

Developer of Mariani Site Sues No. Castle Over Permit Extension Denial

By Martin Wilbur

The partnership that owns the former Mariani Gardens site in Armonk is suing the Town of North Castle after its request for a special use permit extension was denied in January.

Petitioner 45 Bedford Road LLC filed an Article 78 in state Supreme Court on Feb. 11, two days after representatives for the new development team last appeared before the Town Board.

On Jan. 12, the board denied a request for a third extension of the permit that was originally granted in October 2019 because officials said they wanted to re-examine traffic conditions near the site and that some nearby commercial property owners had been inquiring about potential residential

uses as a result of the COVID-19 pandemic.

Although a zoning change was also granted in 2019, the 43-unit residential project on the 4.1-acre property on Bedford Road never progressed to the Planning Board for site plan review because one of the partners, Mark Mariani, went into bankruptcy in early 2020. A settlement to pay off his 50 percent share of the mortgage was completed hours before the Jan. 12 denial.

The petition filed in state Supreme Court argued that the board's resolution to deny the extension was arbitrary and capricious.

"At no time did the Town Board identify empirical data that substantiated any genuine, real, permanent and/or material change in surrounding circumstances or

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Mt. Kisco Delays Decision on Cell Tower Relocation, Eminent Domain

By Martin Wilbur

The Mount Kisco Village Board delayed making decisions last week on whether to launch eminent domain proceedings for a key 25-acre parcel and relocate a cell tower proposed for that land to Leonard Park.

Officials entertained more public discussion on the separate but related issues at the board's Feb. 23 meeting as matters regarding a cell tower and solar farm proposed for the property at 180 S. Bedford Rd. continued to unfold. Applications for both projects are currently before the village's Planning Board.

During the eminent domain hearing, opponents of the cell tower and solar farm, many of whom have spoken of the environmental sensitivity of the land, urged

the board to consider both actions. However, a petition signed by 13 residents and two of three letters that were received as of last week by the village opposed eminent domain, said Mayor Gina Picinich.

"This tool cannot be used because some people oppose a proposed use on a property," Picinich said. "It's not a tool that's supposed to be used to stop a project. It is a tool to be used for the public good, for the land to be used for the public good, and in our case, in our instance, the public good is open space and parkland to be opened for our community."

Mount Kisco is obligated to site a cell tower on the eastern side of the village to close cell phone coverage gaps along the Route 172 corridor. In 2020, Homeland

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Bobcat Bounce Back

Byram Hills seniors Bobby Chicoine, left, and Benny Rakower start to celebrate in the final moments of the Bobcats' 47-42 come-from-behind home victory over Eastchester in the quarterfinals of the Section 1, Class A boys' basketball tournament. For more details, see the sports pullout section.



ANDY JACOBS PHOTO

Westchester County Police Launch New Mobile Phone App

By Martin Wilbur

Westchester County is introducing a new mobile app that will provide residents and all visitors traveling into and out of the county important updates on emergencies, traffic and other information.

The app will be compatible with Apple and Android phones and will also furnish details about county police programs and services and connect users with officers in a new way.

"We are pleased now to have this new mobile app to give us another way to share information with and receive information from members of the public," said the county's Public Safety Commissioner Thomas Gleason.

Downloading the app, which can be purchased at the app store, will provide

users the ability to sign up for emergency notifications and traffic alerts; send feedback to the department, including compliments or criticisms; provide tips about criminal activity, quality-of-life issues or traffic conditions; receive information and links about how to obtain accident reports, submit Freedom of Information requests or apply for a pistol permit; and connect with division and unit commanders at county police headquarters as well as local precincts.

For those who live or work in Mount Kisco and Cortlandt, there will be designated pages so the local governments can send out emergency alerts and other local information. Mount Kisco receives all of its police services from the county while Cortlandt uses a hybrid model with the state

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Developer of Mariani Site Sues No. Castle Over Permit Extension Denial

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conditions," the litigation stated.

"It is well documented that from the approval of the Special Permit until the date the Town Board denied the extension, North Castle experienced the same world-wide pandemic that dominated the international economic conditions for the last two years," it continued. "During that time, Projects throughout Westchester County have sought and routinely received extensions."

Furthermore, the applicant's plans

remain identical to what was originally approved with no significant changes in the surrounding area, the lawsuit argued.

When representatives for the applicant appeared at a Feb. 9 work session, they appeared prepared to work with the town and informed officials they were finalizing a plan that would be similar to what the Town Board had already approved for the zoning change and special use permit.

Supervisor Michael Schiliro declined to comment on the litigation but said the applicant's decision to file an Article 78 was

their choice. He said town officials believed they needed to weigh impacts caused by the pandemic over the last two years.

"We encourage them to come back to the board and we already had that first work session and we raised particular issues regarding COVID impacts that just need a clear look, and it's up to the applicant to determine how they want to proceed as far as what they want to plan for the property," Schiliro said.

In the petition to the court, the developers are demanding the court annul and vacate

the board's Jan. 12 resolution; remand the matter back to the Town Board and direct it to grant the permit extension; and award them the costs and disbursements associated with the litigation.

The proposed luxury rental complex had received considerable opposition during the hearings for the zoning change and permit because some residents believed it was too large and out of character with the area, which is adjacent to the Bedford Road Historic District.

Mt. Kisco Delays Decision on Cell Tower Relocation, Eminent Domain

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Towers submitted the application for the South Bedford Road land.

The choices facing residents and the Village Board are whether to take no action on the proposed tower relocation and permit the Planning Board to continue its review of that application, or approve moving it to a largely secluded spot in the 116-acre Leonard Park. Homeland Towers has not appeared before the Planning Board for a full year as it has searched for alternative locations to the 3,200-square-foot space on the South Bedford Road property, which has received intense opposition.

If the Village Board approved relocation,

it would then be forced to replace the lost 4,550-square feet of parkland plus the roughly 550-foot-long, 12-foot-wide gravel access road leading to the tower at Leonard Park. The two options would be to use village-owned land on Kisco Mountain or acquire the 25 acres at 180 S. Bedford Rd. through eminent domain. The 25 acres are currently owned by an entity called Skull Island Partners, which paid \$1.5 million for the land in 2013.

Should the village go through with eminent domain and obtain the land it would also scuttle the proposed solar farm. The public hearing on that application was closed last Tuesday night by the Planning Board.

During last Wednesday's hearing, residents and interested parties mostly spoke favorably of considering eminent domain. Sarles Street resident Rex Pietrobono, who's the closest resident to the site about 280 feet away, urged the village to do what it can to acquire it so future generations can enjoy a network of trails that is planned for this and other properties.

"It's a beautiful property," Pietrobono said. "It's a gem. It's one of the, if not the last large tract, of undeveloped land in Mount Kisco. So this is a one-time shot at getting it. If you don't do it now, it's going to be gone forever."

Meadowbrook Lane resident Ralph Vigliotti said over the past two years more people have realized the importance of open space and preserving habitats than ever before.

"We're not planting trees, we're protecting trees so our children and our grandchildren and their children can sit in the shade, that we can slow down the urbanization of what we call our Village of Mount Kisco," Vigliotti said.

John Stockbridge, a member of the board of Marsh Sanctuary, which borders the land, said keeping the land as open space would be beneficial to Mount Kisco and its residents.

"You're preserving the character of the village, you're doing something that's excellent for the village and I'm very enthusiastic," Stockbridge said. "Anything that you need the Marsh Sanctuary to do and support, I'm there."

The only person to speak against eminent domain was Pine Street resident William Meyer.

"As a taxpayer of the Town of Mount Kisco, I find spending our open space budget on this is ill-advised," Meyer said. "I would not want my money to be spent in this way."

Picinich said there is currently about \$1.3 million in the village's open space fund, which wouldn't be enough for the purchase, requiring other sources of money to be obtained. A couple of weeks earlier the mayor said she would be opposed to borrowing to help pay for the parcel.

Cell Tower Relocation

There was a greater split during a later discussion on whether to make Leonard Park the site for the cell tower. After questions were raised as to whether the village could use the park for commercial purposes, Village Attorney Whitney Singleton explained that there are five deeds that stipulate the village may use the parkland if it is not being fully utilized as long as the

village exchanges at least comparable land.

The park was created on land donated by the Leonard family, who lived in the village for three generations starting in the 19th century, and the Wallace family, which owned the old Reader's Digest property in Chappaqua.

Lifelong Mount Kisco resident Louis Terlizzi said the village should honor the wishes of the family who donated the property to create the park. Also, the Bedford Historical Society, a party to the deed for the Guard Hill property, will not permit Homeland Towers to use the tower there.

"It sounds like you're looking for justification to violate the deed," Terlizzi said. "Bedford's not willing to do it; I don't see why Mount Kisco should."

Resident Kathy Feeney, a former Leonard Park Committee member, said it was clear that the intent of the Leonard and Wallace families was to preserve their acreage as parkland.

David Grant, the closest resident to the Leonard Park site at about 1,000 feet, said not only his viewshed would suffer, but others as well. The monopole would be about 130 feet tall.

"This is not just about the park, this is also about a number of houses, a number of families that will have a wonderful view of this tower," he said.

Singleton advised the board that with the closure of the public hearing for the solar farm and the Planning Board possibly faced with making a decision on the cell tower as soon as Mar. 22, the Village Board will have to decide on the matter soon. He said federal telecommunications law provides the village with little latitude since Homeland Towers has proved a coverage gap.

"These are not easy decisions, but the problem is they're not new either," Singleton said. "This is a process that has gone on for years and the applicant wants to keep the fire to your feet, the village's feet. They're willing to grant extensions if they're seeing progress."

The state legislature would have to approve the village's parkland alienation, which could take up to a year, he added.

Picinich said the Village Board wants to hear from more residents and encouraged the public to send their comments. The issues will be discussed again at the board's Mar. 7 meeting.

Westchester County Police Launch New Mobile Phone App

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police.

Mount Kisco Mayor Gina Picinich said being able to communicate with the public is crucial. She said the village would use the app for urgent or emergent situations.

"Communication is so vital, so providing another means to communicate with the people in our community is also an extraordinary benefit," Picinich said.

County Executive George Latimer said creation of a mobile app was among the suggestions made by Westchester's Police Reform and Reimagining Committee to

bolster the relationship between the police and community.

"The mobile app is just the newest tool that the Westchester County police is utilizing to interact with the people they protect and serve," he said.

Users of the app have the ability to receive all of its notifications or can sign up just to follow specific pages or topics once they download the app.

To have access to the mobile app, enter Westchester County PD in the app store search bar to locate and download it.

Pleasantville HS Blood Drive Set for This Thursday

Pleasantville High School and the Pleasantville Volunteer Ambulance Corps will hold a community blood drive on Thursday, Mar. 3 from 11 a.m. to 7 p.m. at the high school located at 60 Romer Ave. A donation to Feeding Westchester will be made on behalf of each donor.

The return of local blood drives should allow more people to donate in a convenient location and during convenient hours and help reduce often severe blood shortages. Whole blood

and red cell units will be collected from qualifying candidates. Donors from everywhere are invited.

COVID-19 protocols will continue to be followed. Donors will be required to wear a mask. To allow for sufficient social distancing and for planning purposes, appointments are preferred. Walk-ins will be admitted as long as distancing requirements can be followed.

For information regarding eligibility, call 800-688-0900. To schedule an appointment, call 800-933-2566.

Hochul Lifts Mask Mandate for Schools Starting Wednesday

By Martin Wilbur

Gov. Kathy Hochul is lifting the mask mandate for schools throughout New York effective this Wednesday after statewide COVID-19 cases have fallen to their lowest levels since last summer.

Hochul not only cited the drop-off in cases and hospitalizations as justification for dropping the mandate, but the progress in getting children and teenagers vaccinated. It also came after last Friday's recommendation from the Centers for Disease Control, which stated that masks can be taken off in public indoor places in low to moderate risk areas, which currently covers about 70 percent of the U.S. population.

Despite growing pushback from some groups of parents throughout the state and locally against the requirement, the governor thanked schools, parents and students for their patience until the latest outbreak waned.

"We stand together as a state," Hochul said. "This is a difficult time. It's a lot of people questioning what we're doing but I always had that sense that if we stick with the experts and the data and let that be our guide and not let criticism and politics intervene in our decision making, we'll end up in the right place."

Saturday's statewide infection rate was 1.7 percent and the seven-day rolling average was 1.9 percent, which followed Friday's infection rate of 1.9 percent. It marked the first days that both numbers were under 2 percent since July 23, 2021, according to the state's COVID-19 tracker.

On Jan. 2, the positivity rate spiked to 23.2 percent, the peak of the Omicron variant. Five days later there were just over 90,000 new COVID-19 cases in one day statewide. On Saturday, there were 1,617 new cases, a 98 percent drop.

Hochul said the two-day delay for the end of the mask requirement was a result of students in most districts returning Monday from the week-long winter break and providing parents and school officials the time to get updated on the developments.

The dropping of the mandate also includes pre-school children. Families can choose to have their children still wear masks at all grade levels, the governor said.

"This is also up to parents," Hochul said. "Individual parents have their own knowledge of their own children. They know their own children's health, they know their tolerance for the mask, they know if they have an underlying health condition. They could want to keep the masks."

Counties and cities can continue to choose to require students to wear masks if officials believe it is warranted, she said.

Masks will still be required for state regulated healthcare settings, adult care facilities and nursing homes, correctional facilities, homeless shelters and domestic violence shelters and public transportation. However, Hochul said she has called for a review of case trends in all of those settings, and if risk has diminished, there could be an easing of the mask requirement in those locations as well.

A couple of hours before Hochul made her announcement, the latest local anti-mask rally was held on Main Street in Armonk,

where a crowd of close to 150 people held signs and harshly criticized the ongoing requirements.

They were joined by former Westchester County Executive Rob Astorino, who is running again for governor. He called on parents to have their children defy the regulations when schools reopen on Monday. He said students have been forced to wear masks to their own detriment and there has been no proof that they work.

"This should have been over months ago," Astorino said. "There's no justification for it, there's no scientific reason. The studies are unequivocal and the proof is if everyone is masking up, which is what they were supposed to be doing, and yet it didn't stop

the spread (and) neither did the vaccinations, then what are we doing?"

New York State United Teachers President Andy Pallotta applauded the governor on how she has handled the matter.

"We welcome this step toward normalcy," Pallotta said. "The governor is striking the right balance by empowering local officials to use data to determine if and when the mitigation strategies need to change in their areas. As the guidance changes, one thing must remain constant: It's essential that districts work closely with educators to ensure there is confidence in their health and safety plans."

On Feb. 9, Hochul had announced that the state would reassess when schools reopen



MARTIN WILBUR PHOTO

Hours before Gov. Kathy Hochul announced the end of mask mandates in schools starting Wednesday, those against the ongoing requirement rallied in Armonk on Sunday.

following the Presidents week break.

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Harckham Announces Run for Third Term in State Senate

By Martin Wilbur

Two days before New York's petitioning period began for the 2022 elections, state Sen. Peter Harckham (D-Lewisboro) announced Sunday he was running for a third term in the state legislature.

Harckham, 61, will be running in the newly-configured 42nd Senate District. New municipalities that he would represent are White Plains, North Castle and Bedford in Westchester County and Putnam Valley and Kent in Putnam County. Should he win, he would no longer represent Mount Pleasant, New Castle and Mount Kisco.

He announced his 2022 candidacy in a Sunday morning video on his Facebook page.

"The last two years have been incredibly difficult for all of us," Harckham said in a statement. "But I am proud to say that my team and I have been with you every step of the way. There's much more to be done, and I am ready for the challenges ahead."

Harckham is chair of the Senate Committee on Alcoholism and Substance Abuse, where he has introduced more than 40 bills dealing with substance use disorder and combating the overdose crisis.

Priorities for a second term would be to

continue fighting the opioid crisis, expand pre-K to every school and to make sure that school districts and students are not shortchanged Foundation Aid, he said on Facebook.

Previously, he worked to make the 2 percent property tax cap permanent, fought to pass the toughest climate protection legislation in the nation and was a leading voice to hold the utilities accountable following failed responses to natural disasters. Harckham also had 16 of his bills signed into law in 2021.

Since the onset of the pandemic, he has held multiple food drives throughout the 40th Senate District, which he

now represents, assisted thousands of residents with unemployment claims and delivered PPE to first responders and municipalities.

It is unclear at this point whether he would have any Democratic challengers. It is expected the Republicans will run an opponent. In 2018, Harckham defeated incumbent senator Terrence Murphy and two years later outlasted former Westchester County Executive Rob Astorino. Both races were by nearly identical 51-48 margins.

Harckham previously served seven years on the Board of Legislators, from 2008 until 2015.

Student Found at E.F. Academy Died of Apparent Suicide

Mount Pleasant police reported last week that a 17-year-old male student at E.F. Academy in Thornwood who was found dead in his dorm room less than two weeks ago died in an apparent suicide.

Mount Pleasant officers found the body of Claudio Mandia of Salerno, Italy deceased on Feb. 17 after a 911 call for a suicidal person came from the elite international boarding school at 582 Columbus Ave. at 9:37 a.m., police said. His death appeared to be by hanging.

The first responding officers were led by

school staff to a dormitory room attached to the main building. Upon entry to the room, the officers discovered Mandia.

Police said Mandia's parents were arriving in the United States from Italy the same afternoon for a scheduled trip to visit their son, reportedly to celebrate his upcoming 18th birthday. At about 3 p.m., they were met at John F. Kennedy International Airport in Queens by a Mount Pleasant Police Department representative and E.F. Academy officials to inform them of their son's death.

An investigation was immediately launched, police said. The Mount Pleasant Police Department Detective Division had processed the scene and the Westchester County Medical Examiner's Office was notified and later performed an autopsy.

Mount Pleasant police said the department is being assisted by the Westchester County District Attorney's Office and the cooperation of E.F. Academy and the Mandia family.

— Martin Wilbur

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Latimer: Westchester is Safer Today Than Four Years Ago

By Martin Wilbur

County Executive George Latimer unveiled statistics last week showing sharp drops in all major crime categories over the past four years in Westchester.

In a comparison of the first nine months of 2021 with the first nine months of 2017, Latimer noted that eight major index crimes – defined by the FBI as willful homicide, forcible rape, robbery, burglary, aggravated assault, larceny over \$50, motor vehicle theft and arson – fell by 26.5 percent.

Violent crime dropped 27.6 percent and property crime went down 26.3 percent.

He did not include the final quarter of last year because those statistics were not yet available.

“What you see in some places around the state, crime increasing, is not happening in Westchester County,” Latimer said. “Crime is continuing to drop and I credit all the brave men and women in uniform for this positive trend.”

Latimer’s presentation of the statistics came a few weeks after a highly publicized video of a smash-and-grab at the Louis Vuitton store in The Westchester in White Plains. That incident prompted concerns among some residents that the crime surge in New York City may take hold in Westchester.

It has also been referenced by some political players who may be looking to put county leadership and some elected officials in an unflattering light, said Latimer, who



County Executive George Latimer trumpeted a significant decrease in crime in 2021 last week compared to the same nine-month period in 2017.

was uncharacteristically blunt in calling out critics.

“The perception is maybe based on what you see in a video,” Latimer said. “It may also be based on those people who want to sell you a philosophy. They will try very hard

to look at these numbers and reinterpret these numbers somehow in order to try and keep their narrative alive. But the narrative is not correct; the narrative is incorrect and if you purposely advance a narrative that you know is incorrect then you’re lying, you’re purposely lying.”

Thomas Gleason, the county’s commissioner of public safety, said that preventative policing by the county police in conjunction with local law enforcement agencies, community policing and the use of the county’s Real Time Crime Center has made Westchester safer.

“The combined efforts of all our law enforcement agencies in the county, working collaboratively, is a huge reason for this large reduction in major crimes,” Gleason said.

Latimer also seemed to be alluding to critics, some of whom have tried to link Democratic elected officials with being soft on crime. He said the county is spending \$52.8 million this year to pay for the county police and related law enforcement services.

Statistics cited in the presentation were provided by the New York State Department of Criminal Justice Services.

Free Tax Preparation Services at Hart Library

The John C. Hart Memorial Library in Shrub Oak will offer free tax form-preparation assistance with preference for senior citizens through Apr. 11.

Certified volunteers from AARP will provide tax-preparation services on Mondays between 9:30 a.m. and 2 p.m. The tax-preparation sessions are by appointment only; walk-ins will not be accepted.

No visit is required if patrons are able to scan their documents

at home and e-mail them to the volunteers. However, this season volunteers can also prepare tax returns offsite if patrons come to the library one time for scanning documents and return a week or two later for completing the process and picking up a copy of the finished return.

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Cortlandt Sisters Qualify for U.S. Synchronized Skating Championships

By Rick Pezzullo

Two sisters from Cortlandt have qualified to compete this week at the U.S. Synchronized Skating Championships in Colorado Springs, Colo.

Gisela Norton, 14, a student at Walter Panas High School, and Larena Norton, 12, a Copper Beech Middle School student, will be taking part in the national championships starting Wednesday.

The daughters of Cortlandt Town Justice Maritza Fugaro-Norton earned their first trip to perform on the biggest stage after their performance at the Eastern Synchronized Skating Sectional Championships in Norwood, Mass. on Jan. 28 as members of Image Synchro.

"They are very excited for this opportunity, and to be able to share it together," said their

proud mom, who was a competitive pairs skater in the past.

Gisela and Larena, skating on the Juvenile line, performed a "hero" routine and were awarded their highest score of the season and a third-place bronze medal in Norwood. Gisela also performed a Michael Jackson-themed medley on the Intermediate line and the team finished first out of 13 teams, earning them a gold medal and the title of Eastern Sectional Intermediate champions.

Fugaro-Norton said her daughters have been skating synchro since 2016. They train individual freestyle skating before or after school during the week at the Westchester Skating Academy in Elmsford and with Image Synchro on the weekends at the Ice House in Hackensack, N.J.

Besides getting some skating genes from



Sisters Gisela and Larena Norton, both part of this skating team, have advanced to the U.S. Synchronized Skating Championships, the biggest stage in their sport.

their mom, Gisela and Larena's aunt was a dancer and their younger brother is a hockey player with the Westchester Vipers.

Loosen Your Belt a Notch for Mt. Kisco Chamber's Winter Restaurant Week

We know that Kisco loves to eat and our local restaurants always impress even the most discriminating palates. The village is filled with an abundance of fine eateries offering an array of authentic ethnic fare, American casual and fine dining options as well as, simply said, some great home-style cooking.

During Mount Kisco's Winter Restaurant Week, happening Mar. 7-13, the Mount Kisco Chamber of Commerce (MKCC) is showcasing the village's top eateries. This overstuffed week-long culinary celebration encourages foodies

to indulge and perhaps try a new spot or sample new dishes at one of their perennial favorites.

Not to squash culinary creativity, the MKCC Restaurant Week format allows each participating restaurant to offer dishes and drink specials unique to their establishment without the requirement of a prix fixe menu. MKCC Restaurant Week's goal is to support local restaurateurs, large and small, and to share the love of the fabulous fare being served daily within the community.

Restaurant Week participants include:

- Exit 4 Food Hall
- Badageoni Georgian Kitchen
- Mt Kisco Seafood
- Kisco River Eatery
- Mast Market
- Monarca Restaurant
- Stone Fire
- Locali Mt Kisco
- Village Social
- Mimi's Coffee House
- The Turk
- Tamarindo's Fiesta Latina

- Dinh Dinh
- Sette E Venti by Gianfranco
- Mario's Pizza & Pasta
- Lexington Square Café
- La Camelia Tapas Bar & Restaurant
- Frannie's Goodie Shop
- The Hub Restaurant at Hotel MTK
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- Bagel & Bean Café
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James Seeks Explanation From Con Ed on Skyrocketing Electric Bills

State Attorney General Letitia James took action Monday to protect consumers from unexpectedly high energy bills from.

In a letter to the utility, James requested an explanation for the unexpected spike in bills last month that affected thousands of New Yorkers, primarily in New York City and Westchester County. Some consumers reported bills that were three times greater even though their consumption remained the same.

"Hardworking New Yorkers shouldn't have to make sacrifices to keep the lights on or to stay warm during the coldest months of the winter," James said. "My office is calling on Con Edison to explain the unexpected increases in last month's bills that affected thousands of New Yorkers. We are also demanding that the company communicate rate increases early on

so New Yorkers know what to expect when they open their energy bill. Utility companies have a responsibility to make sure consumers' bills are fair and accurate, and my office is determined to hold them to that standard."

One customer saw their bill jump from around \$200 in December to more than \$400 in January. Others have stated that the sudden change on their bills could not be explained by increased energy use alone. Consumers have also stated that they received no advance warning from Con Edison about the rate increase.

For many consumers, the increase is so large that they may have difficulty meeting their monthly expenses.

"Westchester residents should not suffer – in the middle of the winter when they need electricity and heat the most – at the hands

of Con Edison and choose between keeping the lights on and other necessities," said Westchester County Executive George Latimer. "Utility bills must be fair and accurate, and I applaud Attorney General James for her leadership in holding the utility accountable."

State Sen. Peter Harckham (D-Lewisboro) earlier this month pressed both Con Edison and NYSEG to make the information on the energy easier to read and understand and communicate the most stable options that are available for those on fixed incomes.

"I appreciate Attorney General James asking for an explanation into these unprecedented billing spikes as well, and I look forward to possible corrective measures to be set in place as soon as possible," Harckham said.

"The recent spike in residents' Con Ed bills is both painful and distressing," added Assemblywoman Amy Paulin (D-Scarsdale). "While I understand that Con Ed isn't responsible for the recent spike in the price of natural gas; there are steps they can

For anyone having trouble paying their gas or electric bill, they can reach out to the local utility provider to see what kind of assistance might be available. Con Edison customers can learn about their options at www.coned.com.

New Yorkers can also submit a complaint to the attorney general's office online at www.ag.ny.gov or by calling 800-771-7755 to have a complaint form sent to them via mail.

Cars for Coats

Warm winter coats for children in need were distributed to White Plains charities as part of the Greater New York Auto Dealers Association's annual coat drive for kids. The campaign raised \$90,000 for new coats that will be distributed throughout Westchester and Rockland counties, New York City and Long Island.



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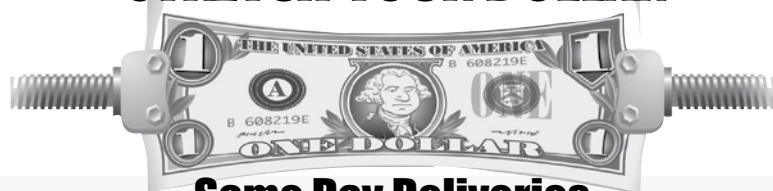
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Westchester Residential Opportunities Founder Beilenson Dies at 85

By Martin Wilbur

Nick Beilenson, a civil rights activist and book publisher who was the founder of Westchester Residential Opportunities (WRO), which promoted equal, affordable and accessible housing in the county, died from complications from COVID-19 on Feb. 22. He was 85.

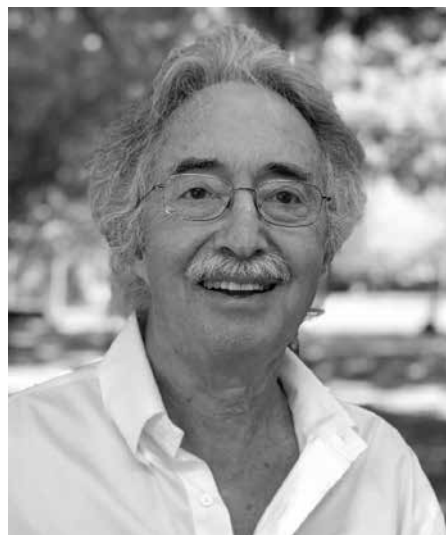
Born on Nov. 6, 1936, and raised in Mount Vernon, Beilenson attended AB Davis High School and Andover Academy before earning his undergraduate and law degrees from Harvard University. He married Evelyn Loeb of New York City in 1959, and together they raised three children while living in Yonkers, New Rochelle and then White Plains.

Beilenson began his career as a corporate lawyer in New York City. Inspired by television images of the civil rights movement in the South, he set aside his legal career in 1968 and founded WRO, a nonprofit organization focused on pressuring enforcement of the federal Fair Housing Act and integrating Westchester neighborhoods.

More than 50 years later, WRO continues to promote equal, affordable and accessible housing opportunities for all residents in the county.

Those who worked with him at WRO remembered Beilenson last week as a man who was dedicated to his vision of making inroads into segregation and the lack of affordability in Westchester County.

Longtime WRO board member Gretchen Flint said Beilenson worked closely with IBM, which had moved its headquarters



Nick Beilenson

to the county a short time earlier. Many of its minority employees were prevented from moving into neighborhoods while others had trouble finding affordable living arrangements.

"Nick really inspired other people to get involved in his projects and it was very hard to say no to Nick, and I'm not the only person to tell you that," Flint said. "That was one of his gifts, the enthusiasm for the work was really inspiring and that was contagious."

Board member Alan Wolfert said he was recruited by Beilenson to serve WRO in 1991 while a real estate lawyer for IBM. Wolfert said he developed an appreciation of Beilenson's dedication to WRO's mission.

Rather than taking the conventional path of a Harvard Law graduate, Beilenson's passion for making life better for others in the community who were deprived of fair housing opportunities because of the color of their skin guided his energies.

"Because of Nick's passion and determination over 50 years, WRO has successfully advocated for legislation and policy changes that changed many lives for the better," Wolfert said. "He made this world a better (place) for many and inspired me to be a better person."

Flint said that while WRO initially was dedicated to helping Black residents and families find housing in Westchester, that extended to other protected classes such as people with disabilities and various illnesses. At one time, some property owners wouldn't rent or sell to people with children, she added.

Joseph DiSalvo began serving on WRO's board close to 40 years ago and watched Beilenson help lead the organization through challenging times. Today, WRO is programmatically and fiscally sound and recognized as an influential leader for fairness in housing, he said.

"Losing Nick is like losing a parent," DiSalvo said. "We know that his creation continues and, as such, reflects the values he instilled. Yet, as we remaining board members step forward to continue to confront unfairness in housing matters, we will miss Nick. We know we will be inspired by memories of Nick and all the good he accomplished."

In the early 1970s Beilenson stepped away from WRO, though he would serve as its board chair for most of his life, and formed Hecker, Sheer and Beilenson, a White Plains law firm. In 1978, he won the Democratic primary to run in the city's mayoral race, but lost in the general election.

In 1981, he took over the family publishing business, Peter Pauper Press, which his parents established in 1929. Partnering with his wife and son, Laurence, he helped transform the struggling small company into a thriving enterprise.

In retirement, he founded the Center for Public Interest Careers at Harvard College, which creates internship and job opportunities for Harvard students in nonprofit organizations around the country. Beilenson received the White Plains Human Rights Commission Award in 2014 and the Outstanding Support of Public Service award from Harvard in 2015.

A competitive racket athlete throughout his life, Beilenson was the 70+ U.S National Hardball Squash champion in 2008. He was also an avid birder and hiker, summing all 48 peaks of New Hampshire's 4,000-footers in the White Mountains. With Evelyn, he traveled to six continents and most of the islands of the Caribbean.

Beilenson is survived by his children, John (Wanda), Laurence (Esther) and Suzanne (Robert), and his grandchildren, Sarah, Hannah, Jacob, Jane, Tom and Carly. He was predeceased by his wife, Evelyn, last October.



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The Write Stuff: Young Pleasantville Writers Honored With Awards

By Abby Luby

Inspiring young authors to continue writing creatively can be a tall task.

For more than a decade, the Pleasantville School District's middle school and high school student writers have been recognized in writing contests such as the regional and national Scholastic Awards, the Pleasantville High School 11th-grade Writing Contest initiated by local author Joe Wallace 12 years ago and the Pleasantville Middle School eighth-grade Writing Contest. The Village Bookstore co-sponsors all three competitions and awards \$25 to the winning middle school writers.

Together with the students' parents, teachers and the community, it truly takes a literary-devoted village.

Recently announced winners of Pleasantville High School's 11th-grade Writing Contest this year are Bronwyn Bruder, Miyako Cornelius, Alexandra Powell, Jillian Kraus, Mia Hoxhaj, Sedge Algiere, Nikian Sauthoff, Alexander Kylander-Kreiner and Rose Collins.

Kylander-Kreiner and Cornelius were recognized by the Scholastic Awards, earning the highest recognition, the Gold Key Award. Cornelius was honored for her short story, "My Fallen Angels," about physical and emotional abuse.

Kylander-Kreiner authored "The Fermi Paradox," an essay about the mysteries of the world and the multiverse.

Hoxhaj was also honored by Scholastic for her short story "In Cold Blood," a murder



PLEASANTVILLE HIGH SCHOOL PHOTO

Winners of this year's Pleasantville High School 11th grade Writing Contest are, bottom row, left to right, Bronwyn Bruder, Miyako Cornelius, Alexandra Powell and Jillian Kraus, and top row, Mia Hoxhaj, Sedge Algiere, Nikian Sauthoff, Alexander Kylander-Kreiner and Rose Collins.

mystery in a hospital setting.

"I got the inspiration from a few TV shows I was watching and because of my love for science," Hoxhaj said. "It was fun to create a thriller and to have creative choices and end in a cliffhanger."

In all, 11 Pleasantville High School students were recognized by Scholastic's Hudson-to-Housatonic New York State Region, the most in one year from the school. Students Amina Fayaz, Daniel Kauber, Dylan Levine, Claire Mcspedon, Laura Mujica, Fariha Rahman, Emma Selesnick and Erin Weitzman were also named.

Works submitted to Scholastic are judged by a panel of professional novelists, editors, teachers, poets, librarians, journalists and

other literary professionals. This year more than 1,900 works were submitted from across the region.

Wallace, who has individually mentored students for the past 25 years, said that 11th-grade English teacher Leigh Meyer and Principal Joe Palumbo have been passionate about encouraging creative writers. Since much focus in high school is on science, technology, engineering and math courses, Wallace said that creative writing is often de-emphasized.

"My experience working with students is a huge number of them write in middle school either in their journals or stories and poems for themselves. But once they get into high school, they consider writing a child's

toy," he said.

Wallace runs the high school's 11th-grade contest and the middle-school's 8th-grade competition.

"If you're in the eighth grade and you get positive feedback and reinforcement for your writing, it tells them we think of them as writers," Wallace said. "What I love about this is how few of those students think of themselves as writers. They were amazed and thrilled to be recognized."

Hoxhaj, a junior, said she has considered herself a math and science person.

"I'm a decent writer but never thought of myself as a creative writer," Hoxhaj said. "This contest challenged me to think outside the box."

Cornelius said she has been writing since first grade, although it's something she's never focused on. Having played the violin for 13 years who will pursue a performance degree in college, Cornelius spoke highly of Meyer, her teacher.

"She encouraged me to read a lot and was always available to read my work. She would give me feedback," Cornelius said. "She pushed me and tells me what I need to change. That really helped me."

For the past several years The Village Bookstore owner Jennifer Kohn and the store's previous owners partnered with Wallace to keep students engaged in writing.

"I believe that creative writing is an essential, and too often neglected, part of education," said Wallace. "We feel that this contest proves that students are hungry to tell their stories. They just need the chance."

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Obituaries

Audrey Longo

Audrey S. Longo, 90, of Poughquag and formerly of Ossining, passed away peacefully on Feb. 16 after a brief illness.

Audrey was born in Ossining on Dec. 13, 1931, to the late Walter and Elizabeth Schumacher. Audrey married Claude Longo on Mar. 24, 1951, at Saint Paul's Church in Ossining.

Audrey graduated from Ossining High School in 1950. During high school, she danced at the Frisbie School of Dancing and auditioned for The Rockettes. She was an original member of the Ossining Booster Club, a Girl Scout leader and was always involved with her children's after-school activities. She worked for many years at Reader's Digest in Chappaqua and Saucy Susan in Briarcliff Manor.

Audrey could time her Sunday dinners perfectly to start at halftime during that Sunday's football game.

Upon her husband Claude's retirement from General Motors in 1982, they moved from Ossining to Poughquag, N.Y. in Dutchess County. Audrey immediately got involved with the local senior center and always looked forward to their trips to Broadway, the Catskills and the Poconos. She was avid at knitting, sewing, crochet, Sunday dinners and solving the daily crossword puzzles.

Audrey was predeceased in death by her husband, Claude (1988), and her daughter, Suzanne (2012). She is survived by her son, Claude (Janet Tosi), of Spring Hill, Tenn.;



Audrey Longo

her daughter, Priscilla (Stephen Lennox), of Yorktown Heights; Suzanne's husband, Bill Duke, of Stormville, N.Y.; nine grandchildren; and 10 great-grandchildren. Audrey will be greatly missed by her family and friends.

Funeral services will be private. Interment will be at Dale Cemetery in Ossining.

Donations may be made in memory of Audrey's life to "Suz Crew," P.O. Box 466, Montrose, N.Y. 10548, a nonprofit organization helping less fortunate families dealing with cancer.

Arrangements were handled by John G. Crawford, funeral director.

Joan Ann Brogan

Dr. Joan Ann Brogan of Mount Pleasant passed away at the age of 92 on Feb. 20.

Born Joan Ann Hussey in 1929 in the Bronx to Edith and Robert Hussey, she attended St. Brendan's Elementary School and Mount St. Ursula High School. She went to college at Fordham University, where she met her husband, Alphonse J. Brogan. They moved to Mount Pleasant in 1958, where they raised a family.

Grandma was a lifelong student. She earned four degrees from Fordham University, a bachelors, a masters, a professional degree and the highly coveted Ph.D.

She worked for 42 years in White Plains Public Schools as a teacher, specializing in grades 3-5.

In her free time, she traveled the world – visiting England, Ireland, South Africa, Australia, India, Lebanon and Japan. She made these extraordinary trips in her work for the United Nations World Education Fellowship.

She was an amazing mother, grandmother, great-grandmother, student, teacher, traveler, parishioner and patriot.

She was predeceased by her husband, Alphonse; her mother, Edith; her father Robert; her sister, Mary Klumpp; and her beloved grandson, Alexander Novak.

She is survived by her daughter, Deborah Novak; granddaughter Adrienne Novak and her husband, Christopher Evans; and her great-grandchildren, Camron Novak, Jaylee Ramos and Samantha Evans.

Jean Fiore

Jean Fiore was taken to heaven on Feb. 21. She went peacefully in her home in the company of her loving daughters. She would have been 93 this May.

Known affectionately as "Jeanie Babe," she will be reunited with her beloved husband of over 60 years, Louis Fiore. Blessed with three daughters and two sons, Grandma Jean had 11 grandchildren and three great-grandchildren.

She was known for her creativity as a seamstress. In her younger years she regularly made dresses and outfits for her family. Prom dresses, costumes for school plays, Halloween and special events were always a snap for Jeanie Babe. Her

creativity and love of life shined through in everything she did. Whether it was taking her entire family away on vacation or remodeling her home, everything was extra special because of Jean. Our darling mother always sparkled. She will stay fabulous in our hearts. May she rest in peace.

The family received friends on Feb. 24 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on Feb. 25 at Holy Innocents R.C. Church. Cremation followed at Ferncliff Crematory in Hartsdale.

In lieu of flowers, kindly make donations in her name to St. Jude Children's Hospital.

Helen Smith

Helen M. (Dolan) Smith, 97, passed away peacefully on Feb. 20 at her daughter and son-in-law's home in Yorktown Heights.

Helen was born in the Bronx and proudly graduated from Cathedral High School. She was married to John Smith for 52 years. In 1949, they moved to Hawthorne when they built their home to raise their family and later moved to Thornwood. She devoted her life to her family.

She is predeceased by her husband, Jack, and her son, Andrew. Helen is survived by Jackie and Tommy Menton, Terry and Ronnie Moldoff, Ellen Smith and Andrew's

wife, Sue. Helen had four grandchildren and five great-grandchildren who added an enormous amount of joy to her life.

Helen had a wonderful 25-year career with IBM. She was an avid reader and enjoyed traveling with her family. Helen's warm heart and kindness will be a part of all those who knew her.

The family received friends at Beecher Flocks Funeral Home in Pleasantville on Feb. 23. A Mass of Christian Burial was celebrated at Holy Innocents R.C. Church in Pleasantville on Feb. 24 followed by burial at Gate of Heaven Cemetery.

Joseph Gullotta


Joseph A. Gullotta, born July 4, 1931, died peacefully on Feb. 21.

Married to his beloved wife, Alice (Solomon) Gullotta, for 50 years, Joseph was a loving father to six children, Tana, Charles, Joseph Jr., Kari, Gene and Andy and their spouses as well as six grandchildren and one great-grandchild.

Joseph was a Korean War veteran who devoted his life to veteran causes and educating children on the value of patriotism.


Visitation was on Feb. 25 at Beecher Flocks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on Feb. 25 at Our Lady of Pompeii Church in Pleasantville.

In lieu of flowers, the family requests that donations be made to the American Legion Post 112, 801 Commerce St., Thornwood, N.Y. 10594 and to the VFW, Post 2285, 433 White Plains Rd., Eastchester, N.Y. 10709.




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Mobilizing Healthcare Education to Solve Worker Shortage

By Abby Luby

Four nursing students intently observed fellow students practice special care on a full-body manikin with real body functions in a simulation at Pace University last Thursday.

Also watching the exercise in the fully-equipped exam room at the university's College of Health Professions in Pleasantville was state Sen. Peter Harkham (D-Lewisboro), who toured the college's clinical labs to become better acquainted with how the healthcare workforce is educated, crucial to recruiting more workers into the medical profession.

The national shortage of healthcare workers has grown exponentially since the COVID-19 pandemic. According to the state Department of Health, nurses provide 90 percent of all care to patients in hospitals, and by 2030 the projected shortage will be of more than 39,000 registered nurses in New York. The American Nurses Association called for the U.S. Department of Health and Human Services to declare a national nurse staffing crisis.

Pace offers accelerated nursing programs to help address the shortage. The Pleasantville campus has an 8,500-square-foot lab and includes six patient exam rooms, four simulation suites, two large clinical laboratories and three classrooms. In lieu of hard-to-get cadavers to dissect, the college boasts a Sectra Virtual Anatomy Table for virtual dissections where students can visualize tissue, muscles and organs.

Joining Harkham on the tour was College of Health Professions Dean Marcus Tye and Chief Wellness Officer Dr. Harriet Feldman.

The roundtable discussion following the tour included nursing students in their senior year and professors.

Harkham asked students what they considered to be a pro-active effort to attract more people to nursing.

"And once we attract more people to the profession, how would you make it easier for them to be educated and trained?"

Nursing student Alexis Ninonuevo said she came to Pace because the college offers direct admissions.

"When you apply here you are accepted," Ninonuevo said. "At other schools you apply and get in but after one or two years you have to apply into the nursing program and it's not a guaranteed 'in.' If there were more schools that had direct admissions, that would help."

Ninonuevo is studying critical oncology care and hopes to work at Sloan Kettering after she graduates.

Recruiting highly-qualified teaching staff has also been a problem for nursing colleges, especially because nursing and professional faculty are aging and retiring at an unsustainable clip.

"It's hard to recruit faculty," Feldman said. "The cost of a Ph.D. (that is required to teach) versus the salary you get as a teacher doesn't always make sense. Perhaps we could have some sort of payback or compensation."

Harkham said Gov. Kathy Hochul's proposed budget for the upcoming fiscal year includes some loan forgiveness provisions.

"We can't keep saddling our young workforce with tens and hundreds of thousands of dollars in student debt and wonder why we



ABBY LUBY PHOTO

Nursing students at a simulation hospital room at Pace University's College of Health Professions Center for Excellence in Pleasantville. Last week, the university hosted a tour and roundtable to address the critical shortage of healthcare workers.

have income inequality and a housing crisis," Harkham said. "We have to figure all of that out."

Currently there are two pieces of legislation addressing some of the most pressing needs in health education. The Clinical Preceptor Tax Credit Act would offer personal income tax credits to thousands of community-based clinicians who provide state-required clinical training for students entering the healthcare profession. The Healthcare Simulation legislation would increase the number of hours of simulation-based experiences to fulfill requisite clinical education hours.

The two measures would address the difficulty student nurses have accessing real clinical experience in hospitals. Also, curriculum-guided simulations significantly

supplement actual clinical training needed to enter the workforce. Harkham recently co-sponsored both bills.

For Pace senior Cristina DeRose, a nursing major, classes that take place in a simulation lab are productive and mirror real-life emergencies.

"With simulation, you know every student has gotten the experience necessary to work in the field," DeRose said.

Last week, Harkham, who is on the Senate Health Committee, delivered a bill to Hochul that, if signed into law, would make it easier for out-of-state home care service workers and nurses to apply for jobs in New York. The bill would also extend the time from two to four months for information posted on the state website about approved education programs.

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Column

The Speech Biden Should Give About Putin and Ukraine

Here's the speech I wish President Biden would give about Ukraine:

Russia may have some legitimate security concerns regarding Ukraine and NATO, but that's not an excuse to invade a sovereign country. Let's be clear – no one has any desire to invade Russia.

Why would anyone want to attack Russia today anyway? What does it have that's worth taking? It has lots of oil and gas, but that's about it. And the world is trying to move away from using fossil fuels to fight climate change, so its oil and gas reserves are going to diminish in value every year.

More than that, nobody is going to attack Russia because we respect its sovereign territory.

We have built NATO with our allies in Europe to expressly defend against the very kind of thing that's happening right now with Russia's invasion in Ukraine. NATO is a defensive alliance. That's all it is.

Vladimir Putin can kill lots of people in Ukraine. He undoubtedly will and I'm very sorry about that. But he can't kill an idea. The Ukrainians have voted for democracy. He's trying to take that away.

What is democracy? In one of the greatest speeches in American history, President Abraham Lincoln defined it as government of the people, by the people

and for the people. In other words, we should have a say in how we are governed. A government that works with the consent of the governed must prove it's doing a good job, every day, to help people live their lives.

Otherwise, the politicians running the government get voted out and a new group comes in.

America is not a perfect country, far from it. Like all countries, we have made many mistakes. But we have come up with an idea that makes good sense, and which Putin fears more than anything. We believe that the citizens of our country need to participate in making the decisions that determine our future and the future for our children.

If people are deprived of the ability to participate in our government, they will become subject to the ideas and direction of one person. That's a dictatorship. In the case of our Founding Fathers, they confronted a king that didn't have the interests of the 13 colonies in mind.

Our Founding Fathers did not trust that



By Michael Gold

one person could have so much power and make good decisions for the benefit of the entire country. Our system only works when the President and the Congress can agree on a path forward.

We must talk to each other to figure out how to move ahead. Power must be shared, or it will corrupt the goal of building a nation that benefits all. It's a slow, clunky, cumbersome system. There are many times it doesn't work well.

That's why we have freedom of speech and freedom of the press. Giving citizens the right to state their views helps make the government work better. An effective government pays attention to the different points of view of many people. Also, when people have the right to express themselves, they often make beautiful, interesting art, with books, plays, paintings and movies that have new, original ideas about how to live.

This is far better than allowing just one person to dominate the government and force his will on an entire nation.

The problem here is that Putin doesn't trust the Russian people. He doesn't trust Ukrainians to guide their own destinies. He doesn't trust democracy. He thinks

he's smarter than everyone else.

He may be a very smart man, but that doesn't give him the right to make decisions affecting millions of people without their consent. He was not legitimately elected by the Russian people. And the Ukrainians certainly didn't elect him president of their country.

Without the ability to work together, toward a common future, people will be treated as cattle, who can be moved around at will, without their consent, or treated badly, or put in prison, by a government they didn't elect. Humanity deserves better than that.

We need to do all we can to help Ukraine defend itself. All democratic countries need to come to Ukraine's aid in this desperate time. While Putin didn't attack Poland or the Baltic nations, that may come. He didn't attack Germany or France, or even America. But what he has done is attack the idea of democracy itself.

This idea, that people in a democracy get to choose their leaders, that we get to participate in how we are governed, is going to live on, no matter what happens in Ukraine. It is an idea that people of all democratic nations cherish, and we will fight for it.

Pleasantville resident Michael Gold has had articles published in the New York Daily News, the Albany Times-Union, The Virginian-Pilot, The Palm Beach Post and other newspapers.

On the Street

Correction

In last week's Clear Skies column, a reference to locating the constellation Orion in the sky by locating what appears to be a belt incorrectly stated that one should look to the west, which is generally to the left. A stargazer should actually look toward the right. The Examiner regrets the error.

Calendar Submissions

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

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Business Team:

Adam Stone
Publisher
astone@theexaminernews.com

Laura Markowski
Associate Publisher
lmarkowski@theexaminernews.com

Peter Stone
C.F.O.
pstone@theexaminernews.com

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

Print Team:

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

Rick Pezzullo
Editor
rpezzullo@theexaminernews.com

Ray Gallagher
Sports Editor
rgallagher@theexaminernews.com

Andy Jacobs
Sports Editor
ajacobs@theexaminernews.com

Annette Van Ommeren
Designer

Paul Cardì
Senior Account Executive
pcardi@theexaminernews.com

Jeff Ohlbaum
Senior Account Executive
johlbaum@theexaminernews.com

Ken Gulmi
Senior Account Executive
kgulmi@theexaminernews.com

Nick Antonaccio
Wine columnist

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Morris Gut
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Distribution

Digital Team:

Robert Schork
Digital Editorial Director
rschork@theexaminernews.com

Bailey Hosfelt
Reporter
bhosfelt@theexaminernews.com

Dean Pacchiana
Webmaster
dpacchiana@theexaminernews.com

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Local Grassroots Effort Hopes to Save Baseball for Future Generations

By Martin Wilbur

Everywhere you turn, a familiar lament from baseball fans has been the interminable length of games and lack of action on the field.

Over the past 10 to 20 years, strikeouts have soared and managers and Major League organizations too often rely on analytics to tell them what to do.

Yorktown resident Pat Geoghegan and former Croton-on-Hudson resident Kevin Gallagher are tired of complaining, so they're taking matters into their own hands to save the game that they grew up playing and have enjoyed throughout their lives.

The two former college baseball standouts have partnered with former Major Leaguer Jeff Frye, an infielder mainly for Texas and Boston during a nine-year career in the 1990s, to start a social media campaign and petition drive to get the attention of baseball brass that the way the game is taught and played must change.

Their just-launched effort, Save the Game, looks to collect at least one million signatures in an online petition over the coming months to present to Major League Baseball Commissioner Rob Manfred and other influential people in the sport. Of serious concern has been the plummeting television ratings, and perhaps worse, the dwindling participation and interest in baseball among children.

"If that does not reverse itself, the game of baseball as we know it may be irrelevant in 10 or 15 years," said Geoghegan, 60, who played for Mercy College on a scholarship. Gallagher, who now lives in Florida, attended Pace University, where he was a baseball and basketball star.

"That kid is going to be lost," Geoghegan continued. "They're not going to be there in 10 or 15 years. Are they going to be there to buy tickets to go to a Major League Baseball game? We think it's a challenge. So we're taking this and doing some grassroots efforts as well."

The multipronged approach is to not only convince Major League bigwigs that most players don't need to be swinging for the fences every time they're at the plate, but to more effectively teach the fundamentals of the sport at the youth level. For example, making contact more effectively will enable children to have more fun, even if they're not going to go on and play collegiately or professionally, Geoghegan said.

If they have fun, then there is greater likelihood they will remain interested in baseball when they are adults and watch and attend Major League games to help grow the sport.

Gallagher wrote a book a few years ago, "Teach Your Kid to Hit So They Won't Quit," stressing how to make better contact, lessons that most any parent can use to help their child.

"A parent could actually teach a kid how



Yorktown resident Pat Geoghegan, a former college baseball player has partnered to launch the Save the Game effort in hopes of making baseball more appealing.

to hit a baseball because it's one of the hardest things to do," Geoghegan said. "But if you have this top-hand hitting approach that Kevin espouses, well, you can hit a baseball, or if it's for young girls, you can hit a softball, too. It applies to both baseball and softball, so from that he got a lot of positive feedback."

Putting fun back into the game with action may be a key for the game to appeal to future generations. Studies have shown that baseball has been steadily losing its grip on Americans' attention over the past

20 years, Geoghegan said. World Series viewership has cratered by 54 percent since 2003, according to sportsnaut.com. As a result, the value of Major League Baseball's network contracts is dwarfed by those signed by the NFL and NBA.

Trends tracking youth participation in baseball are just as alarming, Geoghegan said. Since 2008, children from six to 12 years old playing in youth leagues has dropped 26.1 percent. All of that is a recipe for disaster.

"What excites people about football is the drive down the field," he said. "The touchdown, the field goal is the culmination of that drive. Well, in baseball it's the rally. Somebody gets on, somebody hits behind the man, its first and third, you squeeze him in, you move him over, whatever you do that is the excitement part of the game."

Geoghegan and Gallagher have been in contact with people who work in Major League Baseball and they have acknowledged the validity of their argument. But too many are hesitant to speak out because they may forfeit their jobs or promotions.

"What worked for the previous 125 years got thrown out the window, and look what's happened to the game since then," Geoghegan said.

To learn more about Save the Game or to sign the petition, visit www.savethegameus.com.



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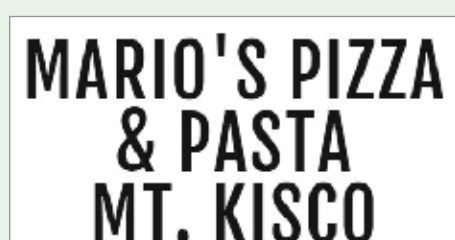


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The Condensed But Complete History of Keeping Warm in Winter

Some things in life we take completely for granted. For instance, in our lifetimes, we've probably never thought twice about our ability to stay warm in winter; it's been as easy as flipping a switch.

But it hasn't always been that way. As I lolled about in bed this morning in a nice warm room under a toasty quilt, I thought about our ancestors surviving cold weather and decided to do a little research.

Online, I discovered a company called AAA Heating and Cooling in Portland and Beaverton, Ore., which did a great job assembling the history of home heating through the ages. How enterprising it is that this company would go beyond the traditional bounds of service to provide for their customers a complete history of the service they provide. I give full credit for the following information to the research the company has conducted.

As the one-time owner of a home in Westchester that was built in the 1700s, I found in the attic an old coal burner that had been saved for some reason in the attic. Why, I don't know. At any rate, there were old newspapers that were stuffed in the pipes leading from the burner, and they were dated from 1922, so I knew exactly when the former owners of the house had "modernized" to oil heat from coal.

Today, thanks to advances in technology and home heating systems, achieving comfortable temperatures is simple, but ancient civilizations didn't have it that way. Through



By Bill Primavera

sheer ingenuity, mankind's early ancestors learned how to harness the power of fire, as well as use the Earth and sun to heat their homes.

Using the principles that these forefathers established, humans have developed heating systems that keep families comfortable through even the most frigid winters.

Here is a timeline that helped our ancestors survive.

1,900,000 B.C.: Early humans began using fire to cook food. Archaeologists believe that humans may have used fire in a controlled fashion around this time, but evidence of such development only dates back to about 100,000

years ago. In the oldest sites discovered, humans created central fires in homes that had openings in the roof for smoke to escape.

42,000 B.C.: Neanderthals in modern-day Ukraine built hearths using mammoth bones.

7500 to 5700 B.C.: Neolithic Çatalhöyük settlements in Turkey used open hearths in homes and buildings.

3000 B.C.: Romanian settlers used braziers (pans or stands to hold lighted coals) to heat homes.

2500 B.C.: Greeks in ancient Rome developed central heating using radiant heat. In the excavated Temple of Ephesus, archaeologists discovered flues in the ground that circulated heat produced by a fire. There is also evidence that the Roman Empire used central heating systems, as some buildings,

baths and upper-class homes had hypocaust furnaces that heated empty spaces under floors that connected to pipes in the walls, the first form of radiant heating. Different cultures also developed similar furnaces, which became more efficient with time.

400 A.D.: After the fall of the Roman Empire, heating methods reverted to more primitive-style fireplaces.

800: Stoves made of clay made their first appearance.

1200: Cistercian monks in Christian Europe revived central heating using river diversion and wood-burning furnaces. The first chimneys also appeared at this time.

1400: Masonry stoves appeared and became common by the 1500s, which is also when chimneys became more refined.

1624: Louis Savot of France invented the circulating fireplace with the creation of a raised grate that promoted airflow.

Early 1700s: Individuals in England used combustion air from an outside duct. Around the same time, Russia's Peter the Great enjoyed the earliest hot water air-heating systems in his Summer Palace.

1741: Benjamin Franklin invented the Franklin stove, which was more efficient than other stoves used at the time.

Late 1700s: James Watt of Scotland developed the first working steam-based heating system for his home using a central boiler and a system of pipes.

1805: England's William Strutt invented a warm-air furnace that heated cold air. The heated air traveled through a series of ducts and into rooms. Around the same time, homes

in France used firetube hot air furnaces.

1883: Thomas Edison invented the electric heater.

1855: Russia's Franz San Galli invented the radiator, the first major step toward modern central home heating systems.

1885: Warren Johnson patented the first thermostat.

Early 1900s: Albert March discovered Nichrome, the filament wire to toast bread, becoming "the father of the electrical heating industry."

1919: Alice Parker patented the first central heating system.

1935: Scientists invented forced convection wall heaters that use a coal furnace, electric fan and ductwork throughout a home.

Late 1940s: Robert C. Webber created the direct exchange ground-source heat pump.

1990: Solar air heating was invented.

2000: The advancement of "smart" technologies allowed homeowners to regulate heat in their homes remotely using electronic devices.

Today, with home heating systems that are based on ideas that date back to ancient civilization, forward thinkers throughout history have bequeathed us safe, effective heat that is only as far away as the thermostat or a smartphone.

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). To engage the services of Bill Primavera, The Home Guru, to market your home for sale, call 914-522-2076.

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Armonk Man Explores His Life's 'Choices' in New Rock Opera

By Martin Wilbur

In some ways, you can say that life has nearly come full circle for John Krupa.

He was always involved in theater as a teenager, and shortly after he arrived at Lehigh University, he wrote and presented a rock opera that was critically acclaimed at the college. But the self-described cocky and conceited 19-year-old Krupa decided he was going to be a rock star.

As a musical composition and theory major, Krupa had the talent and the grounding of a musical education to go on tour with some pretty big acts. He was even asked to play with Meat Loaf.

But the character failings of his youth reared again, as he turned down that opportunity to focus on his own band and original music. Later, when Krupa married and started to raise a family, he gave up touring and eventually launched his own company that supplies musical equipment to theaters, which he continues to operate.

Now at 53, Krupa has written another rock opera, a semiautobiographical look at how a dynamic but emotionally underdeveloped lead singer of a 1980s rock band deals with his life's decisions.

The work, "Choices: A Rock Opera," will debut at Whippoorwill Theater in Armonk, the community he's called home for the past 23 years, during the weekend of Apr. 1-3. Krupa has big plans for the show, especially since he has attracted MiG Ayesa, who starred in "Rock of Ages" on Broadway, for

the lead role.

It also features Layla Davies and Christina Labrador, who have Broadway credits on their resumes as well, musicians Nick Celio and Joe Leo and Krupa. In addition to his role on stage, Krupa is directing the play.

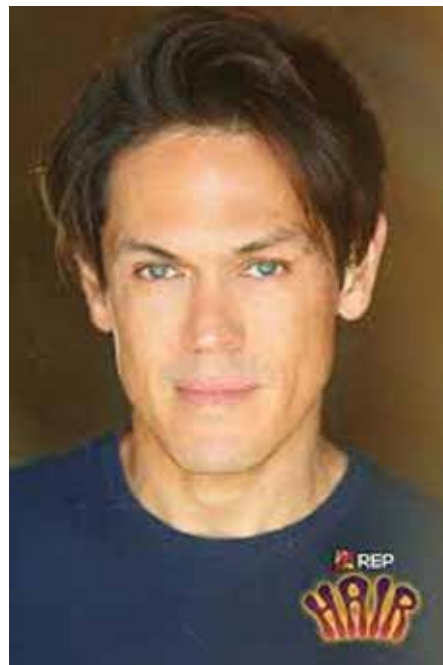
The band is comprised of Artie Dillon, Hank DeCorra, Mike Rosenman, Tommy Vinton and Grammy Award-winning producer, engineer, musician and songwriter Bill Wittman, who works with Cyndi Lauper.

"I felt for myself that it was a really black and white decision," Krupa said on whether to pursue a theater or music career. "I couldn't go halfway; I had to go full force one way or the other, so I really did decide that theater and my acting and playwriting and stuff was going to get in the way of me being on tour with rock bands. So it was a conscious decision, and to this day I don't know if I chose correctly or not."

The idea to write a story based at least partially on his own life came to Krupa several years ago. He was talking to a friend about how their lives had turned out, and that friend suggested he write a book. Krupa doesn't know anything about publishing, but with his music and entertainment background figured he could turn it into a play.

Initially, it was for Krupa's own enjoyment, but when he was isolated during the pandemic, he put the finishing touches on 'Choices.'

"I said if I'm going to tell the story, which is somewhat autobiographical, why not go back to when I was 19 and set it to music and tell the story of my experiences, especially



Broadway star MiG Ayesa will be performing at Whippoorwill Theater in Armonk the first weekend in April in the debut of "Choices: A Rock Opera," written and directed by Armonk resident John Krupa.

during the days of the '80s hair band scene," said Krupa, who today leads a band called Group Therapy, which plays local venues.

Krupa had brought people that he had previously worked with into the project, which led him to Ayesa. After reading the

script, he remembered Ayesa telling him "Wow, this is better than any of the Broadway stuff I've done."

Co-producer George Drapeau, a fellow Armonk resident, said Krupa is immensely talented, "a consummate entertainer." With the outstanding feedback received from people in the theater and music industry, he and Krupa are hopeful that one day 'Choices' can land on a Broadway stage.

"We have some strategic partners who have done this before, where I've taken shows to New York from Westchester, and they want to participate," Drapeau said. "They are very excited and it means that nobody's ever successful unless somebody else wanted you to be successful, and there are a lot of people who want us to be successful."

Krupa said he wonders how life may have been different with different choices. But the best days may still be ahead.

"I try not to live a life of regrets, but I think every choice that every person makes that is that dramatic, you second-guess it at some point and I'll admit that I've second-guessed these decisions many times, but I don't say I have any regrets," he said.

Tickets for "Choices: A Rock Opera" go on sale on Tuesday, Mar. 1 at www.choicesarockopera.com/tickets and are \$20 each. Performances will be Friday and Saturday, Apr. 1 and 2 at 8 p.m. and Sunday Apr. 3 at 2 p.m. Recommended for audiences 12 and up.

Whippoorwill Theater is located at 19 Whippoorwill Rd. East in Armonk.



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Kennedy Catholic Announces Creation of St. Mary's Academy in Somers

John F. Kennedy Catholic Preparatory School in Somers is excited to announce a new opportunity for middle school students currently attending public school to attend grades 6-8 in an academy setting on the high school campus at Kennedy Catholic.

St. Mary's Academy will open for the 2022-23 school year with a limited capacity of one class per grade, with possible expansion planned for the future. St. Mary's Academy will give families another choice for a superior Catholic education in northern Westchester County.

"This is great news for Catholic families in northern Westchester County as we all

continue to battle the COVID-19 pandemic," said Timothy Cardinal Dolan, archbishop of New York. "The Catholic Church in New York introduced organized education to New York more than 200 years ago, and the academy's formation is a move towards preserving and growing Catholic education in this area for generations."

The St. Mary's Academy will offer the same time-tested Catholic school curriculum and values-centered education available at all Catholic schools across the region. The program of studies will not only fulfill middle school educational standards of the New York State Board of Regents but

will also challenge students to expand their educational horizons by studying languages other than English along with math, science and robotics.

"John F. Kennedy Preparatory School is one of the premier high schools in Westchester County," said Kennedy Principal and President Fr. Mark Vaillancourt. "Our strength and commitment to excellence position us well to align with the Archdiocese of New York in this exciting alternative for public school students in grades six, seven and eight. The new St. Mary's Academy will expand the great tradition of academic excellence for future

generations in Westchester County."

While only public school students may apply to St. Mary's Academy for the 2022-23 school year, wider application opportunities will be available in the future.

There are several examples of success with this kind of program in the broader region, including at John S. Burke Catholic High School, which opened Burke Academy last year.

"Burke has seen a lot of success with the 6-to-12 model," Vaillancourt said. "Especially outside the city where we don't have a lot of grammar schools, we need to have a model that gets Catholic families back into the Catholic system... There are already congregational schools in the archdiocese that do this, so the religious orders already have had this for a number of years. It's been very successful for them."

Founded as St. Mary's in 1924 by the Sisters of the Divine Compassion and located on 64 scenic acres, Kennedy Catholic provides state-of-the-art technology that includes SMART Boards, wireless internet, computer labs and a TV studio. St. Mary's Academy will offer students a full New York State Regents curriculum, as well as education in classical literature, languages other than English and STEM and fine arts opportunities.

Interested families with children currently in public schools in grades 5-7 are encouraged to visit www.KennedyCatholic.org/St-Marys-Academy to sign up for an information session and entrance exam.

Westchester Summer Sports Camp Registration Opens This Week

Online registration for Westchester County's HEAT Baseball Camp, Slam Dunk Basketball Camp and Hole-in-One Junior Golf Camp opened at noon on Tuesday, Mar. 1.

HEAT Baseball Camp provides instruction for children ages 8 to 15 (as of May 1, 2022). This camp will cover all areas of the game including fielding, pitching, hitting, base running, strength and conditioning, game situations and baseball IQ. There will be four week-long

sessions from Tuesday, July 5, through Friday, July 29, from 9 a.m. to 2:30 p.m. at VE Macy Park in Ardsley. Early bird registration, multiple week discount, early drop off and late pick up available. Starts at \$220 per camper per session.

Slam Dunk Basketball Camp welcomes children entering grades 3-9 (as of September 2022). Dedicated to providing campers with the opportunity to increase their knowledge of the game and develop their basketball skills. Two week-long

sessions, from 9 a.m. to 4 p.m., will be held at House of Sports, Ardsley.

Hole-in-One Junior Golf Camp will be held at all six Westchester County Golf Courses this summer. Campers ages 10 to 17 will learn the fundamentals, hone their skills and develop their confidence. Two-week sessions beginning Monday, July 11 through Friday, Aug. 4. Times vary; \$75 per camper per session.

To register or for more information, call 914-231-4673.

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Pickleball 2.0

With growth comes some growing pains. Six surprising challenges pickleball faces in Westchester



By Laura E. Kelly

You are reading this week's excerpt of an article from our Examiner+ digital newsmagazine. To read the entire article and others like it, visit www.examiner-plus.com and join our community as a member.

In part one of our two-part series on pickleball in Westchester, "Westchester Welcomes Pickleball," I covered how the popular sport has finally hit a tipping point in our region, listing where and how to find places to play pickleball.

But as the sport hits the next level in our area, it's also hit a few stumbling blocks big and small.

In suburban Westchester, a general sense persists that there is a scarcity of

outdoor and especially indoor pickleball courts. The shared courts that do exist often give priority to school tennis practices or nighttime basketball leagues, while both new and advanced pickleball players jockey over limited court availability.

Court space has become less of a pressing issue in northern Westchester as the long-term organizing and town-hall advocacy by northern-based players such as USA Pickleball Ambassadors Jim Geary, Julie Vesei, Manny Boya, and Teresa Chang of Somers have resulted in more towns getting on the pickleball bandwagon the past few years. But southern Westchester lags behind, which may be due to some of the following challenges.

Challenge 1: Lack of space/property costs

To have vibrant programs, you need space for a cluster of courts. In wide-open Florida and Arizona, pickleball complexes are springing up that have 20 to 30 courts in one facility, often accompanied by a clubhouse hangout with a bar and restaurant. Keep dreaming about that scenario happening around here anytime soon, especially in southern Westchester, where the land use is very dense and the cost of property is astronomical.

Some down-county parks, like Rye Brook's Crawford Park, hand over their outdoor basketball courts with painted lines to pickleball players at specific times, but those b-ball courts are mostly meant for the town's children, so p-ball time is limited. Therefore a lot of southern Westchester

players find themselves traveling pretty far north to Granite Knolls' 6 dedicated pickleball courts in Yorktown or east to Connecticut. The neighboring towns of Greenwich/Cos Cob, New Canaan, and Ridgefield all offer a robust mix of both indoor and outdoor pickleball courts with strong USAPA Ambassadors helping run good programs.

But obsessed pickleball players are nothing if not determined to make courts materialize here in Westchester. For instance, I learned how instructor Manny Boya recently showed Hawthorne's Westchester Turf & Tennis indoor sports facility how they could temporarily place four pickleball courts on



one tennis court. As he said, "That's 16 people playing games at the same time. The private tennis clubs could be generating a lot of money opening up to pickleball." And pickleball ambassador Jim Geary mentioned that the E. Rumbrook Park in Greenburgh has made their

four platform tennis courts available for pickleball players playing with softer, more controllable indoor pickleballs.

Challenge 2: Noise

While playing the game, I've never given much thought to the percussive sound of a plastic ball popping off a hard paddle, but it turns out that that sound has become one of the main hindrances to the growth of pickleball countrywide.

"Before I make a commitment ...

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LEGAL NOTICE
NOTICE OF SPECIAL MEETING
MOUNT PLEASANT CENTRAL SCHOOL DISTRICT

NOTICE IS HEREBY GIVEN that pursuant to a resolution adopted by the Board of Education of the Mount Pleasant Central School District (the “District”) that a special meeting of the qualified voters of said District be and the same is hereby called to be held in said District in the Westlake High School Gymnasium, Westlake Drive, Thornwood, New York on Tuesday, March 29, 2022 from 7:00 a.m. until 9:00 p.m. for the purpose of voting on the following proposition:

Proposition

Shall the Board of Education of the Mount Pleasant Central School District be authorized to (1) reconstruct school buildings and construct and reconstruct athletic fields, tracks and related facilities, including site work, and acquire original furnishings, equipment, machinery or apparatus required for the purpose for which buildings, athletic fields, tracks and facilities are to be used, at a maximum cost of \$9,777,745, (2) expend such sum for such purpose, (3) levy the necessary tax therefore, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education taking into account state aid; and (4) in anticipation of the collection of such tax, issue bonds and notes of the School District at one time or from time to time in the principal amount not to exceed \$9,777,745, and the levy of a tax to pay the interest on said obligations when due?

The vote upon such proposition shall be by machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots.

Any resident of the School District who is registered to vote in general elections is qualified to vote at said meeting without having their name placed upon the School District register of voters provided they voted at a general election at least once within the last four calendar years. Further, provided that any person who has previously registered to vote in any annual School District meeting or election or special School District meeting or election and who has voted at an annual School District meeting or election or special School District meeting or election held during the past four years (2021, 2020, 2019, 2018) shall not be required to re-register. The Board of Education has also provided for registration of qualified voters at the District Office, Westlake Drive, Thornwood, New York, between the hours of 9:00 AM and 3:00 PM on any regular school day through March 23, 2022.

The register prepared pursuant to Section 2014 of the Education Law shall be filed in the Office of the Clerk of the District, and will be open for inspection by any qualified voter of the District at the Office of the Clerk of the District, District Office, Westlake Drive, Thornwood, New York, at the polling place on the day of the vote, as well as between the hours of 9:00 a.m. and 4:00 p.m. on each of the five (5) days prior to the election excluding Sunday, March 27, 2022, except on Saturday, March 26, 2022 it will be available for inspection only between the hours of 8:30 a.m. and 10:30 a.m.

Absentee ballots may be applied for at the office of the District Clerk. Applications for absentee ballots must be received by the District Clerk at least seven days prior to the vote if the ballot is to be mailed to the voter, or on or prior to March 28, 2022 if the ballot is to be delivered personally to the voter. The Education Law makes special provisions for absentee voting for “military” voters of the District. Specifically, the law provides a unique procedure for “military ballots” in school district votes. Whereas absentee ballots must be received by the voter by mail, a military voter may elect to receive their absentee ballot application and absentee ballot by mail, email or facsimile. The military voter must, however, return their original military ballot application and military ballot by mail or in person. The District Clerk of the District shall transmit the military voter’s military ballot in accord with the military voter’s preferred method of transmission. Absentee ballots, including military absentee ballots, must be received by the District Clerk not later than 5:00 p.m. on March 29, 2022.

A list of all persons to whom absentee ballots shall have been issued will be available in the Office of the District Clerk during regular office hours until the day of the vote. Any qualified voter may challenge the acceptance of the ballot of any person on such list by making their challenge and reasons therefor known to the District Clerk before the close of the polls.

DATED: January 19, 2022
District Clerk, Board of Education
Mount Pleasant Central School District

AVISO LEGAL
AVISO DE REUNIÓN ESPECIAL
DISTRITO ESCOLAR CENTRAL DE MOUNT PLEASANT

POR ESTE MEDIO SE NOTIFICA que en cumplimiento con una resolución adoptada por el Consejo de Educación del Distrito Escolar Central de Mount Pleasant (el “Distrito”) en el sentido de convocar a una reunión especial de los votantes calificados de dicho Distrito, dicha reunión se convoca por este medio en dicho Distrito, en el gimnasio de la Escuela Preparatoria Westlake, Westlake Drive, Thornwood, Nueva York el martes 29 de marzo de 2022, de 7:00 a.m. a 9:00 p.m. con el fin de votar la siguiente propuesta:

Propuesta

¿Debe el Consejo de Educación del Distrito Escolar Central de Mount Pleasant recibir autorización para (1) reconstruir los edificios escolares y construir y reconstruir campos deportivos, pistas de atletismo e instalaciones relacionadas, incluyendo los trabajos en el sitio, y adquirir el mobiliario, el equipamiento, la maquinaria o los aparatos necesarios para los propósitos para los que se usarán los edificios, los campos deportivos, las pistas de atletismo y las instalaciones, con un costo máximo de \$9,777,745, (2) gastar esa suma con ese fin, (3) aplicar los impuestos necesarios y cobrarlos en pagos anuales, en los años e importes que determine el Consejo de Educación, tomando en cuenta la asistencia estatal; y (4) en previsión del cobro de dicho impuesto emitir bonos y notas del Distrito Escolar en una sola ocasión o de forma ocasional por un monto nominal que no exceda \$9,777,745 y aplicar un impuesto para pagar los intereses de dichas obligaciones a su vencimiento?

El voto para dicha propuesta será con máquinas o papeletas para voto en ausencia. El horario en el que los centros de votación estarán abiertos será de 7:00 a.m. a 9:00 p.m., hora predominante, o durante el tiempo que sea necesario mantenerlos abiertos al final para permitir que los votantes calificados que estén en el centro de votación a las 9:00 p.m. puedan emitir sus votos.

Todos los residentes del Distrito Escolar que estén registrados para votar en las elecciones generales pueden votar en esta reunión sin necesidad de incluir su nombre en el registro de votantes del Distrito Escolar, si han votado en las elecciones generales por lo menos una vez en los últimos cuatro años calendario. Además, si una persona se ha registrado previamente para votar en cualquier reunión o elección anual del Distrito Escolar o en una reunión o elección especial del Distrito Escolar y ha votado en una reunión o elección anual del Distrito Escolar o en una reunión o elección especial del Distrito Escolar en los últimos cuatro años (2021, 2020, 2019, 2018), esa persona no necesita volver a registrarse. El Consejo de Educación también ha tomado medidas para el registro de votantes calificados en la Oficina del Distrito, Westlake Drive, Thornwood, Nueva York, entre las 9:00 a.m. y las 3:00 p.m. de cualquier día regular de clases hasta el 23 de marzo de 2022.

El registro preparado en los términos de la Sección 2014 de la Ley de Educación se entregará en la Oficina de la Secretaria del Distrito, y estará disponible para que lo inspeccione cualquier votante calificado del Distrito en la Oficina de la Secretaria del Distrito, Oficina del Distrito, Westlake Drive, Thornwood, Nueva York, en el centro de votación el día de la votación, así como entre las 9:00 a.m. y las 4:00 p.m. de cada uno de los cinco (5) días previos a la elección, excluyendo el domingo 27 de marzo de 2022, excepto que el sábado 26 de marzo de 2022 estará disponible para inspección entre las 8:30 a.m. y las 10:30 a.m.

Las papeletas para votar en ausencia pueden solicitarse en la oficina de la Secretaria del Distrito. Las solicitudes de papeletas para voto en ausencia deben ser recibidas por la Secretaria del Distrito por lo menos siete días antes de la votación si el votante enviará su voto por correo, o a más tardar el 28 de marzo de 2022 si el votante entregará su papeleta en persona. La Ley de Educación contiene disposiciones especiales para el voto en ausencia de los votantes “militares” del Distrito. Específicamente, la ley contempla un procedimiento especial para las “papeletas militares” en las votaciones de distritos escolares. Si bien las papeletas de voto en ausencia deben ser recibidas por el votante por correo, un votante militar puede optar por recibir su solicitud de papeleta de voto en ausencia y su papeleta de voto en ausencia por correo, correo electrónico o fax. Sin embargo, el votante militar debe entregar su solicitud original de papeleta militar y su papeleta militar por correo o en persona. La Secretaria del Distrito transmitirá la papeleta militar del votante militar usando el método de transmisión que prefiera el votante militar. Las papeletas de voto en ausencia, incluidas las papeletas de voto en ausencia de militares, deben recibirse en la oficina de la Secretaria del Distrito a más tardar a las 5:00 p.m. del 29 de marzo de 2022.

Habrà disponible una lista de todas las personas a las que se enviaron papeletas para voto en ausencia en la oficina de la Secretaria del Distrito durante su horario regular de atención, hasta el día de la votación. Todos los votantes calificados pueden impugnar la aceptación de la papeleta de cualquier persona de la lista, manifestando su impugnación y los motivos de la misma a la Secretaria del Distrito antes de que cierren los centros de votación.

FECHA: 19 de enero de 2022
Secretaria del Distrito, Consejo de Educación
Distrito Escolar Central de Mount Pleasant

What to Do When a Loved One Gets Sick

Reacting to an emergency is an imperfect science. In rare instances, a phrase such as “stop, drop and roll” distills all you need to know.

When a loved one gets sick, short-term confusion gets mixed up with long-term fear. Removing the anxiety is not realistic, but organization blended with education can format a checklist that is logical for most families.

The first hurdle is handling the initial crisis or intervention. From the time a person is brought to a hospital’s emergency room through their admission and transport to a floor, obtaining information can be difficult. Every household should have a folder that contains each person’s health care proxy, living will and power of attorney. Having scanned copies of these documents is also helpful.

Medical personnel will ask for a copy of the health care proxy so that there are authorized people to speak with in case the sick person is unresponsive.

Setting up proper communication between the necessary family members and doctors, nurses and social workers makes things significantly easier.

Those first few days can be tough. Decisions concerning treatments and synthesizing the available medical information requires time, which is a luxury in the current overstressed hospital environment. Seek out friends and family members who have been through this before or who are medical professionals. Even if the issues are outside of their expertise, they may know the right questions to ask.

Never underestimate your own knowledge of your loved one. Recovery usually results from a combination of good medical care and a desire to get better. That desire can be fueled by the person themselves and their support system staying positive and engaged.

Once a loved one is stabilized and they leave the hospital for a rehabilitative facility, the next hurdle

presents itself. Rehabilitation provides the first glimpses of your loved one’s new reality. Maintain solid communication with the physical therapy and nutrition staff. Avoiding detrimental weight loss and sustained loss of mobility are keys to steering recovery after a health crisis.

Once the picture becomes clearer and discharge planning is discussed, a family must focus on long-term care. When will Medicare coverage end? Can their loved one be brought home? Will home health aides be necessary or is an assisted living facility a better option? How will this care be handled financially? Is there a long-term care insurance policy in place? Will Medicaid be sought to pay for care? What professionals are needed to assist the family? Elder care professionals can provide helpful insight so that these questions can be answered.

Long-term care still offers opportunities for recovery. Intelligent management of medication, outpatient



By Alan D. Feller, Esq.

doctor visits, physical therapy and secure home or assisted living care supervision can lead to encouraging results. Still, family members of an ill loved one should work together to ensure that finances are properly organized to handle further long-term care charges

including possible nursing home care. Estate and Medicaid planning has to be considered so that funds are not spent haphazardly.

All families face illness. Setting up a foundation of preparedness is the key to staying strong in the face of adversity. Contact the professionals at Sloan & Feller today for more information.

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.

Assistance of Counsel

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FAMILY COURT OF THE STATE OF NEW YORK
COUNTY OF WESTCHESTER

In the Matter of a Proceeding Under Article 10 of
the Family Court Act

MARIE ERLANDE DE FRANC (dob
09/25/2004), MARIE ANGE DE FRANC (dob
02/01/2009)

Child(ren) under Eighteen Years of Age
Alleged to be Severely Abused, Abused
And/or Neglected by

ARNOUS DE FRANC,

Respondent.

Form 10-7a
(Summons-Child Abuse Case)
(8/2010)

NA-07846-21
NA-07847-21

Docket Nos.: ~~NA-03853-21/21~~
~~NA-04363-21/21~~

F/U No.: 163931

SUMMONS
(Child Abuse Case)

NOTICE: PLACEMENT OF YOUR CHILD(REN) IN FOSTER CARE MAY RESULT IN YOUR LOSS OF YOUR RIGHTS TO YOUR CHILD(REN). IF YOUR CHILD(REN) STAYS IN FOSTER CARE FOR 15 OF THE MOST RECENT 22 MONTHS, THE AGENCY MAY BE REQUIRED BY LAW TO FILE A PETITION(S) TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIANSHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION. IN SOME CASES, THE AGENCY MAY FILE BEFORE THE END OF THE 15-MONTH PERIOD. IF SEVERE OR REPEATED CHILD ABUSE IS PROVEN BY CLEAR AND CONVINCING EVIDENCE, THIS FINDING MAY CONSTITUTE THE BASIS TO TERMINATE YOUR PARENTAL RIGHTS AND TO COMMIT GUARDIANSHIP AND CUSTODY OF YOUR CHILD(REN) TO THE AGENCY FOR THE PURPOSES OF ADOPTION.

UPON GOOD CAUSE, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE CONSIDERED AS A RESPONDENT; IF THE COURT DETERMINES THE CHILD(REN) SHOULD BE REMOVED FROM HIS/HER HOME, THE COURT MAY ORDER AN INVESTIGATION TO DETERMINE WHETHER THE NON-RESPONDENT PARENT(S) SHOULD BE SUITABLE CUSTODIANS FOR THE CHILD(REN); IF THE CHILD(REN) IS PLACED AND REMAINS IN FOSTER CARE FOR FIFTEEN OF THE MOST RECENT TWENTY-TWO MONTHS, THE

AGENCY MAY BE REQUIRED TO FILE A PETITION(S) FOR TERMINATION OF PARENTAL RIGHTS OF THE PARENT(S) AND COMMITMENT OF GUARDIANSHIP AND CUSTODY OF THE CHILD(REN) FOR THE PURPOSES OF ADOPTION, EVEN IF THE PARENT(S) WERE NOT NAMED AS RESPONDENTS IN THE CHILD NEGLECT OR ABUSE PROCEEDING.

A NON-CUSTODIAL PARENT HAS THE RIGHT TO REQUEST TEMPORARY OR PERMANENT CUSTODY OF THE CHILD(REN) AND TO SEEK ENFORCEMENT OF VISITATION RIGHTS WITH THE CHILD(REN).

BY ORDER OF THE FAMILY COURT OF THE STATE OF NEW YORK
TO THE ABOVE-NAMED RESPONDENT(S) WHO RESIDE(S) OR IS FOUND AT [specify address(es)]:

Last known address:

ARNOUS DE FRANC (Father)
36 White Plains Ave
Elmsford, NY 10523

and to [specify name(s) and address(es) and relationship to child(ren)]: **N/A**

A Petition under Article 10 of the Family Court Act having been filed with this Court, and annexed hereto

YOU AND EACH OF YOU ARE HEREBY SUMMONED to appear before this Court **Virtually by Video Conferencing and/or Telephone***, on **MARCH 30**, 2022, at 2:30 o'clock in the ☐ morning ☒ afternoon of that day to answer the

petitions and to be dealt with in accordance with Article 10 of the Family Court Act.

Upon your failure to appear as herein directed, a warrant may be issued for your arrest and/or the Court may proceed to inquest and hear and determine the petitions as provided by law.

*Please contact your attorney and/or the Court by telephone (914-824-5501) or by email (VirtualWestchesterFamilyCourt@nycourts.gov) for further instructions on how to appear via video and/or telephone.

Dated: **FEBRUARY 3**, 2022.

/s/ William Curry
Clerk of Court

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DISTRICT OPENINGS - Monticello Central School Living Environment/General Science Teacher Floating Per Diem Substitute Certified Teacher Leave Positions through June 2022 Math Teacher (MS) NYS Certification Required. Please apply online by March 4th! <https://monticelloschools.tedk12.com/hire>

continued on next page

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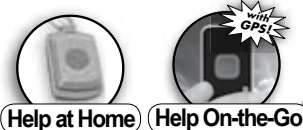
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Not Global Warming, But Rather Drinking Wine Too Warm



By Nick Antonaccio

Wine, as a living, breathing organism, responds and reacts to its environment. Not only in the vineyard (microclimate, proximity to a body of water, sun exposure) but just as importantly, the environment in which it is ultimately consumed.

I have found my interaction with and appreciation of wine is significantly impacted by the moment when a wine passes my pursed lips. Yes, my opinion of a wine is influenced by its aromas and taste, but at times these can pale in comparison to the impact of its temperature.

This may sound trivial, or worse, misdirected. However, a conflicting temperature of a wine will invariably influence my opinion of it. Red wines served too warm will taste flabby and muted; too cold, bereft of aromas and taste. White wines are similarly affected.

Historically, red wine was served throughout Europe at 55 to 60 degrees, which was coincidental with the naturally cooled wine storage cellars of wineries and

'The invention of controlled heating and cooling has altered our interaction with red wine.'

the ambient temperature of thick, stone-insulated walls of homes. Until the 20th century, this was consistent. The invention of controlled heating and cooling has altered our interaction with red wine.

Today, a red wine ordered in a restaurant may arrive directly from a storage room lacking temperature control, from under a bar, or from a wall display in the main dining area. These wines tend to suffer from warm temperatures that affect our experience of

the wine. In my opinion, this is unforgivable.

When presented with this dilemma, I (sometimes) request that the bottle be placed in a tableside ice bucket for a few minutes to bring the wine closer to its ideal 55- to 60-degree range. My

fellow diners were initially appalled at this behavior, but have now endorsed, though rarely practice, my proclivity.

I'm more obsessive at home, where I practice my 20/20 rule for red and white wines. When serving a room-temperature red wine, I place it in the refrigerator for 20 minutes before opening and serving it.

For white wine, I store the bottle in the refrigerator and remove it 20 minutes before opening and serving, bringing the temperature closer to my white wine temperature goal, generally 45 degrees.

Just as in every aspect of life, there are exceptions to the rules. Here's one: I enjoy certain red wines chilled beyond the norm of 55 to 60 degrees.

While the rule of thumb holds for the overwhelming majority of red wines, there are a number of lighter style red wines. These best express their characteristics at temperatures closer to that of white wines, 48 to 52 degrees.

Blasphemy? Heresy? Snobbery? Hear me out.

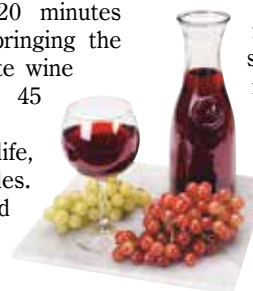
A red wine that is light-bodied tends to be less complex than its more robust counterparts. It will typically have lower tannins, higher acidity and be a bit fruit forward. An axiom to follow: cool the wines from cool climates. The skins are thinner and they tend to be more acidic and floral. Chilling them allows their best qualities to shine, not sublimated or masked by relatively warm temperatures.

Which red wines? Here is my short list of wines I believe are enhanced by a slight chill: Beaujolais (France), Valpolicella (Veneto region of Italy), Zweiglet (Austria), Frappato (Sicily), Cabernet Franc (Loire Valley), Xinomavro (Greece) and a few Pinot Noir wines.

When it comes to Pinot Noir, it becomes a bit dicey. Lighter styles will benefit from chilling, but more complex styles will become muted and one-dimensional. The allure of many Pinot Noirs is precisely their complexity and subtleness. Seek out higher acid examples from Oregon or several Burgundy subregions.

From the effects of global warming on our lives to the warming effect of red wines on our palates, the impact of the latter is minor compared to the impact of the former. Unless you're living in a moment of isolated sensory pleasure.

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.



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Police Blotter

County Police/Mount Kisco

Feb. 23: An officer on patrol recognized a man who had an outstanding warrant against him while the subject walked on East Main Street near the Mt Kisco Diner. Adelmo Ramirez-Garcia, 56, of Columbus Avenue was taken into custody at 7:17 a.m. on a warrant charging him with trespassing. He was arraigned in Mount Kisco Justice Court and remanded to the Westchester County Jail.

Feb. 23: Police responded to the Mount Kisco Public Works Department at 10:54 a.m. on a report that a department vehicle had suffered damage in an apparent hit-and-run accident while it was parked overnight.

Feb. 24: Report of a malfunctioning traffic light at East Main Street and Hyatt Avenue at 5:54 p.m. An electrical contractor was notified and the condition was corrected.

Feb. 25: Police responded to a Carpenter Avenue residence to assist a 51-year-old man who had fallen and suffered cuts and bruises to his head. EMS was notified and also responded.

Croton-on-Hudson Police Department

Feb. 14: The owner of a South Riverside Avenue business reported damage to a classic car parked in his lot at 9 a.m. He stated that it looks like someone may have shot at the vehicle with a BB gun. He reported that the vehicle has been parked in front of the business for over a month, but

he has no idea when the damage occurred. Patrol was dispatched and confirmed damage to the windshield of a 1966 blue Pontiac.

Feb. 20: A Half Moon Bay Drive resident reported to police headquarters at 8:10 a.m. complaining about her upstairs neighbor having guests over at night. Police advised her to speak to her homeowners' association. She then showed a very blurry picture from her ring doorbell of her neighbor leaning against the front of the building. She posted it on Facebook saying, "look at my psycho neighbor with a handgun." Patrols looked at the picture and found no proof of a handgun as it looks like a shadow. No action required.

North Castle Police Department

Feb. 18: A call was received at headquarters at 4:24 p.m. from Pennsylvania State Police reporting a recovered U-Haul trailer that was believed to be stolen out of this jurisdiction. Information was gathered and the trailer was recovered by U-Haul.

Feb. 20: A Mianus Drive resident reported at 4:20 p.m. that his neighbor may be illegally burning brush on his own property. The responding officer reported speaking to the homeowners who were advised of the New York State DEC regulations related to the burning of brush. Their fire was contained in an ornamental fire pit.

Feb. 23: An E-911 caller reported at 11:41 a.m. that he is an employee of the U-Haul on Virginia Road and there is a customer on the scene who is yelling and refusing to leave the premises over a payment issue. The

responding officer reported the party left the scene without incident; however, he refused to give full pedigree information. No criminal activity at this time.

Pleasantville Police Department

Feb. 20: An Uber driver was unable to get two intoxicated young women out of his car on Bedford Road. Police responded and assisted.

Feb. 25: Report of criminal mischief on Village Lane. Graffiti was sprayed on a village parking sign. An investigation is ongoing.

Feb. 26: An unruly customer would not leave the Dunkin' Donuts on Washington Avenue. The subject finally left without incident a short time later.

Putnam County Sheriff's Department

Feb. 24: A 45-year-old Poughkeepsie man was arrested for first-degree falsifying business records and fourth-degree grand larceny, both felonies, in connection with an incident on Jan. 3. A Southeast resident reported a check he mailed to a Mahopac business for a service rendered was cashed, but according to his bank it was cashed by someone other than the business. Sheriff's investigators determined that the suspect, who was an office manager at the business, stole several customer payment checks and altered the invoices by marking them paid. The suspect used his girlfriend's bank

account to deposit the checks and withdrew the money for personal use. The suspect was released without bail and was due to appear in Town of Carmel Justice Court on Monday.

State Police/Cortlandt

Feb. 21: State police, in conjunction with the Westchester County Real Time Crime Center (WCRTCC), arrested Angel Gomez, 21, of the Bronx, for fourth-degree criminal possession of stolen property, a Class E felony. At about 10 a.m. troopers received a law enforcement tip from the WCRTCC of a stolen 2018 Toyota Camry and conducted a traffic stop on Route 9 in Croton-On-Hudson. An investigation found Gomez was in possession of the stolen vehicle and he was subsequently arrested. Gomez was issued an appearance ticket returnable to Croton-on-Hudson Justice Court and was turned over to the New York City Police Department due a pending investigation in their jurisdiction.

Yorktown Police Department

Feb. 19: Michael Mayosky, 46, of East Meadow, N.Y., was charged at 6:40 p.m. with failing to appear for a scheduled court appearance in connection with charges of criminal possession of a firearm and second-degree bail jumping. After being unable to post bail, he was remanded to Westchester County Jail.

Editor's Note: The policy of providing names for people who have been arrested varies between each department.

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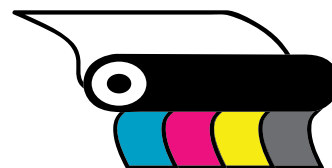
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Places to Enjoy Delicious Irish Food and Spirits on St. Patrick's Day

The leprechauns are coming!

St. Patrick's Day on Thursday, Mar. 17, will be celebrated with all its local color. Throughout the area, storefronts and homes will be hanging shamrocks, providing sparkling moments reminiscent of the Emerald Isle.

Most St. Patrick's Day parades return after a two-year COVID-19 hiatus. In Westchester and Putnam, parades are planned in White Plains on Mar. 12, Mahopac and Tarrytown/Sleepy Hollow on Mar. 13, Yonkers on Mar. 19 and Mamaroneck on Mar. 20, among other communities.

If you want to partake in the traditional foods, spirits and reveling sprinkled with a good dose of blarney, here are some suggestions. Be sure to check ahead for hours and events. Larger groups are advised to make advance reservations. Erin Go Bragh!

Wolf & Warrior Brewing Co., 195A E. Post Rd., White Plains. Brewmeister Michael Chiltern brought White Plains its first microbrewery three years ago and it's a good one. The daily brews are listed on a large colorful blackboard. There's a comforting kitchen menu, too. Stout brined corned beef will be available. Chiltern also promises an authentic Irish home brew to mark the occasion, his own Irish Ale Kavanagh Red. Info: 914-368-8617 or visit www.wolfandwarrior.com.

Jack's Bar & Restaurant, 219 Main St., Eastchester. Owner Shane Clifford and his friendly crew have all the traditional basics you want. Generous specialties coming out of Chef Brendan Donohoe's kitchen include traditional corned beef and cabbage; a double-stacked smash burger; shepherd's pie; decadent short rib mac n' cheese; shroom pizza out of their wood-fired oven; and grilled lamb sliders. Info: 914-652-7650 or visit www.jackseastchester.com.

Trattoria Vivolo, 301 Halstead Ave., Harrison. A solid Italian restaurant housed in a vintage diner, but come St. Patrick's Day chef and owner Dean Vivolo's mom, who is Irish, adds her personal touch to the menu. Info: 914-835-6199 or visit www.trattoriavivolo.com.

The Barley Beach House, 95 Dearborn Ave., Rye. Proprietor Bobby Harris will offer generous platters of traditional Irish specialties, albeit with a modern twist. The views at Rye Beach can't be beat. Harris also operates The Barley House in Thornwood and the seasonal Barley on the



By Morris Gut

Hudson in Tarrytown. Info: 914-481-5505 or visit www.thebarleybeachhouse.com.

Dunne's Pub, 15 Shapham Place, White Plains. A neighborhood treasure. It's an authentic Irish tavern with all the traditional Gaelic accoutrements intact. Owner Declan Farrell keeps it a friendly, home-style place with a good kitchen to boot, dishing out generous servings of traditional Irish-style fare. Try their fabulous corned beef and cabbage, corned beef Reuben sandwich, beer battered fish and chips or salmon crisp (grilled salmon on sautéed spinach topped with baked mashed potatoes). Info: 914-421-1451 or visit www.dunnepub.com.

Tom and Jerrys Irish House, 987 Route 22, Brewster. Tom and Jerry's promises plenty of corned beef, cabbage, potatoes and Irish soda bread for eat-in or take-out. Try the Blarney cheeseburger with Irish bacon. Some good brews, too. Info: 845-278-8900 or visit their Facebook page.

O'Connor's Public House, 222 E. Main St., Mount Kisco. Irish classics include Galway Bay fish and chips, bangers and mash and hearty bowls of Irish beef stew. Craft brews available. Info: 914-241-0777 or visit www.oconnorsmountkisco.com.

The Brazen Fox, 175 Mamaroneck Ave., White Plains. They are all decked out for the Irish fest, serving traditional specialties all month long. Opens at 9 a.m. on St. Paddy's Day. Info: 914-358-5911 or visit www.thebrazenfox.com.

McShane's Public House, 123 N. Main St., Port Chester. Partners Edmund Cleary and Vincent Furey brought a taste of the Emerald Isle to Port Chester and the crowds have been following. Special mention: Colcannon croquettes,

Bangers & Mash, the corned beef Reuben and lamb sliders. Info: 914-937-7800 or visit www.mcshanesportchester.com.

Rory Dolan's, 890 McLean Ave., Yonkers. To many in Westchester's Irish community this is the motherload. There will be feasting galore all day and evening. Try to get there off peak, if possible. Parking available in lot. You can also visit Rory's newest spot in White Plains, Archie Grand. Info: 914-776-2946 or visit www.rorydolan.com.

Hudson Grille, 165 Mamaroneck Ave., White Plains. There is a contemporary vibe in this eatery, which translates into good food and drink. Big networking crowd daily. Tented outdoor seating. Info: 914-997-2000 or visit www.hudsongrillenyc.com.



The decadent short rib mac n' cheese is always on the menu at Jack's Bar & Restaurant.

com.

Emma's Ale House, 68 Gedney Way, White Plains. Proprietor Casey Egan and manager Catherine DeLuca operate one of the best gastropubs in Westchester. There will be Irish specialties on hand along with a fine selection of brews. Info: 914-683-3662 or visit www.emmasalehouse.com.

Growlers Beer Bistro, 25 Main St., Tuckahoe. You can feel the rattle of the Metro-North trains as they pass by. A great selection of craft brews available daily. Knowledgeable staff. Good kitchen, too. Info: 914-793-0608 or visit www.growlersbeerbistro.com.

The Quarry, 106 Main St., Tuckahoe. Good tavern fare and friendly networking make this a comforting spot to unwind. The Quarry will be dressed in green for the day with Irish specialties and spirits. Info: 914-337-0311 or visit www.thequarryrestaurant.net.

Horsefeathers, 94 N. Broadway, Tarrytown. Julia McCue's popular tavern along Route 9 has been part of the local scene since 1981. You are greeted by a convivial staff. The menu offers a copious selection of more than 100 specialties. The vintage metal-topped wooden bar is surrounded by cozy mini booths. Check out their shepherd's pie. Info: 914-631-6606 or visit www.horsefeathersny.com.

Duck Inn Bar and Grill, 128 W. Boston Post Rd., Mamaroneck. Irish specialties will be served buffet-style all day at no charge, said proprietor Paul Collins, who has been at the helm of Duck Inn for 20 years. You must have noticed it across from Harbor Island Park. Friendly barkeeps make sharing a brew most congenial. This is a true pub where spirited conversation takes center stage. It's just around the corner from the Emelin Theater and the Mamaroneck Public Library. Info: 914-



The colorful chalkboard that lists the brew selection at Wolf & Warrior, a White Plains microbrewery.



The corned beef Reuben with fries is among the delicious selections at Jack's Bar & Restaurant in Eastchester.

835-8791 or visit their Facebook page.

Irish Cooking at Home

If you are planning to cook up some Gaelic favorites at home, check out the following specialty food markets for authentic Irish ingredients: Butcher's Fancy, Yonkers, www.butchersfancy.com; Prime Cut Irish Butchers, 4338 Katonah Ave. in the Bronx, 718-324-9262; and Food Ireland, Mount Vernon outlet, at www.foodireland.com.

Morris Gut is a restaurant marketing consultant and former restaurant trade magazine editor. He has been tracking and writing about the food and dining scene in greater Westchester for 30 years. He may be reached at 914-235-6591 or gutreactions@optonline.net.

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Blood Flow Restriction in Physical Therapy and its Astounding Results

Blood Flow Restriction (BFR) is becoming a practice that is being utilized more frequently in helping people return from injury – and with eye-opening results.

The method consists of placing a cuff around the most proximal portion of an upper or lower extremity while the cuff applies a controlled and specific amount of pressure to the limb. The pressure cuff restricts the blood flow to the muscles that are associated with the limb but allows the blood flow returning from the extremity to stay at a normal rate.

The restriction of blood flow allows the muscles to become fatigued quickly, which helps elicit a strength response much faster than with traditional exercise. Since muscle tissue becomes tired much faster during BFR training, the individual exercising does not have to use heavy weights to achieve an increase in strength and muscle growth.

Using lighter weights during exercise allows for greater safety initially for post-operative patients, such as those who undergo ACL reconstruction, biceps tendon

reconstruction, Achilles tendon repair and many other operations.

After having major orthopedic surgery, the tissues are highly sensitive and have restrictions and limitations placed upon the patient to ensure the safety of the repaired tissue. These restrictions typically include limitations on range of motion, non-weight bearing use of a fixation brace and other options based on the type of surgery.

This is where implementation of a BRF cuff and protocol become most useful. In a review at St. Mary's University-London, proper integration of BFR training protocol into ACL rehabilitation resulted in reducing the amount of muscle atrophy post-surgery, an increase in muscle protein synthesis and decreased loss of muscular motor patterns in patients.

These previously common hurdles in ACL rehabilitation are becoming easier to address early on following surgery without compromising the graft health with the use of BFR training.

In another systematic review through multiple studies, use of BFR

protocols in post-ACL reconstruction therapy correlated with an increase in quadricep cross-sectional muscle. Maintaining muscle during recovery from any surgery can only be advantageous for the patient's return to activity.

Through cross analysis of these two and many other existing studies, integration of a BFR program along with physical therapy can help make an immense difference in the recovery from surgery and in the later stages of recovery and a return to sport.

BFR training does not only benefit post-surgical patients but can be an addition to an individual's fitness and exercise program. In a 2014 study reported in the International Journal of Sports Physiology and Performance, a group of trained athletes integrated BFR protocols into their weightlifting sessions three times per week for three weeks. When compared to an equal number of athletes performing the



By Eric Faatz

same weightlifting program but without the BFR integration, the BFR group showed greater improvement in squat strength, maximum top speed and power output and increased tolerance to stress from exercise. When applied appropriately by a licensed exercise professional, BFR can become an amazing tool to use during athlete performance training.

Integration of BFR is safe and effective along with physical therapy and exercise. While it can be a useful tool to utilize, a certified healthcare professional should always be the one to integrate the use of BFR into an individual's program.

Eric Faatz is a certified athletic trainer for ProClinix Sports Physical Therapy & Chiropractic in Armonk. For any questions about this article or our services, call 914-202-0700 or e-mail Eric at efaatz@proclinix.com.



Code Ninjas Mount Kisco to Celebrate Grand Re-opening This Saturday

Code Ninjas Mount Kisco, a fun computer coding learning center where children learn to code by using video gaming and storytelling, will be celebrating its grand re-opening with a festive ribbon-cutting ceremony this Saturday, Mar. 5 at 11 a.m. at 41 S. Moger Ave. in Mount Kisco. An open house with free gaming, raffles, prizes and lion dance will be part of the festive celebration.

The Mount Kisco center, the first Code Ninjas in Westchester County, originally opened as a brick-and-mortar business in November 2020, when schools were fully virtual due to the COVID-19 pandemic. The Code Ninja programs became mostly virtual at that time as well because of safety concerns of being in person.

Even under virtual circumstances, the center slowly built up its community by offering fun programs that teach children coding and science, technology, engineering and mathematics (STEM) skills.

Then on Sept. 1, 2021, Hurricane Ida hit New York.

"Our Mount Kisco location was destroyed by flood damage," said Code Ninjas Executive Director Caryna Wong. "Needless to say, we were devastated."

Determined to get up and running on-site again, cleanup and repairs were made and Code Ninjas is now ready for its in-center grand re-opening, Wong said. Challenges aside, Wong is ready to start anew.

"Fortunately, even when we were working virtually, we slowly gained momentum and even our summer camp program turned out to be successful," she said. "A lot of families

were planning on signing up once school started. Getting past the hurricane washout was difficult, but we're resilient and back on track. We're excited to finally have a grand opening, even if it is a re-opening."

With the re-opening, many safety measures are back in place for Code Ninjas students including mask and distancing requirements, extra air filtration and regular sanitization of surfaces and equipment.

Code Ninjas Mount Kisco operates Monday through Friday from 3 to 7 p.m. and Saturday from 10 a.m. to 3 p.m. along with drop-in after-school hours and continuation of virtual learning. It also offers camps throughout the year during school breaks and Parent's Night Out, when children can enjoy an evening of fun while parents go out and do the same. Birthday parties can be booked at the location as well.

Founded in 2016, Code Ninjas is the world's largest and fastest-growing coding franchise with hundreds of locations in the U.S., U.K. and Canada. Children are taught in fun ways using multiple tools including coding, technical drawing and storyboarding to complete projects. It also teaches kids to become content creators and not just consumers of coded software. They learn about coding in Scratch, Javascript, C# and Unity, as well as 3D modeling and creating games and movies in Roblox and Minecraft.

For more information, visit the Mount Kisco Code Ninjas website at <https://www.codeninjas.com/ny-mount-kisco>. To schedule a child, a group or special event, e-mail mountkisco@codeninjas.com.

THERE'S A WORD FOR IT A vocabulary-building quiz By Edward Goralski

In like a lion, out like a lamb. That is how March is described in the old proverb. Time will soon tell how this March behaves. To help get you ready for the March weather, the words this week all contain "ion," or "amb." Lion or lamb, March always brings the first day of spring to those of us living in the Northern Hemisphere.

- | | | |
|---|---------------------------|----------------------|
| 1. bamboozle (v.)
A) to surprise | B) deceive | C) cover over |
| 2. scion (n.)
A) a split in a group | B) a spark of light | C) a descendant |
| 3. vocational (adj.)
A) providing training | B) given to outbursts | C) nimble |
| 4. lambast (v.)
A) to reprimand | B) disable | C) flee hastily |
| 5. notional (adj.)
A) worthy of attention | B) unfavorably known | C) hypothetical |
| 6. enjoin (v.)
A) to enhance | B) enlist | C) encourage |
| 7. ambit (n.)
A) a desire for fame | B) a boundary | C) a calculated move |
| 8. dithyramb (n.)
A) a divergence of opinion | B) an enthusiastic speech | C) an excited state |

- ANSWERS:**
1. B. To deceive or dupe; hoodwink
2. C. A descendant or heir, especially of a wealthy or prominent family
3. A. Relating to, providing, or undergoing training in a special skill to be pursued in a trade
4. A. To Reprimand or scold
5. C. Not evident in reality; hypothetical or imaginary
6. C. To instruct or urge (someone) to do something; encourage
7. B. Scope or extent; a boundary; a limit
8. B. A wildly enthusiastic speech or piece of writing



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