Traffic Roundabout Proposed for Chappaqua Crossing Intersection

By Martin Wilbur

Representatives for Chappaqua Crossing developer Summit/Greenfield submitted detailed plans last week to the state Department of Transportation (DOT) proposing a roundabout at Route 117 and Roaring Brook Road to help ease traffic congestion near the site.

The applicant’s traffic engineer, John Collins, said the roundabout would also likely improve the rating of the intersection from a D, E or F grade, which is a poorly functioning to failing intersection, to a B.

Plans were drawn up after feedback from the DOT and comments at public hearings about the problematic intersection, particularly during peak hours when added traffic arrives and leaves the nearby Horace Greeley High School campus.

“During the shutdown we cannot turn down the flow, so there is not enough capacity for dry alum to handle the turbidity. So we need to bring in liquid alum on site to make sure we make sure we are delivering high-quality water.”

The Catskill Aqueduct has more turbidity than the Delaware, so during the shutdown the DEP needs to have the ability to treat with alum, a chemical used for water purification, during high-turbidity periods.

No. Castle Pool Membership Strong; Fiscal Impact to Be Weighed

By Martin Wilbur

There was no doubt that the North Castle Town Pool was a popular destination this past summer under municipal operation for the first time.

The question now is how the facility fared financially.

In a preliminary update recently delivered by the town’s Superintendent of Recreation and Parks Matt Trainor, the Greenway Road pool in Armonk attracted about 450 household memberships, which translated to about 1,500 pass holders.

Membership was roughly double the conservative projections made by town officials earlier this year. The town board agreed last March for the town to take over the pool’s operation for the recently completed summer through a renewable licensing agreement with the nonprofit Anita Louise Ehman (ALE) Recreation Center.

“I think from that perspective it was a success,” Trainor said of the turnout. “It was a successful season operationally.”

He said membership and participation in programs and classes that were offered were strong despite a rush to get the facility ready in a short period of time once the agreement was approved. Ideally, the Recreation and Parks Department should start working in February on programming for the summer, Trainor said.

The licensing agreement, which went into effect Apr. 1, will expire at the end of the month. The town must inform ALE before then whether it intends to pick up

DEP Eyes Expansion of P’ville Water Purification Chemical Facility

By Arthur Cusano

The planned temporary closure of a massive watershed pipeline will force additional chemical treatment of drinking water at the Pleasantville plant and construction of an expanded facility.

New York City Department of Environmental Protection (DEP) officials told village planning commission members last week that the Delaware Aqueduct, which provides half of the city’s drinking water, will be closed in 2022 for five to eight months to repair leaks. To compensate, water flow from the Catskill Aqueduct that runs from Ashokan in Ulster County will be increased.

The DEP plan is to build an auxiliary 31-foot by 31-foot building just north of the existing plant off of Broadway in advance of the closure to store the de-chlorination chemical to reduce turbidity. The new building, planned to open in November 2018, will have three truck bays.

“The way we currently deal with the turbidity at Catskill is we turn down the flow and we turn up the dry alum,” explained DEP Project Manager Vasyl Krauchyk. “During the shutdown we cannot turn down the flow, so there is not enough capacity for dry alum to handle the turbidity. So we need to bring in liquid alum on site to make sure we make sure we are delivering high-quality water.”

The Catskill Aqueduct has more turbidity than the Delaware, so during the shutdown the DEP needs to have the ability to treat with alum, a chemical used for water purification, during high-turbidity periods.
Traffic Roundabout Proposed for Chappaqua Crossing Intersection

Traffic Roundabout Proposed for Chappaqua Crossing Intersection

continued from page 1

constructed with the ability to activate a second lane, although current traffic volume projections do not warrant taking that action. There would also be a bypass lane heading northbound on Route 117. As currently proposed, the traffic signal at the intersection would be eliminated.

Town officials said they are concerned about the lack of pedestrian crossings, particularly with county Bee-line bus stops near the location, and with the difficulty and danger for Annandale Drive residents to turn onto Route 117, especially without a signal.

Andrew Tung, the project planner for Summit/Greenfield, said the plan would require amending the Preliminary Development Concept Plan (PDCP). A public hearing has been scheduled for next Tuesday, Oct. 13 for residents to weigh in on the plan.

Also discussed at last week’s joint meeting was the Retail PDCP. Felix Charney, Summit/Greenfield’s president and CEO, said that the health club provider that has been retained for Chappaqua Crossing, Lifetime Fitness, has requested a 40,000-square-foot, two-story space. The retail component, which would also include a 40,000-square-foot Whole Foods, would contain smaller establishments totaling 120,000 square feet.

Town officials expressed reservations about custom-building a structure for a specific tenant. They pointed to the long vacant former Borders bookstore site in Mount Kisco, also a two-level space.

“T’m trying to visualize who might be the next tenant of a building like that,” said planning board member Thomas Curley.

Town board members also pressed Charney to ask Lifetime Fitness to install a swimming pool to benefit the community, most notably the Horace Greeley High School swim team.

Charney said that he would ask Lifetime representatives but they have not been receptive to those types of requests elsewhere. With tight deadlines to maintain Whole Foods and other tenants at Chappaqua Crossing, he also warned that making too many changes at this late stage could jeopardize those commitments. He said he would discuss with the town in the future finding space at the Chappaqua Crossing campus for a pool facility.

The planning board is scheduled to devote tonight’s (Tuesday) meeting entirely to the Chappaqua Crossing review, as it will do for the first meeting for each of the next two months.

What a Night!
The Pleasantville Fund for Learning (PFFL) held its biggest fundraiser, the annual dinner and auction on Sept. 25 with an Oktoberfest theme in Briarcliff Manor. The evening was attended by a variety of community members and school district administrators. Pictured, left to right, are Pleasantville High School Principal Joe Palumbo, Bedford Road School Principal Peggy Galotti, Superintendent Mary Fox-Alter, Middle School Principal Vivian Ossowski and Dr. Carolyn McGuffog, the district’s director of educational services. For more information on PFFL and how to donate, visit the organization’s Facebook page.
### DODD'S AUTUMN WINE & LIQUEUR SALE - SALE ENDS OCTOBER 12, 2015

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- PINOT GRIGIO $11.99
- YELLOW TAIL SHIRAZ CHARDONNAY $10.99
- DEWAR'S SCOTCH $32.99
- JOHNWIE WALKER RED $32.99
- JACK DANIEL'S $49.99
- SVEKDA VODKA $19.99

**DODD'S MALBEC SALE**
- NOXOR RESERVA Malbec 2011 $13.99
- NAVARRO CORREAS Malbec $7.99
- TINTONEGRO MALBEC 2012 $12.99

**DODD'S STANDARD BRAND SALE**
- MEZZACORONA PINOT GRIGIO 50.7 oz. $11.99
- ROBERT MONDAY WOODBRIDGE CHARD OR CAB 50.7 oz. $11.99
- BOLLA (Gave, Valpolicella, Belvino) 50.7 oz. $11.99
- BAREFOOT (Chardonnay, Cabernet, Pinot Grigio) 50.7 oz. $11.99
- RUFINO CHIANTI 50.7 oz. ($12.99 750 ml) $7.99
- ZABACO “DANCING BULL” or RAVENSWOOD ZINFANDEL $7.99
- CITRA RED OR WHITE 50.7 oz. ($8.99 LINEMAN'S CHARD $5.99
- HARVEYS CREAM SHERRY $13.99
- LINDENMA Chardonnay, Merlot, Shiraz 1.5 Ltr... $9.99

**SANTA MARGHERITA PINOT GRIGIO**
- BOGLE $8.99
- COLUMBIA CREST “Grand Estate” $19.99
- DUCKHORN $49.99
- RAVENSWOOD 8.99
- STERLING $12.99
- KIM CRAWFORD $11.90

**DODD'S CABERNET SAUVIGNON SALE**
- KORBEL Brut $10.99
- COOK'S Brut $7.99
- FREIENET Cordon Negro $8.99
- MARTINIC & ROSSI Ast Spumante $12.99
- PIPER SONOMA Brut $13.99
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**DODD'S POPULAR WINE BRAND SALE**
- KRIS PINOT GRIGIO $10.99
- CUNE Rioja $12.99
- TRIMBACH $15.99
- GATTINONI $15.99
- BORDEAUX $19.99
- OCULTO $29.99

**MEOMI**
- PINOT NOIR $10.99
- CHARDONNAY $12.99

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- CASTLE ROCK $6.99
- PINOT PROJECT $9.99

**CALIFORNIA PINOT NOIR SALE**
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- ALVAREZ DE TOLEDO MENCIA $10.99
- LUZON Verde $10.99
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- BATIBIO REAL 2008 $10.99
- ALTES HERENCIA 2012 $10.99
- SOTTANO 2013 Cabernet Sauvignon $12.99
- TINTONEGRO 2012 Malbec $12.99
- CHAPOUTIER BILA HAUT 2013 $14.99
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- MONTE ANTICO $8.99
- ALLEGRA PALASSO DELLA TORRE $15.99
- ANTINORI TOSCANA ROSSO $15.99
- RUFINO FRESA DUCALE CHIANTI $18.99
- RUFINO FRESA DUCALE 15 Label $19.99

**DODDS CALIFORNIA CHARDONNAY SALE**
- KENDALL JACKSON $10.99
- ESTANCA $10.99
- TOASTED HEAD $10.99
- CLOS DU BOIS $12.99
- KENDALL JACKSON $15.99
- COLUMBIA CREST “Grand Estate” $19.99
- CHATEAU ST. MICHELLE $29.99
- MERIDIAN $10.99
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DEP Eyes Expansion of P’ville Water Purification Chemical Facility

continued from page 1

The DEP will also be treating water to remove residual chlorine dioxide upstate before it enters the Kensico Dam. Liquid sodium bisulphate will be added before and during the Delaware shutdown.

The current Pleasantville DEP facility was built in 1916 along with the aqueduct, and has been using dry alum to regulate turbidity during the past 100 years. Liquid alum will be added to the water system at the facility during the Delaware closure. The liquid alum delivery will be intense during that eight-month closure, with trucks continuously unloading into the system.

The planned building will store 1,300 gallons of sodium bisulphate, which could trigger up to nine delivery trucks per week at the site, depending on how much chlorine is being added upstate. However, it is more likely there will be only one or two deliveries a week, Krauchyk said. The addition of sodium bisulphate will end when the project is completed, he added.

There will be as many as 24 liquid alum deliveries per week. Each truck takes about six hours to unload into the system, and there will be three or four deliveries per day, seven days a week. The deliveries will occur during normal work hours, Krauchyk said.

The more potent liquid alum will be a permanent addition to the facility, and stored as a backup when needed, Krauchyk said. When asked by board members if they could switch to using liquid alum in the future, he said it was a possibility.

"It's getting harder and harder to get dry alum, and the bureau of water supply would like to have that flexibility just in case they don't have dry alum," Krauchyk said.

Neither chemical is hazardous to the public, Krauchyk stressed.

The alum, which has no odor, solidifies and ends up at the bottom of the Kensico Reservoir as sediment, which will eventually have to be dredged out, he said. The DEP has avoided using alum when possible for that reason, he said.

Noise will not be an issue. Once the trucks pull into the bays to unload they will be turned off and will not idle, Krauchyk said. Commission member David Keller asked if the plant had an area for the drivers so they would not be tempted to keep their truck cabs running.

"If there are three trucks there at a time, where will the drivers go in February when it's five degrees?" Keller asked.

Krauchyk said there was a restroom and a small desk area at the site already, but said he would look into an additional space.

"The New York (City) DEP does not allow trucks to idle because we get fined," he added.

A spill containment tank sits underneath the current facility and another will be installed beneath the building. If a spill did occur, a clean-up crew would be sent to pump the spilled liquids.

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Meeting on Byrnwood’s Water District Petition Set for Oct. 28
By Martin Wilbur

A special meeting to discuss Brynwood Golf & Country Club’s inclusion in the town’s Water District No. 2 has been scheduled for Wednesday, Oct. 28 at North Castle Town Hall.

Brynwood petitioned the town to join the water district, which serves the roughly 370-property Windmill Farm but officials want to gauge the community’s reaction before. It is up to the town board whether to grant or deny the petition because the board members act as the district’s commissioners.

Supervisor Michael Schiliro said that following the Oct. 28 public meeting, the board will vote the next week to schedule a Dec. 9 public hearing. Also, the town will conduct a survey in hopes of reaching a large percentage.

Last month, the attorney for Brynwood Partners, Mark Weingarten, said the board’s decision on the issue will not affect the future of the project, which is currently being considered by the planning board under site plan review. If the petition is denied, the applicant will drill one or two wells on its property to supply the proposed 73 condominiums with its water.

Brynwood currently uses district water for its clubhouse and catering facility, but would not use the public water to irrigate the redesigned golf course.

Schiliro said the board will consider the potential environmental and impacts on water supply along with the financial benefits to the community. Should the future 73 unit owners be admitted to the district, their monetary contributions to the district would lower expenses for the existing Windmill homeowners, including the $10 million water main replacement project. It is estimated that payments for the project would be reduced for the average homeowner by 10 to 20 percent, or $200 to $400 a year, Schiliro said.

The Oct. 28 meeting is scheduled to begin at 7 p.m.

At the board’s Sept. 24 meeting, it also approved the Community Benefits Agreement with Brynwood. The agreement obligates the applicant to committing more than $1 million to the town, including a $860,000 payment, $100,000 to repair the windmills at Windmill Farm, $75,000 for stone wall repairs at Windmill and a $15,000 contribution toward the Miller House. It also has ended a tax certiorarai proceeding.

P’ville Safety Summit to Address Special Needs Students This Week
By Arthur Cusano

The Village of Pleasantville and the Pleasantville Special Education Parent Teacher Association (SEPTA) will host a Safety Summit tomorrow (Wednesday) at 7 p.m. to address risks for individuals with special needs.

Village Trustee Colleen Griffin Wagner announced the meeting at the Sept. 21 village board meeting.

"The purpose of the summit is to talk about developmentally disabled individuals, and our first responders and how we can take the VIP program, which is an extremely effective program here in Pleasantville for ensuring the safety and well-being of our special needs kids, and maybe making it county or statewide," Wagner said.

The summit, which will be held at Pleasantville Village Hall, will bring together families of developmentally delayed individuals, first responders, educators, service providers and local elected officials to discuss the safety challenges for the developmentally delayed population. The focus of the summit will be on ways to increase training and improve technology and communications to improve the safety of people with developmental disabilities and reduce unnecessary difficulties.

Panelists scheduled to attend the event include state Sen. Terrence Murphy, R-Yorktown; Assemblyman Tom Abinanti, D-(Pleasantville); County Legislator Michael Smith; Westchester Special Prosecutor Fred Green; Westchester ARC Senior Adviser Tom Hughes; Pleasantville Police Chief Richard Love; Mount Pleasant Police Chief Paul Oliva; a Pleasantville Volunteer Ambulance Corps representative; Pleasantville Assistant Fire Chief Asterio Scopino; and Dr. Carolyn McGuffog, the Pleasantville School District’s director of educational services.

The event will be filmed by PCTV to air on the public access station and online for those who are not able to attend.

The forum is open to the general public. Village Hall is located at 80 Wheeler Ave.
Sunshine Home Opponents: Expansion Would Harm Quality of Life

By Martin Wilbur

Opponents of a proposed pediatric nursing home expansion project packed New Castle Town Hall last Wednesday night to urge the town’s Zoning Board of Appeals to reject the applicant’s request to more than double its patient capacity.

For nearly two hours, neighbors of the Sunshine Children’s Home and Rehab Center on Spring Valley Road in the far western section of New Castle contended that difficult topography, environmental sensitivity, a sharp increase in traffic and a building that would be too large of the area should force the project to be short-circuited.

Some residents stressed that their stance wasn’t an indictment of Sunshine Children’s Home or their mission, saying the facility has been a good neighbor that provides critically vital care, but called for a more modest proposal that would serve its patients’ needs and protect the character of the neighborhood.

“We have never said no to changes to this facility,” said Karen Wells, who heads the opposition group Concerned Citizens for Responsible Sunshine Home Development. “In fact, we would encourage a reasonable proposal to better accommodate the facility, “ said Karen Wells, who heads the neighborhood.

Some residents stressed that their stance wasn’t an indictment of Sunshine Children’s Home or their mission, saying the facility has been a good neighbor that provides critically vital care, but called for a more modest proposal that would serve its patients’ needs and protect the character of the neighborhood.

“We have never said no to changes to this facility,” said Karen Wells, who heads the opposition group Concerned Citizens for Responsible Sunshine Home Development. “In fact, we would encourage a reasonable proposal to better accommodate the facility.”

Sunshine’s current 19,000-square-foot facility would increase significantly, it said while the size of the facility would increase significantly, it would not change neighbors’ lives. He stressed that Sunshine is not a hospital, as some opponents have been referring to it; therefore, there is far less activity than most health care facilities. With more than 33 acres, there would also be little or no intrusion on neighbors.

“It is a large site,” Weingarten told the ZBA. “People who know the site, it is a quiet use. While I will point out that while a number of e-mails have come (to) you saying this is just like a Walmart, well, the first thing is it’s nothing like a Walmart. We don’t have people coming in and out. The children are there, they’re located there. They don’t leave. We only have our staff come, our vendors come.”

However, there were residents who said that while the expanded facility would only increase traffic 10 percent over the current 210 vehicles an hour, the surrounding roads could accommodate 600 to 700 vehicles an hour.

Steven Barschoff, an attorney for one of the neighboring homeowners, questioned whether the ZBA has the jurisdiction to consider the application. Sunshine has a permit from the 1960s that allows it to operate as a hospital and sanitarium, he said. Instead, it should be seeking a use variance.

Weingarten countered that when the facility opened more than 50 years ago, the town code did not define a nursing home. The code was amended in 1970s to include nursing homes, making Sunshine a conforming use.

Arguments were also raised regarding the scope of the wetlands, with some comments from opponents that the applicant may have drained the wetlands.

In addition to the ZBA approvals, Sunshine Children’s Home would also need steep slope, wetlands and tree removal permits from the planning board.

The public hearing was adjourned until the board’s Oct. 28 meeting.

Opponents of the Sunshine Children’s Home and Rehab Center expansion lined up to criticize the proposal at last week’s New Castle Zoning Board of Appeals meeting.

“This is an expansion that will change the neighborhood substantially,” Wasserman said.

“When I drive up to (my home) I don’t want to be a hundred feet from the facility,” said Donna Arena, also of Spring Valley Road.

At one point, the crowd derisively laughed at the applicant’s traffic engineer, who said that while the expanded facility would only increase traffic 10 percent over the current 210 vehicles an hour, the surrounding roads could accommodate 600 to 700 vehicles an hour.

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Sunshine Children’s Home, which cares for children with medically complex issues, is requesting an amendment to its special use permit and two area variances to build a roughly 128,000-square foot addition to its current 19,000-square-foot facility. The expansion would allow for Sunshine to increase from 54 to 122 beds. Under the current zoning, it is limited to 83 beds.

Attorney Mark Weingarten, representing the applicant, said while the size of the facility would increase significantly, it would not change neighbors’ lives. He stressed that Sunshine is not a hospital, as some opponents have been referring to it; therefore, there is far less activity than most health care facilities. With more than 33 acres, there would also be little or no intrusion on neighbors.

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**Obituaries**

**Ethel Brensilver**

Ethel Brensilver passed away on Sept. 21 of complications from a sudden illness while surrounded by her loving family at Northern Westchester Hospital, the same place she was born.

She was 93.

Brensilver was born on Aug. 19, 1922, to Israel and Ida Shulman, the youngest of four. Three brothers predeceased her, Michael, Simon and Fred.

She married Jay Brensilver during World War II. They were separated almost immediately when Jay went to serve America in the Pacific Theater. She worked on the home front supporting our men.

A few years after the war they settled in Mount Kisco and had their first child, Marsha, and then a second child, Bette Ann. When her daughters started school, Brensilver worked for Bedford Central Schools in several different departments as an administrative secretary. After retirement she involved herself with volunteer work. Her joy was the Beautification Committee and babysitting her four grandchildren from time to time.

Brensilver is survived by her daughters; son-in-law Steve Ballou; four grandchildren, Alexander, Aimee, Joseph and Michael; and four great-grandchildren, Jillian, Lily, Mack and Tess.

Ethel was predeceased by her husband, Jay, in 1996, and son-in-law Austin Cassidy in 2014.

In her memory, donations toward a charity that helps animals or children would be appreciated.

Arrangements were made by Oelker-Cox & Sinatra Funeral Home. Funeral services were held on Sept. 24 followed by interment at King David Cemetery in Putnam Valley.

**Nicholas Victore**

Nicholas J. Victore of Ardsley and formerly of Yonkers and Peekskill passed away on Oct. 1. He was 91.

Victore was born in Mount Vernon to the late Joseph and Carmella (Montalto) Victore. On July 11, 1948, he married Marjorie Schulz. She predeceased him in 2008. Victore was a World War II veteran, having served in Europe with the 8th Armored Division. He was an electrician with CW Carl in Mount Vernon for 45 years until his retirement in 1990.

**Cleo Tompkins**

Cleo Tompkins of Armonk passed away on Sept. 23.

She was 94.

Tompkins was born on Sept. 17, 1921, to James Monroe and Elizabeth Sheppard Tompkins. When her daughters started school, Brensilver worked for Bedford Central Schools in several different departments as an administrative secretary. After retirement she involved herself with volunteer work. Her joy was the Beautification Committee and babysitting her four grandchildren from time to time.

Tompkins was also a member of the American Legion Auxiliary Post 1097 in Armonk and the United Methodist Church of Mount Kisco.

**Frances Catalogna**

Frances T. Catalogna, of Hawthorne and formerly of Yonkers, died on Sept. 29 at her residence.

She was 97.

Catalogna was born on May 14, 1918, to the late Louis and Josephine (nee Mattesino) Amicucci in Yonkers. She was predeceased by her devoted husband, Alphonse Catalogna, in 1979, and three brothers, Roy, Louise and Mickey Amicucci. She is survived by her loving children, Rosemary (Craig) Berardo and Francine Catalogna, both of Hawthorne; one brother, Phil (Rae) Amicucci of Yonkers; her five cherished grandchildren, Danielle DiCarmine, CJ (Marisa) Berardo, Shannon (Chris) Lamberti and Christopher and Faith O’Briskie; and two great-grandchildren, Siena and Jackson. There were no visiting hours.

A funeral Mass was held at Holy Rosary Church in Hawthorne on Oct. 1 followed by entombment at Ferncliff Mausoleum in Hartsdale.

In lieu of flowers, donations may be made to St. Jude’s Children’s Hospital in Memphis would be appreciated.
Crowds Pack Chappaqua Children’s Book Festival Despite Rain

By Martin Wilbur

Not even the gloom of a cold, rainy day could put a damper on this year’s Chappaqua Children’s Book Festival.

Saturday’s festival, featuring more than 85 children’s, teen and young adult authors, was moved by organizers indoors to the Robert E. Bell Middle School gymnasium with the forecast of inclement weather.

But children and their parents were just as enthusiastic as they had been the past two years when the event was held in the school’s parking lot under sunny skies and warm temperatures.

“It’s wonderful,” said Brewster resident Deborah Zides, who attended with her two children, ages four and six. “Lots of waiting but it’s worth it, I think. They’re really excited.”

Executive Director Dawn Greenberg said there were concerns that she displayed.

Greenberg said there were concerns holding the festival inside, such as whether the gym would be too loud with so many young children, but any anxiety was quickly quelled. The activities that had been planned for outside were held in different areas of the school. The food tent with tables and a DJ remained outside, but visitors were protected from the elements.

“It’s not too loud,” Greenberg said of the gym where the authors displayed their books and spoke with children. “There’s a nice level of excitement and there’s still plenty of time to talk to the authors.”

Some of the authors said holding the festival indoors created an exciting bustle that made it a different experience than before.

Others said being able to meet with their fans was particularly gratifying because creating their books is often a solitary experience.

“As writers we work in isolation and it’s just the nicest thing to see where our books end up and see how appreciated they are,” said author Jane Sutcliffe, who was attending her first Chappaqua Children’s Book Festival.

“I’m sitting home alone all day and I don’t get to see kids all the time, and when you see a kid come along and their eyes light up, or you see their excitement, that’s a wonderful feeling,” said Susanna Reich, who was doing a brisk business with the sale of her biographies and a new novel that she displayed.

One of the big attractions of the day was author Victoria Kann, who created the Pinkalicious series and attracted a long line of parents and children waiting for their books to be signed.

Mary Katherine Barbour of Briarcliff Manor, one of the parents waiting in line, was buying books for her children and for gifts. Attending her first festival after having just moved to the area from Virginia over the summer, she was impressed with what she saw.

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Police Blotter

County Police/Mount Kisco

Sept. 25: A 24-year-old Mount Kisco man was arrested at 9:58 p.m. and charged with fifth-degree criminal possession of marijuana and DWAI by drugs, both misdemeanors, following a traffic stop on Main Street. The suspect was released on $250 bail and appeared in Mount Kisco Justice Court on Oct. 1.

Sept. 27: Two Mount Kisco men were arrested and a stolen car was recovered following a traffic stop on North Bedford Road at 7:30 p.m. The driver, 18, and his 20-year-old passenger, both West Street residents, were charged with third-degree criminal possession of stolen property, a felony.

Sept. 28: Report of an argument between roommates at a Lexington Avenue residence at 6:39 a.m. After interviewing the parties, the responding officers advised them that the nature of their dispute was a civil matter.

Sept. 29: Police responded to Northern Westchester Hospital at 12:17 p.m. on a report that a prescription pad was missing and possibly stolen from an employee’s desk.

Sept. 30: A 24-year-old Valley Cottage man was arrested at 3:10 p.m. and charged with fifth-degree criminal possession of marijuana, a misdemeanor, following a traffic stop at Valley View Terrace and Knowlton Avenue. After the stop, the responding officer detected the odor of marijuana inside the vehicle and deployed his narcotics detection canine partner, Sal, who indicated the presence of marijuana inside a backpack on the front passenger seat. Numerous small plastic bags containing marijuana were found inside the backpack. The suspect is due to appear in Mount Kisco Justice Court on Nov. 8.

Sept. 28: A 24-year-old Pomona man was arrested following a Marble Avenue traffic stop and charged with aggravated unlicensed operation, an unclassified misdemeanor. He was accused of driving with a suspended license. His 20-year-old passenger, a 23-year-old Bronx man, was arrested and charged with unlawful possession of marijuana, a violation.

Sept. 29: Police responded to Northern Westchester Hospital at 12:17 p.m. on a report that a prescription pad was missing and possibly stolen from an employee’s desk.

Sept. 30: A 24-year-old Valley Cottage man was arrested at 3:10 p.m. and charged with fifth-degree criminal possession of marijuana, a misdemeanor, following a traffic stop at Valley View Terrace and Knowlton Avenue. After the stop, the responding officer detected the odor of marijuana inside the vehicle and deployed his narcotics detection canine partner, Sal, who indicated the presence of marijuana inside a backpack on the front passenger seat. Numerous small plastic bags containing marijuana were found inside the backpack. The suspect is due to appear in Mount Kisco Justice Court on Nov. 8.

Pleasantville Police Department

Sept. 25: An 18-year-old Yorktown man was arrested at 3:30 p.m. and charged with third-degree assault, a class C felony, after turning himself in at police headquarters.

Sept. 26: A 21-year-old Pomona man was arrested following a Marble Avenue traffic stop and charged with aggravated unlicensed operation, an unclassified misdemeanor. He was accused of driving with a suspended license. His passenger, a 23-year-old Bronx man, was arrested and charged with unlawful possession of marijuana, a violation.

Sept. 28: A 40-year-old Chappaqua woman was arrested at 4:25 a.m. following a traffic stop on Bedford Road and charged with driving while intoxicated, an unclassified misdemeanor.

Oct. 1: Village police were called to the scene of an automobile accident in which a car struck a building located at 50 Wheeler Ave. No injuries were reported.

Oct 2: A 24-year-old Ridgefield, Conn. man was arrested at 1:49 a.m. on Marble Avenue and charged with exposure of person, a violation. The man was accused of public urination.

North Castle Police Department

Sept. 25: A Cole Drive resident reported finding a dead cat in the driveway at 7:33 a.m. The party stated that the cat’s head is missing.

Sept. 28: Report of a larceny from multiple vehicles on North Broadway at 9:06 a.m. The vehicles had their catalytic converters removed. Witness and owner depositions were secured.

Sept. 30: A state police dispatcher called headquarters at 2:29 a.m. to report receiving a call from a party stating that their white Honda overturned on I-684. They didn’t know where they were but believe they’re near Exit 3.

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Cats Rescued From Fatal Mt. Kisco Fire Up for Adoption

Sixteen cats who were saved from a fatal house fire in Mount Kisco this summer are now up for adoption at the SPCA of Westchester in Briarcliff Manor and ready to get their chance at a new beginning.

On Aug. 12, the fire at a Main Street residence killed 86-year-old Chrystine Nicholas, who is believed to have gone back into the house to rescue the animals.

The cats are between six and 10 years old and most suffered from upper respiratory infections and various ailments. All have been medically treated and rehabilitated as well as spayed or neutered and vaccinated.

The cats range from social and friendly to timid and shy. While some will make great family pets others would feel more comfortable living in a barn-type setting where they would be free to come and go as they so choose.

"The SPCA is seeking the public’s help in finding these cats new and loving homes," said Executive Director Shannon Laukhuf. "The cats are in need of TLC following the traumatic experience of surviving a fire and losing one of their beloved caretakers."

Among the cats up for adoption are Pippin, Cinga and Houdini. Pippin and Cinga are about 10 years old, extremely affectionate with people and do well with other cats. Houdini, who is about six years old, is more shy so he’d be happiest living with other cats as a barn cat.

You can also view a video of some of the cats at https://www.youtube.com/watch?v=4Avegi-Cuj0.

Anyone interested in adopting is encouraged to visit the SPCA of Westchester, located at 590 N. State Rd. in Briarcliff Manor or visit www.spca914.org. The SPCA of Westchester is a no-kill shelter and is not affiliated with the ASPCA.

Registration Being Accepted for Mount Kisco Rec Programs

Mount Kisco Recreation is still accepting registration for its fall programs. Check out some of the new adult programs and start dates: Zumba (Oct. 13), Total Body Fitness (Oct. 13) and Adult Floor Hockey. There are also openings in girls’ volleyball grades 3-8 (Oct. 13) and Pee Wee Basketball grades 1-2 (Oct. 19). All flyers and registration forms are available at www.mountkisco.org/recreation. For more information, call the Recreation Department office at 914-666-3059.

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Editorial

Time to Finish Chappaqua Crossing Review and Put Project to Bed

It's a natural reaction to try and work for the best deal whenever possible, especially if you represent the Town of New Castle and you're talking about the immensely critical Chappaqua Crossing project.

This application, nearly a decade in the making, has had countless iterations and more twists, turns and suspense than a Hitchcock thriller. Certainly, you don't get many projects that are more important to the future of a town than this. Everyone involved, from the planning board to the town board to New Castle's professional staff and the developer wants to make sure they get it right.

But at some point, you have to finish.

Two weeks ago, town board members out of the blue raised the possibility of mixing in workforce housing with the affordable units that could accommodate town employees.

Last week, during a somewhat wide-ranging discussion on issues among town board, planning board and architectural board of review members, there was a push for the new health facility operator to provide a pool, mainly for use by the Greeley varsity swim team.

That is why this application has been incredibly frustrating. With plenty of work to be done on the planning side and time growing short for developer Summit/Greenfield before it potentially loses retail tenants, new ideas and proposals are still being banded about.

It's got to stop. Even the town's planning counsel had to gently remind officials that time is running out. That's true not only for Summit/Greenfield and its bottom line, but Westchester County needs to know whether it can count on Chappaqua Crossing for affordable housing units in the cupola building by its settlement deadline next year.

Certainly this discussion is being generated by thoughtful people who are serving the town to the best of their ability. The planning board has set aside one meeting for each of the next three months to exclusively tackle the remaining review. It's now time to finish the job.

Letters to the Editor

Diaconis Has the Qualities to Make for an Outstanding Legislator

I write to you to endorse the candidacy of John Diaconis for Westchester County legislator for District 3, the seat which I held from 2007 to 2011. I have known John for over 20 years, first as a practicing lawyer and later as counselor and town prosecutor for New Castle. I have worked with him in his roles as an officer of Friends of Miller House/Washington's Headquarters and as co-chairman of North Castle's Special Ethics Task Force.

As mayor of Pleasantville, I worked with John for years in our effort to provide clean drinking water to Pleasantville citizens in a fiscally responsible way through our inter-municipal agreement with New Castle. More recently, I spent countless hours with him in our effort to restore Miller House/Washington's Headquarters, a national landmark that has been utterly neglected by the current Westchester County administration. I have found John to be completely trustworthy, hard-working, prudent with taxpayer dollars and dedicated to preserving the ideals on which our nation was founded.

John has acquired a great deal of experience dealing with local, county and state legislators when he served as councilman in New Castle. He has gained respect from the public as well as lawmakers and governmental officials throughout Westchester County.

I most admire John for the work he is doing right now to help reform and strengthen North Castle's ethics code. This is an area of critical importance as we attempt to rid our government of ethical violations and corruption. John is committed to accountability, openness and disclosure in all areas of government service.

If you want to see honest, experienced and sensible people in government that represent you in a fiscally responsible manner, join me in voting for John Diaconis for county legislator on Nov. 3.

John M. Nonna
Pleasantville

Cunzio Has the Passion, Skill, Values to Serve District 3 on County Board

It was my pleasure to serve as the Westchester County legislator in District 3 for 12 years. I have been very committed to seeing my home district of 48 years represented by legislators who have the same overall knowledge and drive to serve.

Therefore, I am recommending Margaret Cunzio for county legislator this November. I have known Margaret for many years. She is passionate about our community and would make an excellent county legislator for our district. She has lived here her entire life, growing up in Armonk and living in Thornwood for the past 16 years.

Fortunately for us, Margaret is not a politician. She has made a career out of educating the next generation of students as a school teacher and college professor. She has the skills, values and temperament to uniquely advocate for us taxpayers on the Board of Legislators. She believes in making Westchester more affordable and will be an important voice against any attempt by the federal government to dismantle local zoning.

We need a representative who will advocate for and represent our entire district, not any special interest. I wholeheartedly endorse Margaret Cunzio for county legislator and encourage members of our community to join me in voting for her on Tuesday, Nov. 3. You may view her entire platform at www.Cunzio4Westchester.com.

John M. Nonna
Pleasantville

Letters Policy

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

Like a lot of boys growing up, Gregory Lee loved collecting the toy cars that seem to be a rite of childhood. Hot Wheels and Matchbox were his cars of choice.

When Lee was about five or six years old, he recalled going with his father to the New York International Auto Show at the Javits Center and enjoying what must have been heaven for a car lover.

For some, the interest in cars fades or becomes purely a hobby. But for Lee, who turns 20 this month, he has launched two businesses related to automotive needs while being a fulltime student at Penn State.

In August 2014, the Byram Hills High School graduate established Redline Performance LLC, which supplies parts and accessories to car owners to enhance a vehicle’s performance.

This year, Lee founded Redline Auto Styling, providing waterless car washes to vehicle owners in Westchester. He formed a solution mixing Brazilian carnauba wax and distilled water in a spray bottle. Using special microfiber towels, he wipes the surface dry, transforming the car into sparkling condition.

What's best, Lee said, is it's kinder to the environment than doing it yourself with a hose in the driveway and the vehicle isn't exposed to the risk of scratches that a commercial car wash can produce.

"I was really excited with the idea that I didn't have to waste water, " Lee said.

Both businesses that Lee founded are e-commerce, where orders are requested by the consumer, or in the case of Redline Auto Styling, requests for appointments are made online.

Whether it's himself or one of his hires to wash a car, a typical wash can be finished in about an hour by one person or in about 35 to 40 minutes by two people, as long as additional time doesn't have to be spent getting post-snowstorm salt and grime off the surface. The business also cleans a car's interior. He completes most of his appointments at people's houses.

Aside from Lee's interest in cars, it is his business acumen that also stands out. He is a supply chain management major, which is the flow of goods and services in the business world.

This semester he is back in Armonk having enrolled in a co-op at IBM, which is similar to an internship, working in finance. Unlike when he's at school, when Lee leaves the office at the end of the day, he's either working for a friend's startup or working on his own business in the evening.

"I'm always busy doing something," Lee said. "The way I manage it, I don't get much sleep. I'm usually not sitting around, watching television, or playing video games. I'm not into that, at least not since the beginning of high school."

He's hopeful that the co-op could lead to future employment at IBM, but for the immediate future he will be headed back to Penn State for the school year's spring semester for a full load of classes and hoping to grow his businesses.

Lee also has customers near school in addition to the local area and hopes one day to expand Redline Auto Styling. During the winter it's difficult to do the washes, unless somebody has a heated garage because the cold weather makes the solution. He said California would be a perfect outlet for his business where most of the state is warm, there's not much inclement weather and people are concerned about water consumption with the years-long drought.


"Peekskill is my home, and keeping us safe is my job."

Kaitlyn Corbett has always called New York home. Born and raised in Buffalo, she earned her degree in nuclear power engineering at SUNY College of Technology and moved to Peekskill to start her career at Indian Point. Safety is the single most important mission for Kaitlyn and her 1,000 colleagues at the plant, and it’s been the focus of her years of study and training in the nuclear power industry. Every day, engineers are graded on their performance by inspectors from the Nuclear Regulatory Commission. The NRC recently gave Kaitlyn and the team at Indian Point its highest safety rating — for the fifth year in a row.

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There Are Ways to Create the Illusion of Bigger Space

Who says bigger is better? Well, all of us do, it seems, when it comes to living larger and wanting more space, especially if we happen to be downsizing but don’t want to be fully aware of it.

There are countless ideas in decorating magazines, on HGTV and the Internet about how to give the illusion of pushing back those walls and elevating the ceiling, but not all experts are in agreement about which techniques work best. It all depends on the mix of color, furniture arrangement, accessories, pattern and texture. But color is where to start.

The rule of thumb for enlarging space has normally been to paint walls in lighter colors. For me, a prime example has normally been to paint walls in a small floral print. That included the wallpaper for both her walls and ceiling. When she invited friends over to see the finished result, it was amazing. Although the room is furnished and accessorized, you can lengthen a room with drapes and objects closer to us and actually make a room seem smaller, while darker shades, such as a grey, can give the illusion of receding into deep space. I believe that either technique can work depending on a variety of factors, from the height of the ceiling to the amount of natural light the room receives, to how the room is furnished and accessorized.

But there are endless ways to deceive the eye.

Some years ago, I had a friend, a fashion editor, who complained that apartment had the smallest bedroom one could imagine, with just enough room for a double bed, a dresser and a night table. But she came up with an ingenious idea inspired from a Barbra Streisand movie. She covered her entire bedroom in a small floral print. That included the wallpaper for both her walls and ceiling and the fabric, which was used for all her bedding, including the headboard. When she invited friends over to see the finished result, it was amazing. Stepping into that room with its pale, repetitive pattern throughout was like entering into an endless flower garden where the walls just seemed to disappear.

There are other tricks that expand space. There’s one old rule that small furniture in a small space is the way to go, but a few larger pieces of furniture in a small room will often make it look bigger. Just don’t overdo it. A sleek sofa or chair will give as much sitting room as an overstuffed version but will take up much less usable space. For the dramatic effect of utilizing larger pieces without taking up floor space, take to the walls, either with a mirror or art.

Don’t automatically place your furniture against walls, believing that it frees up floor space. Sometimes placing a piece at an angle or surrounded by open space, even if it’s just two or three inches from the wall, will make a room look bigger.

Choose tables and desks of clear glass. When you can see through objects, it creates clear space, rather than blocking it.

When it comes time to select fabrics and rugs, choose smaller prints like my friend did or plain colors that will decease the eye. Whatever you choose, make sure the room is furnished and accessorized.

But some decorating consultants would argue that lighter colors bring walls and objects closer to us and actually make a room seem smaller, while darker shades, such as a grey, can give the illusion of receding into deep space. I believe that either technique can work depending on a variety of factors, from the height of the ceiling to the amount of natural light the room receives, to how the room is furnished and accessorized.

Another way to raise the ceiling is by painting it a darker shade than the four walls.

The oldest trick in the book is placing two mirrors on walls across from each other, which gives the illusion of a room that goes on and on forever.

It’s always best to choose furniture with exposed legs, rather than a skirt, for expanding space.

And, finally, eliminate the need for some pieces by taking advantage of all the double-duty furniture now available to us through outlets like Home Goods, such as ottomans that double as storage units or as coffee tables.

Then again, if you live in a small house and want to ignore all the tips above, there is nothing wrong with living in a cozy space, with everything near at hand, feeling embraced by your environment. When you think about it, who said everything has to stretch?

Admirers Turn Out for Chelsea Clinton Book Signing in Chappaqua

By Martin Wilbur

Dozens of admirers and the curious lined up early Wednesday evening inside the Chappaqua Public Library to catch a moment with Chelsea Clinton.

The occasion was a book signing that coincided with the release of Clinton’s recently published book, “It’s Your World: Get Informed, Get Inspired & Get Going,” a 400-page work aimed at students from middle school and up to motivate them to make a difference in the world.

Emily Johl, a high school senior from Ossining, waited in line for about an hour to meet Clinton while holding her copy of “It’s Your World.” She looked forward to reading it after getting it signed.

“I’m a really big admirer of Mrs. Clinton, so I saw that her daughter was going to come here and I thought it would be a really good opportunity,” Johl said. “She’s a really great role model and I think the book is really interesting.”

While many of the attendees were students, there were also plenty of adults. Elaine Spiro of Long Beach, Long Island, was visiting her son and daughter who live in Chappaqua and explained that she’s been a big fan of Bill and Hillary. She eagerly waited for a chance to meet their daughter.

In the midst of reading the book, Spiro said she was “blown away” by the younger Clinton’s effort and her message.

Holly McCall stood on line with her children to get a signed copy as a gift for her 13-year-old niece and thought the book would be something she’d enjoy and find useful.

“She’s just starting to find her place in the world and figure out how she can be a good citizen,” McCall said. “So I thought it would be a good birthday gift for her.”

Clinton, who was seated behind a table in the library’s Teen Zone, took no questions from the media.

Her appearance follows that of her parents at the library in recent years. While the Clintons are local residents, Library Director Pamela Thornton said the venue has also become a popular choice for accomplished authors to visit.

Word has gotten out that the Chappaqua Library is a comfortable and inviting place for a signing, she said. Next month, Mitch Albom is scheduled to appear.

“It’s great because it supports reading and books are what we’re about,” Thornton said. “We support (the authors) because they are our bread and butter.”

The event was a partnership between the library and The Village Bookstore in Pleasantville.
Follow the Apple Pies to the P’ville Farmers Market This Saturday

The Pleasantville Farmers Market, the region’s largest year-round farmers market, will be hosting its annual Apple Pie Contest this Saturday, Oct. 10.

The three categories are best baked-from-scratch traditional two crust pie; best baked-from-scratch apple tart, crumb, crisp or other one crust pie or dessert; and best baked-from-scratch apple pie from a junior chef (under 18).

Winners will receive a gift basket, a first-place medal and bragging rights for the next 12 months.

The annual contest is a highlight of the market’s culinary programming, which also includes a corn roast, heirloom tomato tasting, apple tasting, knife skills classes and chef demonstrations by local restaurateurs and caterers.

“This is my third year running this event, and the pies get better every year,” said Marina Stopler, Foodchester board member and director of the market’s culinary and health/sustainability programs. “Just as our shoppers come from throughout the region, we’ve had entries from across the county and even out of state. All the local amateur chefs want to be crowned as our market’s apple pie king or queen.”

All entries are judged on appearance, taste and texture. In previous years there have been entrants from a variety of destinations including White Plains, Ossining, Briarcliff Manor, Croton-on-Hudson, Chappaqua and South Salem.

The judges include a mix of local “celebrities” from village government and the school district as well as serious and accomplished culinary artisans. Judges this year include:

- Daniel Blum, president and CEO of Phelps Memorial Hospital Center, the market’s culinary programs sponsor;
- Leah DiSisto, CIA/ICA graduate, ALMA alumni, co-owner/chef of Basta in Ossining;
- Katherine Gardner Burt, PhD, RD, author, “The New Diabetes Cookbook: 100 Mouthwatering, Seasonal, Whole Food Recipes,” private dietitian, culinary nutritionist and college professor;
- Chuck Mead, a third-generation farmer, orchard owner and Pleasantville Farmers Market vendor;
- Joseph Palumbo, principal, Pleasantville High School;
- Peter Scherer, Pleasantville mayor and friend of the market;
- Suzanne Scherr, ICE graduate, personal chef, culinary instructor and cookbook author;
- Fran Steenman, owner of La Tulipe Desserts in Mount Kisco; and
- Laura Zirkle – ICE graduate, past pastry chef at two Bobby Flay restaurants.

The contest arrives just as many apple varieties are coming into their peak.

Winners will receive a gift basket, a first-place medal and bragging rights for the next 12 months.

The Pleasantville Farmers Market’s annual apple pie contest is one of the most popular days of the year at the market. It takes place this Saturday at the market’s home on Memorial Plaza.

P’ville Dance Studio Begins Sponsorship Program for Students in Need

By Martin Wilbur

Addie Diaz often heads into public schools around Westchester to introduce different dance to students around the county.

As a resident artist for the past six years with ArtsWestchester, her visits are often to some of the more economically disadvantaged students, so even if they have the interest, many are unable to pay for private classes once the in-school instruction ends.

Diaz, the owner of Addie-tude Performing Arts Center, a Pleasantville dance studio on Memorial Plaza, hopes to give conscientious youngsters whose families don’t have the money for dance classes a chance at a full school year of lessons.

She has launched a kids sponsorship program where she’s soliciting corporate and community donations to help pay for children between the ages of 7 and 16 years old who want to be involved in dance.

“I started thinking that it would be great if we can begin a sponsorship program to aid them in coming in to dance, that way they’re not deprived from something they really want to do,” Diaz said.

Businesses and individuals may sponsor a child, which for a full year costs roughly $600. Donors may contribute any amount to the program, even if it is far less than that. In addition to the donations being tax deductible, a business may post signage at Diaz’s studio and at any performance event that the studio schedules.

“We’ll put their logos up, promote the fact they’re supporting us as sponsors,” she said.

By sponsoring a specific student, the businesses, organizations and individuals who do contribute get to meet the youngster who is benefitting from their generosity, Diaz added.

The student must demonstrate that he or she is doing well academically, by producing their report card at the end of each grading period. The sponsored student may enroll in any type of class that is offered for their age group. Typically, the school offers ballet, hip-hop, jazz as well as a as Latin, African dance and a recently added Chinese cultural dance class.

Pleasantville Chamber of Commerce President William Flooks said the chamber will also assist with publicity of Diaz’s as it does with its members. It plans to post the details of the program on its website so it may gain the widest possible exposure.

Diaz said she started the sponsorship program for classes that started in September with a small number of donations from individuals and businesses as well as contributions from Verizon. Pepsi also plans to donate, she said.

Diaz has also applied for an ArtsWestchester grant, which would add to her ability to take on additional students.

Several other classes are set to begin this week. Students may join classes until February, even if the instruction began last month or is about to get underway.

“We’re hoping that it will be a long-term situation where we can continue throughout the year to offer this community service to families,” Diaz said.

For more information about the sponsorship program visit www.addietude.com or contact Addie Diaz at 917-215-1720 or e-mail her at AddietudeDance@gmail.com.
Oncology Massage Therapy and Cancer Care Support, Mt. Kisco

By Colette Connolly

There's something profoundly comforting about Susan Balamaci's new practice in Mount Kisco. Oncology Massage Therapy and Cancer Care offers the kind of serene, cozy environment that is a godsend to cancer patients who are looking to restore their bodies from weeks, months or sometimes years of treatment.

A board certified medical-surgical registered nurse and a licensed massage therapist with advanced training in oncology massage therapy (OMT), Balamaci's gentle demeanor is perfectly suited to this work, a labor of love for this Cross River resident.

Balamaci pursued general massage therapy to help family members deal more effectively with illness. She was later inspired to transition to nursing. "Knowing how to modify and how to adapt is key to doing this work, and that's where medical knowledge comes into play," said Balamaci, who is licensed in New York and Connecticut and nationally certified by the National Certification Board for Therapeutic Massage and Bodywork.

Since opening in August, Balamaci's space could pass for anyone's home – reclining chairs, soft and attractive lighting and beautiful art work. There's even a wig stand in her treatment room. Patients can have a cup of tea after their treatment and read the inspirational books on a nearby shelf.

"When I have a patient who slept through the night for the first time in weeks or a patient who no longer wakes up with nightmares, then I know that I've done something positive, as small as it may seem," Balamaci has begun a "Pay It Forward" fund to help those who cannot afford the cost of her therapy by inviting community members (who do not have cancer) to receive massage, donating 50 percent of their fee to the fund, to make the therapy as accessible as possible.

Balamaci wanted to offer massage therapy to help family members deal more effectively with illness. She was later inspired to transition to nursing. "Knowing how to modify and how to adapt is key to doing this work, and that's where medical knowledge comes into play," said Balamaci, who is licensed in New York and Connecticut and nationally certified by the National Certification Board for Therapeutic Massage and Bodywork.

She said research on this relatively new holistic form of therapy shows it can make a difference in the lives of cancer patients. A recent study conducted by Memorial Sloan Kettering Cancer Center involving about 1,300 patients over a three-year period showed that 52.2 percent had reduced anxiety; 40 percent had less pain; 40.7 percent had less nausea.

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The Village

Business of the Week

Susan Balamaci

By Colette Connolly

Center as an integrative medicine nurse.

hospital's Cancer Treatment and Wellness Center. "She said. Susan Balamaci found herself working for the holistic nurse, "she said.

More effective with illness. She was later inspired to transition to nursing. "Knowing how to modify and how to adapt is key to doing this work, and that's where medical knowledge comes into play," said Balamaci. More patients lie on their sides supported by pillows and towels is often the best position for the therapy.

Since opening in August, Balamaci's practice but without the clinical feel cancer patients are all too familiar with. "Since opening in August, Balamaci's space could pass for anyone's home – reclining chairs, soft and attractive lighting and beautiful art work. There's even a wig stand in her treatment room. Patients can have a cup of tea after their treatment and read the inspirational books on a nearby shelf.

Balamaci, who has completed advanced training in OMT and is a Preferred Provider of the Society for Oncology Massage (S4OM.org), said this type of massage supports the body rather than challenging it. The process is an adaptation of classic Swedish massage techniques and acupressure that are tailored to each client's unique circumstances and medical history.

Modifications such as reducing pressure, positioning for comfort, slowing pace and adjusting rhythm, among other strategies, are crucial to ensuring that patients receive the best experience possible, Balamaci said. Having patients lie on their sides supported by pillows and towels is often the best position for the therapy.

"When I have a patient who slept through the night for the first time in weeks or a patient who no longer wakes up with nightmares, then I know that I've done something positive, as small as it may seem," Balamaci has begun a "Pay It Forward" fund to help those who cannot afford the cost of her therapy by inviting community members (who do not have cancer) to receive massage, donating 50 percent of their fee to the fund, to make the therapy as accessible as possible.

Such treatment is not typically covered by insurance and patients pay privately for her services.

The practice is located at 131 E. Main St., Suite 212, in Mount Kisco. For more information, call 914-589-3226 or visit sbalamacioncologymassage.com.

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By Colette Connolly

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P’ville Market Collects Over 900 Pounds of Food on Donation Day

By Arthur Cusano

The Sept. 26 food donation day at the Pleasantville Farmers Market turned out to be a huge success.

Shoppers bought 520 pounds of fresh food which was donated to local charities, and vendors pitched in with an additional 416 pounds at the end of the day, said Steven Bates, the market’s executive director.

More than 700 pounds was donated to Hillside Food Outreach, 100 pounds to Neighbors Link and A-Home and another 116 pounds to the Westchester Food Bank, Bates said.

“Think about it: 1,000 pounds of food – a half a ton – is quite a haul for one day,” said Peter Rogovin, president of Foodchester, which runs the market. “And I think it speaks to extraordinary and broad-based generosity that about half was purchased by our shoppers who recognize their role in addressing hunger at a local level, and the other half was donated by vendors.”

The food donation day was run by the market with the help of volunteers from the Pleasantville Community Garden. The garden volunteers have been helping to support Hillside Food Outreach for the past year by collecting donations at the end of the market each week. So far this year, over 6,000 pounds of produce has been donated from farmers to Hillside thanks to the volunteer efforts and market donations before last week’s event.

Rogovin said the effort is important because there has been a lingering misconception that the market’s vendors don’t contribute to the community. Many of the donations were selling for three, four or five dollars per pound, and some of the prepared foods would cost $10 per pound or more, he noted.

“The retail value of over 900 pounds was about three to $5,000,” Rogovin said. “That is not only a large sum to fundraise in one morning but it is food, healthy food, that goes straight onto the table and helps people right away, not passing through a lot of processing or middlemen or red tape.”

PleasantvilleRecycles’ Spooktacular Halloween Costume Swap will help families save money, reduce waste, save on transportation and get rid of clutter.

Bring old, gently used Halloween costumes the kids have outgrown and go home with something new. The swap also includes adult costumes, decorations and other Halloween paraphernalia. All leftovers will be donated to charity.

The Spooktacular Halloween Costume Swap will take place on three consecutive Saturday mornings – Oct. 10, 17 and 24 – from 8:30 a.m. to 1 p.m. at the Memorial Plaza gazebo.

The swap is free and open to all. Participants are asked to bring their own reusable shopping bags.

Participating in a swap sends a positive message to children about the importance of reusing and recycling materials — and it’s fun.

PleasantvilleRecycles is a village committee helping residents reuse and recycle more. The group also runs a very popular sports equipment swap every spring, the zero waste effort at the Pleasantville Music Festival and more. Visit www.PleasantvilleRecycles.org, like them on Facebook and sign up for their newsletters to learn more.

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How to Approach Writing a Winning College Essay

So, okay, you've come up with a brilliant idea for your college essay. You've identified a narrative that will reveal the personal qualities you want to convey to your readers. What's more, you're confident that you can tell your story in an interesting way. All you've got to do now is to write it up, hit spell-check, upload it and hit send.

An hour – maybe two – and you're done. You got this, right?

Not so fast.

If you're like most of the students I’ve worked with, you will be surprised, frustrated and a little unnerved by the challenge of actually putting your thoughts into writing, especially that first time you sit down and try to bang out the essay on your laptop.

So here's some advice: don't panic and don't get discouraged. You're probably doing too much too soon if you're trying to write your essay from beginning to end without first giving yourself a structural outline to guide you as you go along.

Keeping in mind that there is no such thing as THE right way to structure a college essay, I offer the following as a working template – paragraph by paragraph – that might possibly work for you.

Paragraph 1: Grab Your Reader's Attention.
Open with a descriptive image, possibly one of you living in the moment of experiencing some event or sensation or with a simple declarative statement that immediately engages the reader. Don't be hokey, but be dramatic, even jarring. And make sure that it helps to illustrate the central theme of your narrative.

Paragraph 2: Reveal Your Central Theme. This is your set-up paragraph. State your central theme and state it in a way that connects the person you introduced in your opening paragraph with the story to follow.

Paragraph 3: Information and Evidence. This is where you relate the circumstances of the story or experience that will provide a context in which the reader can see for herself who you really are. Focus on the facts that will build a foundation for any claims you intend to make about yourself in the following paragraph. This is the show-don't-tell part of your essay.

Paragraph 4: Reflection/Transformation/Growth/Direction. Your most important paragraph and the most difficult to write. Articulate how the experience described above affected you. How has it transformed you? How have you grown from it? How has it influenced what you plan to do with your life at college and beyond? If you want to reinforce your claims by listing any of your recent or current activities and accomplishments then this is the place. But don't treat this as an opportunity to indiscriminately laundry-list your resume highlights. And try to avoid sounding like you're showing off.

Paragraph 5: Conclude With a Reference to Your Future. Dramatically speaking you want to tie your narrative back into your opening image. Substantively speaking you want to tell your reader how your experience will inform the kind of person you will be in the future, and specifically, for the next four years at college. How will it make you the kind of person she wants to welcome into her community? Close the deal and do it with flair.

Jack Brandon is The Chappaqua Essay and Interview Coach. He can be reached at EssayAndInterviewCoach.com or by e-mail at jack@ChappaquaEIC.com.

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*For the Apple Bank BONUS Savings account, interest earned on daily balances of $2,500 or more at these rates: $2,500-$24,999: .10% Annual Percentage Yield (APY), $25,000 and up: .75% APY. There is no interest paid on balances of $0-$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of $2,500 required to open the Apple Bank BONUS Savings account. $2,500 minimum daily balance is required to avoid $10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is $1,000,000 per household. **Special bonus feature: A 25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than $2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. Hypothetical example of how bonus works: Assume an account is opened on January 12, 2013 for $55,000. A $10,000 withdrawal is made on July 12, 2015. No other withdrawals are made prior to the January 12, 2016 anniversary date. The low balance is now $40,000, so $1,000 in bonus interest will be paid on January 12, 2016.
### Happenings

**Tuesday, Oct. 6**

**Italian Language and Culture.** Mara De Matteo, born and raised in Italy and passionate about her native language, she combines lively conversation with grammatical instruction in her classes. She creates interactive lessons on the richness of Italian culture, past and present, through real-life anecdotes, literature, personal memoirs, films and even photography. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:30 p.m. Free. Every Tuesday. Info: 914-273-3887.

**Social Security Workshop.** This educational workshop will cover savvy Social Security planning tips for single, married, divorced and widowed individuals. Find out why Social Security is one of the four keys for achieving a comfortable retirement. Certified financial planner and CPA Paul Petrone, an independent Social Security and retirement income specialist. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 7 p.m. Free. Registration required. Info and registration: 914-941-7072 ext. 3 or e-mail Shelley Glick at sglick@wlsmail.org.

**Golden Apple Chorus Open House.** For women who want to sing in a barbershop chorus and in the group's holiday show. Hawthorne Reformed Church, 85 Broadway, Hawthorne. 7 to 8:30 p.m. Free. Also Oct. 13. Info: Contact Susan at 914-318-4054 or e-mail susanannsass@hotmail.com or visit www.goldenapplechorus.com.

**Wednesday, Oct. 7**

**Master Networker Meeting.** Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. Mount Kisco Coach Diner, 252 E. Main St., Mount. 7:30 to 8:30 a.m. Free. Every Wednesday. RSVP suggested. Info and RSVP: Contact Julie Genovesi at 303-929-7203 or e-mail julie@eurobella.net or just drop in.

**Zumba Fitness.** Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 940-4097.

**Baby Time.** A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

**Mother Nature’s Story Time.** Children can enjoy fall days with nature-themed stories, outdoor walks, live animals and crafts. Dress for outdoor activity. A portion of each class is spent outdoors. For children two to four years old; with a parent or caregiver. Rain or shine. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 to 11 a.m. Members: $50 per child (for six-week session). Non-members: $50 per child. Pre-registration required. Info and pre-registration: 914-723-3470 or visit www.greenburghnaturecenter.org.

**Pound Fitness Program.** A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Ripstix™ and combining constant simulated drumming resulting in working the entire body. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. Free. Every Wednesday. Info: Contact Peggy at 914 940-4097.

**Toddler Storytime.** Finger plays, action rhymes, songs and stories to encourage the enjoyment of books and stimulating early learning, listening and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

**Senior Benefits Information Center.** Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and prescription plans, food stamps, HEPAP, EPIC, weatherization, minor home repair and tax relief programs. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Monday, Wednesday and Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

**Preschool Storytime.** This interactive story time uses picture books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two and-a-half to five years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville, 11 to 11:30 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

**An Evening With Zadie Smith.** Born in London, Smith is the acclaimed author of four novels as well as numerous essays and reviews. Presented by the Purchase College School of Humanities, the event is part of the Durst Distinguished Lecture Series. Performing Arts Center at Purchase College, 735 Anderson Hill Rd., Purchase. 4:30 to 6 p.m. Free. Info: 914-251-6550 or visit http://news.purchase.edu/oct-7-an-evening-with-zadie-smith.

**Hispanic Business Summit: “Crossroads to Customers, Capital and Contracts.”** Includes small business workshops covering topics such as expanding your customer base, access to capital and financial planning and advice on business contracts and incorporation. Also network with business leaders. Part of Westchester County Hispanic Heritage Month celebration. Westchester Community College’s Gateway Center, 75 Grasslands Rd., Valhalla. 5 p.m. Free. R.S.V.P. encouraged. R.S.V.P.: Visit LatinBusinessToday.com/success. Info: 914-995-2900.

**Breast, Ovarian and Gynecological Cancer Support Group.** Northern Westchester Hospital at Chappaqua
Noted Cookbook Author Ruhlman to Speak at Mercy College

By Jerry Eimbinder

Prolific cookbook and food writer Michael Ruhlman will read briefly from his debut novel at Mercy College this Friday, Oct. 9 as part of the first fall program of literary salon Spoken Interludes.

Ruhlman has authored or co-authored a multitude of popular books about the culinary arts, including “The Making of a Chef” (1997) and two sequels, “The Soul of a Chef” (2000) and “The Reach of a Chef” (2006).

With Thomas Keller and Susie Heller, he co-authored the award-winning “The French Laundry Cookbook,” selected by The International Association of Culinary Professionals (IACP) as Book of the Year for 2000. His new work of fiction, called “In Short Measures: Three Novellas,” is about love, loyalty and fidelity. It is scheduled to be released by Skyhorse Publishing today (Tuesday).

In the same program, Emmy Award-winning CNN correspondent Tom Foreman will read from his new book “My Year of Running Dangerously” and Taify Brodesser-Akner will read from her latest work “Here She Comes Now.”


“The program begins with a buffet dinner from 6 to 7:30 p.m. followed by the readings. Questions will be taken from the audience. The book signings commence at 8:30 p.m.,”

The buffet dinner menu includes chicken Provençal and grilled balsamic glazed salmon as entrees, accompanied by rice pilaf, sautéed green beans, tossed garden salad, assorted rolls and butter, chocolate cake, carrot cake and coffee and tea service.

Books can be purchased at this event and signed by the authors.

The authors will be introduced by Spoken Interludes founder DeLauné Michal. Michal is an Irvington resident and the author of “Aftermath of Dreaming” and “The Safety of Secrets.” (HarperCollins) She recently completed writing her third novel.

The cost is $30 per person, payable by cash only (no checks or credit cards will be accepted). Pre-payment is not available. Reservations can be made by e-mail at rsvp@spokeninterludes.com.

The program will be held in the Rotunda at Mercy College, 555 Broadway in Dobbs Ferry.

The Restaurant Examiner

Bedford’s La Crémaillère Introduces Fall Tasting Menu

By Jerry Eimbinder

La Crémaillère in Bedford has introduced a fall tasting menu available for dinner Tuesday through Friday and on Sunday beginning at 1 p.m. It is priced at $90 per person plus tax and gratuity.

Chef de Cuisine Albert Astudillo's tasting menu varies frequently but can include a flavorful soup, a fish dish, a plate of assorted cheeses, a microgreens salad, a pasta, a main course, a dessert, a loaf of crispy bread and petit fours.

On a recent night, vichyssoise was the soup served, the pasta was braised short rib ravioli with green apple sauce and the fish dish was a coupling of salmon and halibut with dill sauce in a mousse terrine. Sliced fillet of beef was the main course and it was accompanied by sautéed salsify, vegetables and horseradish Calvados sauce. Either a chocolate soufflé or a Grand Marnier soufflé could be chosen for dessert.

Owners Bobbie and Robert Oliver Meyzen said substitutions are permitted and alternate choices can be suggested by the wait staff if asked. The tasting menu is offered to couples or groups and is available only to entire tables.

Wine by the glass is priced from $11.75 to $14.50.

The wine cellar has 14,000 bottles, including well-stocked shelves of French Bordeaux and Burgundy wines and American wines from vineyards in Napa Valley, Sonoma County and Washington state.

La Crémaillère occupies a charming white clapboard farmhouse called the “Widow Brush House,” built in 1750 and renovated and expanded many times since. Photographs of the house and its occupants dating back at least 100 years appear on the walls.

La Crémaillère is located at 46 Bedford-Banksville Rd. in Bedford. For more information, call 914-234-9647 or visit www.cremaillere.com.

Wolfert’s Roost in Irvington Begins Brunch Service

By Jerry Eimbinder

Eric Korn’s Wolfert’s Roost in Irvington has introduced brunch service on Sunday from 11 a.m. to 3 p.m.


Eggs are very popular items. Patrons can choose from eggs any style with hash brown potatoes and a choice of bacon or sausage ($14); Chilaquiles, which is fried egg, cheddar cheese, salsa roja and creme fraiche ($15); mushroom bruschetta with taleggio, topped with fried egg ($14); and biscuits and gravy topped with poached egg at $14.

Fried chicken comes in both a half-chicken portion for $18 and a full chicken plate for $30. A house salad costs $13 and a beet and apple salad is priced at $6.

Sides include wheat or white toast ($3), bacon ($5), house-made sausage ($5) and duck fat Yukon Tostones ($6).

Korn is also the owner of the nearby Good Life Gourmet, which opened in 2010.

Previously, he worked at Marybeth’s Caterers in Greenwich, Conn. and as a personal chef. He is a graduate of the French Culinary Institute (now the International Culinary Center) in New York City.

The restaurant is named after Wolfert and estate were bought by author Washington Irving and the name, Wolfert’s Roost, would become the title of one of Irving’s short stories.

A prominent place in American history would later be gained by the property, located in Tarrytown near the Hudson River. Irving renamed it Sunnyside, and after many years had passed, it would become a world-famous tourism destination operated by Historic Hudson Valley.

Wolfert’s Roost is located at 100 Main St. in Irvington. For more information, call 914-231-7576.

Contact Us At:
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Happenings

continued from page 24

Crossing, 480 Bedford Rd., Chappaqua. 7 p.m. Free. Meets the first Wednesday of every month. Registration required. Info and registration: 914-962-6402 or 800-532-4290.

Safety Summit 2015: Risks for Individuals With Special Needs. This forum will bring together families of developmentally delayed individuals, first responders, educators, service providers and local elected officials to discuss the unique safety challenges facing this population. The focus of the summit will be how to increase training, improve technology and centralize communication to improve the safety of people with developmental disabilities and reduce unnecessary difficulties in times of crisis. Pleasantville Village Hall, 80 Wheeler Ave., Pleasantville 7 p.m. Free. Info: Visit www.pvillesepa.org.


Thursday, Oct. 8

The Breakfast Club. A monthly session designed for seniors that includes breakfast, a presentation on a topic of interest and a light exercise program. This month’s topic is TMJ and headaches. Phelps Memorial Hospital Center cafeteria (G Level), 701 N. Broadway, Sleepy Hollow. 8:30 to 10:30 a.m. Free. Registration required. Info and registration: 914-366-3937.

Let Your Yoga Dance Classes. The popular Kriplau noon dance class is now in Chappaqua! Combines easy dance, gentle yoga and great music. Come join this noncompetitive, heart pumping and joyful experience. Drop-ins welcome. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10 a.m. $20 per 75-minute class. Every Tuesday and Thursday. Info: 914-238-8974 or email claudiayogadance@gmail.com.

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

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 10:30 to 11 a.m. Free. Every Thursday and Thursday. Info: 914-741-0276 or www.mountpeasantlibrary.org.


Preschool Storytime. This interactive story time uses pictures books, songs, finger plays, action rhymes and other activities to encourage the enjoyment of books and language. Recommended for children two-and-a-half to five years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpeasantlibrary.org.

Osteoporosis Support and Education. For individuals with osteoporosis, providing education on nutrition, exercise (weight-bearing, strengthening and balance) and activities of daily living. Phelps Memorial Hospital Center boardroom (C Level), 701 N. Broadway, Sleepy Hollow. 11 a.m. to 12:30 p.m. Free. Registration required Info and registration: 914-366-2270.


Speech-Language Screenings for Preschool Children. Are you concerned about your child's speech and language development? Is so, call for a free speech-language screening with Dr. M.M. Ventimiglia, pediatric speech-language pathologist. Phelps Memorial Hospital Center's Developmental Delayed Children's Center, 777 N. Broadway, Sleepy Hollow. 1 to 2:30 p.m. Also Oct. 16 from 10:30 a.m. to noon. Free. Registration required. Info and registration: 914-366-3010.

Storytime Playgroup. Come hear a story and music and join in on playtime with toys and books. Children, parents and caregivers will make new friends and share time together. For children one to four years old; with a caregiver. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 2:45 p.m. Free. Every Thursday. Info: 914-769-0548 or www.mountpeasantlibrary.org.

Bereavement Support Group for Spouse/Partner Loss. Phelps Memorial Hospital Center, Suite 545, 755 N. Broadway, Sleepy Hollow. 2:30 to 4 p.m. Suggested donation: $10 per meeting. Thursdays through Nov. 19. Pre-registration required. Info and pre-registration: Contact Bess Steiger at 914-366-3957 or e-mail bsteiger@pmhc.org.

Gaming Old School. Join old school gaming enthusiasts to play board games like a kid again. Open to all ages. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Info: 914-666-8041 or www.mountkiscolibrary.org.

Westchester County Board of Legislators Task Force on Families Meeting. Discussion will center on family care needs. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 6:30 to 8:30 p.m. Free.

In My Element: Photographs by Lynda Shenkman Curtis. Curtis, a professional photographer since her twenties, is an avid traveler and photographer, seeking to be in nature wherever she goes. Her finely honed eye and adventurous spirit combine in these personal iPhone photographs, shot all over the world—from Ecuador and Peru to Nepal and Nevis to right here in the Hudson Valley. In conjunction with the annual “Focus on Nature” series, Jacob Burns Film Center’ Jane Peck Gallery, 364 Manville Rd., Pleasantville. Open during theater hours. Through Oct. 28. Info: Visit www.burnsfilmcenter.org.

Friday, Oct. 9

Zumba With Amy. Low-impact Zumba for the older active adult or beginners. Ladimax Sports & Fitness, 1 Commerce St., Valhalla. (The cliffs complex). 8:30 to 10:30 a.m. Drop-in rate: $10. Every Friday. Info: 914-643-6162 or e-mail olin.amyj@gmail.com.

Alzheimer's Support Group. Receive the emotional, educational and social support needed to successfully care for someone with dementia. Phelps Memorial Hospital Center's 755 Building, Room 545, 701 N. Broadway, Sleepy Hollow. 10 to 11:30 a.m. Free. Info: 914-366-3937.

Zumba With Amy. Low-impact Zumba for the older active adult or beginner. Addie-tude Dance Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. Drop-in rate: $12. Every Friday; also Tuesdays at 10 a.m. Info: 914-643-6162 or e-mail olin.amyj@gmail.com.

Best of the Eagles Tribute Band. A benefit concert with all proceeds going toward the programs of The Justin Veatch Fund. Opening act will be Steven Wright-Mark. Paramount Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. $25 and $35. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

Friday Night Films: “The Salt of Life.” This 2011 romantic comedy from blockbuster Italian writer and director Gianni de Grigorio follows a middle-aged retiree, unhappy at home and invisible to all the women of Rome. Try though he might to get someone to pay attention to him, he seems to have no luck connecting with women at all. In Italian with English subtitles. Led by Professor Valerie Franco. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

WCC Friday Night Film Series: “Snow Cake.” Featuring six outstanding contemporary films. Includes a brief introduction to each film, film notes, refreshments and discussion. This week, tight-lipped Englishman Alex Hughes arrives in northern Ontario to meet the woman with whom he had a 10-year affair. He is bullied by an unconventional but lovable 19-year-old hitchhiker, who needs a ride to her hometown. When the car is hit by a truck, Vivienne dies instantly. Alex finds himself, for the second time in his life, grieving for someone he never knew. Westchester Community College’s Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. Refreshments at 7:15 p.m. Screening at 7:45 p.m. $11. Seniors (60 and up): $10. Season subscription: $54. Seniors: $48. Info: 914-606-6716.

“LOVE/SICK.” Arc Stages in Pleasantville will present this John Cariani production for their professional company; The Next Stage. The Next Stage premiered earlier this year and will focus on showcasing new, innovative work by a wide variety of exciting and talented authors. The production is the follow-up to Cariani’s critically acclaimed “Almost Maine,” and is one-act play that explores the intricacies of love and loss. Arc Stages, 147 Wheeler Ave., Pleasantville. 8 p.m. Adults: $36. Seniors and students: $28. Also Oct. 10 at 8 p.m. and Oct. 11 at 2 p.m. Info and tickets: 914-747-6206 or visit www.arcstages.org.

Saturday, Oct. 10

Pleasantville Farmers Market. Come experience the largest farmers market in Westchester, the one voted Best of Westchester 2014 and 2015 by the readers of Westchester Magazine. With over 55 vendors, seven nearby parking lots and creative weekly programming, it’s a delicious good time every Saturday. This week, it’s the much anticipated Phelps Annual Apple Pie Contest, a performance by Yard Sale, an all acoustic outfit, and Kiwi Country Day Camp for our Kids’ Event. Contestants must bring pies by 9:45 a.m. for judging; amazing market basket prizes to the winners. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Rain or shine. Apple Pie Contest rain date: Oct. 17. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Brining locally-raised and produced food to the community in a weekly market, creating a connection between shoppers and small-scale food producers in the region.
Climate Change in the World’s Vineyards: Fact or Fiction?

By Nick Antonaccio

The threat of global warming has been growing at an accelerated pace, according to many sources. Since the effects of climate change are slow but steady, many shrug off warnings as anecdotal, simply describing this phenomenon as temporary weather patterns of varying durations.

Each of us has our individual opinion on the reality and effects of global warming. Some subscribe to the survey that argues that 97 percent of the scientific community believes that global warming is real. Others support the petition signed by 31,287 American scientists who reject the premise that current human practices are causing any global warming. In fact, both of these surveys/petitions have been debunked because they were conducted unscientifically, fueling the debate among the factious factions on the right and the left.

This past week brought the focus on climate change and global warming to the forefront. Armed with comments from Pope Francis and United Nations leaders, the news media has catapulted this subject as anecdotal, shrug off warnings but steady, many growing at an accelerated pace, according to many sources. Since the effects of climate change are slow but steady, many shrug off warnings as anecdotal, simply describing this phenomenon as temporary weather patterns of varying durations.

Featuring about 40 vendors weekly. Also includes music, children’s activities and a food demonstration. Chappaqua train station, Chappaqua. 8:30 a.m. to 1 p.m. Every Saturday. Info: Visit www.chappaquafarmersmarket.org.

Mount Kisco Farmers Market. St. Mark’s Church, 85 Main St., Mount Kisco. 9 a.m. to 1 p.m. Info: Visit https://www.facebook.com/MTKiscoFarmersMarket.

PSAT Boot Camp. Eduscape Associates, Inc. and the Ossining School District Community Partnership Program, will host this session that will review new PSAT test strategies, intense timing, and practice testing. Ossining Public Library, 53 Croton Ave., Ossining. 10 a.m. to 1 p.m. $150. (Limited scholarships may be available.) Also Oct. 11. Registration: Visit https://ossining.feepay.com. Info: 914-886-5043.

Practise Tai Chi With Larry Atille. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. This is a hands-on class that will be geared to the level of experience of the class and challenge all participants. Wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whippoorwill Rd. East. Armonk. 10:30 a.m. Free. Every Saturday. Info: 914-273-3887.

Adult Salsa Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Fee: $12. Every Saturday. Also Wednesdays from 6:30 to 7:30 p.m. Info: 917-215-1720 or visit www.addie-tude.com.

Teaching Trails: A Community Path for Environmental Education. Join guided trail experience through the woodland forest. Discover who left that track, which tree makes the best animal ice. Program runs about 30 minutes. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11:30 a.m. Fee: Every Saturday and Sunday (except Oct. 11 and 25) Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Pound Fitness Program. A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Riptix® and combining constant simulated drumming resulting in working the entire body. TADA Theatre And Dance Arts, 131 Bedford Rd., Katonah. 11:45 a.m. $20. Every Saturday; also Wednesdays at 7:30 p.m. Info: Contact Peggy at 914 960-4097.

You Heard It Through the Grapevine

You Heard It Through the Grapevine

By Nick Antonaccio

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Briarcliff’s Caroline Pennacchio
Breezes to an Easy First-Place Finish
at Monday’s Meet vs. Pleasantville

CRUISE CONTROL

ANDY JACOBS PHOTO

Briarcliff’s Caroline Pennacchio
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at Monday’s Meet vs. Pleasantville

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