along the way, another sea change occurred – the Reformation. This schism divided Christianity and the beliefs in the role of wine.

It wasn’t until Vatican II in 1962 that Roman Catholics once again could partake of both the body and blood of Christ at mass. Here in the 21st century, Christians of the Western and Eastern churches, as diverse as they may be, continue to consume wine in their celebration of Christ’s sacrifice – temporary (?) COVID impacts notwithstanding.

This now brings me to a more specific focus of my discourse. What wine did Christ likely consume at the Last Supper? What type of wine do we consume at mass in the 21st century?

Alas, the limitation of space on this page requires me to defer discussion until next week.

Nick Antonaccio is a 45-year Pleasantville resident. For over 25 years, he has conducted wine tastings and lectures. Nick is a member and program director of the Wine Media Guild of wine journalists. 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.
Bethel Springvale Inn
Westchester’s Best Value in Assisted Living

To Thank You For Your Service

Veteran’s Special Rate
( Move-in by 12/30/21)
$3,500 rent per month;
includes basic services

Call Jonathan at
914-739-4404 x 2204

Bethel Springvale Inn Assisted Living offers:

- 24 hour on site nursing
- Restaurant style meals
- Personal Emergency Response System
- Events, activities and more
- Personalized care levels for your comfort & safety

62 Springvale Road, Croton-on-Hudson, NY 10520
914-739-4404 — Bethelwell.org

Mt. Pleasant
Democratic Slate
LEADERSHIP THAT WORKS FOR YOU!

VOTE!
NOVEMBER 2ND
EARLY VOTING: OCTOBER 23 - 31

Our diverse and experienced slate is the right choice to represent ALL of Mount Pleasant and ensure our town has the highest quality leadership possible!

2597 Rt. 22 Patterson
PattersonAutoBody.com
845.878.3456
A Bridge Walk to Remember as Kristallnacht Anniversary Nears

By Grace Bennett

Two sister organizations devoted to Holocaust education – whose programming promoting tolerance typically take place from opposite sides of the Hudson River – are collaborating to present Kristallnacht: Bridge Walk to Remember, a solidarity walk on the Gov. Mario M. Cuomo Bridge to commemorate the 83rd anniversary of Kristallnacht.

The walk this Sunday, Nov. 7, starting at 9 a.m. is co-sponsored by the Holocaust & Human Rights Education Center (HHREC) and the Holocaust Museum & Center for Tolerance and Education. It is to remember and honor the victims, survivors and rescuers of the Kristallnacht pogroms and the Holocaust.

"Just as we will be taking in the beauty of the Hudson River, we can also remember back to 1938 when synagogues and storefronts of Jews were broken into and burned down," said Millie Jasper, executive director of the HHREC in White Plains.

The Holocaust Museum recently opened at Rockland Community College.

"Participants may walk some or all of the Gov. Mario Cuomo bridge, however far they wish," said Jasper, in remembrance of the terrible events which transpired between Nov. 9 and 10 in 1938, oft referred to as “Night of Broken Glass.”

As a child of survivors, I plan to walk, too. My dad, Jacob Breitstein (who passed away at 97 in 2019) survived Auschwitz and the Holocaust but his mother and four siblings were killed.

My father references Kristallnacht in the opening to his unpublished memoir when he comes upon a group of destitute deportees from Germany in his hometown in Lodz.

"Last week I was a wealthy man in Germany, and this line I’m standing in is a soup kitchen! The Germans came into my store, told me to go outside, put me on a train, and here I am. I couldn’t comprehend what happened. It must have been Kristallnacht.”

Kristallnacht is notorious for the solidifying, if you will, of a nation’s descent into total madness and for the continuing downward spiral toward the massive destruction of the Holocaust. But it’s erroneous to think of Kristallnacht as some sole trigger of the Holocaust, explained Steve Goldberg and Julie Scallero, HHREC’s co-directors of education during a discussion about Kristallnacht.

“From Kristallnacht, yes, the Nazi agenda begins to accelerate, and less than a year later, we have World War II,” said Goldberg. “But Nov. 9 was not an arbitrarily selected date, either. The Kaiser abdicates on Nov. 9, 1918, as Germany loses World War I. On Nov. 9, 1923, Hitler’s smaller Nazi party fails to overthrow the government in Munich and Hitler is sent to prison where he writes ‘Mein Kampf,’ the rantings of a madman, and is eventually released.”

“Kristallnacht was thus very calculated,” said Goldberg, which was revenge against Germany’s losses and Nazi failure.

The breaking, burning, beating and murdering took place all over Germany and in Nazi-occupied territories in Austria and Czechoslovakia, too.

The deportations “were a foreshadowing, with so many Jews being put on trains, and dropped callously at the Polish border, told to get out,” said Scallero.

One such victim of the deportations sent word to her son in Paris of their family’s urgent plight. Infuriated, Herschel Grynszpan, made his way to the embassy in Paris, where he shot a German diplomat, Ernst vom Rath, who soon died. Soon after, Joseph Goebbels, propaganda minister for the Nazi regime, greenlighted the pogrom carried out by the Sturmarteilung (SA) aka the “Brown Shirts.”

And so, we remember.

To mark Kristallnacht, the Congregation B’nai Yisrael community and seventh-graders who are studying the Holocaust are having a conversation on Wednesday, Nov. 10 via Zoom with Hannah Deutch, member of the HHREC Speakers Bureau.

Hannah experienced Kristallnacht as a young child in Germany.

On Nov. 14, the HHREC will present “Holocaust Memory and Racial Healing” via Zoom featuring Susan Neiman, director of the Einstein Forum and author of “Learning from the Germans: Race and the Memory of Evil.” The event is free and open to the public. To register and receive a link, write to sgoldberg@hhrecny.org.

For more information about Kristallnacht: Bridge Walk to Remember, contact the HHREC at 914-696-0738 or mjasper@hhrecny.org or visit www.hhrecny.org. You may also contact the Holocaust Museum & Center for Tolerance and Education at 845-574-4099 or visit www.holocauststudies.org. Registration to the walk, which begins on the Westchester side, is limited to 75 participants.

Grace Bennett is a Chappaqua resident and publisher and editor-in-chief of The Inside Press.

---

**Shop and Dine Cortlandt**

Our Shop and Dine and Do Business in Cortlandt and the Villages of Buchanan and Croton-on-Hudson is a month-long event during November to show support for our businesses by shopping local. Present the coupon (either paper copy or digitally) to receive special offers and discounts. A free reusable shopping bag will be available at the Town Hall security desk and participating businesses while supplies last.

**Below is a list of participating businesses**

- Bennett Conservatory of Music
- Body Wisdom Massage Studio
- Bracelets By Gabriella
- Capriccio Pizzeria
- Chris Caulfield—CruiseOne
- Conte Electric
- Cortlandt Farm
- Croton Running Company
- Deprez Wines & Spirits
- Feed the Birds!
- Glaser Orthodontics
- Guacamole Restaurant
- Gymnastics City
- Hudson River Dental
- La Villetta Pizza & Pasta
- Mad Hatter Chimney Sweep
- Milk & Bull
- Miracle Home Improvement
- Nella’s NutriBar
- Pete’s Painting, Sheetrock & Plaster Repair
- Pronto Printer
- Reasonable Locksmithing
- Rob’s Poultry & Farm Supplies
- Salon M
- Simon Boyar School of Drums and Percussion
- The Dance Conservatory
- The Edge VR
- The Green Growler Craft Beer Bar & Bottle Shop
- Universal Healing Arts
- Valvoline Instant Oil Change
- Van Wyck Wines and Liquors
- Zio’s Italian Deli

*Additional businesses may be added. Please visit townofcortlandt.com/ShopDine, our Facebook page at facebook.com/TownOfCortlandt and Instagram @townofcortlandt for details and updates.*

If you have any questions or your business would like to participate, please call (914) 734-1002.

---

**Coupon**

Present this coupon to redeem discounts during “Shop and Dine Cortlandt.”

**November 2021**

**May be used more than once.**

Sponsored by:

- The Town of Cortlandt
- The HV Gateway Chamber of Commerce

---

**Shop and Dine Cortlandt**

Support your local businesses.
Feeding Westchester Launches Plan to Combat Holiday Season Hunger

As the number of residents in need of food in Westchester County remains well above pre-pandemic levels, Feeding Westchester is announcing its “Meals and Hope for the Holidays” campaign to inspire the community to support hunger relief through the upcoming holiday season.

The cost of necessities – such as food, oil and gasoline – continues to rise and food shortages are leading to steeper price increases. Since the start of 2020, prices of meat, poultry, fish and eggs are up 15 percent.

In response, Feeding Westchester is launching this end-of-year campaign to highlight ways the community can ensure their neighbors have food on their tables in the coming months and beyond.

Ways to get involved and provide food for your neighbors in need during the months of November and December include:

• Fill a Truck: Donate funds to fill one of our delivery trucks with nearly 40,000 meals.
• Start a Fundraiser: Encourage your network of family, friends and colleagues to support your efforts and contribute to hunger relief in Westchester.
• Donate Food: Collect and donate food to our Holiday Food Drive, which will then be distributed directly to children, seniors and families across the county.
• Help from Home: Make Holiday Help from Home meal bags filled with side dish staples and dessert treats.
• GivingTuesday: Join us on Facebook for our GivingTuesday fundraiser, where your donations could be matched for an even greater impact for our hungry neighbors.

“This holiday season, many of us look forward to reuniting with family and friends, spending time together and gathering around the table for a shared meal,” said Karen Erren, president and CEO of Feeding Westchester. “But for hundreds of thousands of our neighbors right here in Westchester, hunger doesn’t take a break during the holidays. With food supply shortages and rising costs of heating oil, gasoline and food, dollars are being stretched more thinly for our neighbors in need.

Learn more about how you can give back this holiday season at feedingwestchester.org/holidays.

Every $1 donated to Feeding Westchester provides up to three meals for local children, seniors and families struggling with hunger.

To find help, or to give help, visit feedingwestchester.org or call 914-923-1100.

For the latest news and updates, follow @FeedingWestchester on Facebook, Instagram, LinkedIn and @FeedWestchester on Twitter.

Crossword Answers

Kent Town Supervisor Maureen Fleming endorses TEAM KENT

• New leadership
• The right team for Kent’s future
• Innovative and realistic plans
• Continue the progress

Kathy Kahng for Kent Town Supervisor
Anne Campbell for Kent Town Board

Simon Carey for Kent Town Board

TeamKentNY.com Paid for by Maureen Fleming for Supervisor
ELDER LAW, ESTATE PLANNING & SPECIAL NEEDS ATTORNEY

Plan Today For Tomorrow
Salvatore M. Di Costanzo, ESQ.
a partner with the firm Maker, Fraga & Di Costanzo, LLP.

Practice areas primarily focused on:

- Medicaid Trusts
- Revocable Trusts
- Planning for Home Care
- Planning for Nursing Home
- Special Needs Trusts
- Wills, Powers of Attorney
- Medicaid Applications
- Guardianships
- Asset Protection Planning
- Estate Probate and Estate Administration

Recognized as "Lawyer of the Year" in the 2022 Edition of Best Lawyers
Selected since 2019 for inclusion of "The Best Lawyers of America" in the area of Elder Law
Selected since 2013 as a New York Metro Area Super Lawyer in the area of Elder Law
Past Chair of the Westchester County Bar Elder Law Committee
Member, New York State Bar Association Elder Law Section Executive Committee
Member, National Academy of Elder Law Attorneys

2074 Crompond Road
Yorktown Heights, New York 10598
Tel: 914-245-2440
Fax: 914-245-7403

251 Theodore Fremd Avenue
Rye, New York 10580
Tel: 914-925-1010
Fax: 914-925-1011

WWW.PLANFORTOMORROW.COM
WWW.MFD-LAW.COM
FACEBOOK.COM/PLANTODAYFORTOMORROW

CALL FOR A CONSULTATION TODAY AT 914-925-1010

In House Buffet Only!

At Rothman Orthopaedics, we are exceptionally specialized. We not only specialize in orthopaedics, each of our physicians only focuses on one area of the body so you can get past pain and be what you were.

RothmanNY.com | 866.855.5643

Rothman Orthopaedics

BE WHAT YOU WERE

CONVENIENT ONLINE SCHEDULING
This is Fun.

It feels good to make your body move.

Saw Mill Club has a wide range of fitness offerings from morning to night so you can get the workout you want with the time that you have.

Join Today, Commitment Free, and you’ll get:

2 Free Fitness Sessions  OR  2 Free Yoga Sessions  OR  One Month Free Childcare

Group Exercise | Yoga | Tennis | Swim | Cardio & Strength | Pilates | HIIT Factory
Luxury Locker Rooms | 10 Studios | Squash | Café | Steam & Sauna | Preschool | Childcare

914-241-0797 | 914-242-9760 | membershipteam@sawmillclub.com

Two award-winning locations in the heart of Mount Kisco.
One amazing experience.

SAW MILL CLUB
77 Kensico Drive
SAW MILL CLUB EAST
333 N Bedford Rd

www.SawMillClub.com
@SawMillClub #MySawMillClub