Astorino Slammed for Secrecy in Mt. Pleasant Development Plan

By Martin Wilbur

Three Democratic county legislators last week criticized Republican County Executive Rob Astorino for a lack of transparency regarding plans to develop 60 acres of public land adjacent to the Westchester Medical Center in Valhalla. Majority Leader Catherine Borgia (D-Ossining), Peter Harckham (D-North Salem) and Catherine Parker (D-Rye) charged that the administration has failed to supply the Board of Legislators with vital information regarding its intentions for the county-owned parcel referred to as North 60.

The three lawmakers said that because of its size, strategic location near the medical center, New York Medical College and Westchester Community College and its development potential, North 60 may be the most important county land use decision officials face.

As a result, they would like to see an updated master plan for the site to explore the parcel's full range of possibilities. "It is our position that there needs to be a public discussion and the public needs to know about the best uses of public property," Harckham said.

"We have not had a presentation or a specific proposal," he continued. "We have yet to see a specific plan for the entire campus or a specific plan for the North 60 (property)."

The administration was scheduled to make a presentation before the Board of Legislators last Monday regarding its plans for the site but that meeting was postponed because of bad weather. The presentation has been rescheduled for Feb. 23.

continued on page 2

Pleasantville Mourns Death of High School Senior; Cause Not Released

By Janine Bowen

The Pleasantville School District is in mourning following the death of a student last weekend.

Shane Howe, a 17-year-old senior at Pleasantville High School, died on Saturday, although circumstances surrounding his death are not being released.

According to a representative from the Westchester County medical examiner's office, the death certificate states that the official cause of death is "pending further study." It could take upwards of 16 weeks for all tests, including a toxicology report, to be completed, the representative said.

Parents and students were informed of the death on Sunday morning through an e-mail from high school Principal Joe Palumbo. Palumbo stated that the school's counseling office will remain open throughout the week for students who wish to use the service. Parents with specific concerns about the way their child is handling the death can contact counselors directly.

"It is critical that we provide students with support as they attempt to cope with the loss of a classmate," Palumbo's statement read. "It is impossible to make sense of situations like this; however, we will come together as a community to support one another."

Pleasantville police Lt. Erik Grutzner said that the case is an open investigation. He was unable to provide additional information at this time.

continued on page 2

North Castle Grants Conditional Permit for HBO to Film Pilot in Armonk

By Martin Wilbur

The North Castle Town Board granted HBO conditional approval last week to film scenes for an upcoming pilot at a house on a private road in Armonk.

Filming for portions of a "dramedy" titled "Divorce," starring Sarah Jessica Parker, would take place for three or four days during the week of Feb. 23, said the project's location manager, Patty Carey-Perazzo.

Approval is pending until Police Chief Peter Simonsen signs off on the route that the production trucks and passenger vans will use to get to and from the site and proper insurance coverage is obtained by the filmmakers.

"We've chosen that house because the house is architecturally significant, " said Carey-Perazzo of the currently vacant house at 7 Deer Ridge Lane. "It's a special house; we've looked all through Westchester and Long Island and it's a great piece of property for filming because it's very large and it's a beautiful house."

In the story, Parker's character is considering a divorce from her husband. A couple that she is friendly with is hosting a dinner party at the house but have their own tumultuous relationship.

It isn't known if HBO will pick up the show as a full series or when the pilot might air, Carey-Perazzo said.

Last week, the town board quizzed Carey-Perazzo for more than an hour regarding duration of filming, the types and number of vehicles that would

continued on page 4
While it will be another few weeks before the presentation is made, the legislators accused Astorino’s office of inaction. A Request for Proposal was released in 2011 and proposals were collected in 2012. But little has been done since then, they said.

“It actually felt very similar to the RFP process for Playland,” Parker said, comparing the situation to the frequent squabbles surrounding the attempts to find an operator and privatize the county-owned amusement park. “There’s been a lack of communication between the administration and the legislature.”

However, Ned McCormack, Astorino’s communications director, said last Friday he was puzzled at the sudden complaints directed toward the county executive regarding North 60. The usual process is for the administration to put together a proposal to present to the Board of Legislators. Lawmakers would then weigh in on the plan, including whether to accept or reject it, he said.

He said there were two proposals received by the county but the process has taken longer than expected because they are exceedingly complicated and negotiations are sensitive.

“Once there is a proposal, and there will be one brought to the board, it’s their job to review it,” McCormack said.

Countering part of the legislators’ arguments, McCormack said there is a master plan for the property. Although it is at least 25 years old, it does not need to be updated because it’s meant to provide a general outline of what could be done with the land, he said.

About two years ago, developer John Fareri pitched a plan before the Mount Pleasant Town Board for a medical science village for the 60 acres and about an additional 20 acres that he owns and is contiguous with the county property. Town officials said at the time he was hoping to lease the larger parcel from the county.

The plan, which was last discussed in Mount Pleasant in 2013, called for about 70,000 square feet of retail, a 120-room hotel and conference center and a living science center, which would be a health museum tailored to children.

Mount Pleasant Supervisor Carl Fulgenzi said that Fareri originally appeared before the town board with a proposal for 150 units of rental housing and a shopping center about three years ago, but town officials criticized the proposal. When last seen, Fareri’s revised plan had eliminated the housing, which was praised.

Fulgenzi said he is unaware of where that proposal stands and whether the county executive’s office has received a formal proposal from a developer to lease the county’s 60 acres.

“They are only in the talking stage,” Fulgenzi said.

But the three Democratic legislators agreed that regardless of what the administration puts forth to the Board of Legislators and the public, limiting itself to one option would be a mistake. Harckham described the county executive’s approach as “a flawed process.”

“It could be a very good proposal but there may be nine other proposals that are good as well,” he said.

Neal Rentz contributed to this article.

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**Pleasantville Mourns Death of High School Senior; Cause Not Released**

Counseling was also available to students for three hours on Sunday in the Pleasantville High School Media Center, where Howe’s mother works as a library aide. According to Board of Education President Shane McGaffey, several students attended counseling sessions and shared stories and happy memories of their friend.

McGaffey, whose daughter was enrolled in a creative writing class with Howe, referred to the student as “a very talented guy” who was a gifted writer and musician.

A memorial service for Howe will be held this Saturday, Feb. 7 at 2 p.m. at St. John’s Episcopal Church, located at 8 Sunnyside Ave. in Pleasantville. The family asked that donations be made to St. Jude’s Children’s Rehabilitation Services in lieu of flowers.

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**TAKING CARE OF SHOULDER PAIN...**

What you should know about symptoms and treatment options

**Ask the Doctor**

**Evan H. Karas, MD, FAAOS**

Co-Chief, Orthopedic Surgery

Co-Director, Orthopedic & Spine Institute

Northern Westchester Hospital

nwhorthoandspine.org/DrKaras

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**Q:** I've been experiencing discomfort when I lift my arm over my head, most often brushing my hair and putting dishes in the cupboard. What could be wrong?

**A:** Shoulder pain is often because of tendon inflammation or tear, dislocation, arthritis or a broken bone. If you feel pain when you put on your coat or reach into the back seat of the car from the front, you may have a rotator cuff injury. The rotator cuff is a cradle of muscles and tendons that lets you rotate your arm in a full arc. This intricate structure makes it possible for you to do everyday activities like reaching and lifting; you also rely on your rotator cuff while swinging a tennis racquet or golf club or throwing a ball. Injury can result from a fall or lifting something heavy - or it might just be overuse. I often see rotator cuff problems in patients older than 35, as tendons lose elasticity with age.

**Q:** What should I do?

**A:** If you’re experiencing pain, it’s important to see a doctor. A thorough examination is needed to determine the cause of your pain. An orthopedist will check for symptoms such as swelling, weakness, tenderness and any deformities. Additionally, imaging with MRI and X-ray will assist in a diagnosis. Treatment options will vary. Most often rest, modified activities, and physical therapy will be needed. To reduce inflammation and pain, medication or injections, such as cortisone shots, may be used. Surgery will be required to resolve some shoulder problems.

**Q:** What can I expect if I need surgery?

**A:** If there is a tear, I’ll recommend surgery to repair it. Using a minimally invasive arthroscopic technique, I’m able to repair a rotator cuff as an outpatient procedure and patients can expect to be home within a few hours. For more serious problems such as severe arthritis, degenerative joint disease, or chronic rotator cuff deficiency, shoulder replacement surgery is often necessary. Patients can expect to leave the hospital after one or two days. Arm movement is limited for about six weeks while the tissue around the new joint heals. Most patients return to normal activities after three months, and shoulder replacements typically last a lifetime.

*American Academy of Orthopaedic Surgeons

**Watch Dr. Karas discuss Advanced Shoulder Surgery at**

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North Castle Grants Conditional Permit for HBO to Film Pilot in Armonk

continued from page 1

be entering and leaving the property, lighting, noise and other potential issues that could negatively impact neighbors.

She said a typical filming day lasts 12 to 14 hours. Since the party is supposed to take place at night, most of the filming at the property would occur after dark. With pre- and post-filming work needed each day, the requested hours on days to film were from noon to 3 a.m.

There would also be three to five days of preparation work and two or three days of restoration at the site following filming. The board agreed to an 8 a.m. to 8 p.m. schedule for those days.

Although supportive, town officials were initially leery of allowing an estimated six tractor-trailers containing equipment and generators on site and having the 75- to 100-person crew and 35 to 40 cast members needed for the party scene being shuttled to and from the property at odd hours.

“One of my biggest concerns is how late into the evening it goes,” said Councilman Stephen D’Angelo. “I wouldn’t want to have three or four nights until three o’clock in the morning. I don’t know if I’d want to see one night until three o’clock in the morning.”

Carey-Perazzo said the filming takes place almost entirely inside the house, other than one segment where police cars arrive at the house with flashing lights but no sirens. She noted that the size of the property also will prevent filming from impacting many neighbors.

“We are quieter than people think, especially in the night work,” she said.

Furthermore, the trailers will not leave the property after each day of filming. They will be brought to the site the day before or the morning of the first filming day and depart at the end of the week.

Carey-Perazzo also said an off-site location in town is being sought to keep about 10 production campers during the days while filming is taking place. Whippoorwill Country Club has been approached as one possible location for off-site parking, she said.

The production crew plans to use off-duty North Castle police officers to provide additional security and will reimburse the town.

In addition to the 8 a.m. to 8 p.m. schedule for preparation and restoration work, the board agreed to allow for maximum 16-hour days sometime between 6 a.m. and 3 a.m. The town will be paid $2,500 for each day of filming, preparation and restoration at the property.

Filming would begin on either Feb. 23 or Feb. 24 and last through Feb. 26. There would be no work done on weekends, Carey-Perazzo said.

Despite the potential for problems, town officials were looking forward to having a property featured on cable television.

“I think there’s an excitement to it, for sure,” said Supervisor Michael Schiliro.

Town Clerk Anne Curran said all 28 property owners within a 250-foot perimeter of the property will be notified of the schedule once the filmmakers finalize their plans.

The Examiner
Murphy Unveils Plan to Combat Heroin, Narcotics Abuse

By Neal Rentz

In an effort to combat what he described as a crisis, state Sen. Terrence Murphy (R-Yorktown) last week introduced to the public a seven-point plan to fight abuse of heroin and other drugs.

Murphy kicked off his series of meetings last Thursday at Mount Pleasant Town Hall. The series will continue at venues throughout the 40th Senate District in the upcoming months.

"It’s really an epidemic in the Hudson Valley," Murphy said.

The senator’s plan calls for:

- Legislation requiring insurance companies to cover drug treatment and rehabilitation for up to 90 days;
- Using drug seizure proceeds to provide funding for NARCAN, a potentially life-saving overdose treatment, to all first responders;
- Providing state funding for school resource officers and Drug Abuse Resistance Education (DARE) in all public schools by restoring the Gap Elimination Adjustment school aid cuts made in 2010;
- Forming a joint federal, interstate and local law enforcement counter-narcotics task force and removing legal barriers to share data;
- Creating a state grant program that would allow local narcotics units to step up enforcement against drug distributors;
- Increasing penalties for major narcotics traffickers; and
- Restoring cuts to the state Office of Alcoholism and Substance Abuse Services to fund peer recovery, addiction services and treatment programs.

Several dozen residents and a panel of elected officials and drug abuse experts participated in the meeting.

Murphy said he wanted to gather input on his proposals and would be willing to consider additional legislation after receiving feedback from constituents.

Panelists and residents generally favored Murphy’s proposals. Several speakers said NARCAN must be made more widely available, especially to first responders and school nurses to save lives.

Furthermore, additional training on how to administer NARCAN is needed.

"It’s safe and there’s no side effects," said Dr. Robert Rosenbaum of the Lexington Center for Recovery in Mount Kisco.

Some speakers urged officials to permanently provide special boxes at all local police stations to collect unused prescription drugs to prevent abuse.

Somers Supervisor Rick Morrissey said "DARE doesn’t go far enough."

More education is needed to help students fend off peer pressure and to warn them of the dangers of drug abuse, said Yorktown resident Al Morales. He said "The criminal justice system is a joke."

It was suggested by Mount Pleasant Councilman Mark Rubeo that parents should become better acquainted with the warning signs of drug use.

Several speakers said parents must participate more in programs that provide information about the dangers of substance abuse such as last week’s meeting. Mount Pleasant Supervisor Carl Fulgenzi said he helped organize a program for parents in town about 25 years ago.

"It was poorly attended," he said.

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New Armonk Gazebo to Feature Walking Path for Accessibility

By Martin Wilbur

North Castle officials last week selected a horseshoe-shaped walking path with a minimal grade as the handicapped accessible option for the town's new gazebo that will be built this spring at Armonk's Wampus Brook Park.

The town board unanimously made the decision during its Jan. 28 meeting after hearing cost estimates and receiving a recommendation from project architect John Sullivan.

Sullivan said after designing two types of ramps and a mechanical lift, the choice of the "site walk" would cause the fewest problems and would be the most aesthetically pleasing. In addition to the lift, the board could have also selected a conventional ramp that would have been attached to the rear of the gazebo or another type of ramp that would be much more highly noticeable to visitors at the park.

"I think the site walk, to me, was...the most effective, the least disruptive, (has) the least impact visually on the gazebo itself as compared to the wraparound concept, for example, which paints a completely different picture on five of the six sides of that gazebo," Sullivan said.

The walk will extend from the back of the gazebo and will be designed with a gentle 5 percent grade to get up to what will be the four-foot elevation of the structure's platform, he said. While a railing is not required for this design, Sullivan said he will include one on one side of the path.

Compared to the ramps, the cost estimate for the path was also agreeable to the board. The path, which will be at least 55 feet long, is projected to be a $28,000 expense while the conventional ramp would run $34,500 or $30,000 for the wraparound ramp. The estimate for the lift was $24,500.

The path can be built with brick, pavement or a natural material, Sullivan said.

Supervisor Michael Schiliro said it was critical that the town afford the same access to the gazebo for all residents. The original gazebo, which collapsed last June, was not only used for town events, but was a popular spot for the public to sit in nice weather.

Town officials were told that the conventional ramp could attract skateboarders and be a liability concern while the lift would require a key, effectively eliminating a disabled person from spontaneously enjoying the gazebo.

"Someone who needs this has every right to access it, " said Sullivan, "and that's what we're striving for."

By anyone, and I think that's really what the greatest requirement.

"I think this concept is great, " said Board members were pleased extra so it's 24/7 for anybody who wants to get up there."

Last week's decision is expected to give enough time to have the gazebo largely completed by mid June. The bid process will take about three weeks and construction will likely last another 10 weeks, Sullivan said.

While it may not be completed in time for the Lions Club's Fête de Roi in early June, it is anticipated that it would be ready for the Small Town Theatre Company's summer concert series starting in July.

Sullivan had said previously that the gazebo will look nearly identical to the previous one, except for changes made necessary by up-to-date code requirements.

Board members were pleased extra time was taken to make what they believed was the right choice.

"I think this concept is great," said Councilman Stephen D'Angelo. "It fits what we were talking about last time, and I think the best part, it doesn't look like a handicapped ramp. It's a ramp to be used by anyone, and I think that's really what we're striving for."
Technology Helping No. Castle Update Town’s Comp Plan
By Martin Wilbur

Eleven members were appointed last week to serve on North Castle’s Comprehensive Plan Steering Committee to help town officials update the nearly 20-year-old document.

The town board, which agreed to increase the size of the committee from seven members, approved the appointments during its Jan. 28 meeting. The committee consists of town residents Neil Baumann, Christine Eggleton, Michael Freedman, Jill Greto, Charlene Jacobi, Jim Jensen, Richard Koh, Charles Pound and Ed Woodward. Planning board member Christopher Carthy and Councilman Guy Mezzancello will also serve.

At a work session preceding the meeting, the board was updated on the public outreach efforts being undertaken by the town to solicit comments and ideas from residents. Last year, the town signed up for MindMixer, an online site that allows municipalities and organizations to obtain feedback from the public on various issues, after Director of Planning Adam Kaufman secured a grant to pay for the service.

“Very useful and this is going to be used in conjunction with our typical outreach,” Kaufman said. “So we’re still going to have public meetings, we’re still going to use mailing and traditional communications.”

To further that effort, the town is set to launch an additional platform, North Castle Forward, which residents can also use to interact with town officials, including Kaufman, the town board and the steering committee to give their views on Comprehensive Plan issues.

Town Clerk Anne Curran also introduced resident Alison Simon, who helped create a short video for the site featuring comments from residents and business owners talking about the issues addressed during the Comprehensive Plan update.

“The whole purpose of it is to gain feedback on what’s important to people as the board and the steering committee works to update the Comprehensive Plan,” Curran said.

The platforms also give people the chance to contribute even if they don’t have the time or desire to attend traditional meetings.

“This technology makes it easy for us to connect, collaborate, contribute and shape the future of our town,” Kaufman said.

The Comprehensive Plan update is expected to take at least a year to complete.

North Castle Buys New Truck, Leases Enhanced GPS Device
By Martin Wilbur

North Castle officials agreed last week to buy a new Highway Department vehicle and to install a GPS tracking device in the department’s trucks to help crews take care of the town’s roads more efficiently.

The town approved buying a new salt loader for $191,000 off of the state bid list to replace the oldest of its two loaders, said Town Administrator Joan Goldberg. In order to retrieve material out of the salt dome and equip the plow trucks with salt during a storm, two loaders are needed, Goldberg said.

The vehicle that is being retired is 18 years old while the second loader has been used for 12 years. The older vehicle will be put on the bid list, although Goldberg is uncertain how much the town could get if it sells.

“It’s functioning but it’s been breaking down more and more and it’s harder to get parts for that vehicle,” Goldberg said of the older truck.

The board also agreed to lease a GPS system from Vehicle Tracking Solutions of Commack, N.Y. A more sophisticated piece of technology than a conventional GPS, it can track how much material is applied to the roads and its speed to make sure that the proper amount of salt and sand is being used, Goldberg said.

It can also record the roads that have been plowed or treated, whether a truck is being operated with the plow up or down and when it is due for maintenance, among other information.

“This may change how we utilize our vehicles,” Goldberg said.

Under the agreement with Vehicle Tracking Solutions, it will cost North Castle $1,500 a month to equip each of the 50 trucks in its fleet, she said. The town has the ability to opt out of the agreement after the first year. If it wants to continue using the system, the monthly price is locked in for four years, Goldberg said.

The agreement also includes installation, repairs and equipment upgrades.
Scaled-Down Mt. Pleasant School Bond to Be Finalized This Week

By Neal Rentz

The decision regarding which items should be included in a scaled-down capital projects bond is likely to be made this week by Mount Pleasant School District officials.

The Board of Education last Wednesday instructed the district’s architect, KG&D Architects and Engineers, and its construction manager, Arris Contracting, to return for this Wednesday’s meeting with price quotes for a bond that would exclude some projects that were part of the soundly defeated $55,855,000 bond in November.

Trustees are scheduled to finalize the next proposition when it meets again tomorrow (Feb. 4).

Board President James Grieco said a new bond would have to be less than the November proposal. Another $55 million bond is “not going to fly,” he said. However, school officials did not specify what price tag might be acceptable to voters.

Trustees are considering removing items such as a second access road for the Westlake Middle School/High School campus, an artificial turf field, and outdoor lights and a covered walkway at the middle school entrance. Those items, considered by some residents as unnecessary, have generated some of the most criticism in a survey conducted by the district, Grieco said.

The survey’s results, tabulated two days before the Jan. 28 board meeting, revealed that a majority of respondents would be very likely to support a proposition if it included a new science wing. Guiney said the science wing was needed and should be kept in a new bond.

Grieco said many residents who have spoken to district officials said they opposed the November referendum because they did not want any property tax increase. Guiney said another reason for the bond’s defeat “was a great deal of misinformation” that circulated in the community, she said.

There were 938 responses to the survey, which was mailed to all homes in the district and was also available on its website.

Grieco said the district would seek to renovate the high school auditorium but wanted a less extensive set of improvements for the facility compared to November’s bond.

The most controversial item that could be eliminated is construction of a second access road at the secondary school campus. Guiney said the district would try to work with officials from the EF Academy, the private boarding school in Thornwood, to create another road off of the campus.

But Trustee Laurie Donato said the second access road was needed to clear the campus in an emergency.

Resident Yvonne Last added that if the access road is no longer considered, construction vehicles would be required to use the only current route into and out of the campus, posing hardships on motorists using Westlake Drive.

The board is looking to retain the majority of the projects proposed in the November bond. Nearly 70 percent of the original bond’s cost was devoted to infrastructure and renovations, including work to replace and repair ceilings, classroom floors, lighting, and heating and ventilation systems at the middle school and high school.

The district’s survey revealed that 51 percent of respondents said they were very likely to support the infrastructure upgrades and renovations, and another 30 percent were likely to support those projects. The balance of survey respondents were unlikely to support those improvements.

While Last and other residents who spoke at last week’s work session said they would support a new bond, another resident, Dr. Saul Salinas, told district officials he could not support a tax increase. Those living on fixed incomes are unable to afford higher taxes amounting to about $30 per month; the average Social Security check following a cost-of-living increase rose only about $20 this year, he said.

Trustee Christopher Pinchiaroli said student needs would be addressed in a second bond and the public needed to help rather than considering “what’s in it for me.” He said the board was willing to compromise and present a less costly bond, but it could not satisfy residents who would reject any bond that raises taxes.
Jeanne Maroney

Jeanne M. Maroney of Pleasantville passed away on Jan. 27. She was 86.

Maroney was born in New Haven, Conn. and was the loving daughter of John and Evelyn Maroney. She was a graduate of Brown University, which she attended on a full scholarship.

For most of her life, Maroney was a writer and editor (while painting "in her spare time"). In mid life, she decided to become more serious about that spare-time pursuit. Then living in New York City, she studied painting, first at The New School, then with Herman Rose. When Maroney moved to Westchester, she studied watercolor with Hugh Gumpel and outdoor landscape with Elaine Galen and Larry Horowitz.

Maroney was primarily a plein air painter ("taking advantage of Westchester's great outdoors, from the Hudson to the Sound"). Later in life she became interested in still life. ("It started on a day too cold and wet to work outdoors.") She worked mainly in oil and pastel, sometimes in watercolor. A longtime Pleasantville resident, she had exhibits in the Westchester area for many years. Her work was carried by the Open Studio in upstate Franklin, N.Y. during the summer. She was a member of the Village Gallery of Katonah, where her work could be seen year-round for a number of years.

All arrangements are private.

Patrick J. Dugan Sr.

Patrick Joseph Dugan Sr., 92, of Bethlehem, Pa. and formerly of Pleasantville, passed away Jan. 28.

He was the husband of the late Jane Ann (McCormick) Dugan.

Surviving are his six children, Rosemary Gay, Patrick Jr., Joan Francy, Martin Dugan, Karen Willman and Barbara Wirick, 16 grandchildren and 6 great-grandchildren.

A memorial Mass is scheduled for Saturday, Feb. 7 at 11 a.m. at Our Lady of Pompeii Roman Catholic Church in Pleasantville. For full details, visit his "Book of Memories" at www.falkfuneralhomes.com.
Three Assembly Democrats Pitch Plans to Make Reforms

By Martin Wilbur

While Assembly Democrats are still recovering from the jolting news last month that outgoing Speaker Sheldon Silver is facing federal corruption charges, three members of the Westchester delegation have urged for changes to promote reform and transparency.

Assemblyman David Buchwald (D-White Plains) and assemblywomen Sandy Galef (D-Ossining) and Amy Paulin (D-Scarsdale) urged their colleagues in Albany to consider reforms through legislation and revisions in how future speakers are selected. Silver was expected to step down from his post by last night (Monday) after leading the Assembly for 21 years.

Galef said she plans on re-introducing eight bills addressing issues such as limits on leadership tenure; requirements on the disbursement of member items; allowing proposed legislation to carry over from the first year to the second year of a legislation session; and a prohibition on lawmakers obtaining funding for business entities in which that legislator holds an official or legal position.

“There is no better way to address the concerns of the public than through government reform,” Galef said in a statement last week. “I believe that while a public official’s conscience cannot be legislated, opportunities for illegal activity can be removed. This legislation may not entirely eradicate the public’s cynicism regarding politics and their representatives, but it is a step in the right direction.”

Buchwald said he hoped Silver’s arrest would reinvigorate discussion and support for his proposed pension forfeiture measure. While the legislation, which would strip an official of their pension if they are found to have been convicted of a felony in their official capacity, has received some support from both parties, it has been slow to gather more backing because it requires a revision to the state constitution.

“I am going to redouble my efforts to bring that change to the state constitution,” Buchwald said.

Legislation is not the only vehicle the legislators plan to use in hopes of promoting reform. Paulin said last Thursday that some Assembly Democrats in the region had formed a Suburban Caucus in response to a proposed solution that would support the creation of a five-member team taking on the responsibilities of Assembly speaker, while still giving Silver leverage.

“The caucus is comprised of about 23 members from the Hudson Valley, Nassau and Suffolk counties, Paulin explained. “We decided we wanted a seat at the table.”

Last week, members of the suburban districts met in Paulin's Albany office to solidify their group and their position.

“There have been times when decisions have been made that we were not aware of that hurt our districts,” Paulin continued. “We created the caucus to insure that we are a part of the process going forward and that Sheldon Silver steps aside. This is about furthering the Assembly and the institution.”

Meanwhile, Buchwald was one of 34 Assembly members as of last Friday afternoon to sign a letter asking all Speaker candidates to commit to a series of steps to reform and modernize the institution.

Among the long list of issues raised in the letter, is whether the prospective candidates believe Assembly members should know how decisions are made inside of a conference and whether they should have input in conference decision-making or leadership appointments.

Buchwald said the letter is to learn about the priorities for the next leader of the Assembly.

“It’s unfortunate that it came to this, but it’s really important to have leadership we can have confidence in,” Buchwald said.

“The thing that I am especially focused on is making sure that if people have an idea for reform that there’s a forum to make sure it’s listened to,” he added.

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Assemblyman David Buchwald is one area Democrat that is looking for changes in Albany to avoid a repeat of the scandal surrounding the disgraced Sheldon Silver.

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Mt. Pleasant Appoints New Police Officer, Recreation Super

By Janine Bowen

The Town of Mount Pleasant has welcomed a new brother in blue to their police force.

Last Wednesday night, the town board unanimously approved the appointment of Anthony Stella Jr. to fill a vacancy on the force. Stella, who has a bachelor’s degree in criminal justice from SUNY Albany, interned with the New York State Intelligence Center and has previously worked as a park ranger for the Mount Pleasant Recreation Department.

“If you added an ‘R’ to [Stella’s] last name, you would classify his performance in the interview as stellar,” said Mount Pleasant Police Chief Paul Oliva.

Stella was one month away from graduating from the New York City Police Academy at the time of his interview and has since completed the NYPD training. Therefore, he does not need to attend the Westchester Police Academy. A Hawthorne resident, Stella also has roots in town; his father, Anthony Stella Sr., works for the Mount Pleasant Highway Department.

During the remainder of Wednesday night’s town board meeting, the board made several other town employee decisions.

Following the retirement of Superintendent of Recreation Harry Canniff, the board agreed to appoint Kellie Rizzi to the position. Rizzi, who has a bachelor’s degree in parks, recreation and leisure studies from SUNY Cortlandt, has worked as the department’s assistant superintendent since 2005.

After a long negotiation period, two Civil Service Employee Association (CSEA) contracts have also been approved. Effective through December 2016, the CSEA Unit II contract remains unchanged from previous contracts while the CSEA Unit I contract carries minor changes to the classification of group ranges for certain employees.

The Police Benevolent Association contract renewal was approved as well. Effective through the end of this year, the contract carries a 3 percent increase.

Byram Hills Education Foundation Funds Mobile Learning Tool

The Byram Hills Education Foundation (BHEF) announced last week that it awarded $78,345 to fund a 1:1 Mobile Learning Pilot grant for the sixth grade at H.C. Crittenden Middle School.

This grant, made possible by the first-ever directed giving campaign by the BHEF, was accepted by the board of education as part of the District’s 1:1 Mobile Learning initiative that was rolled out on Jan. 23.

“We want to express thanks to the community for generously supporting our 1:1 Mobile Learning directed giving campaign,” said BHEF Chairman Scott R. Levy. “It was a huge success. The 1:1 grant will seamlessly integrate technology into the classroom and will enrich the sixth-grade learning experience.”

This grant provides 210 Chromebook laptop computers for every sixth-grade student to use throughout the school day. The grant also funds related software and charging stations, eliminating the need for students to check out a laptop one class at a time.

The 1:1 Mobile Learning initiative extends the curriculum and learning opportunities for students, increases efficiency for teachers and enhances communications among parents and the school district. The grant also leverages previous grants awarded by the BHEF, including its Fast Path grant in 2012 and Cloud-Based Computing in 2013.

“This Chromebooks initiative provides Byram Hills with a tool that goes far beyond the typical tablet,” said Superintendent of Schools Dr. William Donohue. “It has the potential to change classrooms in the same way that PCs changed the business world. The BHEF’s vision and support has provided Byram Hills with another great resource for our students.”

The foundation is a nonprofit corporation that provides financial support to teachers and school administrators to introduce innovative programs, equipment and technologies beyond what is covered by the school district’s annual operating budget. Since its inception in 1994, the foundation has awarded over 320 grants totaling more than $3.6 million.

For more information about the Byram Hills Education Foundation, visit www.byramhillsfoundation.org.
Solar Energy Tops List of Issues Discussed at Environmental Summit

By Janine Bowen

It seems appropriate that last week’s snowy weather gave way to sunshine on Saturday morning, just in time for the Bedford 2020 Environmental Summit and Solar Action Day.

The event, which featured workshops led by a variety of experts on environmental issues including locally grown food and recycling, launched Solarize Bedford-Mount Kisco, a campaign to entice residents to adopt solar power by offering discounts and incentives.

“I’m excited with the opportunities with Solarize Westchester,” said Town of Bedford Supervisor Chris Burdick. “It’s a great opportunity for this community, and I can only ask that you take a hard look at it and see if it’s something that makes sense for you.”

Opening Saturday’s event at Fox Lane High School was New York State “energy czar” Richard Kauffman, chairman of energy and finance for Gov. Andrew Cuomo. Kauffman said that change needs energy and finance for Gov. Andrew Cuomo.

“Clean energy is the only energy source that the more of it you make, the cheaper it gets,” Kauffman said.

Although state government cannot do much to influence the cost of materials needed for alternative energy sources, Kauffman said the state will offer incentives to cover soft costs, such as installation. However, the only way that change can be enacted is if people take advantage of the “pro-growth, pro-consumer and pro-innovation” opportunities offered by the state and programs like Solarize Bedford-Mount Kisco, he said.

Many local elected officials are looking forward to the positive changes that greater dependency on solar power and other environmental initiatives will bring to Westchester. Some are already looking at ways to develop large-scale solar projects.

Mount Kisco Mayor Michael Cindrich said he would like to explore the idea of installing solar panels on top of a five-acre landfill in the village, and ultimately aggregate all meters and provide the community at large with solar energy. He noted that the difficulty with this plan is that the more of it you make, the cheaper it gets.

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Editorial

Democrats' Criticism of Astorino Inertia on Valhalla Property Off Base

Last week's sudden criticism by Democrats of County Executive Rob Astorino for foot-dragging and lack of transparency regarding the strategically important county-owned land known as North 60 in Valhalla is a head-scratcher. While frustration is understandable, anyone who has followed any type of application that is more than a two- lot subdivision, or for that matter, has attended a planning board meeting anywhere in Westchester, is aware that development proposals move slowly. It's commonplace for projects containing multiple elements and complicated dealings involving third parties and potential lease agreements to take years. Developers have shifting priorities, market conditions change or issues with a site that weren't known earlier may come to light. So why the rush all of a sudden for legislators to be included in discussions last week when nothing has been discussed at the county level or before Mount Pleasant officials for about two years? The timing of taking Astorino's administration to task seems strange, to say the least. Comments from Majority Leader Catherine Borgia and legislators Peter Harckham and Catherine Parker last Friday accusing the county executive of failing to move forward more quickly comes after the cancellation of the Jan. 26 meeting where the administration was scheduled to make a presentation. Do the three Democrats know for certain that whatever would have been contained in Astorino's progress report was going to be unacceptable? If the progress were to be insufficient or if a favored proposal is deficient for whatever reason, that would be the time to criticize. And the calls for a master plan for the 60 acres appears to be unnecessary. If anything it would take an interminable amount of time, especially when it's been known that the county would like to use the property, as part of a biomedical corridor. At least wait until after Feb. 23, when the matter has been rescheduled before the Board of Legislators provided it doesn't snow again, to jump on Astorino's back for failing to take the issue more seriously. Otherwise, it just appears to be an awkwardly orchestrated example of partisan politics.

Column

Finding the Rx for Saving Money on Prescription Medications

By Richard Howie

As we get older, our consumption of medications—both over the counter and prescribed—increases. At the same time, the cost for many prescription drugs has been on the rise. For some seniors, it becomes a choice between paying for food or their medications.

Disparity in Drug Prices

One of the best ways to save money is to shop around because drug prices vary widely among stores. One of the easiest ways to shop is through the websites GoodRx.com, which offers comparison shopping plus coupons. You type in the name of your prescription drug and zip code and the site displays the prices of nearby stores and pharmacies. In your quest to find the cheapest drugs, however, you need to be cautious. Your regular pharmacy keeps a list of your medications and can alert you for potentially dangerous drug interactions. If you decide it's worth the cost savings to use multiple pharmacies, share your medication list with all the pharmacies, so they can best review any new medication and potential problems.

Other Cost-Saving Tactics

Switch to generic drugs. Generics are the bio-equivalent of brand-name drugs, but cost 80 to 85 percent less. Ask your doctor or pharmacist about generic alternatives and/or non-generic drugs that might cost less. For certain common conditions such as heartburn, insomnia or seasonal allergies, many over-the-counter drugs might work just as well and be less expensive, but check with your doctor first.

Use coupons. Major discount stores and pharmacies (as well as websites such as GoodRx.com) offer coupons for prescription medications, either through mail flyers or on their websites.

Join a club. Hundreds of commonly used generic medications can be purchased for as little as $10 for a three-month supply at major chain drugstores, big-box stores and club stores, such as Sam's Club Pharmacy (in Elmsford or Fishkill), or Costco Pharmacy online. Program details vary and some require an annual membership.

Ask for the lowest available price. Consumer Reports called more than 200 pharmacies and found that asking for the "cheapest price possible" produced a better deal than just asking for the price. Your hometown pharmacist might be willing to reduce your costs in exchange for your loyal business.

Order by mail. Purchasing longer-term supplies by mail can lower your costs. Some commercial and Medicare Part D plans have negotiated deep discounts with mail-order and retail pharmacies. Check to see whether your plan has a preferred pharmacy or allows you to order by mail.

Review Medicare Part D. Every year, during open enrollment, those on Medicare Part D should log into the Medicare.gov website, retrieve their password-protected prescription drug list, update it to make sure it is current and then see if there is a less expensive Part D plan available to them. Each year the insurance companies change their formulary that impacts the cost of prescriptions to participants.

Buying Drugs Online

Many online sources offer the cheapest prescription drugs, but consumers need to be cautious. Imports of prescription drugs from pharmacies located outside of the United States typically violate federal law. Additionally, pharmacies located in other countries are subject to different safety and legal requirements than those in the United States. Drugs shipped from so-called "Canadiant" online pharmacies may never go through Canada at all. Businesses often source drugs from places like India, China and Turkey and repackage them to appear as though they came from Canada or the U.K. Also, about 10 percent of pharmaceuticals are counterfeit, and that number rises when they're sold online.

For those who want to buy online drugs but are worried about illegitimate dealers, two websites, LegitScript.com and PharmacyChecker.com, can help verify the legality of online pharmacies. The service is free for consumers.

New York State has a State Pharmaceutical Assistance Program, EPIC, which offers coverage to help people on Medicare with paying drug-plan premiums and/or cost sharing. To join EPIC, a senior must be a New York State resident at least 65 years old, have an annual income below $75,000 if single ($100,000 if married), be enrolled or eligible to be enrolled in a Medicare Part D plan (no exceptions) and not be receiving full Medicaid benefits. Learn more by calling 800-332-3742 or visiting http://www.health.ny.gov/health_care/epic/.

Richard Howie, MBA, CSA, is owner of Elder Care Advisors of New York, a company offering elder care consultations and services. He can be reached at 914-514-5100 or visit www.ElderCareAdvisorsNY.com.

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The ability to feed Westchester County’s hungry has vastly improved thanks to a merger of two organizations dedicated to the cause.

The Food Bank for Westchester and the Westchester Coalition for the Hungry and Homeless signed an official merger agreement Friday morning, creating the largest hunger relief organization to ever exist in the county.

“Together we will be the voice for a higher goal to address hunger and to reduce hunger by creating solutions that work,” said Coalition for the Hungry and Homeless Executive Director Jeanne Blum.

The coalition, currently based in White Plains, will move its day-to-day operations to the Food Bank’s headquarters in Elmsford. The partnership, which will operate under the Food Bank for Westchester name, will allow both organizations to provide better food sourcing and allocation as well as greater access to more volunteers.

Under the merger, Blum will become the vice president of strategic partnerships and advocacy for the Food Bank. She will be able to focus more of her time toward developing relationships with volunteers and organizations that can help alleviate hunger and reduce logistical problems.

“[Blum] brings to this fight an enormous amount of emotional intelligence, communication skills and a real passion for working with community,” said Food Bank President and CEO Ellen Lynch. “When she spends half of her day trying to find out why the coalition office has no Internet service, no one is helped; there’s no hungry people helped by that so we’re wasting that resource.”

One of the driving factors behind the merger is the dwindling number of funding sources available to each organization as a separate entity. Richard Rakow, the Food Bank’s chairman of the board, said county government funds previously dedicated to administrative costs accrued by the two organizations will now be reallocated to purchase an additional 250,000 meals per year.

“We...don’t have the wherewithal anymore to just give money out to every well-intentioned organization and well-intentioned idea,” said County Executive Rob Astorino, who attended the event.

“Frequently there are people, who in order to get on their feet and to get their life in order, they need to get something in their stomach first. So, we want to make sure that the people in this county never go to bed hungry, especially the elderly and the children in this county,” Astorino said.

In addition to providing funding for the organization, Astorino explained that the county has initiated a food rescue pilot program, which will allow unopened and unused food from entities that operate at the Grasslands campus in Valhalla, such as the county jail, to be used to feed Westchester’s hungry. Meanwhile, food that was served but not eaten will be composted rather than thrown out, he said.

Although Westchester is a wealthy county, it is estimated that about 200,000 residents are hungry or are at risk of being hungry. The Food Bank for Westchester distributes more than 7.4 million pounds of food each year for families through more than 265 hunger relief programs. The Westchester Coalition for the Hungry and Homeless has provided financial and technical support to hunger relief agencies and serves as a resource for those seeking help with poverty issues.

The Food Bank and the Coalition for the Hungry and Homeless have served the county since 1988. Representatives from both organizations hope that the new partnership will spread awareness of the issue in Westchester and help eradicate the problem.

“There are pockets of wealth in the county and there are pockets of poverty and we need to bridge the gap between the two,” Blum said.
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The bathroom. While it may not be the room you spend the most time in, it's probably the room you visit most times during the course of the day. If you're in my age group, you may visit it more frequently than when you were younger.

I've been thinking a lot about the bathroom lately, forced by an unexpected experience I had the first day I was in my new digs at the gorgeous Trump Park Residences in Shrub Oak. This joint is outrageous, outfitted with the finest materials and fixtures you might imagine: granite, marble and brushed steel everywhere you look.

So when it was time for me to visit the bathroom for the most serious function for which one visits the bathroom, and I started that slow descend, I realized that I wasn't reaching my destination when I saw the husband. His wife had not yet arrived home, but his two sons were with him, both I would guess in either their late teens or early 20s.

This house had three full baths. Each time we entered one, the wife, who had returned home, would walk in and, seeing that the toilet seat was up, would immediately walk over, lower the seat and shut the lid. The first time she did it, she lowered them gently. In the second bathroom, she did it with less patience and by the time we arrived at the third bathroom, she slammed down the lid in frustration.

It's important to pay attention to the toilet's seat being down and the lid closed, not only so that women won't fall into the bowl but also for health reasons. According to scientists at Leeds University, when a toilet is flushed with the lid open, bacteria sprays into the air around the toilet.

But the best reason for closing the lid is that it prevents anything and everything from falling in. You may have had the experience of not hearing from friends for several days, only to hear that their cell phones had taken the plunge.

There are other rules that should be considered concerning bathroom etiquette and manners, and it's not only because of airborne germs or the differences in plumbing between the sexes and actual plumbing. For instance, not to get too personal, while I'll do one bodily function in someone else's presence, I won't do the other. Is anybody else the same or am I just too Victorian? I was quite impressed when, years ago, I first saw a bathroom where the toilet bowl was separated from the rest of the room and you could do your more private business in, well, private.

And what about something as simple as replacing the toilet paper roll when it's depleted? I am always in such a rush, I'm guilty of just grabbing a new roll and leaving it on top, rather than going to the trouble of actually inserting it on the cylinder. Shame.

For those who go through the trouble of replacing it, there's the question of positioning the roll for "over" or "under" dispensing. My work associate, Lorin, tells me that it must be "over" so that the last sheet can be "folded" as in a hotel.

"You fold your last toilet paper sheet?" I asked astoundingly.

"Yes," she responded, not skipping a beat. "You never know when guests are going to stop by."

Oh, my God, where did I go wrong in learning bathroom etiquette?

One other item I know about toilets. Did you notice that some are round and, in the past couple of decades, some are oblong shaped? Nobody mentions the obvious, but designers finally figured out that the male anatomy had to be accommodated.

And finally, I mention that there should always--ALLWAYS--be some kind of automatic air freshener in the bathroom.

There's so much going on in my head on this subject that might be categorized as "in the toilet" that there will probably be a Part II to these musings.

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.
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Frank Pellegrino
Comedy Production Company Partner, Thornwood

By Martin Wilbur

Frank Pellegrino has always enjoyed a good laugh. As someone who has been a lifelong comedy fan, it’s no surprise his favorite television shows have been “Saturday Night Live,” “Seinfeld” and “Carib Your Enthusiasm.”

More than two years ago when the members of his Masonic lodge were brainstorming about what kind of event they should host as a fundraiser, Pellegrino naturally suggested a comedy night. He had become acquainted with comedians after having frequented clubs in Manhattan and thought it could be a fun and enjoyable charitable event.

He reached out to his friend, fellow Mount Pleasant resident Adam Eliassof, to help him plan the fundraiser. “It was such a hit. They loved everything that we did,” Pellegrino recalled of the event, which was held in Mount Kisco. “It made a lot of money for my lodge, and I was asked quite often what are you doing for your next show? When are you doing your next show? So instead of me waiting for your next show, I decided to plan the fundraiser myself.”

Pellegrino, 29, couldn’t have imagined that he, Eliassof and a third partner, Rich DeLayo, would be planning and presenting an average of more than one comedy show a week less than two years later. Before the end of 2013, they had created NoMa Comedy (North of Manhattan Comedy). Their first show was in December 2013 at Lucy’s Lounge in Pleasantville.

Since then, NoMa Comedy has presented shows at venues throughout the county in addition to regular open mic nights at Lucy’s. It even presented a show recently in Manhattan, despite the company’s name. Pellegrino warns, however, to make sure the children are out of the room if you decide to tune in. “It’s live and you can call in, you can Skype in, you can see us and see what we’re doing,” said Pellegrino who has done some standup and hosted shows but prefers planning events. “It’s on the air and the reception has been outstanding.”

Pellegrino, a lifelong Thornwood resident who has a four-year-old son, said that his interest in organizing and booking shows didn’t come just out of his love for comedy. Previously, he had worked in event planning, which he still does occasionally.

A graduate of Iona Prep, he went to Westchester Community College, then attended Iona. Over the years, he loves the release that comedy provides. “People have to be so politically correct so much and that’s everybody. That’s me too,” Pellegrino said. “I can’t do certain things, I can’t say certain things during the day. It gives you a chance to relax.”

Then there are the comedians, many of whom see the world differently than most of us. “Sometimes the darker the comedy, the more I enjoy it because it’s the ability of someone to take something so terrible and make me laugh about it,” he said.

Now, that NoMa has gained a foothold in Westchester, Pellegrino hopes that one day he can work fulltime producing comedy shows. He also has his eyes set on opening a comedy club in White Plains, a locale that is crying out for one. “If somebody was to open a comedy club and I wasn’t involved I would be heartbroken because I feel like NoMa really put the stamp in the area for comedy,” Pellegrino said.

For more on NoMa Comedy, visit www.nomacomedy.com.

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Hypothetical example of how bonus works: Assume an account is opened on January 12, 2015 for $50,000. 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 $100 in bonus interest will be paid on January 12, 2016.

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Return of EagleFest Scheduled for This Saturday

It is the time each year when bald eagles return to the area in large numbers to winter here. Now, see them for yourself.

This Saturday, Feb. 7 marks the 11th year of EagleFest at Croton Point Park to celebrate the return of the eagle. The all-day event starts shortly after 9 a.m.

A great turnout is expected for the event, from both eagles and area residents. Last year during EagleFest, at one site along the river more than 36 eagles were seen at one location. More than 3,000 people participated. It was an amazing spectacle.

This year, in addition to eagle shows and fun activities in the heated tents at the park, there will be eight eagle viewing sites up and down the Hudson. The event is made possible with the support of Westchester County and Westchester County Parks and the event sponsors.

Amazing live raptor shows are always a fan favorite and will be held throughout the day. Additional activities include guided and independent eagle viewing, bus tours, storytelling, a tent brimming with children's programs and activities, bird walks and displays from 30 area organizations. Entertaining and educational shows take place all day in the Eagle Theatre and Eaglet Stage under much-appreciated heated tents. Food for purchase will be provided by Wobble Café.

Tickets and information: General admission tickets allow you to enter all of the tents and to take advantage of all of the day's activities for one price (bus tours are an additional fee). Pre-sale tickets are $13 for adults (12+), $8 for children (6-11) and free for children five years old and under.

Tickets sold at the venue on the day of the event will be $15 for adults (12+) and $10 for children (6-11). Free admission for children under six. To purchase discounted pre-sale general admission tickets and for a full schedule of events, visit www.teatown.org.

Purchase bus tour tickets by calling the Teatown office at 914-762-2912, ext. 110. Tickets for the bus tours (for ages 14 and up) are $25 each and often sell out.

All tickets are non-refundable and will be honored on the snow date, Sunday, Feb. 8, should the event be rescheduled due to severe weather.

League of Women Voters of New Castle to Host Healthcare Forum

If you became too sick to convey your wishes, would your family, friends or doctors know what kind of medical care you want? Do you struggle with knowing what end-of-life healthcare options are available for family members?

Planning ahead can reduce stress and allow greater autonomy when making end-of-life decisions for your family or yourself.

The League of Women Voters of New Castle is hosting a forum on Thursday, March 5 from 7 to 9 p.m. at the Chappaqua Public Library theater to start a conversation about palliative care, hospice, advance care planning and other issues to consider when taking charge of present and future healthcare decisions.

Dr. Hal Federman and registered nurse Dorothy Cafran of the Ken Hamilton Caregivers Center at Northern Westchester Hospital will discuss palliative care and healthcare decisions in the hospital setting.

Mary Spengler, executive director, and registered nurse Nancy Caputi of Hospice & Palliative Care of Westchester, will talk about hospices and how they work.

The discussion will be moderated by Rev. Dr. Martha Jacobs, senior minister at the First Congregational Church of Chappaqua, former hospital chaplain and author of "A Clergy Guide to End of Life Issues."

The Chappaqua Library is located at 195 S. Greeley Ave. in Chappaqua. Refreshments will be served.

For more information please contact the League of Women Voters of New Castle at lwvnewcastle@gmail.com or Amy McNamara at 914-238-8342.
Westchester’s Most Delicious Dishes will be included weekly to alert diners to great flavors and savory tastes they can experience locally. In each article in this ongoing series, we focus on outstanding cuisine and the talented chefs responsible for it.

By Jerry Eimbinder
California Pizza Kitchen, approaching its 30th anniversary and with more than 250 locations, sells 15 million pizzas a year and has pizza in the middle of its name. But it also offers a wide selection of other dishes, and one of them is Cedar Plank Salmon, introduced as a low-calorie choice in 2012.

It is coated with smoked paprika and baked in a brick oven, the same oven where the pizzas are baked. It is completely and amazingly moist, and don’t be misled by the fact that it is on the low-calorie menu. Delicious and succulent, it also happens to be good for you. A tasty treat is the side dish of sweet white corn mixed with spinach succotash.

With this salmon dish as the entrée, here is my recommendation for a delightful, three-course meal at California Pizza Kitchen.


Entrée: Cedar Plank Salmon. Roasted on a cedar plank with smoked paprika. Served with sweet white corn and spinach succotash, topped with feta.

Dessert: Butter cake with whipped cream.

Beverage: An agave lime margarita with no mixers. It is made from agave nectar, Milagro tequila, triple sec and fresh squeezed lime.

When I visited, the salmon was prepared by Chef Dalton Moore, at California Pizza Kitchen for 20 years and a member of the team that opened the Scarsdale location.

Concerning the choice of appetizer, how can you go wrong eating a salad that received a champagne bath during its preparation?

The quinoa plus arugula salad competes successfully with the best chopped salads in terms of combining different flavors that blend well together. The butter cake is tasty but definitely not in an overpowering way, and it is perfectly complemented by strategically located house-made whipped cream. It is priced at $6.49 (calorie count: 1,100). Add a scoop of Haagen-Dazs vanilla ice cream for $1.75 (and add 280 calories). Other desserts include salted caramel pudding, red velvet cake, key lime pie, Belgian chocolate shuffle cake and tiramisu.

In addition to its regular menu, California Pizza Kitchen has a special Valentine’s Day offer for couples: one appetizer, two entrées and a dessert for $32 (not including tax and tip).

The selection of appetizers includes spring rolls, wraps with chicken, hummus and spinach artichoke dip. Several full-size salads are offered as entrées including California Pizza Kitchen’s Original BBQ chicken chopped salad. Also available as entrées are pizzas, including a mushroom pepperoni sausage pie and pastas including garlic cream fettuccine with chicken.

For a similar Valentine’s Day menu offered in 2014, the most popular appetizer was the spinach dip and the most popular dessert was the red velvet cake. This year, the offer runs from Feb. 11-15. Reservations are not accepted; however, parties of at least eight can register for a “call-ahead preference time.”

California Pizza Kitchen is located at 365 Central Park Ave. in Scarsdale. For more information, call 914-722-0600.

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Westchester’s Most Delicious Dishes

Cedar Plank Salmon at California Pizza Kitchen

In addition to this article, our Westchester’s Most Delicious Dishes series will include weekly recommendations to alert diners to great flavors and savory tastes they can experience locally.
Have you recently encountered any of these situations?

“Waiter, may I see the wine list?”

Waiter: “Here you are sir/madam.”

He or she hands you an iPad. The iPad, or other brand of tablet/phablet, is slowly gaining traction in restaurants and wine bars as a replacement for wine lists produced on paper. In many cases the iPad wine list also offers a broader and deeper explanation of the producer, the grapes and the history of the wine. I’ve even seen sophisticated lists that offer suggestions for pairing a wine with the food menu offerings.

“Waiter, I enjoyed this bottle of wine. May I see the bottle so I can take a picture of it with my smartphone?”

Waiter: “Rather than a picture, why not simply scan the QR code on the rear of the bottle?”

You: “The what code?”

Waiter: “The Quick Response code.”

With a simple bar code app on your phone, you are able to scan the QR code, which is linked to a database containing specific informative data on the producer, the grapes and the history of the winery and the wine at hand.

“Waiter, I’d like to know more about this wine we’re enjoying.”

Waiter: “Okay, I’ll see if I can find the sommelier and send him over.”

Ten minutes later (or more, or not at all), the sommelier regales you with his or her personal knowledge and opinion of the wine, which may or may not be aligned with your personal perspectives on the vast world of wine.

More and more, consumers are moving from scenario three to scenarios one and two. This is the age of omnipresent, omniscient and omnipotent electronic devices, supported by an army of virtual assistants and servants, always at the ready to guide us through life’s encounters.

In the last year or so, the expansion of ubiquitous smartphone apps has found its way into the world of wine appreciation. This has catapulted wine decision-making to an art form, replete with social media interfaces.

Here are several of the most expansive digital sommeliers available today. Each wine app can be easily downloaded from the Apple and Android app stores. Common denominators across each app: large databases and bottle scanning capabilities.

1. The most popular wine magazines, Wine Enthusiast (free) and Wine Spectator (a monthly subscription fee), offer their vast databases of tastings and ratings to consumers.

2. Wine-searcher. For years this has been one of my favorite websites for finding wine shops that carry a particular wine – and its price. It also offers a link to a wine shop’s website listing of each searched wine. It is now available as an app.

3. Hello Vino. This app’s distinction is its ability to offer food and wine pairings, which it does fairly well. Beyond common pairings, it offers recommendations for pairing cheeses and chocolates.

4. Drync. Want to share wine opinions with friends? Purchase wines that you are researching on a site? Look no further. A unique feature will learn your preferences as you rate wines and offer personalized recommendations.

5. Vivino. Don’t have a QR scanner app? Research your bottle of wine the old-fashioned way: take a pic with this app. It will bring up everything it knows about the wine.

6. Wine Quest. Can’t afford a personal sommelier to accompany you each time you venture out to a restaurant or wine shop? This app builds a database of your wine preferences, from grapes to tastes and aromas, to full-bodied or complex style. Scan a bottle label and Wine Quest will give it a numeric rating tailored to your profile.

The next time you are dining at a restaurant or roaming the aisles of a wine shop or simply surfing for wine information, open your favorite wine app. It will feel good to be in sole control of your wine decisions.

Or is this another example of your wine decisions being in the control of our pervasive smartphones?

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.
Tuesday, Feb. 3

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.mountkiscobibliary.org.

Snow Moon Wolf Walk. Celebrate February's full moon, the “Snow Moon.” While keeping warm by the outdoor fire pit, guests will enjoy warm drinks, sugary treats and the symphony of howls from the 24 wolves. Learn about the history of wolves in the United States, their importance to a healthy ecosystem and the efforts to save these magnificent creatures for future generations. Then take a short moonlit walk to visit the center's ambassador wolves. Please bring flashlights and dress for cold weather. Program will be canceled in case of rain. Wolf Conservation Center, South Salem. 6 p.m. $20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

“13 The Musical.” The Random Farms Kids’ Theater presents this production written by Tony Award-winning composer Jason Robert Brown, a hilarious, high-energy musical for all ages about discovering that cool is where you find it, and sometimes where you least expect it. Performed by a cast of young middle school and high school performers. Tarrytown Music Hall, 13 Main St., Tarrytown. 7 p.m. Adults: $18. Seniors and students: $16. Premium seating (first four rows): $23. Groups (of 20 or more): $14. Also Feb. 4-8 at 7 p.m. and Feb. 7 and 8 at 2 p.m. Info and tickets: Visit www.tarrytownmusichall.org or www.randomfarms.com.

Wednesday, Feb. 4

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 Genovese at 303-929-7203 or e-mail julie@eurobella.net or just drop in.

Addie-Tude. 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. Greetley 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 914-960-4097.

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. Greetley 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. Romperree 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, HEAP, EPIC, 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.

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.

Breast, Ovarian and Gynecological Cancer Support Group. Northern Westchester Hospital at Chappaqua Commons, 200 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.

Thursday, Feb. 5

Pleasantville Garden Club. Lorraine Gibbons, a co-founder of Garden State Urban Farms, a cityscape of EarthBox container gardens on undeveloped city lots in Orange, N.J., will share her experiences about cultivating vegetables in a 1,800-square-foot hydroponic greenhouse, which yields as much produce as two to three acres of open farmland. She will discuss the productivity of portable open containers and how she created a program to train disabled veterans and youths to grow produce for restaurants, markets and hospitals. All welcome. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit www.pleasantvillegardenclub.org.

Let Your Yoga Dance Classes. The popular Kripalu 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. Greetley Ave., Chappaqua. 10 a.m. $20 per 75-minute class. Every Tuesday and Thursday. Info: 914-238-8974 or email claudyayogadance@gmail.com.

Story Time Playgroup. Join Miss Debbie for a story, music and playtime with toys and books in this new program. Children and a parent or caregiver can spend special time together and make new friends. For children six months to four years old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 1:45 to 2:30 p.m. Free. Every Thursday. Info: 914-238-8974 or email claudyayogadance@gmail.com.

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 to 5:30 p.m. Every Thursday. Info: 914-864-0130 or visit www.mountpleasntlibrary.org.

Writing Workshop. Writing about your life may feel like a daunting task. The focus of this supportive ongoing workshop is to get your stories on the page using different short formats and learning from published authors as well as each other. Beginners and more experienced writers welcome. North Castle Public Library, 19 Bedford Rd., Pleasantville. 9:15 a.m. Program at 10:30 a.m. Free. Every Thursday. Info: 914-238-8974 or email claudyayogadance@gmail.com.

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 continued on page 25

Urban Farms, a cityscape of EarthBox container gardens on undeveloped city lots in Orange, N.J., will share her experiences about cultivating vegetables in a 1,800-square-foot hydroponic greenhouse, which yields as much produce as two to three acres of open farmland. She will discuss the productivity of portable open containers and how she created a program to train disabled veterans and teens to grow produce for restaurants, markets and hospitals. All welcome. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. Meeting at 9:15 a.m. Program at 10:30 a.m. Free. Info: Visit www.pleasantvillegardenclub.org.

We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words “Happenings Calendar Submission” in your email subject line. Entries should be sent to Martin Wilbur at mwilbur@theexaminernews.com.

Friday, Feb. 6

Dynamic Bilingualism Symposium. One in five students nationally is categorized as an English Language Learner. Developing the potential of these students is a national priority, especially in Westchester. This conference aims to examine how to better teach and motivate students who are learning English along with their native language. Mercy College's Mercy Hall Rotunda, 555 Broadway, Dobbs Ferry. 9 a.m. to noon. Free. Registration required. Registration: http://redcap.mercy.edu/redcap/surveys/?s=ZZjCUhM4W6. Info: E-mail bilingualmercy@gmail.com.

Zumba Gold. Try this low-impact approach to Zumba for the older active adult and baby boomer with the same sweaty, fun-filled cardio workout in an easy learning environment. Ongoing classes; drop-ins welcome. Addie-tude Performing Arts Center, 42 Memorial Plaza, Pleasantville. 11 a.m. to noon. $12. Four- and eight-week cards available. Meets every Friday. Info: 914-747-0808 or email instructor at olin.amyl@gmail.com.

Saturday, Feb. 7


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 May 9. Info: Visit www.pleasantvillefarmersmarket.com.

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.
Push Intensifies for Raising the Age of Adult Prosecution to 18

By Martin Wilbur

A state senator is seeking statewide support for changing a law that would treat most 16- and 17-year-olds charged with crimes as juveniles rather than adults.

On Friday, state Sen. David Carlucci (D-Clarkstown), surrounded by advocates who are attempting to raise the age of adult criminal responsibility to 18 years old, spoke outside Sing Sing Correctional Facility in Ossining to lobby for the change.

Carlucci said the criminal justice system should focus on rehabilitation rather than incarceration for youngsters 16 and 17 years old who commit nonviolent offenses. He said there are currently about 800 inmates statewide who are 16 and 17 serving time in adult prisons, where they are often intimidated or abused by the older inmates.

"Many become more hardened in prison and are doomed to a life of crime because the recidivism rate for inmates that age is high," Carlucci said while it would cost an estimated $25 million to bolster the juvenile system, over time it would save the state money by cutting the prison population and having these youngsters become contributing members of society.

"A 16- or 17-year-old in an adult facility like the one we're standing in front of today, we might as well sentence them to a life sentence," he said.

Currently, New York and North Carolina are the only two states where 16- and 17-year-olds are automatically treated as adults.

Among the advocates who accompanied Carlucci outside the famous 190-year-old prison was Jim St. Germaine, who had been arrested in Brooklyn several years after his family moved there from Haiti.

For three-and-a-half years, he was in a group home for juvenile offenders and received services to help turn his life around. St. Germaine considers himself lucky for having been brought up on felony drug charges while he was still 15, affording him the chance at rehabilitation.

"My goal in life is to show them that whether you make a mistake at 14 or 15 or 16 or 17, you should have the same chance in life to actually make something of yourself," said St. Germaine, now 25, a college graduate who is working on his master's degree in public administration at NYU.

He has also founded the nonprofit organization Preparing Leaders for Tomorrow (PLOT), which mentors at-risk youths.

Page Pierce, executive director of Families Together in New York State, pointed to recently released evidence-based recommendations by the state that supports transforming the juvenile criminal justice system. Pierce said she knows of teenagers who at 16 or 17 years old ended up in adult prisons for stealing shoes or Chinese food.

"Our children deserve better. They deserve the opportunities such reforms will provide, and today we stand on the precipice of delivering better," Pierce said.

In Westchester, there were 948 16- and 17-year-olds arrested in 2013, with 71 percent of those misdemeanors, said Allison Lake, deputy director of the Westchester Children's Association. That percentage is similar to nationwide statistics, she said.

Under a revised juvenile criminal justice system, every case involving 16- and 17-year-olds would go to a juvenile court judge who would determine whether it should stay in that court or be transferred to adult court, Lake said.

Carlucci said he believes there is steadily growing support in Albany for this reform, but it will take work to convince enough legislators that there is a benefit to the state.

"I think we have to keep the pressure on," he said. "We've got to hear from people like Jim St. Germaine and other personal experiences."
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Classified Ad Deadline is Thursdays at 5pm for the next week’s publication
By Monica D'Ippolito

Fittingly, the rivalry between Briarcliff and Pleasantville was turned up a notch during Thursday's outing, as both teams were fighting for bragging rights and the honor of hoisting the 11th annual Lt. Charles Garbarini Memorial trophy.

“That was a tough game,” Bears coach Cody Moffett said after his team barely held on for a 43-41 road victory. “Those kids from Pleasantville came out and they were ready to battle. They executed their game plan. The days off didn’t feel like it affected them. I don’t think it really affected us, I just thought it was two teams going after it.”

The game had 12 different lead changes and the score was tied on seven different occasions. After going back and forth all evening, the outcome came down to the final play of the contest.

The Panthers, trailing by two points with 6.6 seconds remaining, had the ball on the sideline. Pleasantville captain Chris Maloney inbounded to big-man Gianfranco Amicucci, who then found teammate Mike Manley on the right wing for a potential game-winning 3-point shot.

“I got to be honest with you,” Moffett admitted, “it might have been like that part of Space Jam where he’s just stretching, stretching and stretching, because it seemed like the ball was in the air forever.”

Manley’s shot, when it finally came down, hit off the left side of the hoop and bounced out. Bryan Wolf tried tipping in the rebound before the buzzer sounded, but his attempt was just short.

“I saw the angle and I saw when he tried to tip it,” said Moffett. “I saw that it was probably going to be short. But you never know, so I was just waiting on the clock to say zero more than anything.”

The Bears had beaten Pleasantville at home 67-54 on January 9, so Thursday’s win on the Panthers’ home floor Briarcliff’s series sweep and bragging rights for another season.

“It’s great, I haven’t lost to this team yet in high school,” Briarcliff senior Sean Crowley said. “We’re really mentally tough. That’s been our motto all year, mental toughness. We just battled back until the end of the game and we changed the momentum of the game and we took over.”

The two teams were tied at 9-9 after the first quarter and again at 30 apiece after the third quarter. However, the Panthers got off to a strong start in the fourth quarter with Maloney leading the way.

The senior captain would facilitate Pleasantville’s first fourth-quarter lead when he found Amicucci under the basket for an easy lay-in, then assisted Manley’s corner 3-pointer, which increased the Panther lead to 39-35.

After the Manley trey, Moffett immediately called a timeout and tried to refocus his players. In the huddle, he preached about covering the shooters, specifically Maloney and Manley, who hurt the Bears in their previous matchup.

“We said this kid, the first time, was their leading scorer, now he’s playing in his home gym, his percentages are going to go up,” Moffett explained. “To have a mental lapse like that and leave a shooter wide open, that was very frustrating. (But) we responded like a championship team and that was really exciting to see the guys pull together and think positive in the huddle.”

After the timeout, the Bears went on a 6-0 run, which was capped off by a Crowley put-back, giving the Bears a 41-39 lead. Maloney tied the game at 41, but Briarcliff’s Josiah Cobbs quickly took the ball back up the floor and gave the Bears back a two-point lead.

“It was a few costly turnovers and that’s it,” Pleasantville coach Chris Welsh said. “We played real tough, proud of the kids’ effort, just a couple of plays that went the wrong way in the fourth quarter. A 9-6 season in a really tough league… It’s never easy to lose. It’s hard to lose, kids hate losing, I hate losing. But at the end of the day, you have to look at the facts and the facts show that we’re a pretty good team and we’ve done some good things and hopefully it can continue for the rest of the season.”

Crowley led the Bears with nine points and eight rebounds, but it may have been the hustle plays of the junior Cobbs and sophomore Jack Reish off the bench that helped Briarcliff earn its 10th win.

“Even since last year, those are the two main guys that I pulled aside and I said if we are going to do anything special this year, you two are going to have to have a huge part in it,” Moffett said of Cobbs and Reish. “I’m not afraid to bring those guys off the bench early. So I’m excited for what they bring to the table. It’s a little easy for a coach knowing you can reach back and grab two guys like that off the bench.”

Cobbs finished with seven points and seven rebounds – including five offensive boards — while Reish finished with three points and four rebounds.

Maloney wound up the evening with 11 points, seven rebounds and six assists, while Manley finished with 11 points and two steals.

The Bears improved their record to 12-3 after defeating Valhalla Friday and Palisades Prep Saturday in the Friends vs. Cancer Tournament. Reish was named tournament MVP after scoring 22 points in the championship game against the hosting Phoenix.

“We have aspirations of being a state championship team,” Moffett said after Thursday’s win. “Some may say those goals are high. But I say if you set low goals what are you reaching for?”
County Center D-League Crowd Gets a Look at Some NBA Knicks

By Monica D’Ippolito

New York Knicks head coach Derek Fisher, general manager Steve Mills, and players Amar’e Stoudemire, Quincy Acy and Langston Galloway sat courtside as the D-League Westchester Knicks took on the Sioux Falls Skyforce Saturday night at the Westchester County Center.

Westchester, playing its second game of a back-to-back series with the Miami Heat affiliate, was looking to end its six-game losing streak but couldn’t maintain the energy and effort needed for the full 48 minutes and wound up dropping to 8-20 this season.

“When we’re on a losing streak, guys are frustrated on how the games are going and worrying about things that they need to do on the court,” Knicks forward Darnell Jackson said after the 105-80 loss. “Especially me, I was frustrated. I think if we stick together as a team and we keep sharing the ball it’ll all work out, but we all have to stay on the same page.”

The Knicks led 23-19 after the first quarter, but Sioux Falls’ Henry Walker started heating up from the perimeter. The former Kansas State Wildcat made seven of 10 shots from the field and knocked down three 3-pointers to accumulate 18 points in the second period.

Walker finished with 24 points, while hitting four of eight from 3-point land. As a team, the Skyforce ended up draining 12 shots behind the arc and shot 41 percent from beyond the arc.

“They started making shots and we didn’t do a good job of running them off,” Westchester coach Kevin Whitted said. “We made a conscious effort to make our guys aware of it. It takes the extra effort to do that because you have to travel the extra foot and a half to really get to a guy, versus, you know, a guy who is not a capable 3-point shooter.

So those things affect you over the 48 minutes. We just didn’t do a good job of it.”

Westchester trailed 59-45 entering halftime and also lost its electrifying young prospect, Thanasis Antetokounmpo, after the second quarter due to an illness. The rookie forward started vomiting midway through the second quarter and needed an IV to get more fluids in his body and ultimately could not return.

“He could not sustain what was in his system, so we had to let him sit,” Whitted said. “We needed him in the third and fourth quarter. In terms of his intensity, what he brings defensively, and just his overall play. So those things were missing tonight.”

Also out for the Knicks was veteran point guard Andre Barrett, who sustained a bruised tailbone in Friday’s 109-99 loss to the Skyforce.

While missing two of its starters, Westchester did have Cleanthony Early in uniform. The 34th pick of the 2014 NBA draft was on a brief assignment from the New York Knicks. Friday night, the former Wichita State Shockers dropped 20 points and grabbed 10 rebounds. In Saturday’s rematch, the 23-year-old finished with 17 points and 12 rebounds, but also had four lazy turnovers while bringing the ball up the court.

"I felt at times we had our moments where we were trying to make that run, but we just couldn't get over that hump," Whitted said. "Once I started to see shots go up where we started forcing things, not allowing the offense to dictate what we can get from them, in terms of ball reversals, post touches, I saw the game kind of get out of control and they (the Skyforce) were just able to come out and capitalize on our errors.”

The Knicks tried fighting back in the fourth quarter, but the closest they came was within 10 when Early knocked down a 3-pointer with just over six minutes left. Westchester couldn’t get stops at the other end of the floor. Whitted tried going full-court press, but Sioux Falls easily beat the pressure and ended up with easy baskets in transition.

“As a coach, you try to figure out what can you do to get your team going,” said Whitted. “Do we need to go some zone? Do we need to go full-court pressure? Do we need to do anything different to enhance the game to bring the energy level up?”

Jackson, the veteran forward who made nine of his 15 shots from the field, led Westchester with 22 points and grabbed five rebounds.

“Paying attention to detail, that was the biggest thing for us,” Jackson said. “We played those guys yesterday, we knew what they were capable of, and I think we just slacked on the defensive end.”

Jackson, the former Kansas Jayhawk, had NBA stints with the Cleveland Cavaliers, Milwaukee Bucks and Sacramento Kings. As a player who’s played professionally, he continues giving advice to the younger guys on the roster.

“This man (Early), T.A (Antetokounmpo), Orlando (Sanchez), I see these guys in the NBA,” Jackson said. “I tell Orlando and T.A every day, “Hey, all you guys got to do is stay focused, keep playing the way you’re playing and get better. One day, you’re not going to be in the D-League. You’re going to be in the NBA on a team where you’re going to be pressured every day to bring your ‘A’ game every day. There’s no off days.”

Jackson is impressed with the energy the younger players bring and believes it will help ignite the team down the stretch in trying to start a winning streak in the month of February.

“I wish I was 22, 25 again,” he said. “Like I’m 29, and I be seeing those guys, Early, running through there, dunking the ball, like I wish I was back at Kansas. I get excited when I see those guys fly through the air like that. They change momentum of the game. When these guys get going like that, it helps us.”
Third-Quarter Run Sparks the Panthers to a Win Over Briarcliff

BY ANDY JACOBS

Whatever it was that Briarcliff girls’ basketball coach Don Hamlin said to his players at halftime of last Thursday evening’s game against archrival Pleasantville seemed to work wonders. The Bears came out of the locker room and promptly scored three straight baskets to quickly whittle an eight-point deficit down to two.

Unfortunately for the host Bears, though, their third-quarter revival didn’t last very long.

The Panthers, led by a trio of standout seniors, answered the Briarcliff challenge by closing the period on a 10-2 run and went on to defeat the Bears 42-29. Josie Amerson finished with a game-high 16 points and AnnMarie DiCarlo added 14 as Pleasantville swept the season series between the neighboring schools and improved to 11-3 this season.

“It’s always going to be a battle,” said Panthers coach Myndi Hill afterwards. “You know, it’s Briarcliff-Pleasantville. I thought Doni group came out at halftime ready to go. They sent a message real quick. But we answered, and that’s what’s nice about having a veteran team.”

The second half began with Briarcliff’s Kelly Monaghan making a 17-footer from the left baseline and then Kelsey Simpson stealing the ball and racing coast to coast for a layup. Another steal soon led to a Monaghan fast-break layup that moved the Bears to within 23-21 and forced Hill to call for a timeout.

Hill summoned her players to the bench to, as she put it, “give them a jolt of energy” and had to like what she saw about to witness. The Panthers returned to the court and DiCarlo immediately switched the momentum back in P’ville’s favor by connecting on two consecutive jumpers near the top of the key. Amerson followed with a layup and teammate Courtney Sheehy added another bucket.

Briarcliff’s Jackie Contento spun inside for a basket with 40 seconds left in the quarter, but the period ended with Amerson scoring inside again. The Panthers took a 33-23 lead with eight minutes remaining, and the Bears never got any closer than eight points.

Hamlin, whose Briarcliff team has struggled over the last couple of weeks, was disappointed that the early momentum in the second half changed hands so quickly. “We couldn’t keep that momentum going in our favor,” he said. “It’s something we have to improve on.”

The two teams went scoreless for nearly a minute and a half to start the fourth quarter before Sheehy, the Panther senior point guard who controlled the second half with her floor leadership, connected on a short jumper that stretched the Pleasantville lead to 12 points.

“She’s always been a great playmaker,” said Hill about Sheehy, whose Panthers career has improved to 12 points. “I think she put it, ‘give them a jolt of energy’ and that’s what’s nice about having a veteran team.”

Hamlin is faced with the challenge of rebuilding his players’ sagging confidence, while also adding two middle-school players, including daughter KC Hamlin, into the rotation.

Against the Panthers, KC was whistled for two quick fouls while trying to deny an inbound pass to Sheehy near midcourt in the fourth quarter and soon found herself headed back to the bench.

“We have to learn to play that situation a little better and do it without fouling,” said Hamlin. “But I think it’s good for us that the younger girls are starting to get some experience. It’ll help us come down the road, either at the end of this year or at the start of next year.”
Greeley Hockey Team Endures a Rough Weekend

By Cutler Klein

Coming off of exam week at Horace Greeley High School, the Quaker hockey team did not make the grade on the ice. The weekend started with a 9-6 loss to Masuk High School from Connecticut on Friday night and ended with a 6-4 defeat at the hands of rival John Jay-Cross River on Saturday.

Friday's game at Brewster Ice Arena was ugly from the start for Greeley as Masuk scored early and often. The Rams scored the first five goals of the game, including two great wrist shots from captain Shane Dushay, before Scott Jakubowicz finally got the Quakers on the board with just under 11 minutes remaining in the second period. Greeley's Sam Mishkind followed shortly after with another goal, but the Quakers couldn't find any more momentum as Masuk piled on more two goals before the second frame ended.

The Quakers looked quite sloppy throughout the game. Bad turnovers, defensive lapses and poor coverage plagued Greeley throughout the night. Head coach Zach Dargaty said his team wasn't mentally ready for the game.

"It's never an excuse, but with exams this week, and guys coming straight from exams to the rink, we're a little unfocused," he said. "It's tough to make that transition."

The final score was a bit misleading, as Greeley was never really in the game. Late in the third period, Masuk pulled its starting goaltender and the backup yielded four Greeley goals in the final five minutes of the game.

The lone bright spot for the Quakers was goaltender Nick Bright, who made 34 saves on 43 shots. He made some incredible saves throughout the game, occasionally stopping two or three shots in a matter of seconds and denying some key breakaways, to prevent the game from becoming even more lopsided. Dargaty did not pin the loss on Bright.

"They got nine goals," he said. "It was a team effort to give up nine goals. It was the whole team." Late in the first period, Jakubowicz appeared to injure his arm delivering a phenomenal move around the defense by Odland between the pipes for the second weekend, and came out with a two-game losing streak. Perlowitz said that the Quakers answer, we'd immediately correct it."

Greeley was riding a winning streak coming into the weekend, and ended with a two-game losing streak. Perlowitz said that his team's unrewarded efforts in the second period weighed the team's performance.

"We just didn't come to play," he said. "Guys have off-nights, and it happens, but too many of us had off-nights. At points, it looked like we just quit out there." The following night, Greeley started stronger, but surrendered three goals in the final frame and fell to the John Jay Indians 6-4.

Calder Fontaine got the scoring started for the Quakers just over a minute into the game with a fantastic individual effort. But John Jay's Ryan Cavanagh knotted the score just a few minutes later on a bit of a soft shot. Charlie Hastings then gave the Indians a 2-1 lead midway through the period.

Sam Whitehouse and Sam Mishkind tallied late in the period for the Quakers to give them a lead heading into intermission. In the second period, the Quakers put a shooting barrage of 18 shots on John Jay goaltender Jason Styles, but couldn't find a way to beat him. John Jay would tie the game midway through the frame on a phenomenal move around the defense by Perlowitz said that Styles' exceptional play gave John Jay the win.

"He [Odland] settled down after the first period and played okay," he said. "I certainly wouldn't blame our goalie. I don't fault him, and I give credit to the John Jay goalie [Styles]."

Greeley was riding a winning streak coming into the weekend, and came out with a two-game losing streak. Perlowitz said he and Dargaty can't really explain the reason for the roller-coaster ride the team has been on.

"It's really reflective of our season," he said. "We, as coaches, are at a bit of a loss as to our up-and-down performances. If we knew the answer, we'd immediately correct it."

Heading into the final few weeks of the season, Perlowitz said that the Quakers will get back to basics and prepare for their rematch with rival Fox Lane, and the playoffs.

"We had a coaches' meeting to discuss it," he said. "We need to work on our defensive zone coverage and practice fundamentals, in terms of defensive positioning, as we gear up for the postseason."
Westlake Wins Hoop Tourney

The Westlake girls’ basketball team captured the championship of the Kathy Mayer Classic Tournament, defeating host Sacred Heart 55-27 in Saturday’s title game.

In winning the tourney for the fifth time in six years, the Wildcats were led by senior guard Faith Lovett, who was named MVP for the third straight time, and Katie Cullen, named to the all-tournament team for the second successive year.

Kathy Mayer is a longtime coach at Sacred Heart and the mother of Westlake coach Sean Mayer.

Quakers Defeat Brewster

Above: Greeley’s Cameron Ciero, who scored 23 points, drives to the basket in Friday’s 48-38 win over Brewster.

Left: The Quakers’ Adam Quine gets set to pass the ball from the right baseline in Friday’s victory vs. visiting Brewster.

Jeffrey Merchant shoots the ball from the free-throw line during Greeley’s home win over the Brewster Bears.

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