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SMALL NEWS IS BIG NEWS

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First Black Woman Promoted as DA's Senior Criminal Investigator

By Bailey Hosfelt

Latheia Smith was recently promoted to be the first woman, and the first Black woman, to hold the position of Senior Criminal Investigator in the history of the Westchester County District Attorney's Office.

Westchester District Attorney Mimi Rocah announced Smith's promotion in a press release on March 24.

"Latheia Smith is an extraordinarily talented investigator who has dedicated her life to making her community safer through a career in law enforcement. She shares my vision of a criminal justice system that balances justice for victims with fairness for all involved," Rocah said. "I am proud to promote Investigator Smith in recognition of her many exceptional talents, skills and achievements."

Smith began her career in 2003 with the Mount Vernon Police Department. There, she investigated a wide range of cases in the General Investigations Division, Narcotics Division and Street Crime.

After gaining experience handling confidential informants, securing search warrants and successfully coordinating criminal investigations with other law enforcement agencies, Smith was promoted

to a detective.

In 2009, Smith joined the District Attorney's Office Criminal Investigators Squad, where she has investigated and assisted in the prosecution of homicides, sexual assaults, child abuse, elder abuse, narcotics cases and domestic violence.

Currently assigned to the Criminal Investigators Special Prosecutions Unit, Smith oversees investigations related to human trafficking, sex crimes, domestic violence, elder abuse and child abuse.

"Working at the Westchester County District Attorney's Office has provided me with the opportunity to serve the County that I live in by working cases and assisting agencies with their investigations," Smith said. "As a law enforcement officer, my ability to help victims and their families while they are going through a criminal matter is incredibly rewarding. I'm thrilled to be promoted to Senior Criminal Investigator, and am proud to not only be the first woman in that role but also the first Black woman."

Rocah's promotion of Smith joins a series of promotions of women and women of color to key leadership positions within her first year in office.

In January 2021, Rocah appointed the first Black woman to an Executive Assistant

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PHOTO COURTESY OF DA'S OFFICE

Westchester County District Attorney Mimi Rocah announced the historic promotion of Latheia Smith on March 24.

Greenburgh Seeks Support for Family of Ex-Dispatcher Who Died from COVID

By Rick Pezzullo

The Town of Greenburgh has created a GoFundMe page to support the children of former town police dispatcher Frank Cavaliere who died in February at the age of 53 of complications from COVID-19.

Cavaliere, who resided in Hopewell Junction, was a dedicated and well-liked dispatcher for almost 29 years.

"Frank always put others first. He put his own life at risk to work during this pandemic," said Greenburgh Supervisor Paul Feiner. "He took calls from others who were affected by COVID who may have survived the virus that ultimately took his life. He did so to support his children and to make sure all their needs were met. He is no longer here to do this."

Feiner said Cavaliere worked more than 57 hours in overtime between December 25 and 31, 2021 to cover for department members who had contracted the Omicron variant of COVID-19. During that time, Cavaliere was exposed to employees who had subsequently tested positive for COVID-19.

On December 31, Cavaliere returned home from work and was coughing violently. He was admitted into the hospital on January 8, 2022 and placed on a ventilator on January 23. His kidneys failed on January 25 and he died on February 5.

"Frank was a dedicated public servant. As a police dispatcher he made sure that those



Frank Cavaliere and his children.

who needed services of our Greenburgh Police Department received them. His efforts saved many lives," Feiner stated. "He was always available to help the police when they needed his assistance - in the two weeks before becoming ill with COVID he worked well over 100 hours, pulling double shifts most days, and sometimes averaging

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Celebrating St. Patrick's Day



Members of the White Plains Beautification Foundation were among the hundreds who enjoyed the St. Patrick's Day Parade Saturday.

Burke Hospital Expands Physical Medicine & Rehab Dept.

Burke Rehabilitation Hospital in White Plains has announced the expansion of its nationally recognized Physical Medicine and Rehabilitation (PM &R) Department with the addition of two new attending physicians who work cooperatively with the interdisciplinary teams to provide excellence in care.

Shelly Hsieh, M.D., is board certified in Physical Medicine and Rehabilitation and Spinal Cord Injury (SCI) Medicine. She earned her medical degree at Rutgers New Jersey Medical School and completed her residency in PM&R and fellowship in SCI Medicine at Rutgers New Jersey Medical School/Kessler Institute for Rehabilitation. Dr. Hsieh was appointed Burke's Director of Spinal Cord Injury Rehabilitation. In this position, she oversees the comprehensive SCI program for both inpatient and outpatient populations.

One of her first accomplishments at Burke was creating an Outpatient SCI Clinic bridging the care from inpatient to outpatient and collaborating with the outpatient therapy team.

According to Dr. Hsieh, "Spinal cord injuries are life-altering events that can affect all the organs and systems. At Burke, we have the training to treat this unique population and help people living with spinal cord injuries return to full and productive lives. Providing them with specialized medical care and therapy programs is paramount, while we also offer a robust adaptive sports program. We are continuing to work on dismantling barriers

which include the need for greater access to accessible transportation."

Dr. Hsieh has strengthened bonds with Sarah Neuman: The New Jewish Home, a skilled nursing facility for which Burke provides therapeutic services, by providing additional education and training for their staff members who care for SCI patients. "My goal is to develop a spinal cord injury pathway where there are seamless transitions of care for patients after leaving Burke," said Dr. Hsieh.

Dr. Hsieh's goal is not only to treat these patients but also to help them return to their communities. She commented, "Research shows that community integration, returning to school and work, and participating in adaptive sports results in better outcomes. Although life may look different, people living with SCI can lead productive lives."

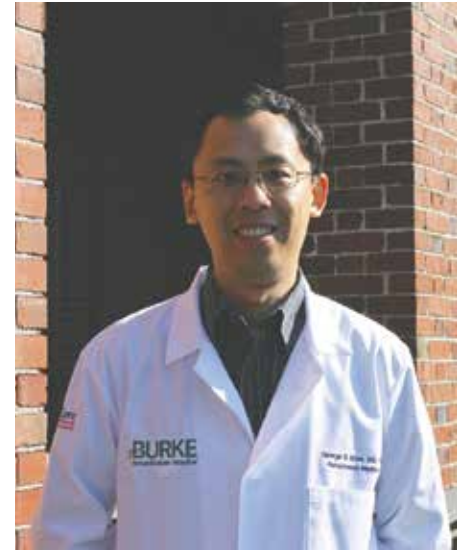
George Chen, D.O., PhD., earned his Ph.D. in chemistry from the California Institute of Technology after receiving an undergraduate degree at Dartmouth College. He attended medical school at the University of North Texas Health Science Center and completed his residency in PM&R at Rutgers New Jersey Medical School and the Kessler Institute for Rehabilitation.

Dr. Chen commented, "My philosophy is based on academic medicine, and I am excited to be here. When I was a resident, I enjoyed teaching and research. At Burke, there is the whole breadth of teaching, for residents, patients, medical students, and colleagues."

Dr. Chen's clinical and research interests



Dr. Shelly Hsieh, M.D.



Dr. George Chen, D.O., PhD

lie at the interface of chemistry, biology, engineering, and medicine. His current work involves the use of observational data, mathematical optimization, and computational techniques to guide and maximize patient recovery after hospitalization.

"I am working to apply these principles for patients after orthopedic procedures, as well as patients with neurological conditions such as cerebral palsy, stroke, spinal cord injury, and other neuromuscular conditions," explained Dr. Chen. "My main goal at Burke is to integrate research and education to

ensure not only the best results for patients but also to advance the knowledge of rehabilitation." Dr. Chen also collaborates with the nursing and therapy teams to develop a comprehensive multidisciplinary pain management program for patients.

One of the most satisfying aspects of his work at Burke is the ability to spend quality time with patients. Dr. Chen concluded, "The heart of medicine is getting to know your patients and listening to their issues and complaints. Our job in medicine is to support them so that they can be successful."

First Black Woman Promoted as DA's Senior Criminal Investigator

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District Attorney position, the first Black woman and first Hispanic woman to the Deputy Division Chief level and a woman as Chief of the largest division in the office.

Additionally, Rocah promoted 15 women, including six women of color, to the Bureau Chief and Branch Chief level, as well as to

Coordinator positions.

"Making this Office truly representative of the diversity of the communities we serve by having women and women of color in leadership positions in law enforcement is critically important, and I remain committed to this as one of my top priorities," Rocah said.

Greenburgh Seeks Support for Family of Ex-Dispatcher Who Died from COVID

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only four hours of sleep. He lived an hour away from work. But, always put the town and our residents first."

Cavaliere is survived by his wife, Lisa, and two children, Ashley, 14, and Zackary, 11. He loved listening to Ashley sing and play

keyboard, and he loved playing and watching football with Zackary. On his days off from work he would do Bible study with his family.

Anyone who wants to make a donation can visit: <https://www.gofundme.com/f/cavalierechildren>. To date, more than \$5,000 has been raised.

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Wolffer '21 Summer in a Bottle Rose



Tasting Note: Bright shiny copper in color. The aroma is elegant with fine clean fruit notes of pears and apples but with a luxurious ripeness. The mouth-feel is vibrant and has lovely spiciness and a rich texture with fine tannins. It is livened up by nice acidity and a classic minerality and salinity. This dry rosé is very savory and has a long finish with creamy yeast and delicate chalk notes. This may be the most food-friendly Summer in a Bottle to date and is certainly the perfect summer wine!

\$20⁹⁷

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Dan's Wine of the Year

2014 Casa Santos Lima Reserva



The nose on this wine bursts through the seems with dark fruit notes earthy spice-tinged berries that remind you the wine is old school. The palate brings Very complex on the palate with coconut, blackberry, jam and dried fruit, prune and fig. The addition of the Syrah in this blend is what separates this wine from anything ordinary.

\$11⁹⁷

Jason's Wine of the Year

2019 Oak Farm Tievoli Cabernet Sauvignon



Deep garnet in color, this Cabernet Sauvignon is composed of complex aromas of black currant, blueberry, cedar, and floral characteristics. The wine is full bodied with echoing aromas on the palate. The finish is abundant in textured tannins, yet smooth and velvety.

\$14⁹⁷

Wine of the Year

2020 Anne Pichon Grenache Noir



Take what you think you know about Grenache and throw it out the window. As this wine opens, initial dark berry flavors meld into a true jam flavor with floral notes and bitter cranberry. It has such a divine, full mouthfeel that tricks you into not initially noticing that it's more 'dry' than not.

\$21⁹⁷

Tom's Wine of the Year

2018 Laurent Combier Crozes Hermitage



Mesmerizing deep dark ruby with dark pink shimmers along the rim of the wine. This Syrah emits a nose of black cherry jam, figs, black currants, and subtle notes of bacon fat, cured meat, and violets. The palate is rich with bright and juicy blackberries, blueberries, and cranberries. Black peppercorns, dried thyme, and subtle notes of river rocks breakthrough the berry medley. A lingering finish of dried blueberries and cacao finalize this wine.

\$19⁹⁷

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County Center Will No Longer Provide Vaccines, Tests at Week's End

By Martin Wilbur

Westchester will close the County Center in White Plains this Friday as a mass COVID-19 vaccination and testing site as cases diminish and the need for large-scale inoculations fade.

County Executive George Latimer said Monday afternoon that demand at the facility, which was set up to vaccinate more than 2,000 people a day after the shots were made available, has slowed to a trickle in recent months. It has been used for that purpose since early January 2021.

"Now that the demand for vaccination has dropped dramatically, probably

because we have such a high percentage of our population that's been vaccinated, so we are going to come out of the County Center for that purpose, again, as of the end of the week," Latimer said.

Anyone who is due a second dose would need to receive it at the county health department clinic at 134 Court St. in White Plains. The clinic will also continue to operate its Friday vaccine program from 9 a.m. to 3 p.m.

According to statistics from New York State, 857,658 people in Westchester have received at least one dose and 789,760 people have had two doses. Statistics have not been kept regarding the number of boosters that have been dispensed, Latimer said.

Since the time vaccines first began being administered, 349,422 doses have been provided at the County Center through Sunday.

Despite a slight uptick in cases over the past week, Latimer said he doesn't believe that it is premature to close the facility for vaccinations and testing. Those have become readily available at clinics and pharmacies throughout the county and it is expected those locations will be able to meet the demand, he said.

The only exception was during the holiday season surge of the Omicron variant where tests were difficult to obtain.

"We think at this stage of the game that we'll be able to handle that demand using the existing areas for vaccinations other than a singular mass vaccination site," Latimer said.

The interior of the facility will have to be deconstructed after Friday, he added. It is not known how long the 90-year-old facility will remain unable to host events but Latimer expected that to continue for multiple months.

Eventually, a discussion about the future of the County Center will have to be started, Latimer said.

On Sunday, there were 1,344 active cases in the county, up from 1,066 a month earlier. However, there were only 31 hospitalizations compared to 83 with nearly 300 fewer cases on Feb. 27. Furthermore, there were 14 deaths from Feb. 27 to Mar. 27, compared to 89 for the prior month.

Latimer said it is likely the high vaccination rate makes the somewhat heightened caseload far less dangerous for many who contract the virus. Compared to the surrounding counties in the lower and mid-Hudson Valley and Long Island and the five boroughs of New York City, only Manhattan exceeds Westchester's vaccination rate.

"We have a diminution in the severity of the disease, which means that Westchester, more so than any of the surrounding



The County Center in White Plains will be retired as a vaccination and testing site on Friday after nearly 15 months.

counties, more so than Rockland, Putnam, Dutchess, Orange, Ulster counties, the Bronx, Brooklyn, State Island, we have had a high rate of vaccinations," he said.

On Sunday, the statewide positivity rate registered 2.9 percent, the highest since it last hit 3 percent on Feb. 13.

Westchester saw a 3.3 percent infection rate on Sunday, with 94 positive cases from 2,853 tests. Its seven-day average stood at 2.6 percent.

Meanwhile, Putnam County had a 3.9 percent positivity rate with nine positives out of 280 tests. Its seven-day rolling average also registered 2.6 percent.

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Mt. Pleasant Dems Hold Petition Rally for Jones, Abinanti in Final Push

By Abby Luby

In the final push to get as many signatures as possible on candidate petitions before the Board of Elections' Apr. 7 deadline, the Mount Pleasant Democratic Committee held a petition wrap-up rally for Rep. Mondaire Jones (D-White Plains) and Assemblyman Tom Abinanti (D-Pleasantville).

Abinanti, a six-term incumbent representing the 92nd Assembly District, is being challenged by Westchester County Legislator MaryJane Shimsky in the June primary. Although there have been rumors that Jones is being challenged in the primary, no names have been mentioned.

About 35 people gathered at the Nonna pocket park in Pleasantville as a cold rain tapered off and the sun appeared. Mount Pleasant Democratic Committee Chairman Bruce Campbell introduced Abinanti and Jones.

"Our job is to get them re-elected, and that involves carrying petitions around and getting them signed," Campbell said.

Nonna, a former village mayor and county legislator who currently serves as county attorney, had high praise for Abinanti and Jones.

"Tom has devoted his whole life as a servant of the people and he's working hard in Albany doing a good job," he said.

Abinanti talked about the changing landscape of Albany politics since he was first elected in 2010.

"I used to be considered left, now I'm



ABBY LUBY PHOTO

Members of the Mount Pleasant Democratic Committee and other supporters surround Assemblyman Tom Abinanti and Rep. Mondaire Jones.

somewhere in the middle," Abinanti mentioned. "We are going to pass the (state) budget on time and show what the Democratic majority can do. When the Democrats are given a chance, we can do great things together."

Nonna recalled that he endorsed Jones, who for a time worked in the county attorney's office, before The New York Times two years ago.

"Mondaire was the best candidate and he deserved to be a congressman," Nonna said. "He's a hands-on guy and that's what we need. I'm happy to be here supporting them both."

Jones said he attended the rally to "meet with my constituents and make sure I get on the ballot. Even though my district has changed, I'm still excited to represent Mount Pleasant."

The 17th Congressional District, which currently takes in much of central and northern Westchester and all of Rockland County, has been redistricted to include only Greenburgh, Ossining, Mount Pleasant, New Castle, Mount Kisco and part of White Plains in Westchester. It will retain Rockland, but pick up about half of Orange County and all of Sullivan County.

Democratic control of Congress has been

productive, Jones said.

"The American Rescue Plan, the Infrastructure and Jobs Act and the Paycheck Protection program had bipartisan support," he said. "Through nine different programs we were able to deliver \$8.2 million to Westchester and Rockland counties. That's what government can do for people."

Jones also warned that America's democracy was being threatened.

"We haven't seen anything like the current voter suppression measures since the Jim Crow era," he said.

Attending the rally were students from a Pleasantville Middle School civics class and their teacher, Jean Gilroy, to learn about the petitioning process. Jones praised the students for learning and caring about government and attending the rally.

"You are so much further (along in) understanding about government than when I was in middle school," Jones told eighth-graders Jack Turner and Brendon O'Brien.

Mount Pleasant Democratic Committee leadership also was on hand to continue pushing for signatures.

"Petitioning is difficult," committee Vice Chair Francesca Hagadus-McHale told the group. "Especially when you're knocking on doors or approaching people at the farmers market. You can't intimidate people when you ask if they are a registered Democrat."

Early voting for the primary will be held from June 18 to June 26 and in-person voting is on Tuesday, June 28. The general election will be Nov. 8.

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Bedford Schools Super Recommends Administrative Revision in Budget

By Martin Wilbur

Bedford Superintendent of Schools Dr. Joel Adelberg proposed last week to add a third assistant principal at Fox Lane High School rather than hire a STEAM director in the district's 2022-23 budget.

Adelberg, who arrived in Bedford 13 years ago as the high school principal, said the high school has badly needed a fourth administrator during his time in the district and it is still operating shorthanded.

Last Wednesday evening, he recommended to the Board of Education that

they use the \$155,000 that had originally been proposed several weeks earlier for a director of science, technology, engineering, art and math to pay for the additional assistant principal.

With the ratio of administrators to students among the lowest in the area, the district's greatest priority points to having a third assistant principal, Adelberg said.

"I have data from all over the region that some (schools) have similar enrollment as we, some have higher, some have lower, and I see more administrators per student and administrators per staff," Adelberg said. "It's

about instructional leadership, it's about feet on the ground. We have a school of over 1,300 students and three administrators, which quite frankly, is not something I'm proud of."

To address the need of having STEAM leadership as well, Adelberg suggested the high school could trim sections at the high school without affecting course offerings and provide on a temporary basis a teacher-leader-coach to help initiate the work connected to digital literacy. He said it would be similar to the new math coach position that is in next year's budget.

"I think a STEAM administrator is something the district should be looking at," Adelberg said. "I find that's a positive, progressive role. I stand by that recommendation, but I also have to listen to where people are in this felt the need in keeping kids safe, supported and teacher supported at the building level, which is where it all happened, and I think the high school is under-supported in administrators."

Board of Education members complimented the outgoing superintendent for being willing to change course from his original budget. However, Board member Robert Mazurek said the board should consider funding both positions if they're important, particularly with a tentatively projected surplus of as much as \$1.9 million.

"Today we learned we gained (another) \$400,000 in surplus. Why don't you do both?" he asked.

Aside from the district already at the tax cap, the district risks hurting itself if there isn't ample money available for healthcare expenses that could rise sharply next year, said board Vice President Edward Reder. Since the district self-insures, it could be burned if the numbers are off, he said.

"There's a lot of rising costs right now," Reder said. "If we don't think healthcare might be more expensive next year than it is this year, that is a gamble I'm not willing to make."

The board will resume deliberations on the \$148 million budget on Wednesday evening.

Mt. Kisco's Proposed \$24M General Fund Budget Carries 1.5% Tax Hike

By Martin Wilbur

Mount Kisco homeowners may see a 1.5 percent tax rate increase in the 2022-23 fiscal year budget proposed last week that easily complies with the state tax cap.

Village Manager Ed Brancati presented the first draft of the \$24 million general fund budget, a \$400,000 spending hike over the current year. The 1.49 tax rate increase would equate to a \$56.87 village tax increase for a homeowner who has the average residence in the municipality valued at \$457,500.

The tax levy increase presented last week would be 1.25 percent, \$281,000 below the ceiling for the village.

The only staffing change is the proposed addition of a full-time recreation leader, which will be partially offset by reductions

of part-time personnel and a variety of other lines in the recreation budget, Brancati said.

Also proposed is the community resource officer, a new position as of March for a three-month trial run. Brancati said the money for the officer, which had been estimated for a full year at \$250,000, would be part of the village's contract with Westchester County and not affect the village payroll.

A wide variety of capital projects, some with outside funding that has been earmarked to partially offset expenses for the work, are planned by village officials for the upcoming year.

Brancati said bids are expected shortly for the work for the Main Street and Lexington Avenue firehouses. Those bids are expected to be awarded for an estimated \$7.25 million.

The Green Street firehouse upgrades were completed last year. A combined

\$14.25 million in borrowing had been authorized by voters in two separate votes in 2017 and 2019 for improvements to the three firehouses.

Other capital projects include improvements to the Preston Way and Legion Way bridges, the continuing streetscape project, paving and sidewalk work, improvements to Village Hall and the old post office, park upgrades and vehicle replacement.

There are also an assortment of water and sewer related projects that are included.

A Village Board work session to review the budget was scheduled for Monday night and a public hearing will take place at the board's next regular meeting on Apr. 4.

The board must adopt the new budget by May 1. The new fiscal year will begin on June 1.



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LEGAL NOTICE

NOTICE OF BUDGET HEARING, BUDGET VOTE AND SCHOOL BOARD ELECTION, MOUNT PLEASANT CENTRAL SCHOOL DISTRICT, OF THE TOWNS OF MOUNT PLEASANT AND NORTH CASTLE, WESTCHESTER COUNTY, NEW YORK.

NOTICE IS HEREBY GIVEN THAT a Budget Hearing in lieu of an annual meeting of Mount Pleasant Central School District, of the Towns of Mount Pleasant and North Castle, State of New York, will be held on May 10, 2022, at 7:30 PM, of said day, in the Westlake High School Library, Westlake Drive, Thornwood, New York. This is in accordance with Chapter 853 of the Laws of 1983.

The purpose of said meeting will be:

- a. To receive from the Board of Education of the District a detailed statement in writing of the amount of money which will be required for the ensuing year for school purposes, exclusive of public monies, specifying the several purposes and the amount of each as provided by Section 1716 of the Education Law;
- b. Transact such other business as may lawfully come before such meeting.

NOTICE IS FURTHER given that the Budget Vote and School Board Election will be held on May 17, 2022, between 7:00 AM and 9:00 PM, of said day in the Westlake High School Gymnasium, Westlake Drive, Thornwood, New York, for the purpose of voting upon the appropriation of the necessary funds to meet the estimated expenditures for the 2022 - 2023 school year for school purposes and for the election of two members of the Board of Education for terms expiring June 30, 2025.

Petitions nominating candidates for the Board of Education must state the name and address of the candidate being nominated, have the signature and address of each person signing the petition, and must be filed with the Clerk of the District at her office, in the District Office, 825 Westlake Drive, Thornwood, New York between the hours of 9:00 AM and 5:00 PM, no later than Monday, April 18, 2022. The petition must contain at least 25 signatures of qualified voters.

The Board of Education, having provided for personal registration of voters, and having designated qualified voters to constitute a Board of Registration for this District, such Board of Registration will meet to prepare the register of voters for said Meeting and Election between the hours of 5:00 PM and 9:00 PM, Wednesday, May 11, 2022 in Westlake High School, Westlake Drive, Thornwood, New York, and any persons shall be entitled to have his/her name placed upon such register, provided that at such meeting of the Board of Registration, he/she is known or proven to the satisfaction of such Board of Registration to be then or thereafter entitled to vote at the school meeting or election for which such register is prepared, and further provided that any resident of the School District who is registered to vote in general elections is qualified to vote at said meeting without having his/her name placed upon the School District register of voters provided he/she 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 district meeting or election or special district meeting or election and who has voted at an annual district meeting or election or special 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 May 12, 2022. The Board of Registration will also meet during the foregoing election in the Gymnasium of the Westlake High School, Westlake Drive, Thornwood, New York, on May 17, 2022, for the purpose of preparing the register for elections held subsequent to such election.

The register prepared pursuant to Section 2014 of the Education Law will be filed in the Office of the Clerk of the District, and will be open for inspection by any qualified voter of the District at the Office of the Clerk of the District, District Office, Westlake Drive, Thornwood, New York, at the polling place on election day, as well as between the hours of 9:00 AM and 4:00 PM on each of the five (5) days prior to the election excluding Sunday, May 15, 2022, except that on Saturday, May 14, 2022, it will only be available for inspection between the hours of 8:30 AM and 10:30 AM.

PLEASE TAKE FURTHER NOTICE that applications for absentee ballots may be applied for at the Office of the District Clerk, located in the District Office of the Mount Pleasant CSD, 825 Westlake Drive, Thornwood, NY 10594. An application for an absentee ballot must be received by the District Clerk no earlier than thirty (30) days before the Annual Election. An application for an absentee ballot on the form prescribed by Section 2018-a of the Education Law must be received by the District Clerk at least seven (7) days before the Annual Election if the ballot is to be mailed to the voter, or the day before the Annual Budget Vote/Election if the ballot is to be delivered personally to the voter or his/her designated agent. Upon receiving a timely application for a mailed absentee ballot, the District Clerk will mail the ballot to the address designated on the application by no later than six (6) days before the Annual Election.

A list of all persons to whom absentee ballots shall have been issued will be available in the Office of the Clerk between the hours of 9:00 AM and 3:00 PM, except Saturday and Sunday.

Military voters who are not currently registered may apply to register as a qualified voter of the school district. Military voters who are qualified voters of the school district may submit an application for a military ballot. Military voters may designate a preference to receive a military voter registration, military ballot application or military ballot by mail, facsimile transmission or electronic mail in their request for such registration, ballot application or ballot. Military voter registration forms and military ballot application forms must be received in the office of the District Clerk of the school district no later than 5:00 p.m. on April 21, 2022. No military ballot will be canvassed unless it is (1) received in the office of the District Clerk before the close of the polls on election day and showing a cancellation mark of the United States postal service or a foreign country's postal service, or showing a dated endorsement of receipt by another agency of the United States government; or (2) received by the office of the District Clerk by no later than 5:00 p.m. on election day and signed and dated by the military voter and one witness thereto, with a date which is associated to be not later than the day before the election.

A copy of the detailed statement in writing of the amount of the money which will be required for the school year 2022 - 2023 for school purposes, specifying the several purposes and the amount of each, as provided by Section 1716 of the Education Law, may be obtained by any resident in the District between the hours of 8:00 AM and 3:00 PM on each day other than a Saturday, Sunday, or holiday during the fourteen (14) days immediately preceding the annual budget vote and school election as well as on the day of the vote at the office of the following:

District Office	Westlake High School	Westlake Middle School	Columbus Elementary School	Hawthorne Elementary School
Westlake Drive	Westlake Drive	Westlake Drive	580 Columbus Avenue	Memorial Drive
Thornwood, New York 10594	Thornwood, New York 10594	Thornwood, New York 10594	Thornwood, New York 10594	Hawthorne, New York 10532

A Real Property Tax Exemption Report prepared in accordance with Section 495 of the Real Property Tax Law will be annexed to any tentative/preliminary budget as well as the final adopted budget of which it will form a part; and shall be posted on District bulletin board(s) maintained for public notices, as well as on the District's website.

BY ORDER OF THE BOARD OF EDUCATION
MOUNT PLEASANT CENTRAL SCHOOL DISTRICT
TOWNS OF MOUNT PLEASANT AND NORTH CASTLE
WESTCHESTER COUNTY, NEW YORK
DISTRICT CLERK

AVISO LEGAL

AVISO DE AUDIENCIA PRESUPUESTAL, VOTACIÓN SOBRE EL PRESUPUESTO Y ELECCIÓN DEL CONSEJO ESCOLAR, DISTRITO ESCOLAR CENTRAL DE MOUNT PLEASANT, DE LOS POBLADOS DE MOUNT PLEASANT Y NORTH CASTLE, CONDADO DE WESTCHESTER, NUEVA YORK.

POR ESTE MEDIO SE DA AVISO DE QUE se celebrará una audiencia presupuestal en lugar de una reunión anual del Distrito Escolar Central de Mount Pleasant, de los poblados de Mount Pleasant y North Castle, estado de Nueva York, el 10 de mayo de 2022, a las 7:30 p.m. de dicho día, en la biblioteca de la Escuela Preparatoria Westlake, Westlake Drive, Thornwood, Nueva York. Esto se lleva a cabo de acuerdo con el Capítulo 853 de las Leyes de 1983.

El propósito de dicha reunión será:

- a. Recibir del Consejo de Educación del Distrito un presupuesto detallado, por escrito, de la cantidad de dinero que se necesitará para propósitos escolares el próximo año, excluyendo los fondos públicos, y expresando los diversos propósitos y el importe de cada uno de acuerdo con la sección 1716 de la Ley de Educación;
- b. Tramitar otros asuntos que puedan presentarse legalmente en dicha reunión.

ADemás se da aviso de que la votación sobre el presupuesto y la elección del Consejo Escolar se llevarán a cabo el 17 de mayo de 2022, entre las 7:00 a.m. y las 9:00 p.m. de dicho día, en el gimnasio de la Escuela Preparatoria Westlake, Westlake Drive, Thornwood, Nueva York, con el fin de votar sobre la asignación de los fondos necesarios para cubrir los gastos estimados para fines escolares en el año escolar 2022 - 2023 y para la elección de dos miembros del Consejo de Educación a períodos que expiran el 30 de junio de 2025.

Las peticiones para nominar a candidatos al Consejo de Educación deben establecer el nombre y la dirección del candidato nominado, tener la firma y la dirección de cada persona que firme la petición, y deben presentarse a la secretaria del Distrito en su oficina, en la Oficina del Distrito, 825 Westlake Drive, Thornwood, Nueva York, entre las 9:00 a.m. y las 5:00 p.m., a más tardar el lunes 18 de abril de 2022. La petición debe contener por lo menos 25 firmas de votantes calificados.

El Consejo de Educación, habiendo tomado medidas para el registro personal de votantes y habiendo designado a votante calificados para integrar un Consejo de Registro de este Distrito, dicho Consejo de Registro se reunirá para preparar el registro de votantes para dicha reunión y elección entre las 5:00 p.m. y las 9:00 p.m. del miércoles 11 de mayo de 2022, en la Escuela Preparatoria Westlake, Westlake Drive, Thornwood, Nueva York, y toda persona tendrá derecho a que se incluya su nombre en dicho registro, asumiendo que en dicha reunión del Consejo de Registro se reconozca o se demuestre a satisfacción de dicho Consejo de Registro que tenía en ese momento, o adquiriría posteriormente, el derecho a votar en la reunión escolar o la elección para la que se preparó dicho registro, y considerando además que todos los residentes del Distrito Escolar que estén registrados para votar en las elecciones generales son elegibles para votar en dicha reunión sin necesidad de que se incluya su nombre en el registro de votantes del Distrito Escolar, asumiendo que hayan votado al menos una vez en las elecciones generales en los últimos cuatro años calendario. Además, si una persona se ha registrado previamente para votar en cualquier reunión o elección anual del distrito o en una reunión o elección especial del distrito y ha votado en una reunión o elección anual del distrito o en una reunión o elección especial del distrito 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 12 de mayo de 2022. El Consejo de Registro también se reunirá durante la elección en curso en el gimnasio de la Escuela Preparatoria Westlake, Westlake Drive, Thornwood, Nueva York, el 17 de mayo de 2022, con el fin de preparar el registro para las elecciones a celebrarse posteriormente a dicha elección.

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 elección, 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 15 de mayo de 2022, excepto que el sábado 14 de mayo de 2022 solamente estará disponible para inspección entre las 8:30 a.m. y las 10:30 a.m.

ADemás, TOME EN CUENTA que las solicitudes de papeletas para voto en ausencia pueden presentarse en la Oficina de la Secretaria del Distrito, situada en la Oficina del Distrito del DEC de Mount Pleasant, 825 Westlake Drive, Thornwood, Nueva York, 10594. Las solicitudes de papeletas para voto en ausencia deben recibirse en la oficina de la secretaria del Distrito no más de treinta (30) días antes de la elección anual. Las solicitudes de papeletas para voto en ausencia en el formulario ordenado por la Sección 2018-a de la Ley de Educación deben recibirse en la oficina de la secretaria del Distrito por lo menos siete (7) días antes de la elección anual si la papeleta debe enviarse por correo al votante, o a más tardar el día antes de la votación del presupuesto anual y elección, si la papeleta se entregará personalmente al votante o su representante designado. Tras recibir de manera oportuna una solicitud de enviar por correo una papeleta para voto en ausencia, la secretaria del Distrito enviará la papeleta por correo a la dirección señalada en la solicitud, a más tardar seis (6) días antes de la elección anual.

Habrá disponible una lista de todas las personas a las que se enviaron papeletas para voto en ausencia en la oficina de la secretaria, de 9:00 a.m. a 3:00 p.m., excepto los sábados y domingos.

Los votantes militares que no estén registrados actualmente pueden solicitar su registro como votantes calificados del distrito escolar. Los votantes militares que sean votantes calificados del distrito escolar pueden presentar una solicitud de papeleta militar. Los votantes militares pueden indicar la preferencia de recibir un registro de votante militar, una solicitud de papeleta militar o una papeleta militar por correo, fax o correo electrónico en su solicitud de registro, solicitud de papeleta o papeleta. Los formularios de registro de votantes militares y formularios de solicitud de papeletas militares deben recibirse en la oficina de la secretaria del Distrito del distrito escolar a más tardar a las 5:00 p. m. del 21 de abril de 2022. No podrá tomarse en cuenta una papeleta militar que no sea (1) recibida en la oficina de la secretaria del Distrito antes del cierre de los centros de votación el día de la elección y con un matasellos del servicio postal de Estados Unidos o del servicio postal de un país extranjero, o con un acuse de recibo fechado de otra agencia del gobierno de Estados Unidos; o (2) recibida por la oficina de la secretaria del Distrito a más tardar a las 5:00 p. m. del día de la elección y firmada y fechada por el votante militar y un testigo del hecho, con una fecha que se determine que no es posterior al día antes de la elección.

Cualquier residente del Distrito puede recibir una copia del presupuesto detallado por escrito con la cantidad de dinero que se requerirá para el año escolar 2022 - 2023 para propósitos escolares, especificando los diversos propósitos y la cantidad de dinero para cada uno, según lo establecido en la Sección 1716 de la Ley de Educación, entre las 8:00 a.m. y las 3:00 p.m., todo los días excepto sábados, domingos y días feriados, durante los catorce (14) días inmediatamente anteriores a la votación del presupuesto anual y la elección escolar, así como el día de la votación en la siguiente oficina:

Oficina del Distrito	Escuela Preparatoria Westlake	Escuela Secundaria Westlake	Escuela Primaria Columbus	Escuela Primaria Hawthorne
Westlake Drive	Westlake Drive	Westlake Drive	580 Columbus Avenue	Memorial Drive
Thornwood, Nueva York 10594	Thornwood, Nueva York 10594	Thornwood, Nueva York 10594	Thornwood, Nueva York 10594	Hawthorne, Nueva York 10532

Se anexará un informe de exenciones de impuestos a bienes raíces, preparado de acuerdo con la sección 495 de la Ley de Impuestos a Bienes Raíces, a cualquier presupuesto tentativo o preliminar, así como al presupuesto definitivo adoptado del que formará parte; y se publicará en el tablero de mensajes que mantiene el Distrito para avisos públicos, así como en el sitio de internet del Distrito.

POR ORDEN DEL CONSEJO DE EDUCACIÓN
DISTRITO ESCOLAR CENTRAL DE MOUNT PLEASANT
POBLADOS DE MOUNT PLEASANT Y NORTH CASTLE
CONDADO DE WESTCHESTER, NUEVA YORK
SECRETARIA DEL DISTRITO

Extension of Yorktown Sewer District Receives Financial Boost

By Rick Pezzullo

A planned extension of the Hallocks Mill Sewer District in Yorktown that will provide service for 315 properties currently on septic systems has received a major financial boost from higher levels of government.

Last week, Westchester County announced it will release \$10 million in funds that have been set aside for years as part of a New York City Department of Environmental Protection (DEP) East of Hudson water quality improvement initiative.

Westchester's decision came after Rep. Mondaire Jones (D-White Plains) said \$1.2 million in federal infrastructure improvement funding was being given to Yorktown to help complete the \$14.3 million sewer project.

"We have worked closely with our colleagues in county government to assure that after 30 years, this major environmental quality improvement project moves forward," Yorktown Supervisor Matt Slater said.

The federal grant will be used for the first phase of the extension project, which consists of engineering design. Yorktown plans on borrowing the balance once the state comptroller approves creation of the district.

Yorktown officials have said the extended district will dramatically improve the water quality of Sparkle Lake, a major recreational resource for town residents, as well as the Croton Reservoir, which provides drinking water for millions of residents in the metropolitan area.

The Hallocks Mill sewer extension is the first of three sewer district improvements

that are planned, each of which will enhance the water quality and the overall environment for residents and those who utilize the Croton watershed.

Westchester County Executive George Latimer addressed the project in response to a published report that suggested the county should use the funds as leverage to encourage Yorktown to adopt a 10 percent requirement for residential developments built in the town.

"There are two important public policy

issues we are committed to: advancing affordable housing and addressing pollution that threatens our drinking water," Latimer said in a statement. "We want all Westchester municipalities to do their fair share to provide affordable housing, Yorktown included, in the same manner as neighboring communities like Somers and Cortlandt have already done."

"Protecting safe drinking water through the Hallocks Mill Sewer Extension Project

is too important to be used as 'leverage,'" Latimer also mentioned in the statement. "The federal government's commitment of \$1.2 million toward this end shows the priority placed on this remediation. The county intends to correct the sewer system deficiencies and separately work to get the right commitments from the town on housing. These are not mutually exclusive goals."

Grant to Help Purchase's Performing Arts Center Get Back on Track

The Performing Arts Center, Purchase College (PAC) has been awarded a ReStart the Arts Grant of \$25,000.

ReStart the Arts is a regrant program of ArtsWestchester, made possible with support from the Office of the Governor, the state legislature and the New York State Council on the Arts. The program includes \$1 million in grants to local arts organizations so that they may rehire artists, reassemble audiences and reignite creativity.

The PAC's application process was spearheaded by Katherine King, director of corporate and foundation relations at Purchase College, and Ian Driver, interim general manager of the PAC. The proposal requested funds to support fall 2022 performances by the Chamber Music Society of Lincoln Center. The performances will be supplemented by pre-concert Q&As and a master class for Purchase College Conservatory of Music students.

"The PAC is thoughtfully planning a path forward to rebuilding and welcoming audiences to our venues," Driver said. "We are curating a season of diverse events that speak to our values of innovation and inclusion and remain steadfast in our commitment to artistic excellence. In part, the series will return to programs that were successful prior to the pandemic and that serve a cultural need in the community."

The PAC's partnership with the Chamber Music Society (CMS) of Lincoln Center began with the 2014-15 season; its annual series of performances have been a cornerstone of The PAC's classical and chamber music programming. CMS presents a wide variety of concerts for listeners of all ages and backgrounds.

The performing artists constitute a revolving multi-generational and international roster of the world's finest chamber musicians, enabling CMS to

present chamber music of every style. Many of the musicians and administrators, including co-artistic directors David Finckel and Wu Han, live in Westchester and enjoy their proximity to the performing arts at The PAC.

"After two-and-a-half seasons on pandemic-related hiatus, it is with extreme joy and profound thanks that we celebrate the Chamber Music Society of Lincoln Center's return to the Performing Arts Center, Purchase College," Finckel and Han said in a joint statement. "We have eagerly been awaiting the day that we can welcome our Purchase audience back to the recital hall to share in the beauty of chamber music and the connection to community that live concerts provide."

Learn more about the ReStart the Arts Grant at <https://artswestchester.org/art-matters/shutteredreflections-on-the-pandemic-and-restarting-the-arts>.

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Police Blotter

County Police/Mount Kisco

Mar. 23: A Gatto Drive resident reported at 11:06 a.m. that taxis and livery cabs have been speeding on the street and using it as a shortcut to get to the South Moger Avenue train station parking lot.

Mar. 23: Officers responded at 3:03 p.m. to the parking lot at 195 N. Bedford Rd. on a complaint that a man was playing the violin and panhandling. The man was gone upon an officer's arrival.

Obituaries

Brian Hughes

Brian Butler Hughes, 72, passed away peacefully in Danbury, Conn. on Mar. 19 surrounded by his loving family.

He was born on Dec. 31, 1949, in Mount Vernon. His family moved to Pleasantville where he attended St. Thomas Elementary School and graduated from Carlisle Military School in South Carolina in 1968. Brian joined the Air National Guard in 1970 as a crew chief for the 105th Tactical Air Support Group at Westchester County Airport.

Prior to entering pilot training at Enid Air Force Base in Oklahoma, he met the love of his life, Susan Intelisano. They were married May 23, 1976, and enjoyed 45 years and a beautiful family together.

After completing his training, he returned to Westchester to fly the 0-2 Skymaster and the C-131 Samaritan until transitioning to the C-5A Galaxy for the 105th Airlift Wing, which he flew until his retirement from the Air National Guard in 2010.

In addition to his military service, Brian also enjoyed a corporate career flying Gulfstream and Falcon jets for IBM Flight

Mar. 24: A motorist reported at 7:24 p.m. that he believed he was being followed by another car. He stated that he stopped at a parking lot on South Bedford Road where other persons were present. The responding officer found that the motorist had left the scene and did not answer the phone when called back.

Croton-on-Hudson Police Department

Mar. 15: Report of a dispute in the ShopRite parking lot on South Riverside Avenue at 2:53

Operations for 34 years, working his way from a line pilot to chief pilot. This role provided him the opportunity to see the world and accumulate endless travel stories, which he was always thrilled to share.

When he wasn't traveling the globe, "Big Bri" loved getting in a round of golf, enjoying a wide variety of culinary delights, watching (and quoting) great classic movies, and more than anything, spending time with his family – especially his four grandchildren, who always brought a giggle and his signature smile to his face.

He is survived by his wife, Susan; his children, Katie (John) Bello and Kevin (Elise) Hughes; and his four grandchildren, Jackson, Brian, Brooklyn and Sam, who will dearly miss their Papa.

The family received friends on Mar. 24 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was celebrated on Mar. 25 at Holy Innocents R.C. Church in Pleasantville. Burial followed at All Souls Cemetery.

In lieu of flowers, donations may be made in Brian's honor to the Wounded Warrior Project, Folds of Honor, or a charity of choice.

predeceased by siblings Sonny, Kay, John, Patricia, Rita, MaryRose, Clare and Joseph.

Ann was a devoted wife and mother, always making sure there was a home cooked meal for her family. Ann enjoyed card games with friends, including bridge and canasta. She was an accomplished seamstress and knitter.

Ann was a friend of Bill W. for more than 40 years, and worked in a local women's

prison helping female detainees overcome drug and alcohol abuse issues.

The family is receiving friends on Tuesday, Mar. 29 from 2 to 4 p.m. and 7 to 9 p.m. at Beecher Flooks Funeral Home in Pleasantville.

A funeral mass shall be celebrated at 11 a.m. on Wednesday, Mar. 30 at Holy Rosary Church, 170 Bradhurst Ave. in Hawthorne.

In lieu of flowers, donations may be made to the Franciscan Friars of the Atonement (Graymoor) Mission Support (845-424-2142) or to Rosary Hill Home in Hawthorne (914-769-0114).

To express your condolences online or for further information, visit <https://www.beecherflooksfh.com>.

p.m. A male was yelling at a female because her shopping cart rolled away and hit his car. The female is locked inside her vehicle. Patrols were dispatched; both parties were located, separated and the situation was mediated.

Mar. 16: A Hispanic woman was holding a baby and a sign asking for food and money at the entrance to the ShopRite shopping center at 4:41 p.m. Patrols were dispatched and advised the woman she is not permitted to solicit. Patrols stated they bought the woman a slice of pizza and she left the area in her car.

Mar. 17: Police believe the ATM at the Wells Fargo branch at 50 Maple St. was compromised by a skimmer device. Anyone who used this ATM on that date, check your bank accounts for suspicious activity. If you notice withdrawal attempts that you did not make, contact the Croton police at 914-271-5177 to file a report.

Mar. 18: A Grand Street resident reported at 5:16 p.m. hearing a gunshot and then seeing a bird fall near the sidewalk. Patrol located a dead bird. No other calls were received and patrol was unable to locate where the shot originated.

Mount Pleasant Police Department

Mar. 24: Officers responded to the JCCA campus on Broadway at about 2:30 p.m. on a report that a 12-year-old girl intentionally ingested glass. The youth was transported by volunteer ambulance with a paramedic on board to Westchester Medical Center for treatment.

Mar. 24: Three different residents reported on three separate days this week unauthorized withdrawals from the Wells Fargo ATM at the branch at the Thornwood Town Center. The ATM apparently had a skimmer device surreptitiously installed and a wireless camera installed with a view of the keypad allowing for personal identification numbers to be recorded. The perpetrator then cloned a card using the information from the skimmer and used the camera footage to learn pin numbers. An investigation is ongoing. Anyone using an ATM should cover their hand inputting the pin number to prevent a potential hidden camera from recording the keypad from above.

Mar. 25: Three residents of Booth Street in Pleasantville reported at about 7 a.m. that their vehicles had been entered and rummaged through during the early morning hours. Residents are reminded to lock their vehicles and remove the key fob to prevent thefts.

North Castle Police Department

Mar. 18: A party arrived at headquarters at 5:26 a.m. and reported observing a vehicle parked on the side of the roadway on Main Street and the operator appears to be asleep. The responding officers stated that the party checks okay at this time. He had fallen asleep while reading his phone in the car.

Mar. 18: A caller at Stop & Shop on North Broadway reported observing a male in the rear of the store loading a bag full of meat at 3:07 p.m. He stated that he was able to stop the party outside on the sidewalk and retrieve all of the groceries. The male was described as White or Hispanic, about 5-foot-10, wearing a black bubble jacket, a Yankee hat and blue jeans. Officers reported canvassing the area with negative results. Depositions recovered; report to follow.

Mar. 19: Report of a woman lying on the sidewalk across from Gavi Restaurant on Old Route 22 at 6:28 p.m. The responding officers requested an ambulance for a highly intoxicated female. The party was taken to Northern Westchester Hospital.

Mar. 21: A woman arrived at headquarters at 3 p.m. to report a suspicious incident that occurred in a Business Park Drive parking lot 45 minutes in the past. She stated that while walking through the lot, a Black male, about 45 to 50 years old and operating a newer model brown-colored van, pulled alongside of her and said "Hi pretty girl, give me some sugar in the back of my van?" The complainant did not respond, quickly walking into the building. She observed the van drive off into the lot of 80 Business Park Drive and then onto Business Park Drive before making a right turn toward Route 22. A witness deposition was secured. An officer checked the area with negative results.

Pleasantville Police Department

Mar. 20: A hazardous condition was reported on Washington Avenue at 2:21 p.m. A road spike was life in the middle of the road by Con Edison. The utility was notified to remove the spike.

Mar. 24: A suspicious person was walking in the center of Broadway at 9:53 p.m. The subject was gone upon officers' arrival.

Mar. 25: Report of a suspicious vehicle on Broadway at 2:50 p.m. A subject was arrested. The case is open and ongoing; no further information was available.

Putnam County Sheriff's Department

Mar. 16: A 33-year-old Patterson man was arrested for the sale of narcotics and possession charges. The suspect was charged with one count each of fifth-degree criminal possession of a controlled substance and fifth-degree criminal sale of a controlled substance, both felonies. He was arraigned before Patterson Town Justice Michael Caruso and released pending an Apr. 20 court date.

State Police/Cortlandt

Mar. 20: State police arrested Bryan P. Illescas, 22, of Cortlandt, for DWI, an unclassified misdemeanor, and second-degree assault, a Class D felony. At about 2:51 a.m., troopers stopped a 2008 Subaru Impreza on Lexington Avenue in Cortlandt for multiple vehicle and traffic law violations. After processing, Illescas was turned over to a family member. While being released from custody, Illescas punched the trooper in the face causing injury. Illescas was placed under arrest again and processed for assaulting an officer.

Yorktown Police Department

Mar. 24: Dominick Rocco, 32, of Hampton, N.H. was charged with second-degree criminal contempt at 6:10 p.m. after police received a report of a violation of an order of protection at a Yorktown residence.

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

Ann Beltran

It's with a heavy heart that we announce the passing of Ann Theresa Beltran of Hawthorne and New Milford, Conn. on Mar. 26. She was 90.

Born Mar. 29, 1931, Beltran was the daughter of the late William and Anna Connors. Ann graduated from Holy Cross High School in New York City in 1948.

In April 1952, Ann married James Beltran, whom she met while working at Equitable Life. He was truly the love of her life. Together they raised three children.

Ann was predeceased by her husband who died in February 2015. She is survived by her children, Marianne Muscolino (Ross), of Pleasantville, Karen Ritell (Bruce) of Sleepy Hollow and Danbury, Conn. and Kieran Beltran (Kathleen) of Montrose.

Ann was a proud grandmother and is also survived by her eight beautiful and loving grandchildren, Kelly, Jessica, Sean, Nicole, Joya, Ross Michael, Kiely and Kieran. She was predeceased by a grandchild, Joey. Ann was also the proud great-grandmother of 10.

As one of 10 children, Ann is survived only by her sister, Joan Davanzo. She was



Ann Beltran

American Legion Post Hosts Ceremony for Vietnam War Era Vets

By Martin Wilbur

For so many years, a sizeable portion of Vietnam veterans and those who served the country during that era were disrespected, shunned or ignored for simply answering their country's call.

A half-century later, a local chapter of a national organization is trying to make amends and let those know their service was valued by reaching out to Vietnam era veterans.

The Polly Cooper Chapter of the Daughters of the American Revolution (DAR) based in Chappaqua presented lapel pins to about 40 veterans and a few surviving spouses during two separate ceremonies on Sunday afternoon hosted by American Legion Post 1038 in Valhalla.

All active service members in one of the U.S. military branches between Nov. 1, 1955, and May 15, 1975, are eligible for the recognition. The earlier date coincided with the start of the official Military Assistance Advisory Group for Vietnam and the latter date represents the seizure of the merchant vessel SS Mayaguez.

"There's no denying that 50 years is a long time to wait," said Martha Jordan, regent of DAR's Polly Cooper Chapter. "Regardless,

it's vital that each and every one of you understand the permanent place that you now occupy in the conscience of our nation and the high measure of esteem in which we hold you, including friends, neighbors and countrymen."

The pins each of the veterans received on Sunday contained the inscription "On behalf of a grateful nation we are thankful for your sacrifice." The ceremony was scheduled two days before the fifth annual of National Vietnam War Veterans Day, which was established to thank veterans from that era and their families for their service and sacrifice.

On Mar. 29, 1973, the U.S. Assistance Military Command in Vietnam was disestablished and the last combat troops departed the country, Jordan said. It was also the day that Hanoi released the last of its acknowledged American prisoners of war, she said.

Bob Rucco, a Post 1038 commander, who served in the Army from 1970 to 1976 but was spared service time in Vietnam, said three of his friends died fighting the war. He wore three bracelets, each with the name of one of those friends, and his jacket also paid tribute to one of them, Bob Joyce. Joyce was killed during the Tet Offensive in 1968.



MARTIN WILBUR PHOTO

A group of veterans who served between 1955 and 1975 were honored by the Daughters of the American Revolution and American Legion Post 1038 in Valhalla on Sunday. A second ceremony that followed honored another 12 to 15 veterans.

"Just talking about it back in the Bronx, we got spit on and (had) garbage thrown at us," recalled Rucco, a Valhalla resident. "So this is a big difference and it's a lot better."

Post 1038 Commander John Creskey, an Air Force veteran, said it was commonplace for military members to come home from Vietnam to be met with hostility. In most cases, there were no ceremonies or thanks for their service.

"Some were treated poorly, some

were ignored, and there were a few that were welcomed home, so America does have that grateful side," said Creskey, who has a friend who is still listed as missing in action. "But, in general, history speaks for itself."

Larry Martino, who was stationed in New Jersey and South Korea during his two years in the Army in 1969 and 1970, said he almost feels unworthy to be grouped with the servicemembers who saw combat because he had it relatively easy. He thinks of all those, including some

that he went through basic training with, who died, were wounded or returned suffering from what was later known as post traumatic stress disorder. Some who came home alive returned from fighting in the jungle and were met with belligerence.

"That's what I think of, and I see this post, when they have some of the veterans, whether it's Vietnam or others, they paid a cost to continue, and they sort of go unrecognized," Martino said.

Jordan said there was no distinction made between those who served in Vietnam or elsewhere in the world because none of the service members could self-determine where they would be sent. Throughout the Vietnam War, 58,276 Americans were killed with an average age of 22 years and nine months. There are another 1,584 who are still considered MIAs.

"Clearly, there is something very special about this day that stirs our hearts," Jordan said of Mar. 29.

The Town of Mount Pleasant is planning to unveil a Vietnam statue at Town Hall later this year. Councilwoman Laurie Rogers-Smalley, who attended Sunday's ceremony, said the town hopes to commemorate that on Veterans Day and also pay tribute to the town's Vietnam veterans.

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Letters to the Editor

The Mt. Pleasant IDA Benefits All Property Owners and Taxpayers

A recent letter questioning the Mount Pleasant Industrial Development Agency's (IDA) activities ("The Curious Role of Mt. Pleasant's Industrial Development Agency," Mar. 15-21) contained misleading statements and inaccuracies that need to be addressed.

The writer stated that our IDA is subject to few laws. In fact, IDAs are created by the state legislature and are highly regulated by the state Authorities Budget Office. The goal of an IDA is to attract and retain businesses, foster economic investment and create jobs. All IDAs are required to file annual reports that detail their actions. The reports are public and available for review in the town clerk's office or on the IDA website (www.mtpleasantny.com/industrial-development-agency).

The writer stated that the IDA favors business interests, which is precisely what the IDA is intended to do. The incentives

the IDA offers are sales tax exemptions on building materials and mortgage recording taxes and Payment In Lieu of Taxes (PILOT) agreements. These incentives are provided at no cost to taxpayers.

Some recent projects undertaken by the IDA include the expansions of PepsiCo and Regeneron. Through the efforts of the IDA, rather than relocate to North Carolina or Texas, PepsiCo agreed to maintain its global R&D headquarters for beverages in the Town of Mount Pleasant, maintaining and creating hundreds of jobs and creating significant high-paying construction jobs while substantially increasing tax revenue for the town and school district.

The IDA financial incentives enabled the expansion of Regeneron resulting in the creation of hundreds of new high-paying jobs.

The economic benefits generated by

these companies include reliable tax payments to our schools and town, as well as the spending power that their workers bring to local businesses. This helps keep our homeowners' property taxes affordable, the precise mission of the IDA.

Finally, the writer objects to the IDA retaining a vendor which saved the town the expense of updating a 50-year-old Comprehensive Plan. His complaint is that the updated document calls for a "seismic change." This is totally inaccurate. The Comprehensive Plan (which is still being considered by the Town Board) was carefully updated to reflect the economic realities of the 2020s, which are very different from the 1970s.

What it enables are much-needed improvements to the Elwood Avenue and Commerce Street commercial corridors, as well as tweaks to Valhalla's business district.

The revitalization of our hamlets will allow for the construction of new sidewalks, better parking, upgraded signage and utilities and some modest redevelopment. There is no intention for the construction of the development of massive apartment buildings or other structures incompatible with the suburban nature of our town. Most importantly, the revitalization of our downtown hamlets will have zero impact on our single-family residential neighborhoods.

The IDA is working judiciously to encourage appropriate improvements while preserving community character. This is a goal that will benefit all our property owners and taxpayers.

Carl Fulgenzi
Chairman, Mount Pleasant Industrial Development Agency
Supervisor, Town of Mount Pleasant

An Open Letter to the Community From Club Fit

Dear Community Member,
As we begin a fresh start now that the latest COVID-19 surge has subsided, we are reminded of the friendships made, relationships built within our wall and lives impacted by our staff over the years.

Club Fit has been a local family-owned business in Westchester since 1973 – almost 50 years!

Throughout the years, we have supported our community in various

ways including participating in community events; sponsoring and donating to local teams, schools and businesses; and hosting community charity events. Club Fit has been responsive to many crises our community has faced, from hurricanes and snowstorms to power outages. We've opened our doors to offer electricity, heat and warm showers to all our neighbors and we look forward to continuing to help our local community and attend several community events this year.

Commitment to health and well-being is more important than ever. Club Fit offers a spacious building of more than 100,000 square feet including two heated indoor pools, steam room and sauna, multiple indoor and outdoor tennis courts, 100-plus group classes weekly, an expansive fitness center, a women's only workout area, pickleball, cafe, nursery, kids center and programming, summer camp,

after-school care and more. In addition, we are committed to encouraging a friendly, knowledgeable and welcoming atmosphere.

We recognize that safety remains important, and we continue to invest in air quality management, personal sanitizing spray bottles and cloths and sanitizing stations throughout our fitness centers, studios and locker rooms. Reservations are used for group fitness classes and lap swimming along with tennis and racquetball courts to ensure there's a spot for you.

As we emerge from the pandemic and its sedentary effects, it's critical we embrace adding more movement to our days, while inspiring others to do the same. Keeping an active lifestyle has many benefits including managing and preventing health conditions, boosting mood and energy, improving sleep and mental health and

managing weight control.
As a 20-plus-year Best of Westchester winner, we are confident we represent the right health club option for you. We ask that you continue to support all small local businesses and even give us a try. You may contact a club adviser at jvadvisor@clubfit.com or 914-250-2750 for our Jefferson Valley location and bradvisor@clubfit.com or 914-250-2134 for Club Fit's Briarcliff Manor facility for more information and to set up a complementary visit today.

Already a member? Refer your friends and family and receive points to redeem for rewards such as club cash, guest passes, massages, tennis lessons and personal training sessions if they join.

Feel better. Feel stronger. Feel healthier.
We look forward to seeing you in the club.

Correction

In last week's article on the new elevator recently installed at the North Castle Public Library, the name of the library Board of Trustees president and his title were misidentified. Scott Stopnik is the president of the board. The Examiner regrets the error.

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Guest Column

Transitioning to Life After High School: Is Your Teen Ready?

By Emily Rubin Persons

It's that time of year. SAT and ACT tests and college tours and seniors are about to choose a secondary school to attend in the fall or planning a gap year. It's an exciting time with all the hopes and dreams out in front.

Yet, there may also be feelings of trepidation.

Acclimating to life in college is a whole lot of "new" for teens to manage. The schedule of a college student is often different every day, with big gaps in between classes or work. This requires the student to create their own structure for getting to classes, doing homework, figuring out when to eat, learning to navigate all the new technologies and resources and building a new social life.

Some teens have innate organization and social abilities and will not miss a beat. For others, using a calendar or alarm clock has never worked; they rely on the triggers of the consistent weekday or the reminders from the adults in their world. For them and for students with learning differences, the transition to life after high school requires additional planning.

Four key components for successful transition to secondary education begins with the teen building self-awareness and self-acceptance: knowing their strengths and understanding where they need support. Self-reliance of being able to deal with setbacks and having the strategies to troubleshoot. For example, what to do if their laptop breaks, when they get a bad grade, they have no one to eat with or they don't know how to work some new tech platform required for a class? Self-advocacy skills are important when the

student must seek help to get their needs met. Is your teen secure in these skills?

To strengthen adult skills, start by having your teen handle more of their own needs independently. One obvious task is laundry. Yet, there is much more in building self-awareness and figuring out how to get stuff done on their own. Aside from taking control of all schoolwork and schedules, it is necessary to build tolerance for managing the emotional triggers of anxiety and depression, managing medications, learning to persevere through discomfort (i.e., going to class even when feeling anxious) and remembering the triggers and strategies for handling impulsivities.

All secondary schools offer peer-peer tutoring for specific subjects. For students with ADHD, ASD, dyslexia or other disabilities, registering with the Office of Disabilities (also called Academic Resources or Student Support Services) is necessary if their 504 accommodations need to continue.

Services vary at each school, are often fee-based with application deadlines and should match the needs of your teen. Important to note, while the services are available, the student must actively seek them out as the school will not chase the student to attend. Consider creating a mental health transition plan with therapist, psychiatrist or coach since many professionals are not licensed in other states.

Classes move faster in college and it's very easy for unfinished work to suddenly loom like a big mountain causing fear and feelings of being overwhelmed. The result could be lower-than-expected grades, heightened anxiety or even failing a class.

Many of my clients have failed a class or two in their college career but it's what they do with that information that dictates how they will rebound. Professors are always available via e-mail or office hours but won't engage with parents. Is your teen able to articulate and advocate for the help and accommodations they need?

Here are some self-reflecting questions to help your teen.

Is this similar to something I did before?

Do I understand the directions?

Who can I go to for help?

What's the first step?

When will I do it?

Afterwards, the reflecting questions are: What worked well? What didn't? What will I do differently next time?

Mistakes happen, grades can fluctuate. Is your teen ready to cope with the ups and downs of independently managing classwork, personal care and their new social world?

Marshall University has an excellent "Guide to Finding Appropriate Support for Students with Disabilities." This handbook provides a comprehensive overview for any student (not just those with learning differences) on how to locate academic support programs at a university level. Visit <https://www.marshall.edu/help/resources/for-parents>.

Here are a few schools with excellent student support programs. Your teen needs to be a website detective to find the services at the school of choice.

University of Connecticut: Beyond Access; Marist College: Accommodations & Accessibility; Tufts: STAAR Center; University of North Carolina at Chapel Hill:

Center for Student Success; University of Denver: Learning Effectiveness Program; Curry College: Program for Advancement of Learning; American University: Academic Support & Access Center.

Summer transition programs are the new trend in which schools offer an on-campus experience for incoming freshman. The programs provide support and skill-building to assist students' successful transition to college.

A short list to investigate: Beacon College's Transition to College Program; Curry College's Summer Pal; University of Connecticut's SSS Summer Program; and Adelphi's LRP Summer.

We want our teens to do well once they get on campus. Yet the statistics for college success for students with learning disabilities is low, as 5 percent with ADHD graduate in four years. Starting now will help your teen build self-awareness and self-acceptance, which will provide them with the competence and confidence to self-advocate leading to a successful college experience.

Emily Rubin Persons is the parent of three sons with very different learning styles. She is an ADHD Life Coach with SKIP Coaching and board member for CHADD Westchester. She works with college students and adults, helping them overcome the feelings of being overwhelmed, improve self-awareness and strengthen executive functioning skills so they can meet their full potential academically, professionally and socially. For more information, visit www.skipcoaching.com.

Putnam County Health Department Grateful for its COVID Volunteers

More than 2,400 hours of personal time were donated by volunteers of Putnam's Medical Reserve Corps (MRC) during the COVID-19 pandemic. That's the number of hours it would take to drive to California from New York and back – 56 times!

Since the beginning of the pandemic two years ago, these MRC volunteers have played an integral role in our response. From March 2020 through to our last COVID-19 vaccine Point of Dispensing in February, their invaluable assistance supported the health department in multiple ways – from fielding countless phone and e-mail inquiries, to providing over 25,000 COVID vaccinations.

For this dedication and commitment helping our residents, the health department

staff wishes to express its deepest gratitude and appreciation.

Some volunteers worked more than 30 PODs; others joined later in the pandemic when fatigue might have set in otherwise. Singlehandedly, one volunteer logged 174 hours, the greatest number of hours put in by one person.

Witness these examples of their committed public service: They drove to vaccine clinics in Brewster, Carmel and Philipstown in all types of weather, including snow. They reported as early as 8 a.m. and stayed as late as needed to complete their assigned tasks. They worked indoors and outdoors, sometimes in wet and frigid weather, with no complaints. They paid for their own gas, brought their meals and snacks and

received no financial compensation. When we expressed our thanks, they told us they only "wanted to help" and work together to "get shots in arms."

We will never know how many lives our MRC volunteers helped save. Their individual and collective presence was immense. Their selfless contribution of time and resources supported and safeguarded the health of our 100,000 residents and our Department of Health staff. For that alone, they deserve our respect and gratitude. This altruistic dedication spotlights a support network solidly in place and growing.

As a way to say thank you and to give back to the MRC, the health department wrote a grant proposal to provide free training to these volunteers. Notification recently came

that the proposal was accepted and funded. By enhancing the training of our volunteers, we can continue to assure readiness and sustain qualifications of our volunteers.

And our residents can rest assure that we face the future armed with extraordinary human resources and volunteerism, built upon expertise, experience and perseverance.

Dr. Michael J. Nesheiwat
Putnam County Health
Commissioner and
the staff of the Putnam County
Department of Health

Peekskill's Leaders Must Consider Attracting More Activities for Teens

In Peekskill, our small city on the banks of a bend in the Hudson, us teens feel like there is nothing being done to keep us busy or entertained.

Despite Peekskill's expansion in recent years, much of the new businesses that have opened are restaurants and bars or places to shop, rather than places where there are activities where people can participate.

Within the past few years, Peekskill's youth population has significantly expanded,

but programs targeted at youth have declined. Discussed in many classes in Peekskill High School is a frustration of the lack of activities for teens, with an abundance for senior citizens. Even something like the carnivals that used to come to the Riverfront 10 years ago seem to be a way to improve morale.

Other towns along the Hudson have festivals, but Peekskill is significantly lacking in them. Other than the Cherry Blossom Festival, there seem to be no plans for any

sort of large-scale festival, even as COVID wanes. On top of that, much of the other things that teens like to do, such as bowling or visiting an arcade, are outside of town and require a car to be able to access. It would be great if there was something within Peekskill, or at least within a walkable distance.

Another thing is the price. The one arcade in relatively close distance is expensive, and as worries over gentrification continue, we need to make sure that establishments run by

the city are priced equitably, for all families to be able to afford. A carnival could potentially be a cheaper way to add a few activities during a summer that can otherwise be relatively boring.

It's definitely something to keep in mind as Peekskill's revitalization continues.

Gabriel Berger
Peekskill

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Easter Celebration Planning 101

Have Easter guests jumping for joy by planning a celebration that is not only memorable and joyful, but affordable.

To ease the stress of organizing the holiday event, try these egg-citing ideas for activities, recipes and basket essentials that are convenient and budget-friendly.

Hoppin' Activities

While the egg hunt is a classic Easter hit, consider activities before the hunt to keep guests entertained and in a festive mood. Start the celebration with crafts, such as egg dying and decorating. By purchasing eggs, food coloring and paint, each guest can get creative with their egg.

Next, host competitions of egg minute-to-win-it games, like an egg toss and an egg and spoon race. Fill plastic eggs with small prizes, such as candy, self-care items, beauty products or gift cards and see who can collect the most eggs. These activities are sure to have no bunny leave without something special.

Treats for Your Peeps

After guests work up an appetite from the activities, present an array of healthier and inexpensive dishes. Easter is a great time to try new spring recipes. Begin with a main course like shrimp and scallop skewers or salmon patties from Dollar General's collection of Better-For-You recipes found at

dollargeneral.com. (All ingredients can be found at any of their stores.) Pair these entrées with light, refreshing and healthier side dishes, such as veggie-packed German potato salad or skinny pasta toss. Finally, treat guests to candy or homemade bunny cupcakes, which can also be a fun activity for kids.

Egg-cellent Easter Baskets

For a basket full of fun goodies, include a wide range of foods, toys and games and self-care products. Be sure to pick up bunny-themed chocolates, assorted candies or make homemade baked goods. For a fun surprise for children, consider putting in a couple affordable toys and games that won't break the bank.

Finish off the basket with self-care products such as face masks, a new toothbrush and toothpaste, beauty products, colognes and more. And for the person who has everything, consider gift cards so they can personalize their Easter presents.

Smart shopping strategies can help you plan a fun and festive Easter celebration that's also budget-friendly. With games, crafts and activities, delicious food and delightful gifts, you can get everyone talking about the spring's celebration – and save time and money in the process.

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Steps to Take to Feel Safe in Your Own Home

I still get chills when I think of that early morning when, still in bed, my wife told me that she had had a dream where a man was standing at the foot of our bed, looking at us.

Weird, I thought, as I got up to shower while she went downstairs to the kitchen to make me breakfast before my long commute to work from Brooklyn Heights to New Haven, where I had just gotten a new job.

Suddenly, through the din of the rushing water of the shower, I heard my wife scream.

"Bill, we've been robbed!"

(In her excitement, she mistakenly referred to the act of burglary as robbery, but when one is in a state of panic, who's to quibble correct use of terms?)

I got downstairs as fast as I could to find that the back door to our two-story apartment had been literally lifted off its hinges, making us one with the great outdoors. Sobering as that moment was, I quickly assessed all rooms to see if anything had been stolen. I found that only one item had disappeared: my two-year-old's piggy bank. How desperate can a burglar be, I thought.

My research today reveals that this breach in our security and concern about safety is hardly uncommon. The cold facts are that a burglary takes place every 18



By Bill Primavera

seconds in the United States. That adds up to nearly 200 per hour and about 4,800 every day.

Someone is home during almost 30 percent of burglaries.

Burglaries happen most often during the day, not the dark of night.

In fact, most burglars work between 10 a.m. and 3 p.m.

The highest percentage of home break-ins happen during the summer months, especially July and August.

A whopping 34 percent of burglars enter through the front door.

Homes without security systems are four times as likely to be broken into.

Renters are just as likely to be robbed as homeowners.

On average, property loss from a burglary is more than \$2,500.

Further research reveals to me what burglars want:

A burglar usually heads to the master bedroom first in hopes of finding jewelry, cash or even a small safe to carry away.

All electronics are valuable because they are easily sold. This includes cell phones, tablets, game consoles and, of course, flat screen TVs.

Quality china or silver are still valuable and a great find along with collectibles, or even artwork hanging on the wall.



Firearms. (Those should be locked up if they are in the house.)

Tools are especially wanted by burglars, especially expensive power tools.

Here, collected from sources online, are tips for preventing burglaries:

Make your home look occupied, and make it difficult to break in.

Lock all doors and windows before you leave the house or go to bed.

Keep your garage door closed and locked.

Don't allow daily deliveries of mail, newspapers or flyers to build up while you are away. Arrange with the post office to hold your mail or arrange for a friend or neighbor to take them regularly if you're out of town.

Arrange for your lawn to be mowed if you are going away for an extended time.

Check your locks on doors and windows and replace them with secure devices as necessary.

Push-button locks on doorknobs are easy for burglars to open. Instead, install deadbolt locks on all your outside doors.

Sliding glass doors are vulnerable. Special locks are available for better security.

Other windows may need better locks. Check with a locksmith or hardware store for alternatives.

Don't share vacation plans on social media.

As an aside, I once wrote an article about what to do if confronted at your front or back door with a burglar trying to gain access. I suggested that the homeowner keep a can of hornet spray at both entries because that spray hits its target with precision and from greater distances.

I received an e-mail in response to that tip from a reader who admonished me for such a terrible suggestion that could permanently blind someone. How would you feel then, he asked?

I tried my best to pull back from that position, but confess that I had a hard time feeling any sympathy for the perpetrator of a home invasion.

But, of course, it's better to take the precautions suggested above so that you need not have to resort to more extreme options.

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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Galef, Reichlin-Melnick Tout Environmental Investments in State Budget

State Sen. Elijah Reichlin-Melnick (D-Nyack) and Assemblywoman Sandy Galef (D-Ossining) gathered at the Ossining waterfront last week with environmental advocates to urge that funding for various related initiatives be included in the final state budget.

Officials said they are confident that voters will flip over their ballots during the general election in November to vote on the Environmental Bond Act. The Senate and Assembly majorities along with Gov. Kathy Hochul support the bond act.

The Senate put forward the largest proposal totaling \$6 billion, which includes at least \$4 billion that will be directed toward tackling climate change in the coming years.

Galef said she is proud to support New York's Clean Water, Clean Air and Green Jobs Bond Act in this year's Assembly budget proposal. She said if it receives support by the legislature this week and approved by voters in November, the measure would assist the state's ambitious climate commitments and create 100,000 green jobs by providing more funding for open space land conservation, recreation projects and restoration and flood risk reduction programs.

"We know we have to take action now to mitigate increasingly severe weather events due to climate change and also transition to a new way of doing things that places less strain on our environment," Galef said. "Approval of the Bond Act would further bolster our efforts as a state."

There is also support for increasing the Environmental Protection Fund from \$300 million to \$400 million. How the additional \$100 million would be allocated has yet to be determined. That is expected to become clear during budget negotiations the remainder of this week.

The proposed budget makes clear that the state takes the need for unprecedented investment in environmental initiatives seriously that will combat climate change and protect communities for the next generation, Reichlin-Melnick said.

Proponents of the Bond Act and increasing the Environmental Protection Fund said funding of both is critically important for the future of the environment in the state.

"Hudson River communities deserve clean water, clean air and a safe environment, which is why the investments proposed in the state budget are vital to ensuring we have the funding necessary to get there," said Riverkeeper President Tracy Brown. "A \$6 billion environmental bond act, if approved by legislators and ultimately by voters in November, will improve the environment and quality of life for years to come in our communities and create tens of thousands of jobs."

Adding \$2 million to the Hudson River Estuary Program in this year's budget is also essential in order to access future funding, Brown added.

"We can no longer wait for bold commitments to environmental protection because they translate directly to ensuring a resilient and climate adaptive state for New York residents, and to that end we applaud our legislators for their support of the Clean Water, Clean Air and Green Jobs Bond Act," said Suzie Ross, the chair and co-founder of Green Ossining.

Andy Bicking, director of government relations and public policy for Scenic Hudson, said that Hudson Valley residents care deeply about maintaining a healthy environment and a clean and healthy Hudson River.

"Local communities have taken responsibility for caring for their

parks, increasing access to the river, and developing innovative solutions to climate change," Bicking said. "Thanks to the leadership of the Hudson Valley's legislative delegation, we have an opportunity to secure additional resources to create new destinations like the Hudson Highlands Fjord Trail through a \$250 million Parks Capital Fund, care for the river through the state's Environmental Protection Fund and invest in our children's future through the Clean Air, Clean Water and Jobs Environmental Bond Act."

The deadline for approving the Fiscal Year 2023 state budget by the legislature this Friday.



State Sen. Elijah Reichlin-Melnick, Assemblywoman Sandy Galef and Riverkeeper gathered at the Ossining waterfront last week with environmental advocates and local officials in support of robust environmental funding in the Fiscal Year 2023 state budget. The deadline for passing the budget is this Friday.

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SMALL NEWS IS
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That '70s Bar: Lucy's Garage Basement Reboot

By Brian Kluepfel

Who needs John Taffer's "Bar Rescue" when you've got Rob Catalano? Not Lucy's of Pleasantville.

Don't call it a comeback; call manager Catalano's new twin vision for the Bedford Road bar The Garage at Lucy's and The Basement at Lucy's.

Catalano tapped into a certain zeitgeist, two crucial household hangouts for pre-cell phone, pre-laptop '70s and '80s teens – the basement and the garage.

"To me, this is bringing it back to being a kid again, when we were hanging in our parents' basements," Catalano said. "In the '60s, they were hosting parties down there, but by the '70s and '80s we were relegated to these places."

As for the garage?

"Well, where do most bands practice growing up?" Catalano asked.

With that in mind, Lucy's has been reconfigured into a dual-purpose bar that is half wood-paneled garage band chic, with complete Craftsman toolkits, repurposed road signs, historic license plates and bikes dangling from the wall.

The other half is basement cool, replete with a quarter-operated jukebox (i.e., Styx, Thin Lizzy, with James Brown and the O'Jays supplementing sounds via Spotify), vintage movie posters with matching horror flicks on a huge screen and a video game loft that is heaven to the Pac-Man generation.

"The second floor shows off my love of arcade games and nerd culture, 'Tron and '80s movies," said the forever young bartender, who walks a fine visual line between an impish Eddie Van Halen and Jax from "Sons



BRIAN KLUPEFEL PHOTO

Rob Catalano, the manager of Lucy's, at the bar of pennies. The popular Pleasantville music nightspot was reconfigured during the pandemic, transforming it into a place that would be recognizable to anyone who spent their teen years in the 1970s or '80s.

of Anarchy."

The back bar –the centerpiece of The Basement – is topped with 1,000 copper pennies. Slightly more was invested in updating the raised stage band setup in The Garage at Lucy's for the popular Tuesday Blues jam and the expected weekend musical madness. A simple, yet satisfying burger-centric menu with various tap beers completes the vintage landscape.

Catalano, a Hawthorne native and a familiar face to the establishment's patrons over the past 15 years, invested months of pandemic time into this '70s saloon reboot, picking and choosing among the detritus of garage sales and flea markets to adorn the walls.

"I became a real picker," he joked.

Pickers of a different sort still dominate

Adam Love's Monday open mic and Duke Covone's Tuesday electric jam, while a flurry of original and cover bands rule the weekends. Yet the venue is expanding its reach with other cultural calendar dates.

On Apr. 3, The Garage at Lucy's welcomes spring with an Ecstatic Dance celebration – an afternoon gathering where music and spirit take center stage and participants are encouraged to move to a natural high.

Bartender Mary Sofianos, the mover behind this Sunday afternoon mix, said she started the group because she's passionate about having space for the community, connection and creative expression.

"Ecstatic Dance events are spiritual experiences where we can move through the physical and emotional aspects of ourselves,

where we can let go, have fun and feel supported by each other in a safe, loving and energetic environment," Sofianos said.

She speaks from experience, having studied art therapy and education at the College of New Rochelle before graduating with honors from Lehman College with a double major in art and dance.

Sofianos was also a prime influence behind The Basement's Tuesday night book club, a twilight, sloe-gin salon where patrons can meditate on their favorite book or magazine with a neighbor over a Cosmo or a shot. (Or maybe some absinthe in honor of Hemingway's Lost Generation?)

"We began a literary collaboration where people can hang out and read or discuss what they are reading in a relaxed and social environment," she said.

When was the last time you plugged a quarter in the jukebox to hear "Come on Eileen" or "Billy Don't Be a Hero?" You can get all that, along with some ecstatic dancing, rock 'n' roll and literary chit-chat at the new and improved Lucy's. Call it nostalgia in a pint glass.

Be sure not to miss the Hudson Valley Ecstatic Dance Celebration, on Sunday, Apr. 3 at 2:30 p.m. at The Garage at Lucy's or the Tuesday Night Book Club, from 5 to 7 p.m., at The Basement at Lucy's.

Monday and Tuesday acoustic and electric jams at The Garage at Lucy's has an 8 p.m. sign-up.

The Garage at Lucy's and The Basement at Lucy's is located at 446 Bedford Rd. in Pleasantville. For more information, call 914-747-4740 or visit on Facebook at <https://www.facebook.com/LucysLoungeNY/>

Arc Stages' Latest Community Show a Fitting Production for the Times

By Martin Wilbur

The importance of yearning for a connection to others may have never been stronger than over the past two years.

It's just one of the reasons that make Arc Stages' upcoming Community Stage production of "The Curious Incident of the Dog in the Night-Time" such an intriguing play, said its director, Stephanie Kovacs Cohen.

Over the next two weekends, Arc Stages, the Pleasantville-based performing arts theater, will be presenting its version of the 2015 Tony Award-winner for Best Play on Broadway. It's the story of a 15-year-old autistic boy, Christopher Boone, who plays detective in hopes of solving the murder of his neighbor's dog.

His determination to solve the mystery takes Christopher out of his comfort zone and into a world that he is unaccustomed to.

"As he's trying to figure out who killed the neighbor's dog, he starts to go out on this other journey of wait, what else is going on here, what's underneath it, and it's all about finding his identity and where he belongs and how does he live as



The cast of Arc Stages' Community Stage production of "The Curious Incident of the Dog in the Night-Time." The show opens for the first of five performances this Friday evening at the Pleasantville theater.

a kid on the spectrum in the world – and can he – and what does he do about his parents," Cohen said.

Complicating his situation is that Christopher's parents have separated. However, all of the different characters in the play must deal with some level of pain in their lives, she said.

Christopher is played by Sam Selesnick, a Pleasantville resident, as is Jennifer Tulchin, who plays his mother, Judy Boone.

Selesnick said there are challenges in making a connection with a character like Christopher, aside from the fact that he and the cast have to make use of an Estuary English accent. Selesnick, who has been acting since he was a small child, has never had to portray a character who deals with his emotions so differently than his own.

"It requires a lot of learning to play somebody so, I think, I don't want to say different from most human

beings, but the way we experience the world and Christopher's way of experiencing the world is so unique and I think developing that into a character that is likeable and people can still relate to and sympathize with and care for has become a challenge," Selesnick said.

Likewise, for Tulchin, playing the mother of a child on the spectrum who she hasn't seen in two years. When he arrives in London to see him, Mrs. Boone hopes to reach out and give him a hug but Christopher his aversive to personal touches.

In many ways the storyline is a bit of a parallel to the what has occurred with COVID-19.

"The idea of having a second chance, of appreciating things more the second time around, is how it feels coming back together as a family," Tulchin said.

Katy Cocovinis, the actor who plays Christopher's mentor at school Siobhan, said the fact that not all the events in the show occur chronologically presents other challenges for the 12-member cast.

"It's very much left up to the storytelling and I think they're trying, making sure that's interesting, is very important, and I think we've done a really good job,

especially using the ensemble to tell the story," Cocovinis said.

The somewhat ambitious undertaking of the production also forced Arc Stages to work around the show's extensive visual effects that were seen in its debut in London in 2012 and later on Broadway.

Adam Cohen, Arc Stages' artistic director, said that presents a challenge because theatergoers who saw "The Curious Incident of the Dog in the Night-Time" have often remarked about the tech and special effects.

"It was one of those experiments we are taking on when we decided to do this because we never planned to do that, and Stephanie definitely made it her own and the actors make it their own in a way," he said. "So it'll be interesting to see how it plays to an audience."

The show's five performances will be held at Arc Stages, located at 147 Wheeler Ave. in Pleasantville, on Apr. 1, 2, 8 and 9 at 8 p.m. There is one matinee this Sunday, Apr. 3 at 2 p.m. Tickets are \$28 for adults and \$22 for students and seniors.

For tickets and more information, call 914-747-6206 or visit www.arcstages.org.

Teachers Turn 'Wheel of Fortune' Trip into a Publishing Coup

By Martin Wilbur

Nearly 10 years ago, Barbara Magnotta and Jade Greene-Grant had an idea to write a children's book that would focus on helping their four- and five-year-old students work on their early literacy skills.

It made sense for the pair of close friends, who met while teaching pre-k at P.S. 121 in the Bronx, the school where Magnotta and Greene-Grant have worked for 16 and 14 years, respectively.

They received positive feedback from book publishers, but without having previous author credits, no one wanted to take a chance on them.

"We sent out the manuscript and we got a lot of responses back," Greene-Grant said. "We love it, send us \$20,000. We love it, send us \$15,000."

Magnotta, a White Plains resident, had a better idea. They would audition for game shows and hope that one or both of them would be selected and win the money they needed to fund the project.

In 2016, the two teachers traveled to California to audition for "Wheel of Fortune," Magnotta's favorite game show. Later that

year, Greene-Grant was tabbed to appear and went on to win \$86,000.

That money easily provided the funds to hire an illustrator, Amber Krueger, and have their book, "Animals Eating the Alphabet," published by Beacon-based Little Pink Press. The book, geared toward pre-K and kindergarten children, emphasizes letters and their associated sounds in a kid-friendly way. It was released on Feb. 14.

Magnotta said they wanted to appear together for the show's Teacher's Week or Best Friends Week, but that part didn't pan out.

"When we went to the audition, we auditioned together and also separately, and when we were auditioning, the chemistry she had with them I knew they were going to choose her," Magnotta said. "So when it was over, I said 'I know they're going to choose you.'"

Last Saturday, the two teachers held their first book signing at Sir John's Restaurant in North White Plains, owned by Magnotta's father, John.

The almost decade-long journey from conception to completion never caused Magnotta or Greene-Grant to lose faith, even after being turned away. They were also determined to find a publisher



Pre-k teachers and best friends Barbara Magnotta, left, and Jade Greene-Grant with their new book "Animals Eating the Alphabet." Greene-Grant's "Wheel of Fortune" winnings paid for the book to get published.

rather than self-publish.

"We just left it on the back burner. We said this is too much money but we said maybe we could get some money in doing something," said Greene-Grant, who lives in Nyack. "Well, this is a way to get the money. When they asked us what are you going to do with the winnings, we new we would ultimately put it toward publishing the book."

Even though Magnotta was a spectator in the Los Angeles studio,

she was as excited as if she had won.

"It didn't matter whether it was me or her," Magnotta said. "I couldn't be happier if it was myself. It was just an amazing experience to run on that stage because she won. It didn't matter whether she won \$5 or \$100,000."

Their own busy schedules followed by the onset of the pandemic delayed the project even longer than anticipated. Magnotta

and Greene-Grant also wanted to be certain they found the right illustrator and publisher to work with. The extra time isolated at home helped them get everything in order.

They hope it will not be the last time they publish. Greene-Grant said they are working on other concepts to create follow-up books as part of a small series. They have also launched their own early child education consulting firm and have created their own website, www.teacherstoauthors.com.

A key component was for the book to show the diversity in society and their illustrated likeness is on their dedication page.

"The two of us are seemingly different so we wanted to make sure that we were both represented in the book as well," Greene-Grant said. "So when the children read it you can look like her or look like me and see yourself within that book."

Another important lesson is to stick to a plan and never give up even if the challenge seems daunting, Magnotta said.

"It just shows, don't give up on your goal," she said. "It doesn't have to happen in a year; it can happen eight, nine years from now."

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Common Running Injuries and Ways to Combat Those Aches and Pains

Spring is finally here.

The weather is getting warmer and the motivation to get outside and exercise suddenly appears. Dust off your running shoes and go for a nice, long run. It feels great to be outside when you're feeling good, feeling like you can run forever.

After a few weeks of this, you notice hip pain, knee pain, shin pain or foot pain. This is what happens when you do too much, too soon, too fast. Let's discuss five of the most common running injuries that can occur if you're not training properly.

1. Greater Trochanteric Pain Syndrome. This usually presents as pain on the side of your hip, your buttock and your thigh. It might even disrupt your sleep, and you may find it difficult to lie on the side where the pain is occurring. It's quite common to have tension and knots in the gluteal muscles, the hip flexors and the lower back muscles with this condition.
2. Patellofemoral Pain Syndrome (Runner's knee). This can be caused by muscle imbalances or cumulative overload and presents with dull pain all around the knee and sometimes swelling and locking of the knee

joint. It is very common to have tension and knots in the hip muscles and quads.

3. Medial Tibial Stress Syndrome (Shin splints). This is usually caused by excessive or improper training. Pain is usually felt on the inner portion of the shin during running. The pain may subside after getting warmed up, but the pain can linger for the long term. Tension and knots are usually found in the muscles of the shins and calves.
4. Plantar fasciitis. This is usually caused by tension in the calf muscles pulling on the plantar fascia, and presents as pain in the foot or heel with the first few steps after getting out of bed in the morning or after prolonged activity.
5. Achilles tendonitis. This presents as pain in the back of the ankle or heel that gets worse with activity. It is common to find tension and knots in the calf muscles with this condition.

So, that's the bad news. The good news is that chiropractic care and Active Release Techniques (ART) can help you get through these injuries and get you back out there on the pavement pain free. Chiropractors are musculoskeletal specialists, and although we are most

well-known for treating the spine, we also treat other areas of the body, such as shoulders, hips, knees and ankles.

One of the ways we treat these injuries at ProClinix is through ART. This is a method by which certified providers can help to reduce the pain in soft tissues – the muscles, the ligaments, the nerves and the tendons – and increase range of motion and help speed up the healing process.

During an ART session, the practitioner feels for tension or knots in the muscles that develop due to overload or repetitive use. Once that is established, the practitioner then applies deep pressure to the muscle and instructs the patient to move that muscle from a shortened to a lengthened position, resulting in improved range of motion, improved function and less pain.

Running has plenty of health benefits; it lowers blood pressure, reduces the risk of diabetes, depression and even Alzheimer's. So, if you enjoy running and want to reap these benefits, you'll



By Dr. Stefanie Tropea

want to make sure you're doing everything you can to avoid injury.

The best way to avoid these common injuries is to gradually build up running longer distances. Follow a running program. Don't just wing it! Proper progression is essential to your success. Be sure to get enough rest between sessions, fuel yourself properly and drink enough water. These

injuries can sometimes happen anyway from overuse, muscle weaknesses or using the wrong shoes.

If you think you might have any of the injuries mentioned above or just want to prevent them, give Active Release Techniques a shot.

Dr. Stefanie Tropea is a chiropractor and certified Active Release Technique provider for ProClinix Sports Physical Therapy & Chiropractic of Westchester. Dr. Stefanie treats patients in the Armonk location, located at 5 N. Greenwich Rd. For more information about this article or about ProClinix, feel free to contact the healthcare team at 914-202-0700 or at admin@proclinux.com.

App Helps Con Edison Customers Manage Energy Use, Reduce Bills

With electricity costs skyrocketing, thousands of Con Edison customers in Westchester and New York City are realizing the many benefits of using the free GridRewards app to manage their daily energy use, including cash rewards and lower monthly utility bills.

The creator of the app and operator of the program, Logical Buildings, anticipates increased subscribership in upcoming months, largely in response to escalating energy rates.

Sustainable Westchester, a nonprofit municipal membership organization that counts 45 Westchester municipalities as

members, began its collaboration with Logical Buildings in 2020.

"Sustainable Westchester chose to partner with Logical Buildings to promote GridRewards because we immediately saw how empowering it was for Westchester residents and small businesses to take more control of their energy usage and while doing so, to earn money and reduce strain on our electric grid," said Nina Orville, executive director, Sustainable Westchester.

"Reducing usage during times of peak demand also has an important environmental justice impact as those are the times that the utility puts the dirtiest power generating

plants into service. Reducing environmental impact while providing other benefits to our communities is core to our mission and approach."

In the nearly two years since the revolutionary technology was rolled out, initially as an AI program and, in spring 2021, as an app, the GridRewards "community" has prevented more than 200 tons of carbon from entering the atmosphere. This reduction of carbon is equivalent to taking more than 11,000 homes completely off the grid during high electric load events, 15,000 cars off the road for one day or offsetting more than 500,000 miles driven. In New York City, alone, the reduced load this past summer drastically decreased the use of pollution-producing peaker plants.

The free GridRewards app can be downloaded to any smartphone from either the App Store or Google Play and does not require Wi-Fi, a computer or technical expertise to set up and use. The first-of-its-kind technology sends out easy-to-follow prompts that inform subscribers when to raise their air-conditioner settings by a few degrees or run appliances like washing machines and dishwashers. The app also sends out reminders to turn off lights in unoccupied rooms, among other guidelines.

For a few simple actions reflecting smart energy usage choices, customers are awarded cash payments and can shrink their monthly utility bills.

"With the completion of this year's first payment cycle in January, we were able to distribute cash rewards to thousands of

GridRewards subscribers in Westchester and New York City," said Jeff Hendler, CEO of Logical Buildings. "They also had access to information that enabled them to make smart decisions to reduce their monthly utility bills."

The GridRewards app sends out notifications that help users make energy management decisions in real time. Rewards receivers are informed of their cash savings daily. They are also prompted as they accrue and when the rewards can be collected through PayPal for instant cash or by a check mailed to the subscriber's address.

GridRewards also offers the option to donate earnings to nonprofit organizations focused on food insecurity, sustainability and energy equity. The five beneficiaries selected for 2021-22 comprise City Harvest, Mothers Out Front, WE ACT, Natural Areas Conservancy and Sustainable Westchester.

As another incentive to help grow the "climate activist" community, GridRewards users can receive a \$10 bonus for every new subscriber they introduce to the app, simply by having them add their personal code on the application and participate in upcoming events. As an additional benefit, these new subscribers will also receive a \$10 "thank you" bonus when they save electricity during the GridRewards season.

The greatest rewards generated by GridRewards users are being enjoyed by everyone living and working in healthier, more livable environments. It is paying it forward, while earning rewards, when a few small changes can make a big impact.

The Hundred Acre Wood Exhibit Comes to Lasdon Park

The Hundred Acre Wood Exhibit "Forest Friends" opens at Lasdon Park Arboretum and Veterans Memorial on Saturday, Apr. 9, and runs select days and times through Sunday, May 29.

Located inside the conservatory, this presentation walks viewers through a "storybook" fantasy featuring the original characters of A.A. Milne and the inspired art of E.H. Shepard. Winnie the Pooh and friends come to life with enchanting visuals that teaches children about the importance of forests and its inhabitants.

The display features five six-foot-tall

books that present a poetic, animated lesson centered around a character from the classic works. In addition, interactive signage will coordinate with each lesson allowing children and adults a hands-on sensory experience.

Throughout the conservatory, seasonal flowers, tropical plants, trees and shrubs will accent the exhibit with an explosion of color, texture and fragrance.

Tickets from \$10 to \$20 can be bought at <https://www.lasdonpark.org/shop/exhibitions/100-acre-wood-exhibit>. For more information, call 914-864-7268.

Checking Out Some of the Old Reliable Stars in Our Skies

With the world in turmoil and as unpredictable as it's been, it often feels impossible to find anything that gives us even the slightest sense of calm or control. It's hard to keep moving forward.

As sure as these things are, birds are coming back, streets and lawns have turned to mud, buds are on the branches and the air has warmed just a bit. The sights and sounds of spring as we know it are all around.

The milestones of spring are in the night sky, too. As we close out March, let's grab someone we love and track down our old friend, the Big Dipper. In early spring's mid-evenings, these stars, the seven most well-known – and brightest – in Ursa Major (the great bear), are in a part of the northeast sky where the idea of stars coming and going with the seasons doesn't quite work.

Rather than rising and setting the way Orion's or Leo's stars do, the Dipper and a few other groups are constant and easy to find whenever we look for them. They seem to orbit Polaris, the north star, night after

night, year after year. If we could turn off the sun, which I don't recommend, we'd see them there all the time, steady and reassuring, our entire lives, even during the day.

In early spring, the Dipper hangs from the night, almost like the universe's biggest question mark, asking us something that's far too big to imagine. While we look, let's draw a line through the two stars at the top of the "question mark," and then to our left, out past its open side. Polaris is the next medium-bright star we come to.

In our skies, it's a soft, muted yellow and surprisingly dim. It's only about the 50th brightest star in the night sky, but its importance to navigation and society shines much brighter. In truth it's a remarkable system of three

stars, but across the 400-odd light years between us, it looks like just one dot in the night.

Now, back to the Dipper. This time, let's follow the arc of its handle away from the bowl. As our gaze jumps off the handle's end, we come to the night's fourth brightest star: Arcturus. This star is seasonal and comes back in February. While it glides across the night, it looks like it guides the bear in its dance around Polaris.

Arcturus is an old red giant star about 37 light years away that's similar to the type of star that our sun will become billions of years from now, after it uses up all of its hydrogen



By Scott Levine

fuel. In a way, watching Arcturus these nights, until it drops below the northwest horizon on an early September evening, is like looking into our own future.

Notice, I didn't say we can control any of this, but at times like these, when the world feels like it's upside down, we can look up and expect things to be where they're supposed to be when they're supposed to be

there. There's definitely something to that. I hope you'll look this month.

Scott Levine (astroscott@yahoo.com) is an astronomy writer and speaker from Croton-on-Hudson. He is also a member of the Westchester Amateur Astronomers, who are dedicated to astronomy outreach in our area. For information about the club including membership, newsletters, upcoming meetings and lectures at Pace University and star parties at Ward Pound Ridge Reservation, visit westchesterastronomers.org.

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The Long and the Shortz of It

New York Times' puzzlemaster extraordinaire Will Shortz dishes crosswords, table tennis, life in Pleasantville, staying healthy and more



By Sherrie Dulworth

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.

Will Shortz is a puzzle polymath. He's known worldwide as the New York Times Crossword Puzzle editor and the puzzle master for NPR's "Weekend Edition Sunday." He is the owner of the Westchester Table Tennis Center, which is managed by table tennis champion and friend, Robert Roberts. Shortz is on a multi-year streak of consecutive days playing table tennis. Examiner+ recently met with him to talk puzzles, ping pong, life in Pleasantville, and more.

Visit examiner-plus.com and join our digital newsmagazine community as a member to read the full version of this article and others like it! Examiner+ is delivering the smartest, most insightful news and lifestyle journalism in Westchester and the broader Hudson Valley so you can live your most intelligent local life.

Examiner +: Where are you now in your number of consecutive days of playing table tennis?

Will Shortz: I have not missed a day of playing table tennis since October 3, 2012, so I'm coming up on 10 years for that. This is very healthful. I have not been seriously sick in that entire time, and I attribute part of that to table tennis.

On October 3, 2022, I'm going to have a big party here. What exactly, I don't know. I was going to do it for 3,000 consecutive days but that was during that pandemic and that was really not a time to have a party, so just waited for 10 years and that's a bigger thing anyway.

E+: How are the trends at the Center since the pandemic? Have things returned to normal here?

Shortz: We have a big monthly tournament here on the last weekend of every month. The one this past weekend was almost a record attendance, we had 191 players and our record is 192. So, things are coming back, and a lot of great players too.

We had a former top-100 in the world and the #84 in the world. The tournament



is so challenging that neither one of them won. That's how stiff the competition is here.

We have about 150 to 200 members, who range in age from eight or nine up to their 80s. I guess about 10 percent are women. This is one of the few sports, maybe the only one, in which men and women compete equally. Out of the top 25 players in America, a couple of them are women.

Men tend to be stronger, more muscular, but women are faster, and this is a very fast-paced sport.

E+: Tell us about the non-profit Ping Pong Parkinson®.

Shortz: March 2 was our fifth anniversary of Ping Pong Parkinson®. We held the first world

championship here three years ago.

It was founded by Nenad Bach and he is a famous Croatian rock singer and pianist. Around 2011, he was diagnosed with Parkinson's and after a few years, he was unable to play the guitar or piano anymore. He lives maybe two-thirds of his time in New York. He came to our club and he noticed after several months, he was able to regain some of his former skills and he's now playing the piano and guitar again.

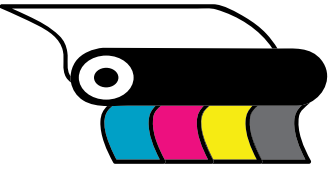
Table tennis is not a cure for Parkinson's, but it does reduce the effects and it delays the effects. So, he started a worldwide organization. There are almost 100 chapters of Ping Pong Parkinson clubs around the world.

E+: Do you have any favorite picks for Best Picture for the upcoming Oscars?

Shortz: I haven't seen so many movies this year because of the pandemic. I saw Dune, which was amazing. I love science fiction, so I'd root for ...

To read the rest of this article, and others like it, visit examiner-plus.com and click subscribe. We hope you've enjoyed this week's excerpt from Examiner+. We love honest feedback. Tell us what you think: examinerplus@theexaminernews.com





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Where to Dine After Returning From the Spring Orchid Show

A beautiful technicolor harbinger of spring, the 19th annual Spring Orchid Show at the New York Botanical Garden in the Bronx runs through Sunday, May 1. I look forward to visiting the Botanical Garden, walking through the beautifully restored Enid Haupt Conservatory and beholding the seductive floral arrangements and dramatic plantings. There are also outstanding culinary choices in the Bronx or lower and central Westchester on your way to or from the show.

This year's theme: Jeff Leatham's Kaleidoscope. After taking in all that beauty, we do get hungry.

Orchid Evenings

This year visitors can enjoy cocktails at several bar areas and the Hudson Garden Grill, as well as take in special Orchid Evenings filled with entertainment and snacks from the popular Bronx Night Market pop-up. These unique evening events will take place on Apr. 2, 9, 16, 22 and 23 from 7 to 10 p.m.

The Bronx Night Market is located at Fordham Plaza near the Botanical Garden. Reservations can be made online. Info and reservations: Visit www.thebronxnightmarket.com.

Themed Dining Pavilions

The Botanical Garden has themed dining pavilions throughout the park and near the Enid Haupt Pavilion. The casual Pine Tree Café and a more formal dining room with waiter service called Hudson Garden Grill serves an eclectic American menu with locally sourced ingredients. Check it out at www.nybg.org/visit/dining/the-hudson-garden-grill.

Mario's

A venerable Little Italy institution, Mario's is marking more than 100 years of operation. Regina Migliucci and her family run the show. To many, the flavorful sauces and gravies produced in this kitchen are the stuff of Italian foodie heaven. And for those in the know, the old-world menu holds many surprises.

For starters, enjoy the palate-pleasing lagnappie of marinated carrots, hot peppers



By Morris Gut

and delectable, crusty Arthur Avenue bread as you survey the menu. There's hearty hot antipasto for two, spiedini, braciola and osso buco.

Mario's is located at 2342 Arthur Ave. in the Bronx. Info: 718-584-1188 or visit www.mariosarthurave.com.

Artie's Steak & Seafood

Owner Spiro Chagares and his staff offer patrons an inspired melding of traditional and contemporary dishes served with flair. Sit back in one of several inviting dining

areas and enjoy such changing specialties as hearty seafood chowders; Asian sticky buns; smoked salmon roll-ups; cold seafood salad for two; wood-grilled jumbo shrimp and scallops; hunks of tender short rib; a massive zuppa di pesce; tender oven-roasted rack of lamb; chardonnay poached salmon with seafood; and fresh lobster prepared in a variety of styles.

There's a loaded lobster salad roll at lunch and their Mediterranean-style pizzas are good to share. Craft beer selection. Open seven days.

Artie's Steak & Seafood is located at 394 City Island Ave. in the Bronx. Info: 718-885-9885 or visit www.artiescityisland.com.

Maria

Two-time winners of Michelin's prestigious Bib Gourmet Award, brothers Peter and Giovanni Cucullo have been drawing patronage from all over for their flavorful riff on Italian and global cooking. Enjoy their happy hours from 3 to 7 p.m. when they offer some favorite beverages and small plates that are loaded with flavor.

I am hooked on such eclectic dishes as glazed pork ribs; truffled green beans; grilled sausage with sweet and spicy Peruvian peppers; meatballs; cauliflower fritters; and roasted shishito peppers. Special mention must go to their tender baby lamb chops. The family also operates bustling Fratelli's Pizza & Pasta and Pops Espresso Bar next door.

Maria is located at 11 Huguenot St. in New Rochelle. Info: 914-636-0006 or visit www.marianewrochelle.com

El Barrio

Chef Sal Cucullo Jr. of The 808 Bistro in Scarsdale also operates El Barrio, highlighting Mexican street food. There is indoor and outdoor seating.

There's fine talent at work here and a playful new design. Specialties include Mexican street corn; calamares y camarones fritos; arbol aioli; traditional guacamole; wood-fired quesadillas; tacos and tostadas; an El Barrio Burger wrapped in a flour tortilla; and fresh-made south-of-the-border cocktails. Open seven days.

El Barrio is located at 185 Summerfield St. in Scarsdale. Info: 914-723-2600 or visit www.elbarriony.com.

Freebird Kitchen and Bar

We have devoured fried calamari, meaty racks of baby back ribs, Cobb salad, spicy chicken wings, crispy Brussels sprouts, shrimp and grits and braised short ribs. The



The Spring Orchid Show has returned to the New York Botanical Garden in what has become an annual spring event. Whether in the Bronx or Westchester, there is a wide array of delectable dining choices available before or after the show.



The hot antipasto platter for two at Mario's, an old-world Italian restaurant institution on Arthur Avenue in the Bronx.

cooking here is highly satisfying, and all done with a comforting Southern theme. Portions are ample and shareable. The lighting and the birds hanging from the ceiling in the dining room give it a magical atmosphere. The seasonal rooftop is open.

There are also Sunday night jam sessions and a sprawling bar with craft beers. Happy hours are Tuesday through Thursday from 4 to 6 p.m. and Friday from 2 to 6 p.m. Weekend brunch.

Freebird Kitchen and Bar is located at 161 Mamaroneck Ave. in White Plains. Info: 914-607-2476 or visit www.freebirdkitchenandbar.com.

MP Taverna

Celebrity chef Michael Psilakis brought his Mediterranean culinary magic to Westchester a decade ago. He is an award-winning innovator, having enhanced our knowledge of modern Greek-inspired cuisine through his restaurants, cookbooks and television appearances. Psilakis was there on our visits tending to tables, chatting with guests inside and out.

Share a platter of his superb grilled octopus served with an herbal chickpea salad and Greek yogurt. For mains, there's an eight-ounce lamb burger served with spicy whipped feta and a stuffed falafel souvlaki, wrapped in fresh pita with tzatziki, onion, tomato, romaine and bell pepper. Both dishes come with sides of signature house



A platter of oysters, domestic caviar and crème fraiche at KEE Oyster House in White Plains.

smashed potatoes. Filling and delish!

MP Taverna is located at 1 Bridge St. in Irvington. Info: 914-231-7854 or visit www.mptaverna.com.

KEE Oyster House

Ekren and Elvi, owners of KEE Oyster House in White Plains, serve a delightful seafood-rich menu in a contemporary, white-tiled setting. A pristine selection of East and West oysters is served every day with all the trimmings.

I recently enjoyed a loaded lobster roll with a side of Old Bay chips at lunch. Their version of fried calamari teases my palate while a taste of their pan-seared scallops with seafood risotto and brown butter sends me into foodie heaven. There are dramatic hot or cold seafood towers, too. For you carnivores out there, a hefty 16-ounce dry-rubbed prime sirloin is on the menu. Good beer and wine selection. Open Monday through Saturday. Municipal parking available.

KEE Oyster House is located at 126 E. Post Rd. in White Plains. Info: 914-437-8535 or visit www.keeoysterhouse.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 at gutreactions@optonline.net.



Baked rigatoni is a delicious staple at Maria, a restaurant owned and operated by award-winning restaurateurs Peter and Giovanni Cucullo.

An Exciting New Season Begins Saturday at the P’ville Farmers Market

The Pleasantville Farmers Market kicks off the spring season with a new location, expanded hours, new vendors and special programming events.

“While our winter season was a success, it’ll be great to get back to warmer days at the market,” said Executive Director of Market Operations Steven Bates. “Spring is always an exciting season for growers and markets – and this year there’s even more going on than usual.”

In its new location at the south end of the Memorial Plaza parking lot (near Bedford Road) and with a new layout, the market returns this Saturday, Apr. 2 with its regular hours of operation – 8:30 a.m. to 1 p.m.

“With the move and a creative reconfiguration of the marketplace, including a double center aisle, we’ll be presenting our community with over 60 vendors,” said Peter Rogovin, president of Foodchester, Inc., which operates the market. “All these producers are carefully vetted by our board, which looks for regional sourcing, unique offerings, strong on-site reps and, of course, deliciousness, among many other criteria.”

- New vendors this season include:
- Bien Cuit (weekly), award-winning artisanal bread and pastries.
 - SOVA Farms (weekly), certified organic chicken and eggs.
 - Hudson Valley Fisheries (weekly), sustainably produced steelhead (a cousin to salmon).
 - Hodgins Harvest (weekly), a wide variety of mushrooms and mushroom products.
 - Noble Pies (bimonthly), scratch-made seasonal pies, both savory and sweet.
 - River Valley Community Grains (bimonthly), regionally grown grains and flours.
 - 3x3 Kitchen Provisions (bimonthly), delicious wheat-free treats.



The spring version of the Pleasantville Farmers Market opens this Saturday on Memorial Plaza.

- Hamov Eh (once a month), Armenian-inspired spreads and stuffed flatbread.
- In addition to year-round favorites like Maple View Farm, Pura Vida Fisheries, Mead Orchards, Orwasher’s Bakery and many more, April will see the return of other vendors not present during winter, including Buddhapesto, Little Seed Gardens, SallyeAnder, Simply Planted Greenhouses and Wright’s Farm.
- “Shoppers can find the complete list on our website,” Bates said, “but I can sum up by saying that we certainly offer a full range of produce, baked goods, meat, poultry and eggs, dairy, honey, sauces, prepared foods, flowers – and some very special treats as well.”
- Programming Returns**
- “We cannot wait to present live music again this summer,” Rogovin said. “After two years of managing through COVID, it is great

to be getting our vibe back, making a visit to the market a joy for all the senses.”

Music and kids’ activities will restart Memorial Day weekend, along with health and sustainability programs (sponsored by Phelps Hospital Northwell Health).

The Culinary Committee will host tastings and local chefs will do recipe demos.

“And, yes, the ever-popular apple pie contest will return this October,” Bates said. “We’re also looking forward to our fall corn roast, one way we express our gratitude to our customers.”

Local nonprofit groups will be able to help spread their important messages at the Community Tent, sponsored by Patty Anker, The A Team and Howard Hanna Rand Realty, which is new this year.

Ways to Pay

Online preordering via Pleasantville Farmers Market Online continues as well. The online store is open from Tuesday at 7 p.m. through Thursday at 7 p.m. every week.

“Preordering is a great convenience for shoppers,” Bates said. “They appreciate being able to prepay and also knowing that they will be able to go home with everything they want regardless of when they arrive at the market. Well-designed lines and streamlined checkout processes will keep crowds at bay.”

Market Bucks are another convenience. These coins, made solely for use at the Pleasantville Farmers Market, are available at the Managers Tent for a minimal processing fee.

The Pleasantville Farmers Market accepts SNAP/EBT benefits as well. SNAP coins, which can be used for eligible purchases in the market, are also available at the Managers Tent. Thanks to the generous support of the Lions Club, SNAP benefits are extended by 40 percent, meaning that a user redeeming \$10 gets \$14 to spend.

To learn more, including shopping online, finding a helpful map of 400 nearby parking spots, a list of participating vendors or to sign up for the weekly newsletter, visit www.pleasantvillefarmersmarket.org.

The Summit Club at Armonk Appoints New Director of Golf

The Summit Club at Armonk announced that Drew Clayton has been promoted as its new director of golf. He previously served as the assistant golf professional when the club opened last year.

Clayton, a PGA Class A member, also has staff experience as an assistant golf professional for Trump Golf Links at Ferry Point, N.Y., Hudson National Golf Club and at The Colony Golf and Country Club in Bonita Springs, Fla.

A graduate of Coastal Carolina University, Clayton earned a bachelor’s degree in business management. He lives in Stamford, Conn.

“We are fortunate to have Drew as the club’s new director of golf,” said Jeffrey B. Mendell, managing partner of The Summit Club. “He knows our members, has watched the renovated Rees Jones course mature and is familiar with the extensive amenities that are planned for this superb resort-like lifestyle community. Drew



Drew Clayton was named the new director of golf last week at The Summit Club.

is an important asset to our growth.”

For more information about The Summit Club at Armonk, call 914-273-9300 or visit www.thesummitclub.net.

THERE’S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Spring Things. The spring season brings many things, longer days, warmer temps, a time to break out some outfits left unworn for many months and a chance to begin to grow some new plants. The quiz this week will give you a chance to perhaps reconnect with some words you haven’t used in a while, or even grow your vocabulary. Either way, enjoy the season.

- | | | | |
|-----------------------|-----------------------------|----------------------|---------------------|
| 1. mollify (v.) | A) to soothe | B) disturb | C) give shape to |
| 2. licit (adj.) | A) marked by generosity | B) not forbidden | C) tempting |
| 3. kinesis (n.) | A) affection | B) mental power | C) motion |
| 4. melliferous (adj.) | A) relating to song | B) dramatic | C) producing honey |
| 5. occlude (v.) | A) to bring about | B) obstruct | C) reach a decision |
| 6. cogitate (v.) | A) to think carefully about | B) store up | C) hold together |
| 7. ennead (n.) | A) boredom | B) a group of nine | C) ill will |
| 8. maquillage (n.) | A) a preliminary model | B) an overgrown area | C) cosmetics |

- ANSWERS:**
1. A. To calm in temper or feeling; soothe
 2. B. Not forbidden; lawful
 3. C. Movement; motion
 4. C. Yielding or producing honey
 5. B. To cause to become closed; obstruct; block
 6. A. To take careful thought or think carefully
 7. B. A group or set of nine
 8. C. Makeup; cosmetics

Abstinence or Moderation: The Ongoing Debate



By Nick Antonaccio

I'm confused. I've been reading reports on the health benefits of consuming wine. I tend to focus on those that align with my general evaluation of the risk and benefits of wine. I believe that alcoholic consumption (of

any type) is intrinsically dangerous and unhealthy. I also espouse the volumes of medical evidence that, drunk in moderation, wine has net health benefits that outweigh the obvious risks.

I've been researching the scientific studies and medical conclusions that at times contradict each other as to the relative risks and benefits of wine consumption.

Personally, I endorse the USDA guidelines that moderate consumption is acceptable: men should consume no more than two glasses per day and women one glass. But is the USDA's acceptable consumption definition valid? The United Kingdom has refuted these guidelines and has published its own guidance.

With these dichotomous and quite contradictory viewpoints, I present reputable research studies for you to consider. You may find it as difficult as I to form your own

opinion.

Over the last 20 years, numerous studies have been published espousing the health benefits of red wine. Volumes have been written on the benefits of antioxidants found in food and wine. Each of the many compounds that fall into the broad category of antioxidants (polyphenols, resveratrol, sirtuin proteins) interacts with other compounds to fight the negative effects of our diets and lifestyles.

Studies have validated the benefits of red wine: protecting the heart and brain, fighting and preventing cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process.

In the last few years, contradictory studies have been published, of equal pedigree as those espousing red wine consumption, exposing its negative health benefits.

I've previously reported on an advisory issued by the British Chief Medical Officer. It was the culmination of a multiyear study of published scientific evidence, led by a panel of experts in such studies.

In her advisory, Dame Sally Davies presented the results and issued new guidelines. She warned that there is no safe level of drinking. Further, wine consumption should be limited to seven glasses a week for men and women, with days of abstinence between glasses. This is in stark contrast to the health risk conclusion and consumption



guidelines of the USDA.

Another report on the health risks of wine consumption was presented in Wine Spectator magazine several years ago. The University of Washington published an analysis of multiple individual studies. Its Global Burden of Disease Study reviewed and evaluated the results of 592 studies comparing alcohol consumption in 195 countries to determine the risks of alcohol consumption. Their conclusion? "There is no safe level of alcohol consumption."

The study looked for correlations between levels of alcohol consumption (including beer, spirits and wine) and 23 health problems, including cancer and heart disease. The data on the 28 million people involved in the studies covering 26 years generalized the results as follows: compared to total abstinence, consuming one beverage a day increased the risk of the mentioned 23 health problems by 0.5 percent while two drinks increased the risk by 7 percent. As might be expected, five drinks increased the

risk by 37 percent.

Hence my confusion.

The study is not clear on the relative danger of these percentages. If the risk of cardiovascular disease increases by an unsettling 7 percent for two-a-day consumption, to what overall universe of disease incidence does that equate?

The research concludes that for non-drinkers, the incidence of developing one of the mentioned 23 health problems is 914 people out of 100,000. According to the study, that equates to 918 for one-a-day consumption and 978 for two-a-day. Does the increment between abstinence and a single drink warrant the proclamations of the British and University of Washington studies? Perhaps not, but the increments beyond one glass are nevertheless disturbing.

Hence my confusion – and consternation.

So which conclusions are correct? Centuries of anecdotal evidence extolling the virtues of wine consumption? Recent reputable scientific studies seemingly in contradiction with each other?

I leave this conundrum to your discretion. What will it be: abstinence or moderation?

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.

**You Heard It
Through the
Grapevine**

P'ville Music Fest Ticket Pre-Sale Begins; Tent Spaces Available Saturday

The 16th annual Pleasantville Music Festival announced that pre-sale tickets for the festival will go on sale starting Tuesday, Mar. 29.

Pre-sale tickets for the July 9 festival will be sold at a discounted price of \$50 for adults and \$30 for seniors (65 years old and up) and students (ages 12 to 21). Children 11 and under are admitted free with an adult.

The discounted pre-sale price will only be in effect until the lineup is announced in the coming weeks. Tickets will be available online through Ticketweb or through the festival's website, www.pleasantvillemusicfestival.com. Online sales will incur ticketing fees.

In person, tickets can be purchased at the Pleasantville Rec Center office located at 48 Marble Ave. in Pleasantville. Hours are Monday through Friday 8 a.m. to 4 p.m. Cash, check, Visa or Mastercard will be accepted in person.

In addition, reserved sites for the festival's coveted Tent City section will go on sale on Saturday, Apr. 2. This initial Tent City sale will take place on the second floor of Pleasantville Village Hall, located at 80 Wheeler Ave. Doors will open at 8 a.m. with the sale beginning at 8:15 a.m. and ending by noon. Those



arriving before 8 a.m. will be required to line up in an orderly fashion around the building down Bedford Road until the doors open.

Prices for tent spaces range from \$75 to \$100, and do not include admission to the festival. Though the lineup won't be revealed for another few weeks, discounted admission tickets will also be available at the Tent City sale. Payment

may be made by credit card (Visa or Mastercard), cash or check (made out to the Village of Pleasantville). Electronic payments will not be accepted. There is a maximum of two tent spaces per adult (18 years old and up). Purchasers must provide their own tents (maximum size 10 feet by 10 feet) Tent weights will be required.

"Tent City is not the only place to

enjoy the Pleasantville Music Festival, but it is certainly a fun one," said Bruce Figler, the festival's director. "This is a great place for cornhole, Frisbees, big picnic spreads and cheerful get-togethers of friends and family."

Peter Rogovin, a festival executive board member who helps plan and organize the area, noted that, "Each year we've sold out Tent City faster and earlier, and I imagine with some pent-up eagerness to come back to the festival, this year's sale will be no exception."

"Word to the wise: many regular Tent City patrons line up well before sunrise, and in 2019 all spaces sold out in 30 minutes," he added.

The Pleasantville Music Festival, known as New York's Backyard Jam, takes place on the village's Parkway Field on Marble Avenue. This year's festival is scheduled for Saturday, July 9. Featuring great local food and drink, a warm positive vibe and, of course, world-class rock, the festival has become a must-attend summer event for the entire family.

Up-to-the-minute information will be posted on Facebook and Instagram and on the festival's website at www.pleasantvillemusicfestival.com.

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