Car Dealership Proposed to Replace Hawthorne Multiplex

By Neal Rentz

Local movie buffs may soon be losing one of their prime venues if a redevelopment plan comes to fruition.

The owner of the All Westchester Saw Mill Multiplex Cinemas in Hawthorne has proposed to tear down the 10-screen theater at 151 Saw Mill River Rd. and replace it with an Audi car dealership. The dealership would be more than 67,000 square feet and include service facilities for the vehicles.

Theater owner National Amusements, Inc. is seeking site plan approval from the Mount Pleasant Planning Board. National Amusements, based in Dedham, Mass., operates more than 1,500 movie screens throughout the United States and abroad.

The planning board has declared itself lead agency for the project and is requiring National Amusements to complete a full state Environmental Quality Review (SEQRA), Mount Pleasant Building and Fire Inspector Sal Pennelle said.

The property is sited in a CR-B zone, which is intended for commercial retail. As a result, National Amusements would not require a zoning change from the town board, Pennelle said.

Supervisor Carl Fulgenzi said Monday the dealership would likely be an advantage to the town compared to the theater because it would generate less traffic.

“As much as I hate to see (a movie theater close) I’m not against a car dealership,” Fulgenzi said.

He added that since the site would be redeveloped it would continue to generate both property and sales taxes. If the dealership was built, a continued on page 2

Father of P’ville Girl Sentenced for Role in Fatal Pennsylvania Crash

By Martin Wilbur

The father of the underage Pleasantville girl who crashed his car last summer in the Poconos killing three Pennsylvania teens was sentenced last Thursday to six and a half to 16 years in jail.

Michael Ware, 54, of Scarsdale received the sentence from Wayne County, Pa. Judge Raymond Hamill for his culpability in the crash that occurred during last year’s Labor Day weekend. Ware could have received up to 21 years in prison.

Ware pleaded guilty on July 9 to three counts of involuntary manslaughter and three counts of recklessly endangering another person. The Wayne County district attorney’s office dropped two felony endangering the welfare of children counts and three additional reckless endangerment counts.

Ware’s then 15-year-old daughter, Julia, took his 2001 Chevrolet Suburban to go out for breakfast with several friends. On the way back to Ware’s Paupack Township vacation home, the girl, who was too young to drive and did not have a driver’s license, lost control of the vehicle, causing it to flip over multiple times.

The Aug. 30, 2014, crash resulted in the deaths of three 15-year-old boys from Bucks County, Pa. and injuries to two other passengers.

Julia Ware was sentenced as a juvenile in May to indefinite probation, mental health counseling and 300 hours of community service. She was also ordered to pay restitution and write a 2,000-word essay on the impact of her actions.

County Considers ‘Micro Projects’ for More Affordable Housing

By Martin Wilbur

County officials are considering a series of small property acquisitions that would sprinkle one to three units of affordable housing on parcels in hopes of helping the county comply with the federal housing settlement.

Board of Legislators Chairman Michael Kaplowitz said last week the county has been slowly adding to its new affordable housing stock, sometimes a single unit at a time, since the settlement went into effect in 2009. Recently, there has been a cluster of new proposals Kaplowitz referred to as “micro projects” that have come before lawmakers, he said.

He said that the small projects have been beneficial because they not only provide much-needed housing for a future household that might not be able to otherwise afford a place to live in the area, but because it usually only entails minor work on already existing residences. Therefore, there isn’t the public opposition that has sometimes surfaced with the larger projects.

On Aug. 10, the Board of Legislators authorized appropriation of up to $300,000 to buy a .3-acre parcel with an existing two-family house at 300 King St. in Chappaqua and sell it to Habitat for Humanity for $1, according to the board’s resolution. The organization and its volunteers will convert the house into a structure containing two-bedroom units.

Yesterday (Monday), the board’s Committee on Labor, Parks, Planning continued on page 2
new assessment of the site would be needed to determine its property tax obligations, he said.

Repeated messages left for National Amusements during the past week at its corporate headquarters were not returned.

County Considers ‘Micro Projects’ for Affordable Housing

National Amusements, Inc. has a proposal before the Mount Pleasant Planning Board to tear down its All Westchester Saw Mill Multiplex Cinemas in Hawthorne and replace it with an Audi car dealership.

While the county’s deputy commissioner of planning, told The Examiner that there were 468 units financed under the terms of the settlement.

“‘There’s a little bit of time left, but it’s getting late fast,’ Kaplowitz said.

In addition, the Town of Somers and Kearney Realty and Development Group are prepared to enter an intermunicipal agreement with the county to have various infrastructure improvements completed to help pave the way for 16 additional affordable units. Those units would be part of the Hidden Meadow project, a 53-unit development on Route 6 in Somers.

For some of these people, weight-loss (bariatric) surgery can be the best solution. With the right surgical procedure, obese patients can lose a lot of weight and almost immediately start lowering blood sugar, blood pressure and blood fat counts.

Q: How can I prevent metabolic syndrome?
A: Healthy eating and regular exercise, as I describe above, are great ways to keep the syndrome’s various triggering factors at bay. If you already have one or all of the factors involved in metabolic syndrome, see your doctor. If surgical weight-loss is recommended, Northern Westchester Hospital’s website is an excellent place to explore today’s most advanced, safest and most effective options: www.nwhsurgical/weightloss.org.

Find out if weight-loss surgery is right for you. Visit www.nwhsurgical/weightloss.org today and register for a free seminar.
Nominations for Westchester Senior Hall of Fame Sought

Do you know a senior who is making or has made a positive difference in Westchester County through his or her professional life, volunteer work or both? If so, County Executive Rob Astorino invites you to submit a nomination to the Westchester Senior Citizens Hall of Fame, now in its 33rd year.

“The Hall of Fame is a special tradition that honors seniors who have given their time and energy to improve the quality of life in their communities or the county at large” Astorino said. “Don’t miss this great opportunity to shine a light on people who merit special recognition for their contributions.”

Those selected will be inducted into the Senior Hall of Fame at a festive luncheon on Friday, Dec. 4 in the Grand Ballroom of the Westchester Marriott Hotel.

To be nominated, a person must be at least 60 years old and live in Westchester; have made significant contributions to improve life in the county; be an outstanding leader or advocate; have done professional work that reflects innovative solutions to fulfill unmet community needs (if nomination is based on paid professional work); and not be a past Hall of Fame inductee (see list of former inductees at westchestergov.com/seniors).

All nominations will be reviewed by a judging committee of past Senior Hall of Fame honorees, members from DSPS’ Aging Network, the county’s Senior Council and the Older Americans Act Advisory Council.

Nominations are due by Sept. 25 and may be obtained online at westchestergov.com/seniors. Nominations may also be mailed by contacting Rose Cappa 914-747-0519 or at rose.cappa@cappaarucy.com. Cappa may also be contacted to learn how to become a Hall of Fame sponsor or to sponsor a particular honoree.

State Comptroller Gives Mount Pleasant Schools Positive Grade

By Neal Rentz

The New York State comptroller’s office recently issued a positive review of the finances of the Mount Pleasant School District.

The report, from the Division of Local Government and School Accountability, focused on the financial condition of the district from July 1, 2013, through Jan. 6, 2015. The auditors also extended the scope of the review back to July 2009 to further examine the district’s fund balance, budgeting and financial trends.

The objective of the report was to determine whether school officials adequately monitored the district’s financial condition and took appropriate actions to maintain financial stability.

From 2009-10 through 2013-14, accumulated fund balance in the general fund increased from $6.6 million to $9.8 million, according to the report. Preliminary results of operations indicated the trend would continue for the recently concluded fiscal year that ended June 30.

The only recommendation in the report was for district officials to “closely monitor the budget and take necessary actions to maintain fiscal stability.”

Mount Pleasant Superintendent of Schools Dr. Susan Guiney.

The district had taken several steps through tight internal controls and conservative budgeting to increase the accumulated fund balance over the past five years by $3.2 million, she said.

Guiney said district budgets have stayed within the state mandated tax cap since the cap’s Fininception. The increased reserves help the district by improving its credit rating, cash flow and borrowing rate while helping to eliminate the need for short-term borrowing, which could increase costs to taxpayers, she said.

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High Holiday tickets are available on a limited basis.
Steve and Susan Salomone have a story that parents across the Hudson Valley have come to relate to: their son Justin died of a heroin overdose in 2012. As a result of his death, the Salomones co-founded the advocacy group Drug Crisis in Our Backyard. Last month, state Sen. Terrence Murphy, who serves as the co-chairman of the Senate’s Task Force on Heroin and Opioid Abuse, announced a $25,000 state grant in an effort to expand the program’s reach throughout the community. 

“I have been proud to partner with the families involved in Drug Crisis in Our Backyard since they founded their organization,” Murphy said. “They have turned their tragedies into a mission and have done a phenomenal job shedding light on the heroin and opioid epidemic that has now been recognized by the Centers for Disease Control (CDC) as a national concern.”

Earlier this month it was widely reported that the CDC recognized the ongoing heroin and opioid abuse as a nationwide epidemic. Reports showed overdose deaths in the country increased by 286 percent between 2002 and 2013. Moreover, the CDC identified a direct correlation between prescription opioid use and heroin. In fact, individuals who are addicted to pain medication such as Vicodin and OxyContin are 40 times more likely to be addicted to heroin because the chemicals are essentially the same.

“Statistics are showing us that young people are not starting with heroin,” said Putnam County Executive MaryEllen Odell. “They are getting hooked on prescribed painkillers or are taking pills out of their home medicine cabinets and moving onto heroin. Events such as today’s Prescription Drug Drop-Off Program help keep pills off the streets and away from youth.”

“Senator Murphy has been an incredible advocate and ally in our mission to raise awareness and provide education to families and individuals struggling with addiction,” said Steve Salomone. “This grant will aid us in expanding our program to offer additional services to families in need, and more importantly, increase our ability to educate members of our community about the devastating destruction opioid and heroin abuse can have.”

State Sen. Terrence Murphy recently announced a $25,000 state grant in an effort to expand a drug outreach program throughout the community.

The Westchester County Department of Health reminds residents to dump out standing water on their property after it rains, and to use insect repellents when outdoors in the early morning and late afternoon to avoid being bitten by mosquitoes that could carry West Nile Virus.

Westchester has yet to report a human case of the virus, but the county has tested more than 150 mosquito batches and has learned that four of those batches were carriers of the disease. These batches were collected by County Health Department staff in Greenburgh, Yonkers, Rye and Mount Vernon and were sent to the state Department of Health for testing.

Last year, six positive mosquito batches were found in Westchester County and two human cases of West Nile Virus were reported.

The Health Department will continue mosquito surveillance efforts throughout the county. These efforts will include mosquito trapping and testing, as well as surveying catch basins for mosquito larvae or standing water. The Health Department prepared for the summer mosquito season by applying larvicide to catch basins throughout the county in an effort to prevent the spread of mosquito-borne diseases such as West Nile Virus.

Residents who notice large areas of standing water on public property that could serve as potential mosquito breeding grounds should report this information to the Westchester County Department of Health by calling 914-813-5000 or e-mailing the Health Department through its website at www.westchestergov.com/health.

Health Dept. Finds First Mosquito Batches With West Nile

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Support Connection Holds Kickoff Celebration for Annual Walk

By Rick Pezzullo

When Susan Hope McCarthy was diagnosed with ovarian cancer in 2013, she was determined to overcome the disease.

However, three months later, she found herself at a low point, so she reached out to Support Connection, the Yorktown-based nonprofit organization that has been providing free and confidential services and programs for people affected by breast and ovarian cancer since 1996.

"I tend to be a very positive person. One day it hit me and I just called up," said McCarthy, who is one of two ambassadors for Support Connection’s 21st Annual Support-A-Walk, which will be held Sunday, Oct. 4 at 9 a.m. at FDR State Park in Yorktown.

“They really help. I’ve always thought of it (the walk) as such a good thing for the community,” she said, noting she has 10 more months of treatment left. “I have (a) great support system. I knew from day one that I was going to beat this.”

Andrea Karl has been a peer counselor with Support Connection since 2005. In 2003, she was diagnosed with breast cancer, and the first call she made seeking answers was Support Connection.

“The walk has yet to stop for me. We need your help so everyone can walk through their vulnerability,” Karl said during a passionate speech at a Kickoff Celebration Breakfast for Support-A-Walk last week at the Cheryl R. Lindenbaum Comprehensive Cancer Center at New York-Presbyterian/Hudson Valley Hospital and Ashikari Breast Center.

“We know everyone is different and we are able to provide services to serve their individual needs,” Karl said. “What we try to accomplish is astronomical. We are a trusted source. We are the one for everyone no matter what the stage of the disease. Hearing the words ‘you have cancer’ is all the same. Your world stops for a second, then you breathe again. We need to know we are not alone.”

Since Support Connection does not receive any funding from national cancer groups, the money raised from Support-A-Walk, which annually inspires thousands of participants of all ages, serves as its major source of funding.

“Our walk is our lifeline to keep us going,” said longtime Executive Director Kathy Quinn. “It really is the community that keeps us going. I see the difference it makes. We’re very unique because every one of our counselors have been through cancer and they know what people are going through.”

For more about Support-A-Walk or Support Connection, call 914-962-6402 or 800-532-4290 or visit www.supportconnection.org.

Party to Celebrate Chappaqua Children’s Book Festival on Aug. 31

Hall of Scoops and the Chappaqua Children’s Book Festival are hosting an afternoon of kids’ activities to launch a new custom-crafted ice cream flavor, Purple Pig Tales, and celebrate and raise awareness for the Chappaqua Children’s Book Festival. The event is from 2 to 4 p.m. at Hall of Scoops, located at 14 S. Greeley Ave. in Chappaqua.

Free activities will include air-brushed tattoos by Kiwi Country Day Camp, balloon-twisting, purple “pigtail” extensions by Cathy’s Hair Room and a book reading by award-winning children’s book author Jean Van Leeuwen at 3 p.m. Hall of Scoops will unveil its newest ice cream flavor, Purple Pig Tales – purple and white-swirled cotton-candy ice cream with rainbow confetti – which was created with the permission of and guidance from Van Leeuwen.

Cost- Ages 5-8: $100 per player -16 weeks of Fall and Spring In –House Soccer Fee includes a jersey, trainer, soccer ball, AYSO Membership, PLAYSOCCER Magazine, and supplemental accident insurance.

Cost- Ages 9 – 18: $150 per player -16 weeks of Fall and Spring Travel Soccer Fee includes a practice jersey, trainer, soccer ball, AYSO Membership, PLAYSOCCER Magazine, and supplemental accident insurance.

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Pace Students Move Into New State-of-the-Art Residence Hall

By Martin Wilbur

Going off to college for the first time is usually an exciting but often nerve-wracking episode in the lives of 18-year-old students.

Few of the millions of students in the past likely had the accommodations that more than 400 incoming freshman will experience this year at Pace University in Pleasantville.

Last week the first wave of students began moving into the newly completed Alumni Hall as part of the university's $100 million consolidation project. The students, athletes who were required to report earlier than most of their classmates, will be joined by the rest of the non-athlete population later this week for the start of the new academic year on Sept. 2.

Pace made sure its student residents have the 21st century amenities to make for a successful transition to college life both academically and socially.

“This building will really be a hub,” said Lisa Bardill Moscaritolo, the university's dean for students, said of the new dorm that will house 540 students, about 120 of which are older students. “A number of students, even our commuter students, they’ll have a class here too, University 101, and they’re part of that first year. So they can come here to study in groups, and we know a lot of students like to study in groups and there’s a lot of research out there to support that, so we try to create the old-school study (approach),” Tirsch said.

There will also be Sunday evening instruction from 7 to 10 p.m. in the writing center for those who are returning late from the weekend or who want to get a head start and brush up on work for the week ahead.

Other areas are set up for students to participate socially, whether it’s yoga classes, ping pong or foosball or if they want to relax and watch television, Tirsch said.

The new facilities that are coming on line is likely a contributing factor to the spike in applications and in requests for resident space, Moscaritolo said. There were about 40 to 50 additional residence requests for this year and that demand may increase again next academic year when the second on-campus residence hall is set to open.

Meanwhile, this will be the final year for living on the Briarcliff campus, where only 100 students will remain. Through the university’s consolidation plan, it will give a more cohesive and enjoyable college experience for its students and cut down on the short car trips that contribute to congestion on area roads.

“I think by consolidating our resident population that lived over in Briarcliff, a lot of them were here every day, but now they’re going to be walking every day,” Tirsch said.

Students move into Alumni Hall at Pace University last week, the brand new residence that is part of the school’s $100 million consolidation project.

By Martin Wilbur

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Most of the living quarters consist of a double suite that houses two students. Each student has a bed, a desk near an outlet for WiFi and a closet and dresser drawers to keep clothes. The suite also has a shower room, a lavatory and a common area with a sink and mirrors.

Some rooms house three students but two $500 rebates are provided, one if they remain after the opening semester's first two weeks and another later on, Moscaritolo said.

Aside from the living quarters, it’s the other spaces that will help make for happy and comfortable students, said administrators. Alerie Tirsch, director of residence life and housing, said on the building's first floor, a large classroom space with a partition will be the home of the first-year introductory college life class University 101.

There are also seven larger themed lounges sprinkled throughout the building, one each for the seven First-Year Interest Groups (FIGs) an incoming student will select. That will insure that students can meet with others with similar interests, she said.

There are seven smaller study lounges where students can congregate and work in groups or by themselves. The lounges will be accessible 24 hours a day so students who may like to work at odd hours won’t bother a roommate.

There will also be Sunday evening instruction from 7 to 10 p.m. in the writing center for those who are returning late from the weekend or who want to get a head start and brush up on work for the week ahead.

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Skunk Captured in Pleasantville Confirmed to Be Rabid

By Martin Wilbur

The Westchester County Department of Health notified Pleasantville officials on Friday that a skunk captured on Wednesday in the village had been confirmed as rabid.

Caren Halbfinger, a spokeswoman for the Department of Health, said the skunk sprayed three dogs near a residence on Willis Place during daylight hours. The dogs’ owner used a shovel to scoop up the skunk, placed it in an empty trash receptacle and closed the lid, she said.

The skunk was transported to the Department of Health where it was tested.

Results released on Friday showed that the animal was rabid, Halbfinger said.

The pet owner brought the dogs to a veterinarian where they were tested but were found not to have rabies. There were no scratches or bite marks found on the pets, but they were given booster shots, Halbfinger said.

Following the incident, the Department of Health made robo calls to residences in the neighborhood where the skunk was captured. On Friday, the Pleasantville Police Department was contacted to help spread the word.

For more information on how to take precautions against rabies to protect people and pets, visit http://health.westchestergov.com/rabies.

Obituary

Assunta Iorio

Assunta (Susie) Iorio of Thornwood passed away peacefully on Aug. 22. She had celebrated her 86th birthday on Aug. 15.

Born in Italy on Aug. 15, 1929, she was the beloved wife of Angelo for 57 years. She is also survived by her children, Linda (Ed) Scoca and Louis (Dr. Reinemarie Willmann) Iorio; her grandchildren, Noelle (Dr. Ronald) Gomez, Dr. Deanna Scoca, August, Justin and Avery Iorio; her sister, Elvira Giordano; her brother, Alfredo D’Aloisio; family in Italy, Antoinetta and Michele Amoruso; and many nieces and nephews.

Susie’s love of family and friends was endless. She enjoyed baking and cooking for them all. She was a seamstress for many years and upon retirement worked at the Westlake High School cafeteria where she was in her favorite place – the kitchen. She spent most of her life as a homemaker. After her husband retired, they spent many winters in Florida. She will be missed by all who knew and loved her.

Visitation was at Hawthorne Funeral Home on Aug. 24. A funeral Mass was held today (Tuesday) at 10 a.m. at Holy Rosary Church in Hawthorne followed by interment at Gate of Heaven Cemetery.
Marines Help P’ville Football Team Enhance Leadership Skills

By Martin Wilbur

The Pleasantville High School varsity football team has been enduring practices in the summer heat to get ready for their season opener on Sept. 5.

But during last Wednesday afternoon’s drills it wasn’t the coaching staff that was putting the players through their paces but rather a group of about 10 U.S. Marines who took over the practice field at Parkway Field.

Players were divided into groups where they competed against each other to complete a series of grueling combat fitness training exercises that are used in the military, such as rope pulls, turning oversized tires down the field and carrying and lifting heavy loads around cones.

While the drills were exhausting, getting into shape for the approaching season wasn’t as much the focus as it was rather a group of about 10 U.S. Marines putting the players through their paces but drills it wasn’t the coaching staff that was calling the shots. “We’re trying to teach them leadership skills, some of the elements of leadership that are learned in the Marine Corps,” said Sgt. Maj. John Calhoun, one member of the group leading the players through session. “The Marine Corps has perfected some of the elements of leadership, skills, some of the elements of leadership that are learned in the Marine Corps, qualities that go into making a winning team, and we try to pass that on.”

Head Coach Tony Becerra said last winter he attended a coach’s football clinic, where having the Marines come in was suggested as one way to promote team bonding and challenge the players to be their best. “You never know what’s going to be the spark that brings it together,” said Becerra, who participated in the exercises alongside his players. “It could be something like this, it could be something else, it could be something totally unrelated to athletics or football.”

During the latter stages of the competition, the last players to complete the exercises were exhorted by their teammates to make it across the finish line. That spontaneous motivation on the part of the players was what Becerra and the visiting Marines wanted to see. “It’s a great team-bonding experience and I think our team got a lot out of it,” said Becerra, who took over the practice field at Parkway Field.

Another captain, senior Jack Drillock, said last week’s visit was appreciated. “It was a good workout and it was also fun,” he said. “Y ou never know what’s going to be the spark that brings it together.”

For the players, this type of workout is a new experience if they find themselves in a close game with time winding down. “I think guys didn’t know how far they can go and what their limits are, but they really pushed it today and exhausted themselves today, so that should translate on the field in the fourth quarter late in games,” Drillock said.

The Marines who participated in the practice were based either in Albany and Peekskill and travel to schools throughout most of the state to help student-athletes develop their leadership skills, Calhoun said.

While football may be the sport most closely associated with these types of challenging workouts and practices, Capt. Carolyn Giebel said she has led sessions for teams in a variety of boys and girls high school sports. This week she’ll be in Binghamton to assist a high school varsity cheerleading team. “It’s young men and women learning leadership skills and applying them in their lives,” Giebel said. “It’s easier to apply them to a team, a sport, but it’s life skills. We were all 16, 17 at some point in our lives.”

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Mount Kisco Police Department

Aug. 16: A 26-year-old Mount Kisco man was arrested at 1:50 a.m. and charged with fourth-degree criminal mischief, a misdemeanor, and second-degree harassment, a violation, following a dispute he had with another man on Main Street. The suspect was accused of grabbing the victim by the throat and kicking his car, causing some damage. He was taken into custody down the block and subsequently released on his own recognizance pending an Aug. 27 appearance in Mount Kisco Justice Court.

Aug. 18: A 47-year-old Greenwich, Conn. woman was arrested at 11:42 p.m. and charged with DWI, a misdemeanor, following a traffic stop at Main and Green streets. She is due to answer the charge in Mount Kisco Justice Court on Aug. 27.

Aug. 19: A West Way resident reported at 3:35 p.m. that a white SUV parked on the street did not belong to anyone who lives on the block. The complainant was advised that the vehicle was legally parked and that no police action could be taken.

Aug. 19: Police responded to Diplomat Towers at 10:18 p.m. following a report that shots had been fired in the area. It was determined that two men had set off fireworks near the pool and left the property.

Aug. 20: A Bronx woman employed at a North Bedford Road business reported at 4:41 p.m. that the license plates on her car had been stolen. The woman contacted police when she noticed the plates were no longer on her vehicle. She was unsure when and where the theft had occurred.

Pleasantville Police Department

Aug. 15: Three Thornwood males were arrested at 11:17 p.m. and charged with unlawful possession of marijuana, a violation, following a traffic stop on Manville Road.

Aug. 16: Report of fraudulent activity at Dunkin’ Donuts on Washington Avenue at 7:47 a.m. A subject made a transaction using counterfeit money. An investigation is ongoing.

Aug. 21: A 21-year-old Irvington man was arrested on Marble Avenue at 1:34 a.m. for exposure.

Aug. 22: Report of a larceny on Romer Avenue at 1:43 p.m. A propane tank was stolen from a forklift. The matter is under investigation.
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Guest Column

Back-to-School Tips for Healthy, Happy Kids

As the school year begins, parents need to keep in mind that healthier children are happier children. Below, I offer several tips to help parents keep their kids healthy during the school year.

Rest
Adequate rest cannot be overemphasized once school begins, particularly in light of earlier school start times. Try not to overbook children with activities, especially younger children. Inadequate rest can lead to lowered resistance and increased susceptibility to illness.

Safety
Parents should review and encourage bus safety for children who ride, and safe driving for adolescents who drive to school. Regular stretching is a must for all of us, and especially for kids involved in athletics. One significant muscular strain can be a season-ending injury. Finally, let’s take good care of our backs. Encourage your children to wear both straps of their backpacks for symmetry and posture. If they use one-strap saddle book bags, or athletic bags for gear, they should alternate sides daily.

Nutrition
Three meals a day remains the advice of nutrition experts, and breakfast is a must. Provide a good balance of all food groups. A great, performance-boosting “brown bag” lunch includes lean protein, such as grilled chicken, paired with a low-fat dip like honey-mustard; low-fat cheese and whole wheat crackers; a low-fat yogurt cup; carrot sticks; and a piece of fruit. Provide a good balance of all food groups. We should all take time daily to increase our heart rates with aerobic exercise, such as a brisk walk. Committing to regular exercise is an opportunity for family activities and a great example for our children to follow into adulthood.

Reading
Reading is required for school, but we need not stop there. Encourage as much leisure-time reading as possible. Read to and with young children; older children can choose books based on their interests. Consider visiting a local book store or library. Many have a place to sit comfortably and look at books with your child. Make it an outing, and not just for rainy days.

Music
I strongly suggest that parents make music a part of their child’s life. Music lets kids express emotions that are often not elicited otherwise. I recommend singing and learning to play an instrument for all children.

Communication
It is imperative that we always keep the lines of communication open with our children. Encourage your kids to share what might be making them anxious or causing them stress as well as their accomplishments and any cool or exciting things that happened during the day.

Children should do their own homework (not parents) but we can offer guidance. Over time, try to instill in them a sense of responsibility as students, so kids realize that their education is their “main job.” Avoid excess pressure, as this can be counterproductive. Don’t demand perfection and try not to compare them to siblings or friends; instead, encourage a child to do their best. Remember, each child is an individual and need not feel pressure to do all things or to do all things well. Students who achieve success as scholars, athletes and musicians feel good about themselves.

Dr. Peter Richel is chief of pediatrics at Northern Westchester Hospital. He is a member of Westchester Health Associates and has practiced on Smith Avenue in Mount Kisco since 1990. Dr. Pete has authored "Happy and Healthy," a book on wellness in the first year of life, and produced CD of children’s songs called “Welcome to Pete’s Office.” Both of these are intended to educate and entertain children and their families.

Letter to the Editor

Plastic Bag Initiative is Unnecessary Government in Our Lives

I was amused, but by no means shocked to see the Pleasantville Village Board vote in favor of a county-wide ban on plastic bags with little to no community input. No doubt they are so well-assured in their position that no counter discussion was deemed necessary or even relevant.

In this modern day of top down “consensus” I wonder if any of the board members ever considered that we collectively can be trusted to make personal environmental decisions every day, and we’ve managed to build a wonderful community that’s been well-integrated into its environment for a very long time without this type of finger wagging governance. Heaven forbid I might choose the non-green option and use – gasp! – plastic bags to bring home the groceries, then to drop off old books to donate to the library, or clothes to the shelter, or a meal for a neighbor, or even to clean up from what that black lab leaves on my lawn every morning. When have we become so comfortable telling each other what to do? How concerned do we need to be about how our neighbor disposes of Fido’s poop? And when did we become so comfortable with our government ordering us with how to do these things?

I realize plastic bags is not the mountain with which to make the stand for personal freedom, but I am personally getting fed up with being told what to do by bureaucrats with presumably too much time on their hands. It’s not so much the plastic bags, it’s much more about how we as a community and a nation have become such a group of sheep to be herded and penned and dictated to. And by the way, The Examiner’s coverage was wholly flat. It read like reporting the outcome of the bingo game at the local senior center.

Joe Yasinski Jr
Pleasantville

Letters Policy

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

Marianne Campolongo
Photographer/Writer, Chappaqua

By Martin Wilbur

Marianne Campolongo knew she needed to reassess her life. After more than 15 years as a trial lawyer in Manhattan and Westchester, her daughter was growing up while she was working long hours away from home.

Campolongo also wanted to return to what she loved doing the most.

"When I was in my early forties I just decided that I needed a change," she said. "I felt like somebody else was raising my child and I really wanted more time with my daughter and sort of go back to my roots."

Those roots were in photography and writing. Since she was six years old, Campolongo's parents moved to City Island in the Bronx. Campolongo would take photos of her friends and bring along her camera on family trips.

Her passion for photography accelerated when Campolongo accompanied her grandmother, a seasoned traveler, on a trip to Hawaii the summer after she finished eighth grade, opening her eyes to a vast world.

"Flying over the entire country, from New York on the way to Hawaii as a 13-year-old, the thought of being on a plane wasn't something we take for granted the way our kids do today," Campolongo said. "I just remember seeing the Rocky Mountains and the Mississippi River from above and saying I want to go and see those places for myself."

For more than a decade now, Campolongo, 56, has fused her love of photography and writing, building up her portfolio working for a wide range of clients and publications. With her assortment of Nikons and an Olympus Om-DE1, she has done stock photography, where her work is among the millions of images that can be found online, architectural photography collaborating with contractors and was even an assistant to a food photographer at one point.

Campolongo's work has been featured in publications around the world, from Inside Chappaqua to Smithsonian and Coastal Living magazines and newspapers such as The Telegraph and The Daily Mail in London.

On the writing side, she has worked in corporate and marketing communications as well as writing for various publications, "she said.

One of Campolongo's loves is taking photos of nature, water and the beach, which she credits mainly to having spent most of her childhood growing up on City Island in the Bronx.

For her senior year in high school, Campolongo's parents moved to Chappaqua, so she graduated from Horace Greeley High School. She went on to Smith College and then returned home for the first year after school to work as a reporter and photographer for a now defunct local newspaper.

Campolongo will continue to travel, taking images of fascinating places and people and where ever the next assignment will bring her.

"I feel very lucky to be able to forge a career out of so many things that I really love to do," she said.

For more about Campolongo's work, visit www.campyphotos.com.

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

Kaitlyn Corbett
Nuclear Engineer

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

Discover more about Indian Point at SafeSecureVital.com
The next generation of smartphone users is getting a head start on device destruction. Children are breaking more smartphones, tablets and laptops than ever before, experts say.

Their tech-forward parents have so far shelled out more than $11 billion to repair or replace such devices, according to a recent report from SquareTrade, a protection plan for mobile devices and other consumer electronics.

“Teaching tech etiquette alongside the ABCs and 123s is a smart idea for sanity at home. And for the 89 percent of households whose kids have damaged devices, it makes great financial sense,” said Jessica Hoffman, vice president of global communications for SquareTrade. “Kids as young as toddlers are getting significant doses of screen time and, as a result, accident rates are climbing.”

The report also found that 70 percent of elementary school students own tablets and a whopping 55 percent of accidents happen from children accidentally dropping their devices. Not surprisingly, 20 percent of kids blame someone or something else for the mishap.

“Kids and technology are as popular a pairing these days as peanut butter and jelly,” Hoffman said. “As smartphones, tablets and laptops replace dolls and toy cars as children’s most prized possessions, we recommend that parents do their homework on how best to deal with at-home tech habits or risk having their child on the device dishonor roll.”

SquareTrade suggests the following five golden rules to keep in mind before letting kids use electronic devices:

• Don’t pack devices into overstuffed, heavy backpacks without proper protective gear. Tablets cannot handle the wear and tear that a book can absorb.
• On rainy days or when you will be around water, use a zip lock bag for your smartphone or tablet.
• No eating or drinking while using devices. Sticky liquids are the most dangerous.
• Limit screen time in the car. Siblings fighting can lead to devices flying out of windows.
• No matter what precautions you take, accidents can still happen. Invest in a protection plan that covers the clumsy drops, juice spills and backpack crushes of daily life.

Repairing a broken device can often cost as much as buying a new one. A good protection plan can cost just a few dollars a month and can buy priceless peace of mind for parents worried about everyday accidents and other “uh-ohs.”

So even if your child breaks a device, there’s no need to stress: you’re covered.

For information on protection plans, visit www.squaretrade.com.

Don’t wait until it’s too late. Tweak habits at home, school and on-the-go to prevent technology breakage.

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When the school year begins, students need to quickly get back into the swing of things. Staying organized from day one can ease the transition. While every individual needs to tweak his or her routine to best suit personality quirks and study habits, here are a few tried and true organization tricks that will work for most anyone.

**Get Scheduled**

While the word “bedtime” may have no meaning on summer vacation, during the school year it’s vital. A regular sleep schedule can mean better quality sleep and higher alertness at school. Likewise, a morning routine can help students focus and prep for the day. Family members should share their schedules with each other to ensure everyone gets to practice, club meetings and other activities on time. Install a household calendar or bulletin board in a central location to ensure everyone stays in the know.

**Stomp Out Clutter**

Lockers and backpacks need to stay organized. Whether notebooks, binders and textbooks are arranged by sequence of the day, subject or color isn't important so long as the system works for you. To create more storage space in your locker, add durable, stackable locker shelving.

For on-the-go book hauling, look for a backpack such as the Five Star Expandable Backpack that features two expanding compartments providing additional space, along with protected storage for laptops. Its patented zipper allows you to quickly get inside your backpack while it’s hanging in your locker. Ergonomic patent-pending straps distribute weight to comfortably support a heavy load.

To cheer up your locker with a boost of color and add a place for quick reminders and mementos, try the Five Star Magnetic Mirror + Push Pin Board. Its slam-resistant magnets will keep it affixed to the inside door of your locker. There isn't much time between classes, so a mirror is a welcome locker feature when there isn’t time for the bathroom.

Organizational tools such as these can keep your ducks in a row all year long. Also remember to set time aside weekly to clean out your locker and backpack, throwing out candy wrappers and crumpled notes.

**Personal Organization**

Students need to be able to keep more belongings than ever with them throughout the day – traditional school supplies, paperwork, flash drives, calculators and other electronics. A binder that can contain it all will give students a chance to make sure their lives are in order, not just a class at a time. For a secure method of carrying supplies, look for the Trapper Keeper Zipper binder, with pockets and dividers to keep items organized, and the Five Star Zipper Binder + Expansion Pocket, which features storage for textbooks and a tablet, and has an adjustable strap that allows you to carry the binder messenger style or on your back.

At home, it's easy to get distracted from important tasks like studying and homework. Create a dedicated work space away from televisions and other distractions. Make sure the area is comfortable, well-lit and conducive to great work.

More study tools and tips can be found at www.Mead.com. The right tools and habits can empower students for a successful and organized school year.

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Tuesday and Thursday mornings 9:30-11:45 am beginning September 10

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**Back to School**

*Fully Understanding Mathematics is Key to Success in Higher Grades*

By Marina Zale

Back to school time is upon us again. Students are gearing up – or maybe stressing out – as they prepare to enter a new year. This is a time for parents to think about goals they have for their students. Last year may have been a struggle and now is the time to address these concerns.

September is a time for review in class, but for students already behind it is not enough time to catch up. Tutoring early on can better prepare students for the new material to come.

Math difficulties can begin years before grades start to suffer. Early in elementary school, students learn their basic math facts as well as an understanding of why these facts are true. Students who are uncomfortable in math memorize facts to get through class. By third grade, students are expected to have a thorough understanding of how to arrive at solutions that were previously memorized.

When students reach fourth grade, this understanding is tested as equations and word problems become more complicated. Memorized facts can no longer be used to solve these problems and grades start to fall, though the root of the problem started much earlier.

As students get older, it is harder to get them to focus on those foundational skills and mathematical problems they deem “too easy.” However, these gaps hold them back from succeeding in higher level math classes.

It can be difficult to decide when your student’s struggles warrant additional help. However, any student can benefit from additional help, regardless of grades. Students gain much more than an increase in GPA; they gain confidence as subjects like math become less confusing.

Marina Zale is a director and instructor at Mathnasium in Yorktown Heights, a math learning center. To learn more about Mathnasium and how it can help a student with school work, Common Core skills and test prep, visit www.mathnasium.com/yorktownheights.

A student may take a free assessment. For more information or to schedule an appointment, call 914-302-7950.
Anna Maroselli could write the definitive book or teach a master class on preparing a home for sale.

While normally it is a matter of a month or two from the time a seller and realtor engage in the process of listing a home, there was a gestation of more than two years from the time I was called by Maroselli for a comparative market analysis until last week when her six-bedroom raised ranch in Yorktown Heights was listed.

In the intervening months, there was a methodical system of activity that might have been ordered by a drill sergeant.

"One of my favorite expressions is 'train hard, fight easy,'" she told me early in the game, noting the origin of the aptly put quote from Alexander Suvorov, a 19th century military leader in the Imperial Russian Army.

From the first of my two interviews with her, along with invitations she extended to two other realtors for consideration, her journey to listing her home has been painstaking. Only after the fact did I learn that, before retirement, Maroselli had been a legal secretary for a major multinational corporation and was responsible for communications with foreign diplomats, government officials and top business executives.

"I was always detail oriented, always made checklists and everything had to be perfect," she said.

The process started with her taking my suggestions, some from my columns which she had carefully read and saved in a folder, and from our frequent conversations, first to update her kitchen with a granite countertop and new backsplash, to remove wallpaper there and from two bedrooms, and the need to paint her interior in neutral tones.

On her own, Maroselli needed to "re-purpose" some of the rooms of her home. The lower level had been utilized for her daughter Adrienne’s family, her husband and son in a three-bedroom setup. Now that her daughter was leaving, the lower level would be reconfigured for the flexibility of a new owner.

Maroselli also hired a stager and decorator, Susan Atwell, whose function it was to help her declutter, depersonalize and rearrange furniture. For the painting, I recommended the stalwart "Fireman Joe" Pascarelli.

While Adrienne was leaving, she stayed on to help her mom accomplish her long checklist, including selection of interior colors. She chose different shades of grey, today’s favorite neutral, which Maroselli said "seem to reflect and blend in with whatever color is near them, much as hazel eyes do."

Adrienne also helped with paring down furnishings and simplifying window treatments by removing drapes and replacing them with plain valances with grosgrain ribbon trim.

There were a couple of stumbles, then corrections along the way. For instance, when Maroselli went to a large retailer to choose the granite kitchen countertop, she found it too complicated to coordinate selection of the granite with installation of the sink. Someone suggested to her a “one-stop” way to handle that by going to Westwood Stone and Granite in Cortlandt and asking for Anthony, who deftly coordinated the whole job for her.

Frequently I would receive updates to learn, for example, that all the hardwood floors had been refinished for the “wow” factor, or that the backsplash suggested for the kitchen would not be ivory, but rather beveled stone bricks, and dated lighting fixtures had been replaced with more contemporary ones.

In tow at our contract signing and final meetings before listing was Maroselli’s other daughter Christine, very real estate savvy, to help advise her parents. Then, Maroselli joined in the process, editing copy for the descriptive remarks for the MLS listing and promotional materials, word by word, a first for me.

The figurative close-order drill continued to the week before listing when I was invited back to the house for viewing of Maroselli’s work, which I was able to declare total perfection.

Within eight hours from the time the listing went live, there were seven showings requested, just from the way we were able to describe Maroselli’s hard work. Preparedness always pays off.

Her suppliers were Anthony Carraturo of Westwood Granite and Stone in Cortlandt Manor at 914-736-9100; Painter “Fireman Joe” Pascarelli at 914-330-3889; and stager and interior designer Susan Atwell at 914-525-0454.

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). 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.
Kumon of North White Plains

By Pat Casey

Kumon is an afterschool math and reading program for students in preschool through 12th grade.

The internationally popular program – it is employed in 48 countries on six continents around the world – began with a parent’s love, as the story goes. Toru Kumon, a Japanese math teacher, developed the materials and the guiding principles of the Kumon Method to help his eight-year-old son.

Although set in a classroom environment, the program utilizes a one-on-one relationship between the student and teacher that allows a customized approach to the teaching materials, which in turn helps students tackle individual challenges and gain confidence as they overcome obstacles. They become self-learners.

The newest Kumon franchise in Westchester County, was recently opened by Michael Otero, at 600 N. Broadway in North White Plains.

With degrees in elementary education, Otero was eager to get involved in the administrative aspects of learning. As a Kumon teacher in Connecticut, Otero worked to open his own franchise and the number of students attending the North White Plains center has steadily grown.

The bright classroom features bench-like desks with stools and a library-voice environment. There are multiple students at each 30-minute session, each working at their own level. The teacher interacts with each of the students as they work through the individually prepared program of worksheets.

Classes in North White Plains are from 3 to 7 p.m. on Wednesdays and 9 a.m. to 1 p.m. on Saturdays. Classes run throughout the year and students can sign on at any time.

Students are as young as three years old. “Parents are realizing that especially with reading, children need to begin developing their literacy skills at an early age,” Otero said. “By age three children are beginning to read comprehensively.”

The teaching emphasis also goes two ways. The program encourages students to reach their highest attainable skill level – so some work is remedial and some is advanced.

Otero says the mix at his center is about 50/50.

Regarding the ratio between students pursuing math versus those engaged in reading, it’s a 60 (math) to 40 (reading) mix.

“In the past, there was a more relaxed approach to education,” Otero said. “It was accepted that children learned by playing. Today education is more rigorous and standardized tests not only gauge a student’s ability, but also how quickly they can complete a test. ‘There is a lot of focus on time.’”

With the controversy over Common Core and the push to advanced levels, Otero said the Kumon Method also pushes students to strive for ability beyond their grade levels.

“Each child is different. With individualized lesson packets, specific areas can be revisited if necessary until the material has been mastered by the student,” Otero said. “The process is proactive and pre-emptive.”

Progressing at their own pace, students do daily assignments that take about 30 minutes per subject in two sessions a week at the Kumon Center and the other five at home.

The individualized worksheets cover everything from counting to calculus and phonics to Shakespeare. The worksheets provide examples of how to solve each problem, enabling students to learn on their own. An assignment is complete when every problem has been done correctly.

Otero offers a free placement test and orientation to parents and their children.

“When we see the results we can discuss the appropriate curriculum and go over pricing,” he said.

For more information or to make an appointment for the free placement test, call 914-461-9191.
Happenings

Wednesday, Aug. 26

Master Networker Meeting. Join this high-energy interactive membership network of learning-based, service-oriented entrepreneurs and business leaders. Come be a guest any Wednesday to learn more about this world-class business training and referral program. Mount Kisco Coach Diner, 252 E. Main St., Mount. 7:30 to 8:30 a.m. Free. Every Wednesday. RSVP suggested. Info and RSVP: Contact Julie Genovesi at 303-929-7201 or e-mail julie@eurobella.net or just drop in.

Zumba Fitness. Achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. For all fitness levels. Dance Emotions, 75 S. Greeley Ave., Chappaqua. Every Monday and Wednesday at 9 a.m. and Saturdays at 10 a.m. Drop in or weekly discount rates available. Info: Contact Peggy at 914 960-4097.

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. Greeley Ave., Chappaqua. 10:15 a.m. $20 per 75-minute class. Every Tuesday and Thursday. Info: 914-238-8974 or email claudiayogadance@gmail.com.


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

Friday, Aug. 28


Saturday, Aug. 29

Pleasantville Farmers Market. Come experience the largest farmers market in Westchester, the one voted Best of Westchester 2014 by the readers of Westchester Magazine. With over 55 vendors, seven nearby parking lots and creative weekly programming, it’s a delicious good time every Saturday. This week, the blues duo Barebones returns, featuring singer/guitarist Gene Caprioglio and singer/harmonica master Dr. 88. Also, Zwilling J.A. Henckels will offer a morning of knife skills workshops. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Music from 10 a.m. to noon. Workshops from 9 a.m. to 12:15 p.m. Rain or shine. Info: Visit www.pleasantvillenaturmark.org.

Chappaqua Farmers Market. Brining locally-raised and produced food to the community in a weekly market, creating a connection between shoppers and small-scale food producers in the region. Featuring about 40 vendors weekly. Also includes music, children’s activities, and a food demonstration. Chappaqua train station, Chappaqua. 8:30 a.m. to 1 p.m. Every Saturday. Info: Visit www.chappaquafarmersmarket.org.

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

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

Teaching Trails: A Community Path for Environmental Education. Join guided trail experience through the woodland forest. Discover who left that track, which tree makes the best animal home or which plant makes its own heat to help melt through the late winter ice. Program runs about 30 minutes. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11:30 a.m. Free. Every Saturday and Sunday (except Sept. 13). Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Tech Help. Drop in for help with any of your technology devices. No appointment necessary. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 11:30 a.m. to 1 p.m. Free. Every Saturday. Info: 914-864-8041 or www.montiksciblog.org.

Pound Fitness Program. A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Ripstix™ and combining constant simulated drumming resulting in working the entire body. TADA Theatre And Dance Arts, 131 Bedford Rd., Katonah. 11:45 a.m. $20. Every Saturday; also Wednesdays at 7:30 p.m. $12. Every Saturday. Also Tuesdays from 6:30 to 7:30 p.m. Info: 914-238-4779 or www.chappaquachildrensbookfestival.org.

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

Wednesday, Sept. 2

How Artists Respond to Trauma and Urban Violence. Join the conversation about how creative expression can provide an outlet to communicate ideas, make observations, forge connections and send powerful messages about violence and injustice. Panelists include Michelle Bishop, founder and president of Harlem Needle Arts Association, which promotes fiber and needle arts in the African Diaspora; Nathan Connolly, assistant professor of history at John’s Hopkins University, whose scholarship focuses on the politics of race, capital and property; Warren Lehrer, Purchase College Art+Design professor and co-founder of the nonprofit community organization EarSay, Inc.; and Lachell Workman, an artist whose work investigates race, identity, society, memory and trauma. Neuberger Museum of Art, 735 Anderson Hill Rd., Purchase. 12:30 p.m. $10. Purchase College students, staff and faculty and museum Circle Level Members: Free. Info: 914-251-6100 or visit www.neuberger.org.

Happenings

continued from page 20

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

Resident Artist Slide Night. Featuring slide presentations from four 2015-16 resident artists. Artists Kelley Donahue, Jose Tlazani, Chris Pickett and Max Seinfeld will be presenting their images and talking about their work and journeys in clay. Clay Art Center, 40 Beech St., Port Chester. 7 to 8:30 p.m. Free. Info: 914-937-2047 ext. 226.

Saturday, Sept. 5

Pleasantville Farmers Market. Come experience the largest farmers market in Westchester, the one voted Best of Westchester Magazine. With over 55 vendors, seven nearby parking lots and creative weekly programming, it’s a delicious good time every Saturday. TheBottoms Up Dixieland Jazz Band brings the energetic romps of 1920s New Orleans with some fun modern twists. Also, master storyteller Jonathan Kruk returns for kids and parents can pick up suggestions for what food to prepare and pack for children during the school year. Memorial Plaza, Pleasantville. 8:30 a.m. to 1 p.m. Music from 1 to 2 p.m. Story time from 9:30 to 11 a.m. Rain or shine. Info: Visit www.pleasantvillefarmersmarket.org.

CORNuopica. The lower Hudson Valley’s only corn festival, returns this Labor Day weekend featuring a bounty of corn-centric delicacies and a bevy of interactive, corn-related activities. This celebration of all things corn will include hands-on activities, craft and cooking demonstrations, lots of corny cuisine, live music and a friendly scarecrow come to life. For all ages. Philipsburg Manor, 381 N. Broadway (Route 9), Sleepy Hollow. 10 a.m. to 5 p.m. Adults: $16. Seniors: $12. Children (3-17): $8. Children under 3 free. For all ages. Philipsburg Manor, 381 N. Broadway (Route 9), Sleepy Hollow. 10 a.m. to 5 p.m. Adults: $16. Seniors: $12. Children (3-17): $8. Children under 3 free. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

Village People Concert. Get ready for a throwback night of high-energy dance music and 1970s fun when the Village People take the stage for an end-of-summer bash. Rain or shine. Playland’s Music Tower Theater, Playland Park, Rye. 8 p.m. Free with park admission. Spectator admission (no rides) is free for county residents. Parking: $10. Info: 914-813-7010 or visit www.ryeplayland.org.

TITO NIEVES
FRIDAY
8/28 @ 8PM

SINBAD
FRIDAY
9/11 @ 8PM

Paramount Preview: Upcoming Shows - ON SALE NOW

* 9/16 The Tempest * 9/12 Paramount Jam Out w/ DJ Logic, TAUk, Gedeon Luke
* 10/16 Yesterday - The Beatles Tribute * 10/24 The Garcia Project

Good Sports. Playing sports is a great way to have fun and stay in shape. Studies have shown that playing sports can build muscle, along with character and self-confidence in participants. This week the quiz will test your knowledge of sport terms in bold and see if sports can also build your vocabulary.

1. Wedeln is a style of
   A) synchronized swimming
   B) body surfing
   C) snow skiing

2. A chicane in auto racing is
   A) an obstacle
   B) a banked turn
   C) the start/finish line

3. In bocce, the pallino is
   A) a small target ball
   B) the score keeper
   C) the final turn

4. The word foozle means to
   A) throw a Frisbee
   B) lose quickly
   C) play clumsily

5. A toxophilite is a person fond of
   A) archery
   B) badminton
   C) darts

6. In fencing, piste means
   A) a salute
   B) a quick step forward
   C) the field of play

7. In a game of croquet, bisque refers to
   A) an easy shot
   B) an extra turn
   C) the order of play

8. A mibster plays
   A) shuffleboard
   B) marbles
   C) hopscotch

ANSWERS:

4. C. The word foozle means to botch or bungle or play clumsily, especially in golf
5. A. One who loves, studies, and practices archery
6. C. A small target ball in bocce
7. B. An artificial barrier or obstacle on a race course
8. A. Shuffleboard

TITOS WEB SITE: www.TITOs.com

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TITO NIEVES
FRIDAY
8/28 @ 8PM

SINBAD
FRIDAY
9/11 @ 8PM
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NEW YORK STATE DEPARTMENT OF ENVIRONMENTAL CONSERVATION NOTICE OF COMPLETE APPLICATION DATE: 08/18/2015 Applicant: LAURIE MARCH Facility: MARCH PROPERTY 9 SNIFFEN RD ARMONK, NY Application ID: 3-5538-00028/00001 Permit(s) Applied for: 1 – Article 24 Freshwater Wetlands Project is located: In NORTH CASTLE in WESTCHESTER COUNTY Project Description: The applicant proposes approximately 350 square feet disturbance of the regulated adjacent area (AA) of Freshwater Wetland K-23 to hand dig a small sump and channel between a stormwater outfall and the wetland at 9 Sniffen Road, to reduce local flooding and water back up at the outfall discharge point. Availability of Application Documents: Filed application documents, and Department draft permits where applicable, are available for inspection during normal business hours at the address of the contact person. To ensure timely service at the time of inspection, it is recommended that an appointment be made with the contact person. State Environmental Quality Review (SEQR) Determination Project is an Unlisted Action and will not have a significant impact on the environment. A Negative Declaration is on file. A coordinated review was not performed. SEQR Lead Agency None Designated State Historic Preservation Act (SHPA) Determination A cultural resources survey has been completed. Based on information provided in the survey report, the New York State Office of Parks, Recreation and Historic Preservation (OPRHP) has determined that the proposed activity will have no impact on registered or eligible archaeological sites or historic structures. No further review in accordance with SHPA is required. DEC Commissioner Policy 29, Environmental Justice and Permitting (CP-29) It has been determined that the proposed action is not subject to CP-29. Availability For Public Comment Contact Person Comments on this project must be submitted in writing to the Contact Person no later than 09/10/2015 or 15 days after the publication date of this notice, whichever is later. JEAN V MCAVOY NYSDEC 21 S Putt Corners Rd New Paltz, NY 12561 (845) 256-3054

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Restaurant wine lists, crafted by today’s wine-focused chefs and highly-educated sommeliers, can be the epitome of the overall experience at a restaurant. Many restaurants painstakingly pair food and wine offerings and invest significantly in well-stocked wine cellars. However, when celebrating a special occasion or trying to impress a potential business client, a diner may prefer to bring his or her personal bottle(s) of wine to a restaurant. Once looked upon with disdain by restaurant owners, many now offer this accommodation, typically at a charge.

This “corkage fee” is not necessarily an arbitrary policy to discourage diners inclined to enjoy a personal bottle of wine. Rather there is an underlying business logic. Restaurants typically work on tight profit margins. The food portion of a meal yields a thin margin. It is common knowledge that overall profitability lies in the beverage menu. Few are willing to forgo the profit in marking up wines to invest significantly in well-stocked wine cellars. Many restaurants have adopted corkage fee policies in recognition of exceptional dining occasions. In most instances, the fee is designed to cover the cost of the service required to present and serve a consumer’s personal bottle of wine. Some peg their fee to the cost of a lower-priced bottle on their wine list.

Here are several guidelines to follow if you have been saving a special bottle of wine to celebrate with a restaurant meal.

1. Always call ahead to inquire of the restaurant’s corkage policy. Rather than simply show up with that special bottle, it is always preferable to avoid a potentially uncomfortable situation.

2. If you plan to order additional bottles from the wine list during the meal, let the restaurant know this when inquiring. This will partially compensate the restaurant for the loss of a sale; many will waive their corkage fee.

3. Don’t embarrass yourself by showing up with a wine that’s already on the wine list. Check the online list ahead of your visit, or call ahead to double-check.

4. Don’t further embarrass yourself by showing up with a wine of less value than wines at the low end of the wine list. A restaurant is accommodating you on the premise that this is a special occasion or a special bottle. That $12 bottle you had with pizza last Friday is an insult to the wine director who has meticulously crafted a wine list that represents the chef’s carefully prepared and paired menu.

5. Share your good fortune. Offer the sommelier and wait a taste of that special wine. It will usually guarantee the same stellar service you would receive if you were ordering an expensive bottle from the list. These folks work on the generosity of customers’ tips. A shared taste of a memorable wine helps assuage their monetary loss.

6. Speaking of tipping, remember that wine service is the same regardless of the source of the wine. I usually tip based on the average price of a wine that I would otherwise have ordered from the wine list if it were not a special occasion. While most restaurants have a corkage fee policy, in New York City at least 50 restaurants have blanket or one-night corkage fee waivers. Certain restaurants charge no fee but limit the number of bottles allowed. Others charge minimal fees between $10 and $25.

Still others charge according to their stature. If you’re intent on bringing your own bottle to the highly acclaimed Eleven Madison Park, be prepared to pay $65. Per Se charges a whopping $150 for the privilege of not ordering wines from one of the most expensive wine lists in Manhattan.

Several Westchester restaurants have reasonable corkage fee policies, although they are rarely publicized or in print. Call ahead. On certain nights, corkage fee policies may be waived. Campagna at Bedford Post Inn in Bedford waives its fee every Wednesday night.

In 2015, there is no reason to compromise on a wine to accompany your meal. Avail yourself of knowledgeable sommeliers’ wine lists – or simply BYOB.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 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.
Stone Barns Center to Conduct Classes on Backyard Farming

By Jerry Eimbinder

The Stone Barns Center for Food and Agriculture in Pocantico Hills will conduct two classes for would-be backyard farmers — one for beginners interested in raising chickens to produce eggs, the other about tunneling to grow and protect winter vegetables.

The class on how to produce eggs will be held this Saturday, Aug. 29, from 10 a.m. to noon. Called “Backyard: Chicken Keeping,” the class will be taught by Craig Haney, the center’s livestock farm director. Haney has been raising chickens outdoors for more than 20 years along with sheep, pigs, turkeys and other farm animals.

Attendees will learn the ins and outs of keeping chickens including the basics of brooding (raising chicks), feeding, housing, general chicken care and health considerations.

Haney grew up in the Catskills where his family farmed for eight generations. He graduated from the University of Michigan, an American history major, and returned to farm and teach at the Farmer’s Museum in Cooperstown.

He founded Skate Creek Farm, a pasture-based organic farm that raises poultry, veal, sheep and swine. He was also the shipping coordinator for Meadow Raised Meats, an association of family farmers who raise their animals on grass.

The cost for “Backyard: Chicken Keeping” is $30; members are charged $27. The center recommends that registrants be at least 12 years old.

A hands-on workshop will be held on Saturday, Sept. 12 from 10 a.m. to noon about the use of low tunnels for growing and harvesting vegetables in winter and early spring. Registration for “Backyard: Season Extension With Tunnels” is $20 ($18 for members).

Instructor Jason Grauer, Stone Barns’ field crop manager, will discuss constructing inexpensive low tunnels and the best timing for planting and growing better-tasting winter vegetables.

Grauer graduated from Tufts University as an economics major. He developed a living greenhouse classroom for soil-based, four-season food production and taught students about sustainable agricultural practices at Cornell University before joining Stone Barns.

For more information, call 914-366-6200 or visit www.stonebarnscenter.org. The Stone Barns Center for Food and Agriculture is located at 630 Bedford Rd. in Pocantico Hills.

Corn Cuisine Will Be Plentiful at Labor Day Weekend Festival

By Jerry Eimbinder

It’s all about corn at “CORNucopia,” an annual Historic Hudson Valley event to take place on Labor Day weekend (Sept. 5-7) at Philipsburg Manor in Sleepy Hollow. The hours each day are 10 a.m. to 5 p.m.

Corn will be the key ingredient used in preparing most of the food items served at this festival with selections ranging from cornbread to corn ice cream. Food for eating or taking home will include fresh roasted corn, corn salad, kettle corn, corn salsa and chips and corn chili. The sweet corn ice cream of The Blue Pig of Croton-on-Hudson will be served and beverages will include draft beer from the Captain Lawrence Brewery in Elmsford and root beer.

Cornmeal ground can be purchased and recipes will be offered for some of the food items at CORNucopia.

Other activities include a corn shucking contest, instruction in making cornhusk dolls and scarecrows, barn dancing and a friendly scarecrow that comes to life. Colonial open hearth cooking demonstrations are planned and children can traverse a kid-sized “mini-maze.”

Bluegrass and folk music will be provided by the Tappan Cowboys, who will perform throughout the day. The game area will offer Konk a Cow, Cornhole and Ring-a-Cob.

Visitors attending this event, which is suitable for all ages, can also tour the site’s 18th century manor house and grist mill. CORNucopia proceeds will be used to support the educational and preservation missions of Historic Hudson Valley.

Tickets can be purchased online for $16 for adults; $12 for seniors; $8 for children ages 3-17; and free for children under 3 and for Historic Hudson Valley members. For more information and to buy tickets online, visit www.hudsonvalley.org. Tickets are $2 more if purchased at the site.

Philipsburg Manor, located at 381 N. Broadway (Route 9) in Sleepy Hollow, is owned and operated by the nonprofit Historic Hudson Valley.

Harper’s in Dobbs Ferry to Introduce Cocktail Seminar Program

By Jerry Eimbinder

“Harper’s Bar & Restaurant in Dobbs Ferry will introduce a monthly cocktail seminar program on the first Sunday of each month beginning Sept. 6. The seminars will be conducted by Beverage Director Clark Moore. Each seminar will cover two cocktails in depth and will include proper preparation techniques, history and background of the spirits and reasons why the cocktails have attracted and enjoyed popularity.

A selection of appetizers will accompany tasting. The seminars will begin at 5 p.m. and run 90 minutes to two hours.

A lifelong Hastings-on-Hudson resident, Moore is a fourth generation member of his family to live in the town. He attended Hastings High School, earned a B.A. in English from SUNY Purchase and a Master’s in English at NYU.

Moore has worked in the restaurant business for 18 years. He joined Harper’s three days after it opened in 2010, and before that, he worked at Blue Hill at Stone Barns in Pocantico Hills and Brute on 9 (now The Tapp) in Tarrytown. He has been an English professor at Rockland and Westchester community colleges.

Moore has a degree in economics from the University of Michigan, an American history major, and returned to farm and teach at the Farmer’s Museum in Cooperstown.

He founded Skate Creek Farm, a pasture-based organic farm that raises poultry, veal, sheep and swine. He was also the shipping coordinator for Meadow Raised Meats, an association of family farmers who raise their animals on grass.

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Hudson Valley Smacks 14 Hits in a Rout Over the ValleyCats

The Hudson Valley Renegades went through a frustrating two-week period midway through the season when runs were hard to come by and losses began to pile up. Apparently their midseason batting woes are well behind them now.

On Sunday afternoon, in the conclusion of a three-game series with the Tri-City ValleyCats, the Renegades put runs on the scoreboard in each of the first three innings and went on to an 8-2 victory. A half dozen Hudson Valley players finished with two hits apiece during the 14-hit offensive explosion before a crowd of 4181 at a sun-filled Dutchess Stadium.

Travis Ott, a 20-year-old lanky lefty, pitched the first six innings for the Renegades, blanking Tri-City on just three hits, to earn his team-leading sixth victory. By the time he left the game, his teammates, now 30-30 and in second place in the New York-Penn League's McNamara Division, had staked him to a 7-0 lead.

The Renegades erupted for three runs in the bottom of the first inning as their first four batters — Jake Cronenworth, Michael Russell, Joe McCarthy and Manny Sanchez — all collected base hits. The single by McCarthy drove in the first run and Matt Dacey soon scored on a sacrifice fly from Montes.

Hudson Valley's third run scored on a groundout by Hector Montes.

After Ott stranded a pair of ValleyCat base runners in the top of the second, the Renegades added a fourth run in the bottom of the inning. Alex Schmidt led off with a double to left and catcher Taylor Hawkins, who finished the day with three runs batted in, immediately followed with a run-scoring double to right.

Hudson Valley added a pair of runs in the third inning to extend its lead to 6-0. Sanchez led off with a single to left, moved to third on a hit by Dacey and scored on a sacrifice fly from Montes. One out later, Dacey advanced to second on a walk to Schmidt. He then scored as Hawkins delivered a single to center field.

In the fifth inning, the Renegades scored again after Montes walked with one out and Jose Paez and Schmidt followed with singles to load the bases. Another base on balls, this time to Hawkins, forced in Hudson Valley's seventh run. But the 'Gades left the bases loaded as Cronenworth, leading the team in hits this year, struck out swinging and Russell grounded out.

A triple by McCarthy in the bottom of the eighth inning drove home Russell, who had reached on a one-out single. The Renegades, who began the game with just a 12-18 record at home, had an eight-run lead as the ValleyCats came to bat for the last time.

Ott had been replaced on the mound to start the seventh inning after striking out five batters, allowing just one walk and improving his earned run average to 3.53. Tim Ingram pitched the final three innings to earn his first save of the season. He surrendered a two-run single to Kolbey Carpenter with two outs in the ninth inning, but the outcome had long since been decided.

The Renegades play three games with the Brooklyn Cyclones this week and three others with the Staten Island Yankees. They host Brooklyn tonight (Tuesday) at 7 pm in between two games in Coney Island. The Baby Bombers from Staten Island come to Dutchess Stadium on Thursday and Saturday, with both games slated to start at 7 pm.
Teresa Marinaccio of Briarcliff delivers a pitch in a game at Putnam Valley.

Shortstop Antonia Valoroso of Westlake makes a throw to first base for an out.

Valhalla shortstop Brandi Coon tries to reach a grounder in the hole during the Section 1 title game vs. Rye Neck.

Valhalla’s Alyssa Dolan pitches in relief against Rye Neck in the Section One title game.

Briarcliff shortstop Rachel Julie scoops up a ground ball during a night game vs. Pleasantville.

Shortstop Antonia Valoroso of Westlake makes a throw to first base for an out.

Pleasantville left fielder Kathleen Passabet settles under a fly ball.

Bryam Hills’ Skylar Sanders bunts the ball during a game early in the season.

Pleasantville catcher Katelyn Kwiat tries to tag out Briarcliff’s Brianna Fernandez in a close play at the plate.

Sabrina Mauro of Byram Hills runs the bases during a Bobcat home game.

Above: Briarcliff infielder Shivani Dave throws to first base for an out.

Left: Kate Muller of Fox Lane makes contact with a pitch.
Brianna Fernandez of Briarcliff awaits a pitch during the Bears' road game vs. Putnam Valley.

Byram Hills second baseman Danielle Skelly scampers to her right to make a play.

Horace Greeley pitcher Jackie Hoffman delivers to the plate in a Quaker home game.

Shortstop Kristie Guttridge of Pleasantville tracks a pop fly during a Panther game at Valhalla.

Westlake third baseman Kaitlyn Sementa puts a late tag on Fox Lane's Vanessa Notaro.

Fox Lane right fielder Bella Danisi makes an outstanding running catch near the fence.

Valhalla second baseman Kristen Colabatistto chases a soft liner in the sectional final at North Rockland High School.

Above: Fox Lane’s Lexi Bazos pitches during a home game vs. Yorktown.

Above left: Westlake’s Brianna Mancuso waits for a pitch during the Wildcats’ annual invitational tournament.

Left: Colleen Guernier of Greeley stays ready as she plays first base.

Right: Sydni Holtz of Valhalla pitches during a Viking home game early in the season.

Elena Radesich of Valhalla belts the ball in the Vikings’ Class B championship game.

Fox Lane’s Sarah Violante watches the flight of the ball off her bat in a game at Greeley.
Joe McCarthy and the Renegades Score Early and Often in a Victory Against Visiting Tri-City on Sunday