Tensions Fray as Two New Castle Coyote Plans are Presented

By Martin Wilbur
The New Castle Town Board will weigh recommendations submitted by two committees it appointed last year that were asked to devise plans to keep residents and their pets safe from coyotes.

Last week, the Coyote Awareness and Safety Advisory Committee presented its proposal during the Feb. 10 meeting, which outlined a detailed co-existence plan to educate residents on how to greatly reduce the chances of interaction between coyotes and humans and their pets.

The second committee, the Coyote Management Task Force, which submitted a written plan and aired a 34-minute taped presentation on the town's website two days later, supports a community education program as well but also advocates for trapping, and as a last resort, humanely destroying a coyote that has exhibited unusually aggressive behavior.

The task force decided against presenting their report in person after the Connecticut-based animal rights group, Friends of Animals, posted a release on its website and on social media platforms early last week characterizing the task force as an "anti-wildlife group."

In a statement read by Town Administrator Jill Simon Shapiro, the task force said it was subjected to unnecessary and frightening threats.

"Unfortunately, before we even had the chance to present our findings and recommendations, our plan was characterized as a 'coyote jihad,' a 'Draconian killing plan' (and) 'misguided and hateful,' all before our plan had ever been presented," the statement read in continued on page 2

Harckham Decides Against a Fifth Term on Board of Legislators

By Martin Wilbur
County Legislator Peter Harckham (D-North Salem) announced last week that he will not seek another term in November representing District 2 on the Board of Legislators.

Harckham, who served as Democratic majority leader in 2010-11, made the announcement on his Facebook page on Feb. 10.

"As I consider what is best for my family and me looking out over the next two years, I have concluded that the best course of action is to not seek a fifth term as your County Legislator," Harckham wrote. "I have loved this job like no other I've had, but it is time to move in a new direction for my family and career."

Harckham, 54, was first elected in 2007, continued on page 4

North Castle Officials Weigh Taking Over Operation of Ehrman Pool

By Martin Wilbur
North Castle officials are exploring the possibility of the town taking over operation of the Anita Louise Ehrman Pool in Armonk through a licensing agreement and evaluating whether it should incur the responsibility on a long-term basis.

The town's Budget and Finance Advisory Committee has been helping the town board study its options and whether the pool could be operated at a reasonable cost, said Councilman Stephen D'Angelo, the board's liaison to the Recreation & Parks Advisory Board.

An agreement between North Castle Pool and Tennis and the Anita Louise Ehrman Recreation Center that has been in place for the past three summers is set to expire, forcing officials to weigh alternatives to keep it open, D'Angelo said.

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Important Message

Nobel Prize-winning economist Paul Krugman recently spoke at Westchester Community College. Krugman, a New York Times columnist and professor at the Graduate Center of the City University of New York, delivered a talk entitled "Poverty: Misconceptions and Realities."

Twitter: @ExaminerMedia
Tensions Fray as Two New Castle Coyote Plans are Presented

continued from page 1 part.

An increase in coyote sightings and documented attacks on pets in recent years prompted town officials last year to appoint a committee to study the issue and propose recommendations. However, members were unable to work with each other, said Supervisor Robert Greenstein. As a result, the members were split into two groups.

Greenstein and Councilman Adam Brodsky said that the town board would likely hold a work session in March or April to discuss each proposal and whether to incorporate the recommendations into an official policy.

In their presentation, Victoria Alzapiedi, chair of the Coyote Awareness and Safety Advisory Committee, and committee member Michael Zuch, cited New Castle Police Department statistics showing that coyote attacks are uncommon. The statistics showed that one pet was killed each year by a coyote from 2009 to 2011. There have been five coyote attacks on pets in town since then, according to police records.

Zuch said that the coyote population does not view residents’ pets as family members but as potential prey or competitors. However, if residents use common-sense strategies such as keeping their dogs on leashes during walks, feeding pets inside, properly storing trash and compost material and learning how to “haze,” or scare away coyotes, virtually all threatening interactions can be eliminated.

“The good news is that almost all coyote-pet conflicts are avoidable, preventable, if pet owners make some small changes in their routines,” Zuch said.

The committee said that lethal control should be avoided unless there’s an unprovoked attack on a person, a pet is attacked while under human control or if a coyote exhibiting dangerous behavior is diseased. Removing or killing coyotes has no impact on local populations.

Alzapiedi said she was “very disappointed” that the task force recommended removal, which she called “extreme and unnecessary.”

“Our committee has learned that there are many, many steps that our community and our residents can take to correct and modify less desirable behavior exhibited by a coyote,” she said.

Meanwhile, the task force listed many similar communitywide education strategies regarding trash disposal, elimination of food sources and walking dogs on leashes. It also called for mapping and using social media and Nixle alerts to inform the public of coyote hot spots so residents avoid those locations.

Areas of Gedney Park, for example, with a high concentration of children has been a noted den site, particularly in pup rearing season.

Trapping and removing coyotes who are habituated and are overly aggressive to pets and people should be kept as an option of last resort.

"Resident safety is the priority in managing wildlife-human conflicts,” said task force member Ann Styles Brochstein in the taped presentation. “The plan seeks to achieve a balance between the importance of resident safety and the benefits of maintaining natural wildlife populations.”

The task force also asked the town for a full-time animal control officer and to establish a decision matrix for when trapping and removal is warranted.

Task force member Eileen Gallagher said that the official police statistics don’t tell the whole story. On the task force’s Facebook page, Gallagher said there have been at least 10 attacks on pets reported from May 2013 through December 2014.

Teaching proper hazing techniques is also essential; however, Brochstein said hazing can have diminishing success because some of the animals eventually realize they will suffer no harm.

“It is the opinion of the Coyote Management Task Force that co-existence with people is possible,” Brochstein said. “It’s also the opinion of the task force that the coyote problem in New Castle has reached potentially dangerous levels. Through a combination of approaches, utilizing what has worked for other communities and identifying what actions our town is comfortable with, we believe that with a multifaceted plan the town will be able to deal effectively with coyotes to protect residents and pets in New Castle.”

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Did You Know?
Approximately 25,000 people suffer from a sprained ankle each day.*

* American Academy of Orthopaedic Surgeons
No. Castle Police to Contribute to Health Insurance in New Contract

By Martin Wilbur

North Castle officials came to terms on a new contract last week with the town’s police union that will see officers contribute to their health insurance coverage for the first time in the municipality’s history.

The agreement with the Police Benevolent Association calls for annual 2.5 percent salary increases retroactive to 2011 and continuing for another four years. The police have been working without a new pact since the end of 2010.

All future hires will pay 12 percent of the health insurance premium. This year’s cost for family coverage is $21,706.32, while the 2015 premium for an individual plan is $9,660.60.

Current officers will contribute 2.5 percent of the top patrolman’s salary in the department toward their health insurance in 2015; 2.75 percent in 2016 and 2017; and 3 percent in 2018. The salary for the top patrolman on the force this year is $102,576.

For the town, the big concession was having the PBA agree to make health insurance contributions that have been escalating an average of 8 percent a year for the past 20 years, said Supervisor Michael Schiliro.

“I want to commend the PBA for recognizing that times are changing and the guts of the (Memorandum of Agreement) is that for the first time in the history of the town, the PBA, the police officers will be contributing toward health insurance,” Schiliro said.

Figuring out a fair percentage for contributions was a difficult and complicated negotiation, Schiliro acknowledged. Under the formula that was agreed to by both side, by the end of the four years, the two groups of officers will pay virtually the same amount of coverage to within .001 of a percent, he said.

Councilman Stephen D’Angelo said there were times during the past few years that he never thought that the two sides would agree to a new contract and commended Schiliro for persevering.

“I want to commend the PBA for realizing that times have changed and they were in agreement to say it again, I appreciate and commend Schiliro for persevering.”

“You put your heart into this one to get a contract with the PBA that goes out for the next four years, so we don’t have worry about it,” D’Angelo said. “I think we got a good concession with the health insurance.”

A message left for PBA President Joel Thomas was not returned late last week.

The only skeptical comment came from North White Plains resident Ed Lobermann, who congratulated officials for reaching the agreement but said it was inequitable for the town’s nonunion workers and retirees to pay 30 percent of the premium’s cost.

“We’re asking people who make minimum pensions to pay 30 percent, yet the police officer who’s making $100,000 a year pays less than half that,” Lobermann said. “It’s unfair.”

Schiliro said it was gratifying to reach a resolution with the police after the town had negotiated agreements with the municipality’s other bargaining units.

“l’m happy that we’ve gotten it done, it’s a long time in the making and I’ll say it again, I appreciate and commend the PBA for realizing that times have changed and they were in agreement to start contributing,” he said.
Couple Donates $1M to NWH Surgical Services Modernization Efforts

Northern Westchester Hospital (NWH) announced last week that Lisa and Mark Schwartz, two highly respected local business leaders and philanthropists, donated $1 million in support of the hospital’s ongoing surgical services modernization.

As a hospital that provides high quality patient-centered care, NWH is redesigning and expanding its surgical suites to ensure adequate space for new technologies and to better align the facility with the sophisticated procedures being performed by surgical staff. Northern Westchester Hospital continues to receive recognition for its leading-edge surgical programs including spine, neurosurgery, orthopedics, breast surgery and robotics, among others.

Lisa Schwartz is the founder of Rainbeau Ridge in Bedford Hills, an author and chair of Seed Global Health, an organization dedicated to strengthening health systems globally. She was also a driving force behind the NWH Food is Care patient nutrition program.

“We are proud to make this level of financial commitment and we completely support the vision of the NWH leadership team,” Schwartz said. “Their achievements in building NWH into such an important community asset demonstrate their ability to successfully manage the challenges of the current healthcare environment.”

“Providing high-quality, clinically sophisticated healthcare in a community setting is an important element in controlling U.S. healthcare costs,” said Mark Schwartz, vice chairman of Goldman Sachs and chairman of Goldman Sachs Asia Pacific.

Harckham Decides Against a Fifth Term on Board of Legislators

continued from page 1

defeating Peter Michaelis of Bedford. He was re-elected three times, having defeated Michaelis again in 2011 and attorney and Lebovito Republican Chairwoman Andrea Rendo in 2013.

He made a run for state Assembly in a February 2010 special election following Adam Bradley’s departure from the seat to become mayor of White Plains. In that special election, Harckham lost to Robert Castelli.

During his seven years on the Board of Legislators, Harckham has focused on environmental issues, particularly protection of the watershed and the drinking water supply, a key issue in his district in the northeastern part of the county.

On his watch, the New York City Department of Environmental Protection agreed to a pilot project to test alternative septic technologies and to release $20 million of the agency’s funds that went toward improving water quality for Peach Lake in North Salem and throughout northern Westchester.

Harckham also led negotiations between the county, municipalities, the state and New York City to implement new MS4 septic requirements that will save municipalities hundreds of thousands of dollars.

In addition, he’s been a staunch supporter of greater county contributions toward child care for working families.

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Pleasantville to Hold Hearing on Proposed Parking Permit Rates

By Janine Bowen

Pleasantville residents and merchants will be paying more to park in the village’s municipal lots later this year.

At last week’s village board meeting, increases in parking permits for all village lots were unanimously approved by trustees for the 2015-16 fiscal year. Residents will pay $600 annually to park in the Memorial Plaza, Wheeler Avenue or Cooley Street lots while businesses will now pay $650 per year. Fees for the Village Lane lot will increase to $475 for residents and $590 for businesses while the Rebecca Lane and Bedford Terrace lots will see an increase to $380 for residents and $480 for businesses. The Hopper Street lot will increase to $250 for residents and $350 for businesses.

“The reality we confront here is that our parking rates, even with these adjustments, are quite…reasonable on a per-day basis and we’re confronting the need to balance some of the fees to reflect what has happened in terms of development in the community over the last several years,” said Mayor Peter Scherer.

Scherer explained that increased activity downtown has created a greater demand for parking. The board chose to raise the fees for permits to put them more in line with neighboring municipalities. Going forward, trustees will continue to explore long-term options for more parking using funds generated by taxes and the increased parking rates.

Possible Elimination of Manville Road Spaces

Officials are also considering eliminating four parking spaces on Manville Road and Grandview Avenue to create greater sight distance for drivers. Scherer said many residents have complained that when turning from Grandview Avenue onto Manville Road, parked cars make it difficult for drivers to see, especially when turning left.

Over the last few weeks, three parking spaces on the left side of Manville Road and one on the right side had traffic cones placed in them. Trustees and residents have agreed that this creates a safer situation for drivers.

“We will lose some parking spaces that are frequently used for teachers during the day but we believe the safety improvement trumps the modest inconvenience,” Scherer said of the proposed change.

A public hearing regarding the matter was scheduled for the next village board meeting on Monday, Feb. 23 at 8 p.m.

No Contest: Scherer, Board Candidates Unopposed in P’ville Village Election

By Janine Bowen

The Pleasantville Village Board race will once again be uncontested.

Mayor Peter Scherer, first elected in 2008, but was forced to resign because of a scheduling conflict with his work as corporation counsel for the City of Peekskill.

“I enjoy civic service,” said Stargiotti in a recent interview with The Examiner on his decision to run. “Local government is the purist form of government [and] it’s the least likely to be corrupt.”

The village election was moved to the third Wednesday in March this year. Village elections in New York State are usually held the third Tuesday in March, but a state law allows municipalities to move the election if St. Patrick’s Day falls on a Tuesday.

This is the third consecutive year there will an uncontested village election in Pleasantville.
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Court Dismisses Former No. Castle Officials, Employees Benefits Case

By Martin Wilbur

The legal action initiated in 2012 by former North Castle officials and employees against the town for reducing or eliminating their health benefits in retirement was dismissed late last month in state Supreme Court. Justice Lester B. Adler ruled on Jan. 30 that since the practice of providing the benefits at no cost to the former employees was established by the town board's legislative action there is no binding contract between the municipality and the recipients.

In June 2012, the former town board in a contentious split vote approved changes in North Castle's Compensation and Benefits Manual, which forced non-union retirees to pay 15 percent for the town's health care coverage and prescription drug plan. It also eliminated all benefits for former elected officials who served for a certain length of time, although they may continue coverage if they pay the full cost.

In his 10-page decision, Adler wrote that while Petitioners were non-unionized and did not benefit from negotiated contracts that established their employment terms, their rights to benefits are purely the result of the Board's legislative action, and accordingly the 2012 resolutions amended that action over the next 40 years before the 2012 vote.

In a Feb. 6 letter to his clients from Ronald Dunn, the attorney who represented the petitioners in the case, it stated that he was "disappointed" because the court ignored important points in their arguments. Dunn contended that once a retiree fulfilled the conditions in a resolution promising continued health benefits at no cost and the employee retires based on those conditions and begins receiving the benefit, then it becomes a binding contract.

"The Court never really analyzed that argument which we believe was quite strong," Dunn wrote.

At the town board's Feb. 11 meeting where the resolution to accept the decision was approved, former supervisor Howard Arden, who voted for the resolution change along with former board members Diane DiDonato-Roth and John Cronin, said the action has resulted in "significant" savings to the town. He estimated that savings reached $70,000 to $100,000 during the first year alone and will multiply in ensuing years.

In several cases, the town was paying for health insurance coverage for retirees who were living out of state but couldn't use the plan because it is only or New York residents. One retiree had lived in California for about 30 years, which Arden called "a tremendous waste of money."

North Castle Dem Co-Chair Resigns After Task Force Appointment

By Martin Wilbur

North Castle Democratic Committee Co-chairman John Diaconis resigned from his position last Thursday, the day after he was appointed by the town board to serve on a new Ethics Task Force.

Diaconis, who had served in the committee's leadership role with Barry Malvin for about three years, said if he continued in that capacity it could lead to conflicts of interest.

"I did this due to potential conflicts that may arise by virtue of any recommendations I may have to make as to how the Ethics Code may or should apply to party officials being on town advisory boards or the Ethics Board itself," Diaconis said.

"At the end of the day, it really was the right thing to do and that's one of the reasons why we did that," Arden said.

Current Supervisor Michael Schiliro and Councilman Stephen D'Angelo were the dissenting votes in June 2012. In his letter, Dunn said that there is a strong case for an appeal. However, it isn't known whether the petitioners will agree to press on. He estimated an additional $7,500 to $10,000.

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Police Blotter

Mount Kisco Police Department

Feb. 6: A 32-year-old Mount Kisco man was arrested at 3:50 p.m. and charged with criminal mischief in connection with a road rage incident on Jan. 7. A 20-year-old Mount Kisco woman reported after the incident that she was driving her father’s 2011 BMW and looked to go around a car that was stopping and starting for no reason. The suspect, who was driving the other car, became enraged when she did that, caught up to the BMW and threw several unknown objects at the car, causing about $200 in damage to the BMW’s passenger side. The woman reported seeing the man at a store and informed police.

Feb. 8: Report of a possible robbery on Moore Avenue at 1:32 p.m. A 45-year-old resident of West Street in Mount Kisco stated that a homeless man pulled out what appeared to be a key chain-sized knife or nail file after seeing that he was carrying beer that he wanted. When he saw the weapon, the West Street man threw a few cans of beer at him and told police that because he lost some beer the homeless man should be charged with robbery. No charges have been filed against the 49-year-old homeless man.

Feb. 9: Report of possible criminal tampering at First Niagara Bank on Main Street at 8:27 a.m. An employee who was opening the branch stated that the door appeared to be ajar. Police determined that the door was likely locked improperly the previous day. There was no sign of forced entry or anything missing from the premises.

Feb. 9: The owner of a check cashing establishment on Main Street reported at 4:46 p.m. that he received notification that three checks cashed by the same woman at his business on Jan. 21 and Jan. 22 were drawn against an account that had been closed. The checks, one for $245, another for $1,995 and a third for $1,869, were cashed against an account for a business in Chappaqua that the woman and her mother had operated. The matter remains under investigation.

Feb. 9: The owner of Westchester Burger Company on North Bedford Road reported at 4:54 p.m. that a woman who had worked as a waitress had been running a scam where she used the Groupon program to cover patrons’ bills and pocketed the cash. The owner stated that the woman agreed to pay the business back the undisclosed sum in December but had not done so. The matter remains under investigation.

Feb. 9: Report of an assault on North Moger Avenue at 10 p.m. One man sold a car to a male neighbor. After the new car owner arrived home that night, the wife of the car seller punched him in the face, apparently upset that her husband sold him the car. The new owner’s wife was angered at her action, confronted the woman and was punched in her face as well. No charges have been filed yet.

Feb. 11: Report of a burglary at an East Main Street business at 7:30 a.m. An employee came to work at 7:10 a.m. and reported damage to the front door and discovered $332 in cash was taken. The matter is under investigation.

Feb. 12: A 45-year-old Mount Kisco man was arrested at 9:05 p.m. and charged with violating an order of protection following an altercation at the Gregory Avenue home of his 39-year-old wife.

Pleasantville Police Department

Feb. 10: A 48-year-old Ossining man was arrested at 11:45 a.m. and charged with driving with a suspended license.

Feb. 10: A 20-year-old Yonkers man who was at the village justice court to answer a charge of driving with a suspended license, was arrested at 9:08 p.m. when it was discovered he had numerous outstanding warrants in New York City. The NYPD later picked up the suspect.

Feb. 11: A 20-year-old Pleasantville man was arrested at 3:50 a.m. and charged with DWI following a traffic stop on Manville Road.

Feb. 11: Report at headquarters at 3:52 p.m. of a stolen cell phone. The matter is under investigation.

North Castle Police Department

Feb. 7: The Westchester County Department of Emergency Services responded to a Bedford Road address at 12:15 a.m. to assist a woman with a severed finger.

Feb. 7: A complainant reported at 5:14 p.m. that her vehicle was struck by another vehicle in the Stop & Shop parking lot on North Broadway and the other driver left the scene. A witness to the incident stated that the driver of the other vehicle was drinking a can of Bud Light as he drove away.

Feb. 7: A Hillandale Avenue resident reported at 9:35 p.m. that her mailbox was damaged about 10 minutes in the past. The complainant stated that she observed a white four-door vehicle occupied by youths in the area at the time of the offense.

Obituaries

James Beltran

James William Beltran of New Milford, Conn. and formerly of Hawthorne died on Feb. 12.
He was 83.
Beltran was born in Bay Ridge, Brooklyn on March 24, 1931. He served in the U.S. Army during the Korean War.
He was a customer advocate for Reader’s Digest for more than 30 years, retiring in 1991. He enjoyed boating, sailing and platform tennis. He was a Friend of Bill W. for 43 years.
Beltran had been a resident of Hawthorne for 29 years and had lived in New Milford for 24 years.
He is survived by his wife of 64 years, Ann (Connors) Beltran. He was the loving father of Marianne (Ross) Muscolino, Karen (Bruce) Ritell and Kieran (Kathleen) Beltran, the grandfather of nine and great-grandfather of four.
Visitings hours were on Feb. 15 at Beecher Flooks Funeral Home in Pleasantville. A Mass of Christian Burial was held on Feb. 16 at Holy Rosary Church in Hawthorne. Interment was private.
In lieu of flowers, donations to St. Christopher’s Inn in Garrison, N.Y. or The Guest House in Rochester, Minn. would be appreciated.

Faye Plume

Faye Plume of Hawthorne died on Feb. 8 at White Plains Hospital with her family by her side.
She was 76.
Plume was born to Antonetta Ponturo and the late Leo Ponturo and was the beloved wife of the late William Plume. She was a graduate of Pleasantville High School and worked for Ford Motor Company and Citibank.
She is survived by her loving sister and brother-in-law, JoAnn and George Free, her nieces, Jennifer Fischer and Laura (George) Palmiero, and her great-nieces and great-nephew, Christa, Jessica, Julia and Gabriella Fischer; and Jenna and George Palmiero.
Visitings hours were on Feb. 11 at Beecher Flooks Funeral Home in Pleasantville. A funeral Mass was held at Holy Rosary Church in Hawthorne on Feb. 13. Entombment followed at Ferncliff Cemetery.

Hawthorne Funeral Home

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Editorial

New Castle Should Never Have Permitted Dueling Coyote Committees

Perhaps last week’s unfortunate showdown involving the Coyote Awareness and Safety Committee and the Coyote Management Task Force in New Castle was unavoidable from the outset.

Splintered into two groups, the committees hold a divergent philosophy in at least one critical area that wasn’t likely to be bridged easily, if at all. In short, the Coyote Awareness and Safety Committee believes that virtually all threatening encounters with coyotes can be avoided through education and residents diligently using various pet practice techniques. As a result, trapping and the practice of lethal control—humanely destroying an animal—would be reserved for the rarest of occasions.

The task force recommends a modestly more aggressive approach when it comes to trapping, although it described lethal control in their presentation as “a last resort” for problem coyotes.

There are other differences as well, including apparent disagreement over the long-term effectiveness of hazing, the practice of humans making loud noise and waving arms to scare off a coyote. The task force would also rely more heavily on computer mapping, a presence on social media and use of the New Castle’s Nixle system to alert residents of coyote hot spots in town.

As much as members of each group might loathe to acknowledge, when you strip away all the rhetoric, the two committees probably agree more than they disagree. Certainly, that is true regarding public education on a variety of preventive measures—eliminating food sources, properly storing garbage and compost material, walking dogs on leashes and teaching people how to properly haze.

Volunteers from the two committees presented some outstanding ideas that can easily be incorporated either into an official town policy or at least a strategy for officials to employ that would be of excellent service to residents, animal control and law enforcement.

However, before either group made its recommendations public, the process was nearly hijacked by Friends of Animals, a Connecticut-based animal advocacy group, which unnecessarily stuck its nose into the fray. (Task force members believe the organization’s involvement was at the behest of the Coyote Management Task Force.) Predictably, what should have served as a fact-finding mission for town officials, at least temporarily deteriorated into a sideshow, with finger pointing exacerbated by the over-the-top accusations against the task force from Friends of Animals.

As a result, the task force declined to present at last Tuesday’s town board meeting, preferring to submit their report to the board and airing a video on the town website amid fears for their personal safety.

While that may have been an overreaction, after spending months as a volunteer, who wants to be subjected to barbs from an organization with a history of using questionable tactics?

While all of that may have happened anyway, the town’s board’s decision last year to retain the members but divide the two committees that couldn’t get along was inexplicable. There are advisory boards in many municipalities on a wide variety of issues that render recommendations despite being unable to reach consensus on portions of whatever they’re studying.

If the individuals were unable to work collaboratively, it was incumbent on the town board to find people that could.

Now that each committee’s recommendations are in, hopefully the town board can use the information to formulate a sane approach devoid of future histrionics.

Column

Learning How to Beat Heart Disease When the Risks Are High

Heart disease is the number one killer of Americans, according to the American Heart Association. It takes more lives than all cancers combined.

For African-Americans, the disease is particularly deadly: Before the age of 50, African-Americans’ rate of heart failure is 20 times higher than Caucasians, research published in The New England Journal of Medicine revealed.

Despite the grim nature of these statistics, there is hope. Many of the major risks for African-Americans are modifiable with lifestyle changes and, when warranted, drug treatment.

African-Americans tend to have higher blood pressure on average than other populations. They are also more likely to have dangerous cholesterol levels, suffer from chronic kidney disease and struggle with weight issues. One well-established cause of high blood pressure is sodium—salt—in the diet, and research suggests that African-Americans may carry a gene that makes them more salt sensitive. By choosing low-sodium foods and eating more fruits and vegetables, blood pressure can be lowered.

Regular exercise—even daily walks—can also reduce blood pressure. If a patient’s blood pressure doesn’t respond to lifestyle changes or is already dangerously high, it can be controlled with safe and proven medications.

African-Americans also tend to have lower levels of the “good” HDL cholesterol. Again, a healthy diet with lots of produce and lean protein such as poultry along with regular exercise can have a significant impact in improving cholesterol numbers.

What’s more, statin drugs are very effective in lowering “bad” LDL cholesterol.

Weight, another risk factor for stroke and heart disease, can be managed with lifestyle changes. Losing just 5 to 10 percent of your body weight can significantly reduce heart risk. Shedding pounds can also lower the risk of diabetes, which also increases the likelihood of suffering a stroke or heart attack.

Diabetes is another chronic disease that is higher in African-Americans; their risk is about double that of non-Hispanic whites.

Visit your physician to learn more about your risk for heart disease and stroke. Understand your factors and put a plan in place to address them.

Northern Westchester Hospital offers programs on a variety of chronic diseases as well as free nicotine cessation programs—smoking can dramatically raise your risk of heart problems and stroke—that can be incorporated into your personal healthcare plan.

Give yourself the gift of health this year. Even a few simple improvements will make a big difference to your well-being. Stop heart disease before it starts.

Visit www.mylifecheck.org and get an assessment of your heart health. To learn about cardiac rehabilitation services offered at Northern Westchester Hospital, visit www.nwhrehab.org. To register to attend a free smoking cessation clinic at NWH, call 914-666-1868.

Dr. Robert Pilchik is chief of cardiology at Northern Westchester Hospital in Mount Kisco. He is known for his compassion and for helping patients understand their cardiac health. Dr. Pilchik is a member of Westchester Health with offices in Mount Kisco, Yorktown Heights and Valhalla.
By Martin Wilbur

It made perfect sense that when it came time to make a career choice, Carolyn Clemenza would turn to dentistry.

As a student, Clemenza was always intrigued with science and for a time had thought about attending medical school. But she already had a role model in the family, which influenced her decision.

"Since I was a kid in high school, science was my thing," Clemenza said. "I thought about medicine but my uncle, my mother's brother who still practices at 81 years old, went to Georgetown. I've been exposed to dentistry from a young age, so it sort of guided me to that path."

Her uncle not only had an impact on Clemenza, but apparently her two siblings were, as well. Her brother and sister also became dentists.

After earning her bachelor's degree from Fordham, Clemenza, a New Rochelle native, once again followed in her uncle's footsteps by going to Georgetown School of Dentistry.

She returned to Westchester following dental school and soon found work at a practice in Pleasantville. It was there that Clemenza took on a large number of patients who wanted cosmetic dentistry or needed restorative work.

"All the cosmetic patients came to me," recalled Clemenza, 53, a longtime Chappaqua resident who lives with her husband, Tom Dixon. "(The dentist I worked for) did some of it but that's really where it began. I had exposure to doing that."

Despite enjoying her time while in Pleasantville, more than 15 years ago Clemenza decided it was time to explore going out on her own. For a number of years she had been reluctant, but looking back she realized she probably should have made the leap sooner. Her husband had also tried to convince her to make the jump.

"I had a very good situation there," Clemenza recalled. "I got along extremely well with the doctor and I was very happy there and I was hesitant to leave, but in retrospect it's really nice to have your own office and to do everything your own way." When Clemenza did decide to take the plunge in 1998, she chose Mount Kisco. Her office is located on Main Street, in the heart of what has become a medical and healthcare hub.

Part of operating her office in her own way was to continue specializing in cosmetic dentistry, along with doing general preventive work.

Clemenza explained that cosmetic dentistry are for those who want to improve their smile or the color or shape of their teeth. For those patients who have had accidents where they have sustained lost or damaged teeth, she can also perform restorative work.

"Since I was a kid in high school, science was my thing," Clemenza said. "I thought about medicine but my uncle, my mother's brother who still practices at 81 years old, went to Georgetown. I've been exposed to dentistry from a young age, so it sort of guided me to that path."
Club Fit Gears Up for Summer Energy Camp 2015

Informational Camp Bash Set for March 7

Club Fit Briarcliff is looking forward to Summer Energy Camp 2015 and another fun-filled summer with old favorites and new twists.

Club Fit’s innovative program continues to be a popular choice for children and parents in Westchester. And this year, lunch is included in the pricing.

“We offer a wide variety of structured activities for kids of all ages, interests and abilities,” said Ashley Di Salvo, the camp’s co-director, who along with fellow co-director Kristyn Reczek has been with Club Fit since 2008.

“The kids are exposed to new activities like yoga, karate and Zumba, as well as the standard group sports, swimming and arts and crafts, so it’s easy to keep everyone happy,” Reczek added.

Club Fit’s professional camp staff is comprised of mature, fun-loving individuals who work to expand campers’ recreational abilities, help them meet new challenges and create a non-competitive, structured, safe environment.

Parents appreciate the flexibility of the schedule with half-day and extended day programs for children two to four years old beginning June 15, and full-day camp for children ages 5 to 13. A structured Counselor in Training (CIT) program for teens 16 and up begins June 29. All programs conveniently run through Sept. 4.

Also, the availability of swim and tennis lessons during the camp day works well for those who want to incorporate either into the camp experience. Small group swim lessons are available for all skill levels, and Junior Tennis Camp programs are offered in both half- and full-day sessions for those ages 7 to 18.

Club Fit’s family-friendly approach is a big selling point for busy families, with the availability of early drop off and late pick up (free to Club Fit members) and early registration and sibling discounts. New to the program this year, a lunch and snack menu is included in the price. Healthy Cafe options will be offered daily, and parents will be happy to know that Club Fit Briarcliff’s Energy Center and Camp are nut-free facilities.

Campers have the opportunity to see the camp up close before signing on at Club Fit’s annual Camp Bash, scheduled for Saturday, March 7, which is free to all prospective campers. Children are grouped according to age, and parents have the opportunity to ask questions and interact with staff members.

Club Fit’s School’s Out Camp, which is offered during most school holidays and will be in session from March 30 to Apr. 3, is another chance for children to get a taste of the club’s camp programming.

To register for either, call 914-250-2768 or e-mail campsbriarcliff@clubfit.com. Members and non-members are welcome to register their children for all camp programs. For more information, visit www.clubfit.com.
Children Respond to Healthy Living Camp Zeke for Summer Fun

By Janine Bowen

Last year, Isaac Mamaysky followed his dreams by opening a summer camp in the Poconos, and following a successful inaugural season, several changes and expansions will be coming to Camp Zeke.

The sleep-away camp, which is situated on 560 acres in Lakewood, Pa., offers activities centered on healthy and athletic living integrated with elements of Jewish culture and heritage. Last summer, the camp accommodated 180 youngsters from Westchester and throughout the Hudson Valley for youngsters seven to 17 years old. With the addition of three new counselors this year, Mamaysky said the number of campers is expected to grow to 270 across the two three-week sessions, plus a newly installed abbreviated one-week session for children who would like to give sleep-away camp a try.

“The first year was amazing. It exceeded all our expectations,” Mamaysky said. “We have parents telling us that their kids are now exercising at home, they’re eating locally grown organic foods. After several students asked to cook more frequently last year during their three-week stay at Camp Zeke, a second teaching kitchen was constructed at the facility so that they will now be able to help prepare meals almost every day.

In addition, electives have been altered so that campers can spend several days focusing on one sport as opposed to participating in something different each day, as they did last year. New cabins, to accommodate the increase in campers, as well as a new athletic field are also currently being built and will be ready to handle the enrollment increase this summer.

To help make Camp Zeke a great summer experience, the facility has recently hired a program director, who worked through the year to make changes. There is also a chief happiness officer, who will conduct weekly surveys of campers and staff to make sure everyone is having a good time.

Mamaysky explained that counselors will fill out nightly surveys that will allow a camper’s issues to be addressed immediately, which he believes will reduce the number of children who feel homesick. “In reality, homesickness, in my experience, is much more often attributed to a challenge that needs to be addressed in the camp community rather than actually missing parents,” he said.

This year, Camp Zeke will offer two separate three-week-long sessions at a cost of $4,100 each. Campers can opt to stay for both sessions for $7,200. The camp also offers the “Taste of Zeke” program, a one-week session that allows children to experience sleep-away camp for $1,300. Mamaysky explained that this year, campers will have the option to enroll in the one-week session and then continue with the remaining two weeks of the session if they enjoy the experience.

“Our one-week session last year was at the very end of the summer and that led to a situation where the kids in that session had a blast and a whole bunch of them wanted to stay, but camp was over,” he said. Bus transportation from Westchester County to the Poconos is included in all session fees. To learn more about Camp Zeke or to enroll, visit www.CampZeke.org.
Itching for My First ‘Project’ in Years, and Opting for Quick and Easy

When I was younger and forced by the lack of money to be a do-it-yourselfer around the house and in the garden, I dreamed of the day when I could employ others to do all that sweaty labor to maintain and upgrade everything that needed to be done.

That day came a long time ago, and I considered myself lucky that I had more time available to pursue other dreams.

But just last weekend, surprisingly, I found myself itching for something to do around the house. More than just itching. Starving. As it happens, my wife and I were in the process of furnishing a new room that had refinished furniture. In those days, I wore and needed to be refinished.

The only problem was that its surface was badly "filled" and sanded again with fine sandpaper to make it perfectly smooth. Then it would be coated with several coats of shellac or varnish that required a long time to dry, again being sanded with fine sandpaper between each coat to remove imperfections and to create a better bond for the next coat.

After three coats, I would finish the surface with two layers of Butcher’s Wax, buffed to perfection. The process took forever to accomplish because of the drying time between each coat and also because of the sanding required to remove the imperfections caused by the brush and dust. Shellac can take up to 36 hours to dry and, if you do the math, a project of refinishing would take forever.

With this method, a small tabletop would require at least one medium grade and one fine; and two 3M Sandblaster sandpaper blocks, water-based, fast-drying polyurethane; a half-pint of Minwax Wood Finish (in Colonial Maple); a half-pint of water-based, fast-drying polyurethane; two 3M Sandblaster sandpaper blocks, one medium grade and one fine; and a cheap two-inch brush to apply the stripper and a good one-and-a-half-inch brush to apply the polyurethane. In one small bag I was a weekend project warrior.

At home, I spread an old sheet on the floor, and with my cheap brush covered one small bag I was a weekend project around the house once again. But more than that, I’ve enjoyed an almost Zen-like, lazy afternoon exercise that scratched a long-held itch to do a project around the house once again.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. His real estate site is: www.PrimaveraRealEstate.com and his blog is: www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.
Westchester Psychological Services
Mount Kisco

By Colette Connolly

A supportive environment is what families can expect at Westchester Psychological Services, a collaborative practice where licensed psychologists Stephanie O’Leary, Laura Wert-Snyder, Marisa Mahler and Mary DeWitt help children and adults come to terms with anxiety, stress, ADHD and other problems.

The Mount Kisco practice established by O’Leary uses evidence-based assessment therapy and treatment techniques allowing O’Leary and her team to use the techniques and strategies that researchers have proven to be effective and then tailor them to suit each patient’s needs.

“I think it’s important to rely on that research,” said O’Leary, who received her doctorate in clinical psychology at the Georgia School of Professional Psychology. “The last thing I would want to do is waste a family’s time or resources.”

A neuropsychological perspective is also at the heart of the practice, she explained. This includes options for comprehensive neuropsychological and psycho-educational evaluations. It also means that every client is screened using clinical interviews and a series of standardized parent, teacher and self-reporting measures.

“This allows for a clear understanding of individual strengths and areas in need of support and generally improves the course of therapy,” O’Leary noted.

In the case of children, a neuropsychological evaluation includes a detailed investigation of intellectual capacity, academic skills, attention, executive functions and language processing.

A comprehensive evaluation usually includes one to two days of formal testing to assess various functions and an assessment of a child’s social history. The results of this evaluation usually provide O’Leary and her team enough information to identify specific learning disabilities or to pick up any underlying neuropsychological weaknesses that might be affecting a child.

While plenty of adults are patients at Westchester Psychological Services, children are its primary focus.

“We work with children across the developmental span, from preschoolers to college-age individuals,” O’Leary said. “It’s important to remember, however, that the tools are the same whether you are treating someone who is seven or 70. It’s just delivering them in a way that works for each individual.”

Children and teens often seek support due to anxiety, attention-deficit/hyperactivity disorder, learning issues or low self-esteem. A number of them are also on the autism spectrum, she added.

O’Leary said poor sleep habits and lack of exercise often contribute to some of the problems that children experience.

What sets the practice apart is the practical and relatable strategies for each patient. A child who suffers from anxiety may benefit from O’Leary’s explanation of what happens biologically to the body in simple, easy-to-understand terms. Teaching patients how to breathe properly, to imagine they’re in a favorite place or to even hold their breath for a few seconds often contributes to some of the problems that children experience.

“Teaching patients how to breathe properly, to imagine they’re in a favorite place or to even hold their breath for a few seconds are all practical strategies they can learn, she explained.

“A lot of kids, even children on the high-functioning autism spectrum, think they need to be fixed,” O’Leary said. “We’re here to say you’re not broken, and if there are things you want to change, then we can make a plan for that.”

O’Leary, who watched her brother struggle with dyslexia while growing up, said working with children gives her the opportunity to identify problems that need remediation and then work to alleviate them.

“I realize that we have to get it right,” she said. “We don’t have the luxury of time.”

She frequently coordinates with teachers, private tutors, neurologists, psychiatrists, dieticians and other clinicians to obtain the best possible outcomes for her patients.

Training parents on setting the appropriate expectations for their children, creating proper behavior plans for the home and community and other tools are all part of the plan to help create a climate of open communication in the home.

“If families are ready to address the issues, we are here to help them,” O’Leary said.

Westchester Psychological Services is located at 91 Smith Ave. For more information, call 1-845-313-9049.

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By Martin Wilbur

The Dominican Sisters of Hope have fought poverty, assisted countless citizens of war-ravaged nations and worked on a wide variety of social justice issues, but relatively few people outside of their circle know many of the details about what they do.

With the launch of their new website last week, the general public can now gain a better understanding of their work and their mission. Last Tuesday at Mariandale in Ossining, the Sisters of Hope, celebrating with treats and champagne, unveiled the site www.ophope.org.

“I think we had wanted to share information with our neighbors and with our friends and we realized there’s a whole other audience out there that could very much be energized by knowing who we are and what we are about, what our mission and vision is, and we knew we needed a fresh way of reaching them other than just a staid website that we had,” said Sister Lorelle Elcock, the prioress at the Sisters of Hope.

The site features information about the Sisters of Hope’s history, the pastoral work, the justice and advocacy issues they tackle and its social service, healthcare and education programs. For example, one of its members next month will be presenting a project on bees, which will be featured.

There is also plenty of appealing photos on the easy-to-navigate site and easily recognizable tabs to donate or to send or prayer request, among other functions.

Gina Ciliberto, a digital media journalist who helped the sisters bring their plan to fruition by writing much of the content, said the idea of the sisters advertising themselves to the world and engaging others on social media via their Facebook and Twitter accounts can feel as though it runs counter to their philosophy but is necessary in today’s world.

“They’re humble people and they feel like they need to be humble,” Ciliberto said. “They don’t want to be seen as prideful people.”

Plans call for the site to be updated at least three times a week with different features and new information, she said.

Letting the world know about the Sisters of Hope is imperative to reach a younger generation, said Janet Corso, the director of Mariandale. The most intriguing part of the site are the stories, shedding light on many creative and engaged women, some of whom are tackling difficult issues or facing danger, such as one sister who spent time in Iraq, she said.

“I think when I look at the stories they put up there it’s a way to tell the reader a more complete story,” Corso said.

Elcock said the site also contains information on the many programs offered at Mariandale that members of the general public might be interested in.

“A lot of people will never come here, but they can share in our vision in an electronic way,” she said.

In 1995, the Dominican Sisters of Hope were created by merging three different congregations, the one in Ossining, another in Newburgh and a third in Fall River, Mass. Currently, there are more than 170 members living and working in 15 states and Puerto Rico.
P’ville Therapist Offers Free Group Counseling to Help Cope With Train Tragedy

By Janine Bowen

When Maggie O’Connor was stuck in White Plains following last week’s Metro-North train crash, her immediate thoughts were about how she could help those affected by the tragedy.

O’Connor, a therapist at Breakthrough Marriage and Family Therapy, typically takes the train from her Scarsdale office to White Plains, where she transfers to the train that brings her home to Pleasantville. She left the White Plains station learning that train service had been halted and she would be forced to take a shuttle bus for the second leg of her journey.

It wasn’t until she was on the bus that O’Connor learned of the severity of the accident in Valhalla, when people began reading the news stories on their phones. Strangers who would typically have ignored each other began talking. O’Connor said she felt a strong sense of community and was compelled to help those affected by the crash by offering free support groups.

The first of six weekly group therapy sessions, which begin last Saturday at her Scarsdale office, is offering a series of six group counseling sessions at her Scarsdale office to help those affected by the Metro-North crash that killed six people in Valhalla on Feb. 3.

O’Connor has heard from people who were on the train that brings her home to Pleasantville, is offering a series of six group counseling sessions at her Scarsdale office to help those affected by the Metro-North crash that killed six people in Valhalla on Feb. 3.

O’Connor’s office is located at 14 Pleasantville Road, Scarsdale.

“Initially I wanted to do this in March, but after the crash, I thought that if I had to do it now,” O’Connor said.

The first group will be open to those who lost loved ones in the crash and will include a forum to talk about their emotions with others who have also lost family members.

The rest of the groups are open to anyone who was affected by the crash.

Immediately following most traumatic events, people can be in a state of shock and want to stay close to home. As time moves on, they must return to their daily routines but some may feel stuck, O’Connor explained.

Her goal is to let people know that their feelings are normal and help them resume their lives by offering a forum to talk about their emotions with people who are going through the same struggles.

O’Connor’s office is located at 14 Pleasantville Road, Scarsdale.

The sessions are free, participants are required to register in advance by calling 914-355-0517 or by e-mailing info@breakthroughmft.com.

There will be two sessions, one at 8 a.m. and the other at 9:30 a.m., with groups of 10 to 15 people each. O’Connor said the groups will meet for six Saturdays. Colleagues of hers are prepared to handle other sessions in the event there is more demand.

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Tuesday, Feb. 17

English Conversation Mini Course. For speakers of other languages seeking to improve their English. All welcome. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 2 to 3:30 p.m. Free. Tuesdays through March 31. Info: 914-864-0038 or visit www.mountkiscolibrary.org.

Italian Language and Culture With Mara De Matteo. De Matteo, born and raised in Italy, combines lively conversation with grammatical instruction in her classes, creating interactive lessons on the richness of Italian culture, past and present, through real-life anecdotes, literature, personal memoirs, films and photography. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 6:30 p.m. Free. Also Feb. 24. Info: 914-273-3887.

“Baby Boomers and the Family Caregiving Gap.” Dr. Kenneth A. Knapp, assistant professor, health policy and management research scholar and high-energy interactive membership management research scholar and management research scholar. Join this registration required. Info and pre-registration required: 914-723-3470 or visit www.wolfdance.org.

“Baby Boomers and the Family Caregiving Gap.” Dr. Kenneth A. Knapp, assistant professor, health policy and management research scholar and management research scholar. Join this registration required. Info and pre-registration required: 914-723-3470 or visit www.wolfdance.org.

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-benefits while having a blast in one lively, interactive dance, gentle yoga and great music. Drop in or weekly discount rates available. Info: Contact Peggi at 914-960-4097.

Mother Nature’s Story Time. Children enjoy winter days with nature-themed stories, nature walks, live animals and/or crafts in the first installment of this six-week session that meets on Wednesdays. Dress for outdoor activity. Except in extreme conditions, a portion of each class is spent outdoors. For children two to four years old. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 to 11 a.m. Members: $50 per child. Non-members: $90 per child. Pre-registration and pre-payment required. Info and 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 lightweight drumsticks called “Pump” and combining continuous simulated drumming resulting in working the entire body. Dance Emotions, 75 S. Gleeley Ave., Chappaqua, 10:15 a.m. $20. Every Wednesday. Info: Contact Peggy at 914-960-4097.

Mommy Meet Up. Whether it’s your first child or your fifth, this program is a great way to get out of the house, meet new friends and enjoy time with your baby. For newborns birth to eight months old and their moms. Rompere Indoor Playground at World Cup Nursery School & Kindergarten 160 Hunts Lane, Chappaqua, 10:15 to 11 a.m. Free. Every Wednesday (except holidays) through June. Info: Contact Kim Bremer at 914-238-9267 ext. 20.

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, HEPIC, weatherization, minor home repair and tax relief programs. Mount Kisco Public Library, 100 Main St., Mount Kisco. 10:30 a.m. to 1:30 p.m. Free. Every Wednesday. Info: 914-231-3260.

Winter Wolves. Learn about the mythology, biology and ecology of wolf families and discover why this season is such a magical time for packs in North America. Guests will visit ambassador wolves Atka, Alawa, Nikai and Zephyr as well as the centers critically endangered red wolves and Mexican gray wolves. Also enjoy hot beverages in our woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 11 a.m. Adults: $15. Children (under 12): $12. Also Feb. 22 at 11 a.m. Pre-registration required. Info and pre-registration: Visit www.nyewolf.org.

Italian Cultural Film: Cinema Paradiso. A film about a boy who grows up in post-war Italy and dreams of being a film director. Westchester Community College’s Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. 11:15 a.m. Free. Info: 914-606-6790.

Chair Yoga With Alka Kaminer. Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. No previous yoga or fitness experience necessary. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Also Feb. 25. Info: 914-273-3887.

Animals at the Library. Come for a fun and educational program from Animal Embassy about zoology. Learn about the study of animals from around the world, their habitats and classifications. Also hear about the life of an animal scientist and meet the animal ambassadors, including giant White's tree frogs, an eclectus parrot, a green tree python or emerald tree boa, chinchillas and many others. Recommended for children four years old and up. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 p.m. Free. Info: 914-769-0548.

Knitting Club. Come learn to knit, or if you already know how, bring your current project and enjoy a visit with other knitters and crocheters. Beginners should bring a pair off size 8 or 10 straight knitting needles and skein or worsted weight yarn. Open to knitters and crocheters 10 years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4 to 5:30 p.m. Free. Every Wednesday. Info: 914-666-8041.

Wednesday Night Bingo. Regular bingo tickets and specials available for sale. Includes coffee, tea and hot chocolate. Hot dogs and soda for sale. Holy Rosary School, 180 Bradhurst Ave., Hawthorne. Doors open at 6 p.m. Games start at 7:20 p.m. $2 (for one card). Extra game cards may be purchased for $2 or $3 each along with a few specialty games. Every Wednesday.

Art Discussion Series: The Northern Renaissance and Petrus Christus. This Flemish painter, born around 1420 in Belgium, changed the way painting was practiced. He was one of the first to use geometric perspective throughout the art of painting, which was previously done. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2:30 to 3:30 p.m. Free. Registration required at the library. Info: 914-769-0548.

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Every Thursday. Info: 914-864-0130 or visit www.mountkiscolibrary.org.

Zumba Fitness Class. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 7 to 8 p.m. $15 a class. $29 for four classes. $55 for eight classes. Meets every Thursday. Also Saturdays from 8:30 to 9:30 a.m. Info: 917-215-1720, e-mail AddietudeDance@gmail.com or visit www.Addie-tude.com.

Friday, Feb. 20

Zumba Gold Class. A trial class featuring Zumba’s low-impact approach. Drop in anytime. Addie-Tude Performing Arts Center, 42 Memorial Plaza (lower level), Pleasantville. 11 a.m. to noon. Free. ($12 drop-in fee after free trial class.) Every Friday. Also Saturdays from 10 to 11 a.m. Info: Contact Amy Olin at olin, amyj@gmail.com.

Friday Night Cinema: “Elegy.” This adaption of a Philip Roth novel examines how love can immobilize even the brightest of men. With a powerhouse cast continued on page 20
North Castle Officials Weigh Taking Over Operation of Ehrman Pool

continued from page 1

He said the pool wouldn’t necessarily have to be profitable for the town to pursue it, but officials don’t want it to be a drain on town finances either.

“We all know that as a town pool it’s an asset to the town, and while we strive to make profits on the property, it isn’t necessarily our first goal. It’s to provide a pool to the residents of the town,” D’Angelo said.

He expects the Budget and Finance Committee to return with concrete ideas within the next two months to see how the town should proceed. A licensing agreement would be similar to a lease and could include an option to buy.

Supervisor Michael Schiliro said the town isn’t interested in buying the pool at this stage, but wants to determine whether it would be a wise choice to assume control. The best way to do that, he said, would be to undertake a “test drive” to see if the municipality can gain some cost certainties, he said.

Under the town’s operation, the Recreation & Parks Department would have greater flexibility to schedule the town’s summer camp, which uses the Greenway Road facility for swimming. It could also be in a position to try and increase revenues by offering expanded programming such as lifeguard certification courses, aquatic classes, swimming lessons and parties, said Matt Trainor, the town’s superintendent of Recreation & Parks.

Trainor, who was in charge of running Mamaroneck’s Hommocks Pool before coming to North Castle, said it is also critical for the town to set the price for a summer membership at the right level to entice more residents to join and increase revenue.

“I think it’s going to take a couple of years to find that out,” Trainor said. “We can certainly do better than an affordability standpoint in terms of how much we charge for memberships and programming and things like that.”

Last year there were about 145 members said Larry Ruisi, a member of the Budget and Finance Advisory Committee. That was down from 230 members in 2013.

He estimated that total operating expenses last year were about $300,000, but revenues from memberships were only about $130,000. That does not include any money the town could derive from additional programming and concessions.

“I understand the town wants to make this affordable, but reducing the number (for membership) from nine (hundred) to six (hundred), then you need to increase your membership by about 50 percent,” Ruisi said.

“From the point of view of the Budget and Finance Committee, I think our thoughts would be we understand you want to do this, but really think long and hard about how long you want to commit,” he added.

There is also maintenance work that needs to be done, including redoing the deck and resurfacing the pool’s interior, Trainor said. Cost estimates for the deck are about $26,000, while the least expensive resurfacing option would run about $100,000, he said.

However, the town has been spending about $55,000 a year to use the pool for its camp program, an expense that would be eliminated.

Trainor said he is eager for the town board to make a decision, with some residents anxious to make plans for their children and wanting to know the pool’s immediate future.

Town Administrator Joan Goldberg said regardless of how the matter is resolved, she is confident the town will have a pool for camp this summer.

Japanese Floral Arrangement Class on Tap for Feb. 27 at NY Botanical Garden

If you are tired of winter and want an instant pick-me-up, join Jan L. Gordon at the New York Botanical Garden on Friday, Feb. 27 from 10 a.m. to 1 p.m. for an adult education class, East Meets West Floral Designs.

Gordon, owner of East Meets West Flowers in Pleasantville, will make sure you leave with a stunning floral arrangement. When sleek, contemporary design incorporates traditional Japanese floral principles and concepts of inner harmony, the results can be truly stunning.

Arrange your flowers, leaves and materials into a symbolic triangle shape and learn techniques for molding grasses and other greens into your finished design.

No prior experience is needed. The materials fee of $55 is due at registration.

The New York Botanical Garden is located at 2900 Southern Blvd. in the Bronx. For more information about the course and to register, call 718-817-8747 or register on line at www.adulted.nybg.org. The course number is 153FDN227. Gordon can be reached directly by e-mailing eastwestflowers@gmail.com if you have any questions. Also visit www.EastMeetsWestFlowers.com.

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Happenings
continued from page 18

including Ben Kingsley, Dennis Hopper and Penelope Cruz, this 2008 romantic drama has a completely different take on the May-December romance. Post-screening discussion led by Prof. Valerie Franco, North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Saturday, Feb. 21
Pleasantville Farmers Market. The market moves indoors featuring vendors with winter-grown produce along with a variety of meats, cheeses, breads and prepared foods. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 9 a.m. to 1 p.m. Every Saturday through Mar. 9. Info. Visit www.pleasantvillefarmersmarket.com

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

Third Saturday Bird Seed Sale. The sale supports the local conservation work of the Saw Mill River Audubon. Pruyne Sanctuary, 275 Millwood Rd., Chappaqua. 9:30 a.m. to 12:30 p.m. Info (including bird seed descriptions and prices): Visit www.sawmillriveraudubon.org/seedsale.

Sahaja Meditation. Led by Peter Simone. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10 to 11 a.m. Free. Every Saturday. Registration required. Info and registration: 914-864-0137.

Tai Chi With Larry Attile. Learn specific feldenkrais and chi kung breathing techniques for deep relaxation and apply them to tai chi movement. A hands-on class that is geared to the level of experience of the class. Please wear comfortable clothes and bring a floor mat or towel. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 10:30 a.m. Free. Also Feb. 28. Info: 914-273-3887.

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 home or which plant makes its own heat to help melt the late winter ice. Program runs about 30 minutes. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11:30 a.m. Free. Also Feb. 22 and 28 and March 1, 14, 15, 21 and 22. 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 lightweight drumsticks called Ripstix™ 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.

Pound Ridge Historical Society Exhibit and Sale of Quilts. This exhibit and sale of quilts will feature works by Barbara Glah, Judy Gavi, Nancy Mirman, Sonhild Rodney and Judy Simek, all members of the Northern Star Quilt Guild. The quilts range from a contemporary style to traditional that has been part of the American heritage for centuries. Pound Ridge Historical Society, 255 Westchester Ave., Pound Ridge. 1 to 3 p.m. Free. Wednesdays, Saturdays and Sundays in February. Info: 914-764-4333 or e-mail current director Judy Simek. 914-797-7026.

Wolf Tails for Kids: Mythology of a Predator. A program that discusses the relationship between the wolves and humans of the past. Guests will be introduced to various wolf mythologies and then have a chance to create their own and share, if desired, before visiting ambassador wolves Atka, Alawa, Zephyr and Nikai and the center’s critically endangered red wolves and Mexican gray wolves, too. Don’t forget a camera. Wolf Conservation Center, North Salem 2 p.m. Adults: $15. Children (under 12): $12. Pre-registration required. Info and pre-registration: Visit www.wnywolf.org.

Finding and Feeding Winter Birds. Go on a winter walk and learn what birds in our area like to eat and where they find shelter. The walk includes a visit to the Birds of Prey Aviary and busy bird feeders as well as a search for our more elusive feathered friends. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: Free. Non-members: $8 per person. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Natures Course: Wolves and Moose of Isle Royale. For decades a wolf and moose study has been conducted on Isle Royale to better observe how predator/prey dynamics work. However, this study may soon come to an end. Join the Wolf Conservation Center in a discussion of current issues for the wolf, populations both on Isle Royale and elsewhere in the United States. Then, visit ambassador wolves Atka, Alawa and Zephyr and the center’s critically endangered red wolves and Mexican gray wolves. Dress for cold weather. Wolf Conservation Center, South Salem 11 a.m. $15. Pre-registration required. Info and pre-registration: Visit www.wnywolf.org.

Reception for “Perspectives From the Eyes of Four Artists.” Paintings by Jane Black of Bedford and Marion Schneider of Larchmont will hang alongside the photographs of Ruth Raskin of Scarsdale and Rita Baunok of South Salem in this powerful four-woman exhibition of new works. Mamaroneck Artists Guild, 126 Larchmont Ave., Larchmont. 3 to 5 p.m. Free. Info: 914-834-1117 or visit www.mamaroneckartistsguild.org.

The Cashore Marionettes: “Life In Motion.” Award-winning artist Joseph Cashore creates and manipulates amazingly lifelike marionettes. This one-of-a-kind performance is a series of scenes taken from everyday life and set to the beautiful music of Beethoven, Vivaldi, Strauss and Copland. Through a combination of virtuosic manipulation, humor, pathos, classic music and poetic insight, the Cashore Marionettes take the audience on a journey that celebrates the richness of life. Westchester Community College’s Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 8 p.m. $22. Seniors and students: $20. Children (under 13): $16. Info and tickets: 914-606-6262 or visit www.sunyacc.edu/SmartArts and click on the “Buy Tickets” link. Tickets may also be bought at the box office a half-hour before the performance.

Buckwheat Zydeco. American musical legend Stanley “Buckwheat” Dural Jr. (a.k.a. Buckwheat Zydeco) is the preeminent ambassador of Louisiana’s zydeco music. Preceded by opening act Professor Louie and the Crowntaxis. Paramount Hudson Valley, 1000 Brown St., Peekskill. 8 p.m. $34 and $44. Info and tickets: 914-739-0039 or visit www.paramounthudsonvalley.com.

Argentine Tango Dances. Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Refreshments served. Broadway 26 Dance, 26 Broadway, Hawthorne. 8 p.m. to midnight. $16. Also the first Sunday of each month from 3 to 6 p.m. $12. Info: 914-723-3023 or 914-484-5101 or e-mail sampaleyoptionline.net.

Sunday, Feb. 22

Monday, Feb. 23
Knitting Group. Hats for our servicemen and women overseas and other ongoing projects for care centers and hospitals. Clinton Street Center, 1A Clinton St., Pleasantville. 9:30 to 11:30 a.m. Free. Every Monday. Info: 914-769-2021.


Zumba Class. Open to all. Drop-ins welcome; no membership needed. PFX, 101 Casleton St., Pleasantville. 6:30 to 7:30 p.m. $10 a class. Every Monday. Info: Contact Amy Olin at olin.amyj@gmail.com.

Turkish Cooking Demonstration. Come for this demonstration presented by the Turkish Cultural Center of Westchester. Attendees will observe, step by step, how to prepare a traditional Turkish meal. The tentative menu includes Sigara Borek (spring rolls), Kisir (tabouli salad) and Muhabelli (Turkish pudding).Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 7 p.m. Free. Space limited; registration required. Info and registration: 914-769-0548.

Wednesday, Feb. 25
Support Group for Alzheimer’s Caregivers. Temple Shaaray Tefila and Westchester Jewish Community Services have scheduled this forum to provide a place for caregivers to discuss their feelings, share their experiences and support one another. A specialist from the Alzheimer’s Association will lead the group and provide educational materials and information. All welcome. Temple Shaaray Tefila’s Youth Lounge, 89 Baldwin Rd., Baldwin Corners. 11 a.m. to 12:30 p.m. Free. Meets the second and fourth Wednesday of each month. Registration required. Info and registration: Contact the Alzheimer’s Association at 800-272-3900 or visit www.alz.org/hudsonvalley.

Lil’ Cooks. A series of hands-on cooking classes for children three to five years old. Mount Pleasant Town Hall Tower Room, 1 Town Hall Plaza, Valhalla. 12:30 to 2 p.m. Also Thursdays 10 to 11:30 a.m. and 12:30 to 2 p.m. Info and registration: 914-742-2310 or visit www.MtPleasant.com/rec.

Art Discussion Series: Masaccio. In order to appreciate the advances in painting during the Renaissance, we must examine the work of the short-lived genius Masaccio, born 1401 in Florence. One of the main protagonists of the Italian Renaissance, he was obsessed with creating lifelike figures, a sense of movement in his work, and most impressive, a true three-dimensionality with a vanishing point. Led by Professor Valerie Franco, North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887 or www.northcastlibrrary.org.

Helping People in Need. The Chappaqua Public Library and the Chappaqua Interfaith Council will jointly present this panel discussion about the needs and opportunities for local volunteers. Representatives from Volunteer N.Y., Infinite Family, Neighbors Link, Open Door Family Medical Center and other area nonprofits will be on hand. Moderated by Rev. Dr. Martha Jacobs, senior minister of First Congregational Church of Chappaqua. Preceded by a Finger Food Potluck dinner. Chappaqua Public Library, 195 S. Greeley Ave., Chappaqua. 7 p.m. Free. Potluck dinner at St. Mary the Virgin Episcopal Church, 191 S. Greeley Ave., Chappaqua. 5:30 p.m. Free. Bring finger food to share. Info: 914-238-4779.
The Man Behind the World’s Most Famous Bar

By Carla Gambescia

We begin with a person and a place -- Giuseppe Cipriani, the founder and proprietor of Harry's Bar, perhaps the most famous bar in the world as well as one of the best, and most expensive, restaurants in Venice.

For any Hemingway enthusiast, a visit to Harry's Bar is a must. Hemingway drank there, he ate there, he hung out with the owners and, of course, he wrote about it. He even went as far as to put Cipriani in one of his novels. Cipriani is the only then-living person to have ever appeared in any of Hemingway's fiction.

Harry's Bar is one of the few places in the world which can lay claim to the creation of not only a classic cocktail -- the Bellini (Prosecco with white peach juice; named after the Venetian artist whose rich palette of colors included the vibrant peach of the cocktail) -- but also a classic dish: carpaccio, named for another illustrious Venetian artist known for his use of distinctly beefy reds.

Ironically, for a drinking establishment, Harry's Bar was a “buy-back.” During Prohibition wealthy Americans went abroad to tour, finding sanctuary in European hotels as civilized oases where they could drink freely.

But back then Europe lacked the sort of casual bars where one could drop in, meet friends and have a bite to eat. The hotel lounges were all posh, even swank. It was in the Europa-Britannia Hotel in Venice that a young Bostonian named Harry Pickering came with frequency during 1929.

His original intention was to travel with his aunt and her gigolo, and to dry out in Italy, but a drunk Pickering insulted them and they left him lira-less in Venice.

Pickering turned to the person who was probably his only friend at the time and asked Cipriani, the hotel’s bartender, for a loan of 10,000 lire -- just enough money to pay his hotel bill and his passage home. Cipriani took pity on the young American and gave him the money, never expecting to see it again.

A couple of years passed without any word. Yet, true to his promise, Pickering eventually did return to Venice and handed Cipriani 10,000 lire plus an additional 40,000 with which the two of them could open a small American-style saloon to be called Harry’s Bar. As the years passed, Pickering eventually lost interest in the venture and returned to Boston. He died in 1948, leaving it all to Cipriani.

When World War II came to Venice, Cipriani defied the Nazis. In 1943, a group of fascists entered Harry’s Bar and told Cipriani he had to put up a sign saying, “We do not want Jews in this establishment.” When they returned a few days later and demanded to see the sign, Cipriani led him back to the kitchen, where it was displayed on the kitchen door. This caused the infuriated fascists to tear the place up with their bayonets.

A few days later the German consul claimed that Cipriani’s establishment was a hangout for “unacceptable non-Aryans.” Rather than give in, Cipriani closed the doors of Harry’s Bar. A few weeks after the liberation of Venice in April 1945, Cipriani was summoned by the U.S. commander of liberation of Venice in April 1945, Cipriani was summoned by the U.S. commander of the Allied forces.

Variety of Spring Break Farm Classes for Children at Stone Barns

By Jerry Eimbinder

The Stone Barns Center for Food & Agriculture in Pocantico Hills has expanded its annual educational activities with the introduction of Spring Break Farm Camps for kindergartners to third-graders.

Children will participate in cooking, preparing and eating a snack based on what’s growing on the farm. They will harvest meat components and take home recipes. The campers will also help the center’s farmers with seasonal chores such as egg collecting, sheep care, honey bee observation and composting.

Understanding how a farm functions, winning kids over to eating nutritious food and raising poultry are also some of the topics covered in classes on Stone Barns’ Spring 2015 educational schedule.

Poultry School, a two-day program of intensive classroom instruction and hands-on workshops, children will become familiar with methods and techniques used to raise pastured poultry. The birds that will be covered in these sessions include layer-chickens, meat chickens, turkeys and geese. Cost to register for the March 28-29 program is $100.

March 28-29: Poultry School 2015. Raising pastured birds for soil health and flavor. Two days of intensive classroom instruction and hands-on workshops. $100.

April 1: Spring Break Farm Camp Day for “Sprouts.” Kindergartners and first-graders. Drop off children. 10:30 a.m. to 3 p.m. $75 per child.

April 1: Spring Break Farm Camp Day for “Growers.” Second- and third-graders. Drop off children. 10:30 a.m. to 3 p.m. $75 per child.

April 8 to May 27 (every Wednesday) or April 9 to May 28 (every Thursday): Little Cooks and Gardeners. Ages 3 to 5. 11 a.m. to noon or 2 to 3 p.m. For a parent or caretaker and one child. $220.

April 12: Monthly Farm Market. 10 a.m. to 4 p.m. Free admission.

April 18: Cooking at Home With Kids. Tips for getting children involved in cooking while enticing them to try nutritious foods. Simple inventive recipes are covered. 10:30 a.m. to noon. Minimum age for registrants is 18. $40.

April 18: Farm Camp Day for “Growers.” Second- and third-graders. 10:30 a.m. to 1 p.m. $50 per person.

April 25: Sheep Shearing Fest 2015. 10 a.m. to 3 p.m. Children under 2: Free. Children 2 to 14: $15. Adults (15 and up): $25.

April 29: Insider’s Tour: Behind-the-scenes tour of greenhouses, planting fields and livestock. Tours are 90 minutes on Friday, Saturday and Sunday. Extensive walking involved. Children 6 to 14: $17. Adults: $20.

March 8: Monthly Winter Farm Market. 10 a.m. to 4 p.m. Free.

March 21: Cooking at Home With Kids. Tips for getting children involved in cooking while enticing them to try nutritious foods. 10:30 a.m. to noon. Min-imum age for registrants is 18. $40.

March 21: Farm Camp Day for Growers. Second- and third-graders. Drop off children. 10 a.m. to 1 p.m. $50 per person.

In the coming year, La Dolce Vita University will profile 12 individuals who have influenced the course of Italian cultural history, whether in ancient times or more recently.

Hudson Valley Restaurant Week to Begin March 9

By Jerry Eimbinder

Spring Hudson Valley Restaurant Week begins its 10th year on Monday, March 9 and runs through March 22.

Lunches and dinners cost diners exactly the same as they did in 2013 and 2014 -- $29.95 per person for a three-course dinner and $20.95 each for a three-course lunch. Beverages from coffee to cocktails, tax and gratuity are additional. Some restaurants provide selections at higher prices but are required to offer non-supplemented cost choices on the menu.

There are 205 restaurants participating in this year’s program, up from 168 two years ago. Of those, 107 are located in Westchester and 10 in Putnam County, with the remainder from Rockland, Dutchess, Orange, Ulster and Columbia counties and Connecticut. Hudson Valley Restaurant Week had 70 restaurants participating when it launched in 2006.

A full list of the restaurants enrolled in the program can be viewed by visiting www.hudsonvalleyrestaurantweek.com. The program is conducted by The Valley Table, a food and culinary magazine headquartered in Newburgh.
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An Exercise in Matching Wine and Oscar Nominations

By Nick Antonaccio

The 87th Academy Awards show airs this Sunday. This is my sixth year of presenting the Best Picture nominees and creating hypothetical pairings of wine with the top contenders.

I’ve distilled my list to five of the eight nominees.

“Birdman or (The Unexpected Virtue of Ignorance).” This dark comedy praises and mocks Hollywood and Broadway in one tightly knit, absorbing film, often flitting between reality and fantasy. Risking his life savings and his reputation, Riggan Thomson foregoes a movie comeback as the superhero Birdman, and instead decides to write, direct and star in a Broadway play. One of the actors denigrates Riggan’s motivation for staging the play: “Popularity is the slutty little cousin of prestige.”

Risking his life savings and his reputation, Riggan Thomson foregoes a movie comeback as the superhero Birdman, and instead decides to write, direct and star in a Broadway play. One of the actors denigrates Riggan’s motivation for staging the play: “Popularity is the slutty little cousin of prestige.”

New World Pinot Noir wines are popular for their linear taste and their simplicity. Yet the sophistication and complexity of these wines pale in comparison to their French counterparts. Wines from the Burgundy region and the Rhone Valley of France are the end result of blending up to 13 grape varieties in varying ratios into one wine. Each wine bears the same outward symbol to consumers, but harbors a unique expression of its history and influences inside the bottle.

“The Imitation Game.” Breaking the German Enigma machine during World War II is elusive. Alan Turing, a 27-year-old Brit, heads up a team that takes on this daunting assignment. Alan is off-putting and a loner with OCD and speech issues. Not a winning combination. However, he perseveres and his team creates the first digital computer and breaks the Enigma code. Alan’s life after the war is pure hell, and ends in shame and degradation.

In interviewing candidates for his team, he comments: “Sometimes it’s the very people who no one imagines anything of who do the things no one can imagine.” So too with the Zinfandel grape. It has evolved from a rather mundane role as a go-to wine by consumers. We’ve watched it grow up, with fond memories of its impact on our wine education. Yet today it is taken for granted for being pleasing, but not that exciting.

“American Sniper.” Chris Kyle became an American patriot in his thirties, deciding to serve his country and fight terrorism. He became the most lethal sniper in American military history, with 160 kills, while serving the Navy SEALs. Kyle and many veterans suffer PTSD; this movie brilliantly brings the problem to the fore in all of its egregious manifestations.

Chris Kyle is the life sum of his experiences. Similarly, the legendary Châteauneuf-du-Pape wines from the Rhone Valley of France are the end result of blending up to 13 grape varieties in varying ratios into one wine. Each wine bears the same outward symbol to consumers, but harbors a unique expression of its history and influences inside the bottle.

“The Grand Budapest Hotel.” Is this the best Wes Anderson movie ever? If I could figure out the message I might agree. But the tale, including an elusive concierge, a young lobby boy, an eccentric heiress and her son and the theft of a painting left me perplexed, winded -- and parched.

So I reached for a glass of Alsatian Riesling, simultaneously sweet and dry, acidic yet balanced, complex yet simple. This panoply of characteristics came together in an intricate framework of finesse. It helped me appreciate Wes Anderson’s creativity. I felt better.

Which movie will win the coveted Oscar? Sit back on Sunday night with your favorite wine in hand and enjoy the festivities.

Nick Antonaccio is a 35-year Pleasantville resident. For over 15 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick’s credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.
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