 replacement to Cause Minimal Delays

Officials: Kisco Avenue Bridge Replacement to Cause Minimal Delays

By Neal Rentz

A nearly two-year project to replace a structurally deficient bridge on the Saw Mill River Parkway over Kisco Avenue in Mount Kisco is expected to pose limited inconvenience to drivers and pedestrians, residents were told last week.

The project, near parkway Exit 37, is scheduled to begin in mid-October and conclude in July 2017. Yonkers-based ECCO III Enterprises is the contractor for the $14 million project.

Disruption to drivers on the parkway is expected to be minimal, said William Cromeek, vice president for design-build at ECCO. There would be southbound and northbound lanes open at all times. During some non-rush hour periods

scheduled to start at 7 p.m.

The center, which cares for children with dire medically complex and rehabilitative needs, is one of only nine facilities in New York State that provides dedicated pediatric nursing, according to the application submitted to the town in March. It is owned by Spring Valley Road LLC and MSAF Group LLC, which bought the facility in 2009. The center has operated as a home for children with medical needs since the early 1960s.

“Families have said that from the day Sunshine opened until now, it has provided a sense of normalcy as possible despite often facing grave medical challenges. Sunshine

continues to provide that normalcy as much as possible,” said Linda Mosiello, an administrator. “We need to allow these families to have peace of mind.”

Mosiello said Sunshine’s goal is to give the children and families as much normalcy as possible despite often facing grave medical challenges. Sunshine continued on page 2

New Castle Pediatric Nursing Home Proposal Provokes Local Ire

By Martin Wilbur

An escalating battle between a New Castle pediatric nursing facility and some neighboring residents resumes before the Zoning Board of Appeals this week as the applicant seeks approvals for a major expansion project.

Sunshine Children’s Home and Rehab Center on 33 acres at 15 Spring Valley Rd. is pursuing an amended special permit and area variances to construct a 128,451-square-foot, two-story addition to its current facility. If approvals are granted, it would increase the number of beds from 54 to 122.

The current primary building is just under 19,000 square feet and would be connected to the new structure. There is also an auxiliary building that currently houses some of the rehabilitation and education programs.

A public hearing will reconvene at New Castle Town Hall tomorrow night (Wednesday). The ZBA meeting is

P’ville Approves New Parking Lot Pay Stations, Considers Rate Hike

By Arthur Cusano

The Village of Pleasantville will be installing new electronic parking pay stations to the business district in the coming months, and is mulling a rate increase to help cover the cost.

Village Administrator Patricia Dwyer told village trustees at their Sept. 21 meeting that the current plan is to install two new pay stations in the Manville Road lot behind Dunkin’ Donuts. Plans also call for two stations in the Bedford Road lot next spring. Dwyer added.

Trustees voted to approve a bid for four stations totaling just over $10,000 each from Integrated Technical Systems of Wallingford, Conn. The village may choose either AC-powered or solar-powered units.

Dwyer said the village will consult a technician regarding which type of meter to install in each lot before a final decision is made. She said the Manville Road lot pay stations would likely be solar-powered, similar to the ones there now.

“Until we have a technician walk the sites for us, we’re not sure which way we’re going with the bids,” Dwyer said.

Officials allocated funds for purchasing two of the pay station machines in this year’s budget, she said. The village has written confirmation that the company will maintain the price of the units for up to a year.

In addition to the units’ cost, the village will also have to pay for installation expenses and for sheds to shield them from the elements, Dwyer explained. The

continued on page 4

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New Castle Pediatric Nursing Home Proposal Provokes Local Ire

continued from page 1

Children's Home is not a hospital, but serves as a rehabilitation center and also provides early intervention programs for newborns to three-year-olds, preschool special education services and a full-day primary and secondary level education program administered through Putnam/Northern Westchester BOCES, Mosiello said. All are state approved programs.

However, the cramped quarters, forcing staff to place three children in a room and use makeshift space such as converting storage areas and closets into doctors' offices and conference rooms, highlights how woefully outdated the current facility is, she said. A waiting list for admission is also growing, in excess of 60 names, according to the applicant's submission.

An opposition group with more than 200 members, Concerned Citizens for Responsible Sunshine Home Development, has argued that the proposed expansion would multiply the size of the current building by nearly eight times in a heavily wooded and rural area. It also states that in addition to the 122 beds there would be 187 staff members, which would significantly increase traffic.

"While this project may be located in the far corners of New Castle, the current bodies considering the proposal put the entire community at risk," the website states. "If the expansion is allowed to be built as proposed, the Town will have established zoning precedents that would make it legally difficult to impossible to deny other commercial applicants.

Campaign-style signs on Spring Valley Road in New Castle and on Cedar Lane in Ossining have sprouted, calling the project "Walmart in the Woods," because it would be about 50 percent larger than one of the chain's average-sized stores.

Mosiello said there are people in the area with legitimate questions and concerns about the project, but there has also been inaccurate information dispensed to the public.

"We think that the misinformation that's out there, we're not sure why it's out there but it is, and we've been saying over and over, anyone who doesn't understand, come up that hill, come see what we have done and tried to do," Mosiello said.

She said with so few facilities in New York State providing the level of care offered at Sunshine Children's Home, families often have to look out of state, which creates more hardships and increases Medicaid costs.

"These kids aren't going anywhere," Mosiello added. "There is nowhere for them to go."

The amended special permit would allow expansion of the facility. The two variances are needed because under town code nursing homes in residential districts must have frontage or direct access to a state or county road; Spring Valley Road is a town road. Also, the property currently allows only 83 beds.

A steep slope permit must be obtained from the planning board and there is the possibility a local wetlands permit is needed, although the applicant's submissions point out there is no direct wetlands disturbance.

Public Hearing for County Senior Programs

Set for Oct. 2

The Westchester County Department of Senior Programs and Services (DSPS) will hold its annual public hearing on Friday, Oct. 2 at the County Center in White Plains from 9 a.m. to noon.

The hearing provides a venue for individuals to learn about and speak out on concerns that affect Westchester seniors and their families. Registration is not required to attend or speak.

DSPS will also unveil its 2016-2020 four-year plan on the proposed use of funds from the Older Americans Act and the New York State Community Service for the Elderly Program. It will be distributed at the public hearing.

Written comments on the plan must be sent by Friday, Oct. 16 to Rose Pasquale, Westchester County Department of Senior Programs and Services, 9 S. First Ave., 10th Floor, Mount Vernon, N.Y. 10550. Comments may also be sent via e-mail to rcp4@westchestergov.com.

The hearing is also the regular meeting for the Aging Network, the Council on Seniors and the Older Americans Act Advisory Council.

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Ask the Doctor

Dr. Iris Wertheim
Director, Gynecologic Oncology Program Cancer Treatment & Wellness Center Northern Westchester Hospital www.nwroboticsurgery.org/DrWertheim

Q: Am I at risk for ovarian cancer?
A: If you have a family history of breast, ovary or uterine cancer, or have a genetic predisposition, you have a greater risk of developing ovarian cancer. Unfortunately, most women who develop ovarian cancer do not have risk factors. The good news is that ovarian cancer is relatively uncommon, with 21,290 annual cases in the United States compared to 137,700 cases of colon cancer.

Q: What are the symptoms of ovarian cancer?
A: Most women have no symptoms during the early stage of the disease, when the cancer is confined to the ovaries. However, sometimes women with ovarian cancer experience symptoms such as weight gain, feeling bloated, experiencing a change in eating habits - such as feeling full sooner than normal - changes in bowel habits, abdominal pain, pain when urinating, or pain during intercourse. Because these symptoms mimic more common conditions, they are often ignored.

Q: How can I increase the chance that ovarian cancer will be detected?
A: If you have a worrisome symptom for several weeks, see your primary care physician or gynecologist. Ask specifically about ovarian cancer.

Ovarian cancer is typically detected by an imaging study such as a pelvic ultrasound or CT scan. A physical (pelvic) exam is also helpful.

Q: How is ovarian cancer treated?
A: A woman showing signs of ovarian cancer nearly always requires surgery and often requires chemotherapy. The earlier a diagnosis can be made, the better the prognosis. At Northern Westchester Hospital, we treat ovarian cancer using a multidisciplinary approach that includes multiple specialists and extensive supportive services. The bottom line? Be aware of abnormal symptoms that persist and make sure they are evaluated by your doctor.

Did You Know?

Weight gain, feeling bloated or abdominal pain over several weeks could indicate ovarian cancer.

Watch Dr. Wertheim discuss gynecologic cancers and da Vinci Surgery at www.nwroboticsurgery.org/DrWertheim.
Residents Start Campaign for Trader Joe’s in Millwood

By Martin Wilbur

A grassroots petition drive and Facebook campaign was launched last week by a group of New Castle residents who hope to attract a Trader Joe’s supermarket to Millwood Plaza.

Ann Styles Brochstein, who took the initiative to start the campaign last Tuesday night, said residents sprung into action after they learned that Acme, which had been considering acquiring the Millwood A&P supermarket, had recently eliminated the location from its purchase list. The shopping center is located near the intersection of routes 100 and 133.

In July, A&P filed for bankruptcy for the second time in five years, triggering a likely upheaval in the area’s supermarket scene. For the A&Ps that have not been targeted for acquisition, an auction has been scheduled for this Thursday and Friday.

As of early Monday morning, there were 1,303 petition supporters and 867 members of the We Want a Trader Joe’s in Millwood page on Facebook.

Brochstein said the goal is to impress representatives of the Monrovia, Calif.-based supermarket company to consider vying for the space. She said the unique products and reasonable prices at Trader Joe’s is popular with many families throughout northern Westchester, not just in New Castle.

“It’s a terrific store,” Brochstein said. “Anytime I’m in Hartsdale I see people from Chappaqua that I know and I’m only there once a month.”

She said supporters are being joined by people from surrounding towns, including a Yorktown group that had started a similar campaign there. A Millwood Trader Joe’s would also likely draw shoppers from Mount Kisco, Briarcliff, Ossining, Mount Pleasant, Somers, Bedford and other municipalities, Brochstein said.

Supporters are also being asked to go to the company’s website and fill out the online request form to bring a store to the area.

Supervisor Robert Greenstein said he was happy to see the campaign take shape and is hopeful that Trader Joe’s representatives are taking notice. About six months ago, Greenstein said he spoke with company officials who at that time were not eyeing the area, but that can change.

“We certainly do not need more banks, drug stores and nail salons,” he said. “I would love to meet with officials from Trader Joe’s, share data about traffic flow and how this shopping plaza draws from many neighboring towns.”

However, there are some obstacles. A company spokeswoman reached by The Examiner last Friday said that “New Castle isn’t in the two-year plan.”

Greenstein also mentioned that Trader Joe’s would also have to compete with any other supermarket chains who will vie for the space.

Although A&P’s lease at Millwood Plaza was believed to be expiring this month, Greenstein said he learned that the landlord had signed a long-term lease extension.

However, the property owner could also join the bidding for the location, and if he is awarded the lease could then try to pursue any tenant he chooses.

If no supermarket goes into the Millwood Plaza space once A&P leaves, there would be no full-service supermarket in New Castle. Four years ago D’Agostino vacated a space near King Street and Route 117.

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Claudia Kenny
and Willy Denner
Little Seed Gardens
Tirums said there would be temporary detours have not been scheduled. The new structure, he said. Dates for the construction workers to put in steel for minimal detours are needed to allow project manager for the DOT. The Kisco Avenue, said Paul Tirums, when traffic would be detoured from just north of the span will also be Parkway and the Pine Crest residences barrier between the Saw Mill River deceleration lanes. In addition, a sound improvement on the parkway, traffic, Cromeek said.

There would be up to 10 days work is planned to be done in stages to allow the span to remain open to traffic, Cromeek said.

The scope of the work also includes roadway improvements on the parkway, including the addition of larger detours would be in place for three or four days at a time but would account for no more than 10 days. The detours would only be implemented between the hours of 9 a.m. and 10 p.m., he said.

In 2013, Assemblyman David Buchwald (D-White Plains) secured $14 million from the state to construct the new bridge.

If residents wish to receive information on the project, they may visit www.dot.ny.gov/projects and search Project ID 8BOW.0H and/or contact Gina DiSarro, ECCO Public Involvement Manager.

In order to pay for the new units, Dwyer recommended raising parking costs from the current 25 cents per hour to 25 cents for a half-hour for the off-street lots. On-street meters, such as those on Wheeler Avenue, may be hiked from 25 cents for 30 minutes to 25 cents for 20 minutes.

Parking receipts and fines currently cover labor costs for parking enforcement, but not maintenance costs, she said.

Trustee Steven Lord agreed with Dwyer that the village's current meter rates were below market rate.

"I think there's a point at which, if we want to invest in this new technology to make it a better experience for everybody, the way to do it is to bring them up to market rate," Stargiotti said.

Dwyer told trustees she aimed to have the new units, Dwyer recommended raising parking costs from the current 25 cents per hour to 25 cents for a half-hour for the off-street lots. On-street meters, such as those on Wheeler Avenue, may be hiked from 25 cents for 30 minutes to 25 cents for 20 minutes.

"Most communities have rates well in excess of that right now, and we provide an extraordinary amount of parking for free after three o'clock every day," Dwyer said. "All of our permit lots become open for more people," Stargiotti said. "We should be covering that cost, but I don't think we should be making money off it. That's just me (talking) as a resident."

Trustee Steven Lord agreed with Dwyer that the village's current meter rates were below market rate.

"I think there's a point at which, if we want to invest in this new technology to make it a better experience for everybody, the way to do it is to bring them up to market rate," Stargiotti said.

Dwyer told trustees she aimed to have the new rates go into effect in January. Pleasantville is also reinstating a second parking enforcement officer, after the new rates go into effect in January. Pleasantville is also reinstating a second parking enforcement officer, after the new rates go into effect in January.
No. Castle Opposes Transfer of Affordable Units From Lumberyard

By Martin Wilbur

The North Castle Town Board rebuffed a proposal last week from Armonk developer Michael Fareri to relocate the affordable housing units from his project at the old lumberyard to a Maple Avenue property he would redevelop.

On Sept. 15, Fareri had submitted a written request to the town board to consider granting a zoning text amendment that would allow him to make renovations to accommodate seven units of affordable housing at 37 Maple Ave.

Under his plan, that building, which currently houses Cocobolo Interiors, would have been reconfigured to house four one-bedroom units and three two-bedroom units in a two-story building. There would also be a sharply reduced retail space of 831 square feet.

There would also be a sharply reduced bedroom units in a two-story building. Four one-bedroom units and three two-bedroom units would have been reconfigured to house the affordable units, “said Fareri, who has contended structures with market-rate and affordable units are less desirable and presents financing challenges.

However, at its Sept. 24 meeting, the board voiced stern opposition to his latest proposal because it wanted to have the six affordable units mixed in with the market-rate residences, not have them segregated at another location. The board had granted Fareri a density bonus last year with assurances there would be a mix of housing stock at the roughly 1.5-acre lumberyard site.

“The whole concept going back to 2014 and now is good, you have the additional density because it had an affordable component. Now you’re pulling it out,” said Supervisor Michael Schiliro.

After Fareri had purchased an adjacent parcel and combined the two lots, he could have built up to 28 units at the former lumberyard.

Councilwoman Barbara DiGiacinto said that the lumberyard parcel would be more attractive for residents because of amenities that would be absent on Maple Avenue.

“On Maple Avenue you have no recreation space, no open space (and) they’re next to a shopping center,” she said.

DiGiacinto and Councilman Stephen D’Angelo agreed that they would not have supported the density bonus if there would have been no affordable units at the lumberyard.

Last week, Fareri had argued that under his plan the town would have had a positive swing in parking at the Maple Avenue site of 31 spaces because of the elimination of one building and the change in uses, which would have carried lower parking requirements. He also stated that his proposal would bring in significant extra tax revenue for the town because of the six extra market-rate units at the lumberyard.

Armonk resident and former councilman Jose Berra, who was on the board last year when it granted Fareri the density bonus, said he was concerned at the time with granting the developer a greater number of units than the zoning would allow because the condominiums would be subject to the lower tax rate rather than fee simple. Additional market-rate units, would hurt the town even more, he said.

Schiliro told Fareri that the concept of his Maple Avenue plan was strong and asked him to consider it with market-rate units.

However, Fareri responded that would be financially unfeasible because 20 percent of the units would need to be affordable.

Last week, he indicated that he would likely move ahead with construction of the lumberyard project that was approved.
ELECTRONIC BLACKJACK HITS

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Motorists Urged to Reduce Speed in Mount Pleasant

By Neal Rentz

The recent death of a pedestrian in Valhalla has prompted Mount Pleasant officials to launch an effort alerting motorists to reduce speed and obey traffic laws in town.

The town has initiated a “team up to slow down” campaign in hopes of increasing pedestrian safety, particularly for school children. Fliers featuring multiple messages such as don’t drink and drive, don’t text and drive and for motorists to slow down because of a pedestrian crossing are being distributed to schools and businesses.

Supervisor Carl Fulgenzi said Wednesday the campaign is taking place in response to the death of a Yorktown woman earlier this month who was struck by a car while crossing Columbus Avenue.

"You cannot control the actions of all drivers, but heightened patrols, speed traps and possible warning lights will help, especially to bring attention to pedestrian crosswalks where children frequent especially before and after school," Fulgenzi said.

“Our police department has already made great progress in initiating their effort to make Mount Pleasant a safer community," he added. "Our goal is to make Mount Pleasant a safer community." Fulgenzi said the program will be permanent to make sure there is a clear message that the town is serious about it residents and pedestrian safety.

Anyone who witnesses unsafe driving is asked to call the town police department at 914-769-1941 and report the location of the offending car and its license plate number.

Motorists Urged to Reduce Speed in Mount Pleasant

Mount Pleasant Democrats to Host Candidate Reception Oct. 4

The Mount Pleasant Democratic Committee will host a reception and fundraiser for residents interested in meeting progressive-minded candidates running for local, county and state offices this November.

The reception will take place on Sunday, Oct. 4, from 4:30 to 6:30 p.m. at St. John’s Episcopal Church, located at 8 Sunnyside Ave. in Pleasantville.

Candidates participating in the forum will be Wayne McPartland of Pleasantville for Mount Pleasant Town Board; John Diaconis of Armonk for the Westchester County Board of Legislators (District 3) and Gretchen Walsh of Pleasantville for state Supreme Court justice.

Anyone interested in attending, regardless of party affiliation, are welcome to attend.

For more information, call 914-769-3790.

Mount Kisco Mayor Michael Cindrich, village Trustee Jean Farber and Chamber of Commerce President Dan Taplitz are among those who helped Kumon of Mount Kisco owner David Merwin cut the ribbon at the Sept. 16 grand opening of his business on East Main Street. For more than 50 years, Kumon’s after-school academic enrichment program has helped children achieve success, whether it’s for catching up, enrichment or encouraging a child’s love for learning.

Passing the First Test

Mount Kisco Mayor Michael Cindrich, village Trustee Jean Farber and Chamber of Commerce President Dan Taplitz are among those who helped Kumon of Mount Kisco owner David Merwin cut the ribbon at the Sept. 16 grand opening of his business on East Main Street. For more than 50 years, Kumon’s after-school academic enrichment program has helped children achieve success, whether it’s for catching up, enrichment or encouraging a child’s love for learning.

For information call: 914-739-6700 x 1220

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Virna Lisi-DeMartino, MD
– Breast Surgery

Beth C. Freedman, MD
– Obstetrics & Gynecology
FACOG

Alyssa Dweck, MS MD
– Radiology

TOPICS:

- Breast Cancer
- Breast Cancer and Sex…Questions, Answers, Myths, and Truths

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New Castle, Mount Kisco Join Group-Buying Energy Program

By Neal Rentz

In an effort to provide savings to residents and business owners, officials in New Castle and Mount Kisco last week approved the establishment of the Community Choice Aggregation energy program.

New Castle Supervisor Robert Greenstein said the program’s goal is to allow municipalities to pool residential, commercial and municipal energy consumers to help reduce their bills.

At the New Castle Town Board meeting, Sustainable Westchester Co-chairman Mike Gordon said energy customers not interested in participating may opt out and retain their current energy service.

However, there could be benefits for those who remain in the program, Gordon said. Sustainable Westchester, a nonprofit organization, is exploring a possible fixed rate for three years.

He said the organization will keep energy customers informed of their choices, including the opt-out provision.

“It’s our job to make them aware of that,” Greenstein said.

Town Sustainable Advisory Board Chairman Steven Wolk noted that there would be no penalty for those who are initially part of the program but eventually decide to leave.

Mount Kisco Mayor Michael Cindrich said last week his board agreed to join other municipalities.

“While I’m confident that buying in bulk will offer lower rates for gas and electric, all Mount Kisco residents will be afforded an opt-out provision,” Cindrich said. “We intend to publicize the program on the village website, cable channels, e-mail blasts and other presentations.”

Obituaries

Joseph Durante

Joseph J. Durante of Thornwood died on Sept. 24.

He was 88.

Durante was born on Oct. 17, 1926, to the late Anthony and Annetta (nee Lanza) Durante in the Bronx. He proudly served in the U.S. Navy during the Korean Conflict. He loved water and enjoyed fishing and boating.

Durante was predeceased by his devoted wife, Vincenza (nee Della Torre) Durante, in 1998 and three brothers. He is survived by his loving children, Anthony Durante of Thornwood, Patrick (Gail) Durante of Hastings-on-Hudson, Joseph Durante of Hawthorne, Annetta (Louis) Ercolano of Garden City, N.Y., Frances (Scott) Elia of LaGrangeville, N.Y. and Linda (Joseph) Matera of Pawling, N.Y. He is also survived by his eight cherished grandchildren.

Visitation was at Hawthorne Funeral Home on Sept. 27. A funeral Mass was held at Holy Rosary Church in Hawthorne on Sept. 28 followed by interment at Gate of Heaven Cemetery.

Albert Trentini

Albert J. Trentini, formerly of the Bronx, died on Sept. 19.

He was 80.

Trentini was born on July 13, 1935, to the late Alberico and Annina (nee Cartica) Trentini in the Bronx. He was a retired New York City sanitation worker.

Trentini was predeceased by his devoted wife, Carole (nee Roode) Trentini, in 2001; a son, Richard E. Trentini, in 1973; a sister, Natalie Schimmel; and a grandson, Richard Trentini, in 2008. He is survived by his loving children, Christopher (Donna) Trentini of Briarcliff Manor and Kim (John) Casullo of Thornwood; one sister, Joan (Dr. Louis) Criscione of Somers; and four cherished grandchildren, Jessica and John Casullo and Alexis and Victoria Trentini.

Visitation was at Hawthorne Funeral Home on Sept. 24. A funeral Mass was held at Holy Rosary Church in Hawthorne on Sept. 25 followed by interment at Gate of Heaven Cemetery. In lieu of flowers, donations to a charity of your choice would be appreciated.
New Castle Calls for Housing Mix in Cupola Building

By Neal Rentz

New Castle officials last week urged the developer of Chappaqua Crossing to consider a mix of housing at the former Reader’s Digest cupola building rather than have the structure contain exclusively affordable units.

Town board members told representatives for Summit/Greenfield at the Sept. 21 meeting that their plan should include market rate housing that town employees and emergency responders could afford.

In May, the developer proposed a change of location for the affordable housing, scrapping the 20 affordable units originally earmarked in the already approved residential portion of the project and proposing up to 32 affordable units in the top two floors of the property's signature structure.

As currently proposed, the affordable units would contain 44 bedrooms, with 26 of the apartments either studio or one-bedroom units, said project planner Andrew Tung. There would also be four two-bedroom units and two three-bedroom units.

Summit/Greenfield is negotiating with Wilder Balter Partners to own and manage the proposed affordable units.

Councilwoman Elise Kessler Mottel was one of several board members who said they opposed segregating the affordable units from the project's residential component.

Mottel also said the developer should consider reducing the number of affordable units, but make them larger to allow families with children to move in.

However, Tung responded that Summit/Greenfield is seeking to maximize the number of affordable units that could be provided at the site.

Westchester County Deputy Commissioner of Planning Norma Drummond said having 32 affordable units would allow the developer to receive state tax credits to help finance those residences. The financial situation changes if there are significantly fewer affordable units, she said. Drummond explained that at least 25 affordable units would be needed to receive adequate state tax credits.

Mottel insisted that Summit/Greenfield come up with a new housing proposal for the building, a sentiment echoed by council members Lisa Katz and Adam Brodsky.

“Bring a diverse group of folks in,” Supervisor Robert Greenstein said.

Resident Robert Fleisher said he agreed with the board’s stance on calling for a mix of housing at the site.

Chappaqua Crossing project planner Andrew Tung discussed the affordable housing component at the Chappaqua Crossing project during last week’s New Castle Town Board meeting.

WESTCHESTER COUNTY DEPUTY COMMISSIONER OF PLANNING

Town officials adjourned the public hearing until Oct. 13.

The town approved the construction of 91 market-rate units in the 114-acre property’s East Village, but has not moved forward with construction. Summit/Greenfield is currently pursuing site plan approval for 120,000 square feet of retail that would be anchored by a 40,000-square-foot Whole Foods in a traditional neighborhood design layout, but needs town board approval for residential housing to be allowed at the cupola building.
Mt. Pleasant Schools Search for Another Special Ed Director

By Neal Rentz

The Mount Pleasant School District is searching for its sixth special education director in the past seven years.

A replacement is being sought for Director of Special Education and Student Services Robin Tepper, whose resignation was accepted by the board of education earlier this month.

Superintendent of Schools Dr. Susan Guiney last week declined to say why Tepper left the district because it is a personnel matter.

“People leave positions for many reasons,” Guiney said. “Sometimes a person is only hired for a limited time as when it is an interim; sometimes a person leaves for personal reasons; and sometimes, a person does not meet the expectation of his/her employer. The vision of the Mount Pleasant Central School District is one of excellence and my expectations for staff reflect this vision.”

Board of Education President Eric Schulze said he is concerned about the lack of consistency.

However, the district continues to grow special education programs and services to meet the needs of the students. These services are determined by the district’s Committee on Special Education, not the director.

“We have a very dedicated special education staff who works tirelessly to ensure our students receive the programs and services they need to be successful,” Schulze said. “We are taking steps to ensure that the candidate chosen will lead the special education department for years to come.”

Guiney said the district has moved to strengthen its special education programs with a caring staff that represents the full array of special education services. It also has an excellent graduation rate that reflects student performance, she said. Guiney assured parents that the quality of education for its special education students would not falter during the search for a new director.

“Special education programs and services were finalized prior to the beginning of the school year and the transition to a new director does not affect what a student receives as indicated by the student’s IEP,” she said.

“I am not aware of any issues between myself and the local school special education departments (especially Westlake Middle School) or between myself and the district office or among any of these groups,” Guiney said.

County Police/ Mount Kisco

Sept. 19: A Mount Kisco woman reported at 3:17 p.m. that she had received a threatening text message from the father of her child. An officer contacted the man to tell him that he had to address any visitation issues through Westchester County Family Court and that he could face arrest if he persisted with harassing or threatening messages.

Sept. 19: Police responded to a Grove Street residence at 3:53 p.m. on a report of a domestic disturbance between a father and his adult son. The father reported that the dispute was mostly verbal, but his son did push him before leaving the house. The father did not wish to pursue criminal charges.

Sept. 19: A Grove Street resident reported at 11:21 p.m. that a man tried to rob him at knifepoint as he walked on Lundy Lane. The victim said he was approached by a white male, 5-foot-10 to six feet tall, who yelled “give me your money.” The victim also stated that the man swiped at his stomach area with a six-inch knife. The victim said he knocked the knife from the man’s hand and ran to Grove Street, where he called 911.

Officers canvassed the area but could not locate the suspect. The case remains under investigation.

Sept. 20: A Moore Avenue resident reported at 5:32 p.m. that her car has been missing since the morning and believes that her brother and a friend had taken it without her permission. The woman called back at 6 p.m. to report that she had found the car parked on West Hyatt Avenue and no longer wanted it reported as stolen.

Sept. 21: Report of an elderly woman having fallen in her front yard on St. Mark’s Place at 2:12 p.m. The woman told the responding officer that she had been weeding and had not fallen.

Sept. 22: Report of an elderly woman having fallen in her front yard on St. Mark’s Place at 2:12 p.m. The woman told the responding officer that she had been weeding and had not fallen.

Sept. 24: Report of people trapped in an elevator at a Diplomat Drive residence at 4:06 p.m. Building staff was able to resolve the problem without police or fire department assistance.

Sept. 25: A 28-year-old Mount Kisco man was arrested at 1 a.m. and charged with second-degree assault, a felony, after he allegedly struck his roommate’s friend with a decorative sword during a dispute at a North Moger Avenue residence. The victim suffered a cut to his hand but declined medical attention. An order of protection was issued barring the suspect from having further contact with the injured man.

Sept. 25: Report of a man sleeping on one of the sorting tables at a Main Street laundromat at 3:29 a.m. The man was told by the responding officer that he could not sleep there and left the premises.

Pleasantville Police Department

Sept. 18: A 48-year-old male Brewster resident was arrested and charged with an unspecified level assault at an auto repair station at 1 Broadway following an altercation.

Sept. 24: Report of eight tires stolen from the Pleasantville Ford dealership on Pleasantville Road by an employee. A report was filed.

North Castle Police Department

Sept. 19: A complaintant reported at 12:44 p.m. that his girlfriend, who is at his Glendale Avenue residence, received threatening text messages from an ex-boyfriend. The messages were apparently threatening in nature toward the complainant. Officers responded to the call.

Sept. 20: The night clerk at La Quinta Inn on Business Park Drive reported at 12:22 a.m. that parties were making noise in the parking lot. The responding officer spoke to the parties who said they were going to go to bed. Matter adjusted.

Sept. 22: An Old Mount Kisco Road resident reported at 8:36 a.m. that his car was possibly stolen from his driveway sometime overnight.
By Martin Wilbur

An attorney for Gov. Andrew Cuomo assured protesters attending a candlelight vigil near the governor’s Mount Kisco home last Saturday night that the administration will soon consider clemency for viable longtime convicts.

Alphonso David, counsel to the governor, told more than 100 demonstrators outside the Presbyterian Church of Mount Kisco that the state will need advocates and organizations to help assist in the application process.

“My message to you today is simply we’re looking for you to identify candidates that we can consider for clemency,” David said. “The second message is we are going to have relationships with nonprofit organizations that will help us identify candidates, fill out their applications, find legal representation for them so that we can adequately process their applications.”

David acknowledged that five prisoners in New York State have been pardoned after they had served their sentences. However, there have been no commutations since Cuomo took office Jan. 1, 2011, said Allen Roskoff, president of the Jim Owles Liberal Democratic Club, the co-organizer of last weekend’s rally with the Village Independent Democrats.

The rally and candlelight vigil, held for the second consecutive year a short walk from Cuomo’s Bittersweet Lane house, was attended by mainly people from New York City and advocates for prison reform. They included former longtime convicts who questioned why Cuomo has been in office for nearly five years but has not commuted the sentence of a single prisoner from a population of more than 53,000 inmates.

Donna Hylton, who served 28 years at Bedford Hills Correctional Facility for being an accessory to a 1985 kidnap and murder on Long Island, said there are prisoners who have languished in jail for decades despite there being extenuating circumstances involved in some of their cases. Many were young and poor without proper representation. In some instances they were abuse victims.

“We fully understand the things that we have done…but we are not those mistakes,” said Hylton, who was a teenager when she was arrested. “We are human beings. I want people to understand that the woman I and we represent here tonight are human beings that made a mistake but have the capacity to change and to be redeemed and to be rehabilitated.”

David said that the applications for clemency are long and intricate. Many times clemency applicants provide little to no information that authorities can use to make an educated decision, he said.

Some of the issues covered in an application include threat to public safety, evidence of rehabilitation, the family situation of the inmate as well as feedback from district attorneys, prison superintendents and victims and their families.

David said the goal is to increase the number of credible applicants for consideration.

“The governor is not interested in rejecting candidates that are viable,” David said. “We need to make sure we encourage people to apply.”

Roskoff said he was encouraged by steps Cuomo has taken since last year’s protest. He said he received a call from the governor who told him that he understood the situation and would work to improve the process.

Nevertheless, Roskoff said the two groups will closely monitor the issue and will return in six months to ensure sufficient progress has been achieved.

“Right now we are cautious, we are hopeful and we will work with the administration,” he said.
Delay in Restoring Miller House is Clearly Astorino’s Folly

By Donald P. Gregg

I grew up in Hastings-on-Hudson and have had a lifelong interest in the American Revolution that in its early stages was waged in and around what is now Westchester County.

The battle of White Plains (Oct. 28, 1776) was the largest engagement fought in the area. I remember my disappointment when as a boy reading about the battle, I learned that it had been less than a stirring victory. But the important thing was that George Washington had survived and was able to move with his key units across the Hudson into New Jersey. There, in slightly more than two months, Washington inflicted a stunning defeat on the British at Princeton (Jan. 3, 1777).

As he did in so many cases, at Princeton, Washington showed a powerful blend of physical courage, horsemanship and tactical brilliance.

My long government service (1951-1993) eventually took me to Washington and 10 years work in the White House (1979-1989). Going into the Lincoln Bedroom was a real thrill. But the first time I entered Miller House, and went into the bedroom where Washington had actually slept in October 1776, I had the feeling of being in touch with historical greatness, only matched (rather ironically) by a dinner at 10 Downing Street, where Wellington and Churchill had lived, and Margaret Thatcher presided.

After moving to Armonk in 1995, I went to see a program put on at Miller House, which was delightful, and evoked a strong sense of the colonial past that clearly excited the young schoolchildren who thronged the building.

Shortly thereafter, I was saddened to learn that a need of repair had brought the Miller House programs to an end. I naturally assumed that Westchester County, which owns Miller House, would repair it and keep it actively open to the public.

Clearly, such has not been the case. I attended one or two meetings of the Friends of Miller House because of my interest in the American Revolution. I saw the commitment of the Friends of Miller House, including its then treasurer, John Diaconis, to preserve it for future generations. I was thus made confident that donated monies would be used well, and pledged a modest amount of money to be used to restart programs once the house had been repaired.

Learning that nothing was happening, in 2012 I joined a Friends of Miller House group to call on County Executive Rob Astorino. He had vetoed funds to be used to repair Miller House, and had had his veto smashingly overturned. At the meeting I attended, Astorino was clearly seeking ways to avoid spending any money on Miller House. His tactic was to suggest that the house be moved to a place in front of the Kensico Dam. This questionable option was endlessly discussed by county officials, and nothing was done.

The Town of North Castle is now calling for repair of the building where it stands. At a raucous town meeting, held on June 24, County Legislator Michael Smith was clearly revealed to be Astorino’s cat’s-paw, and according to The Examiner, “He reiterated that the county is not interested in restoring and maintaining the structure on Virginia Road.”

His latest tactic, surfacing a previously rejected suggestion that Miller House be moved to a cramped, hilly location with little or no parking, is part of this pattern.

Astorino clearly has no sense of history. If he succeeds in his delaying tactics and Miller House is lost to us, any monument erected in its place should be labelled “Astorino’s Folly.”

Armonk resident Donald P. Gregg was U.S. Ambassador to Korea from 1989 to 1993.
By Martin Wilbur

For 45 years, Betty Knoop has visited scores of schools, churches and synagogues to talk to countless students and groups. She isn’t a motivational speaker, teacher or member of the clergy, but if you listen to her relate her life’s experiences, chances are you may learn as much as you would from an accomplished member of one of those aforementioned professions.

The Amsterdam-born Knoop is a Holocaust survivor, who at nine years old saw her world crumble, starting with the Nazi invasion and occupation of Holland. She and her family, along with thousands of other Jews, would later be forced into a ghetto before being temporarily transported to Westerbork. Eventually, she would spend 17 days on a train before being liberated by the Soviets. She had a shaved head and was terribly underweight. But while sitting in the cattle car she remembered the joy of being able to swing her legs.

“Every day the classes were getting smaller,” Knoop said. “People would get picked up or went into hiding or still tried to leave Holland. We changed teachers like we changed blouses.”

Amsterdam’s Jewish residents were sent to a ghetto, where Knoop and her family were confined in April 1943. At one point, her father was arrested, but the family was fortunate to spend most of the war together. Less than six months later, they were transported to Westerbork.

During her time in Bergen-Belsen, Knoop endured a severely overcrowded barrack and little food. It wasn’t unusual to wake up in the morning to find several other prisoners dead from disease or starvation, she said.

In April 1945, Knoop and her family would spend 17 days on a train before being liberated by the Soviets. She had a shaved head and was terribly underweight. But while sitting in the cattle car she remembered the joy of being able to swing her legs.

“Every day the classes were getting smaller,” Knoop said. “People would get picked up or went into hiding or still tried to leave Holland. We changed teachers like we changed blouses.”

During her childhood as Europe neared war, Knoop had little inkling trouble was ahead. Like most parents, Knoop’s shielded her and her brother. There was also a sense that Holland and its citizens would be okay since historically they had been closely allied to Germany, she said.

However, under German occupation, school, which Knoop had always loved, deteriorated. Students and teachers disappeared and suicides in her neighborhood became prevalent.

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“I really felt a sense of freedom, that I could do that,” Knoop said. Although her immediate family survived the camp, three days after liberation her mother died at 36 years old. Knoop, her father and brother returned to Holland where she graduated high school. Her father would remarry and wanted her to go to South Africa, but she said she had seen Apartheid and had no intentions of experiencing it again.

Instead, her stepmother had family in the United States and she came to New York. Knoop would meet her husband, Raymond, a hotel chair manufacturer who had been sent by his mother to the U.S. before the war. They had three children, and she stayed home to raise them. Knoop has two grandchildren.

One of the heartbreaking realities was that Knoop’s children never had their grandparents or any extended family.

“We really had to make a family,” said Knoop, who has been widowed for 10 years. While Knoop was younger during the Holocaust than most of the students who now hear her talk, she prefers to speak to high school students. If there’s one thing, Knoop tries to impart to youngsters is to fight racism in any form. She still remembers her parents exhorting her to always respect everyone she meets.

“Racism is evil, really and truly evil,” she said. “There’s no place for it. It degrades men.”

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 ower 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

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Valhalla Nursery School Marks 50 Years of Learning

By Arthur Cusano

It was a party five decades in the making last Friday at the Valhalla United Methodist Church, as the parish nursery school celebrated the 50th anniversary of its creation.

The nursery was founded in 1965, just after the church was erected at 200 Columbus Ave. Pastor Kevan Hitch noted the church's opening coincided with a time of great change and upheaval in the United States, and now 50 years later, Hitch said students were tech savvy in ways even adults in 1965 could not have been.

But what has not changed is the commitment of the school to the spiritual, social and intellectual development of its students.

"They still pledge allegiance to the flag, they still sing the ABC song and they still play tag on the playground," Hitch said. "They do all of these things because we have a group of teachers that are affirming and nurturing."

Hitch also cited the school's leadership, including director Lois Whartenby, for making it all possible.

"We have a devoted nursery school director who quite literally has dedicated her life to the betterment of your children," Hitch said to those assembled for the celebration. "We have a great board chair and a great board. There are so many people who worked together to make this school a success in the past 50 years."

Whartenby said the school currently educates 70 two-, three- and four-year-olds. She told dozens of parents and former students last week that she and her staff were honored to play a critical role in the education of thousands of students.

"It's really a privilege to be the first kindergarten in Westchester County. Manfredi's daughter Maddie, a graduate of the nursery school and now a Valhalla High School freshman, sang the Star Spangled Banner. "

"We are so privileged to have a leader in our church that helps make things happen," Whearty said. "He participates in the education of our children and is always supportive of everything that is needed."

Board and church member Gretchen Manfredi presented a plaque to the school from County Executive Rob Astorino and the Board of Legislators proclaiming Sept. 25 Valhalla United Methodist Church Nursery School day in Westchester County. Manfredi's daughter Maddie, a graduate of the nursery school and now a Valhalla High School freshman, sang the Star Spangled Banner.

"It was 24 short years ago that my own daughter went here, and she has grown into a strong, independent woman that can cut with a scissor," Smalley joked. "Those are life skills she learned here."

Attendees were treated to cupcakes and refreshments and children enjoyed a bounce castle. Also, members of the Valhalla Fire Department and Mount Pleasant Police Department interacted with the children and had them sit in a fire truck for pictures. Whartenby said both departments have regular interaction with the school, as police detectives Martin Greenberg and Lauren Valentino visit twice a year to speak to the children about safety.

Nursery school board leader and former Mount Pleasant School District Superintendent John Whearty recalled how much of the land around the church was undeveloped 50 years ago, and how the baby boom led to the opening of Westlake, Byram Hills and Valhalla high schools all within several years before the church's founding. He thanked the school's staff, and Hitch in particular, for their work.

"We are so privileged to have a leader in our church that helps make things happen," Whearty said. "He participates in the education of our children and is always supportive of everything that is needed."

**Special bonus feature:**

For the Apple Bank BONUS Savings account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$24,999: .10% Annual Percentage Yield (APY), $25,000 and up: .75% APY. There is no interest paid on balances of $0-$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of $2,500 required to open the Apple Bank BONUS Savings account. Maximum deposit amount is $1,000,000 per household. **Special simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than $2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment.** Deposits made to the account on any anniversary date will be considered to have been made on the anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. Hypothetical example of how bonus works: Assume an account is opened on January 12, 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.
Chappaqua Children’s Book Festival Back and Bigger Than Ever

By Martin Wilbur

For parents who need to convince their children how much fun books and reading can be, there is no better day than the Chappaqua Children’s Book Festival.

For that matter, if your son or daughter loves to read or if you’re an adult, it’s just as enjoyable to take part.

The 2015 festival returns to Robert E. Bell Middle School this Saturday from 10 a.m. to 4 p.m. with more than 85 authors of children’s or young adult books, many of them local residents or from Westchester County. It is expected that there will be about 13,000 hard copies of books brought by the authors, said the event’s Executive Director Dawn Greenberg.

While books is the obvious focus of the all-volunteer effort, the festival is special because children are able to meet some of the people who write or illustrate some of their favorite books.

“It’s about giving kids and families a chance to meet and interact with the creators of their favorite characters – to appreciate that there is a real person behind the art and the words on the page,” Greenberg said.

In three years the festival has continually expanded, offering not only more authors and artists, but also plenty of fun activities for kids and their parents to occupy their time.

Returning this year is the popular “Pinkalicious” author Victoria Kann, who will sign books from 1 to 4 p.m. There will also be music, magic shows, face painting, balloon twisting, games and the Hudson Valley Llamas sponsored by the Chappaqua Learning Center. Fun demonstrations such as making your own bubble solution and bubble wand and “Shiny Penny Chemistry” by the Westchester-based company Regeneron are also included on the day’s schedule.

For those who decide to come, it is suggested to bring your appetite. Chappaqua bistro Le Jardin will be selling barbecue, there will be wood-fired pizza and healthy innovative food from Skinny Buddha Organic Kitchen in Mount Kisco. Also, leave room for dessert, as the sixth annual Great Chappaqua Bake Sale will once again be selling cupcakes, brownies, cookies and other goodies. All proceeds raised at the bake sale will go toward Share Our Strength’s No Kid Hungry campaign.

Last year, an estimated 4,000 people descended on downtown for the festival. Greenberg said organizers are preparing for at least that number this year.

Being within walking distance of the Metro-North train station has attracted visitors from lower Westchester and New York City, she said.

“We also want them to take a chance to walk around downtown and have them see what our town is about,” Greenberg said.

The Chappaqua Children’s Book Festival was founded after Book Day at Sunnyside in Sleepy Hollow was discontinued three years ago. In its short time, the festival has become equally popular, especially with the convenience of getting to downtown by car and proximity to the train.

Greenberg said the event has also become an attraction in large part to the legionsof volunteers.

“If you believe that all the hard work pays off then it’s not a surprise,” she said.

There is no admission to the festival, which will be held rain or shine, while books and food are available for purchase. If it rains, the event will be moved inside the school. Otherwise, it will be outside on school grounds on the South Greeley Avenue side.

Parking is free at the Chappaqua train station. For more information, visit www.ccbfestival.org or follow at www.facebook.com/chappaquachildrensbookfestival.
### About the Kitchen Pantry: The Most Practical Room in the House

As I opened the door to my kitchen pantry to grab a quick snack, the thought occurred to me that I’ve lived in homes and apartments that didn’t feature a pantry and wondered how I managed without one.

As a kid, I distinctly remember how happy my mother was when she and my dad were able to purchase an older home that featured a “butler’s pantry,” which we hadn’t had before. To me, it sounded like something that only a fancy home should have.

A pantry might be as small as a shelf in a cupboard or as large as a walk-in closet. It is where we keep the foods and supplies used most often. This also is where small appliances will most likely be used such as the toaster, kettle, mixer, juicer and coffee machine. In my case, I also squeeze in a dry mop standing to one side and a small canister vacuum cleaner on the floor under the bottom shelf.

Being naturally curious about the origin of things, I also wondered how the pantry came about. The history of kitchen storage is an interesting reflection of what was going on through the ages socially, economically and, today, architecturally.

The word “pantry” comes from the French word paneterie, meaning from “pain,” the French word for bread. In medieval times, food and supplies were stored in a number of specific rooms. Meats were kept in a larder, alcohol stored in a buttry and bread was stored in the pantry.

In Europe, traditionally the butler’s pantry was used to store silver, serving pieces and other kitchen-related items. Because of its value, silver was kept under lock and key with the butler actually sleeping in the pantry to guard against thievery.

In America, pantries evolved from early American “butteries,” built in a cold north corner of a home, into a variety of pantries in self-sufficient farmsteads. A cold pantry was the place to keep foods that did not necessarily need to be kept refrigerated. Breads, pie, cheesecakes, pastries, eggs and butter were common foods kept in a cold pantry. Vegetables could be brought up from the root cellar and stored in the cold pantry until ready to use.

Prior to World War II, smaller homes in America did not have closets, cabinets or pantries for food and kitchen storage. To fill the need for kitchen storage, in the early 1900s the Hoosier Cabinet, made by the Hoosier Manufacturing Co. in Indiana, was created to be an all-in-one pantry for the new American home. Most Hoosier cabinets were about six feet high, four feet wide and two feet deep, making it ideal for small kitchens. The cabinet was typically sold with built-in storage bins and containers for everyday items like flour, sugar, coffee, tea and household spices.

Hoosier cabinets today are found mostly on eBay, but for those that don’t have a pantry, there are tall pantry-type cabinets that go from floor to near the ceiling. These cabinets can store a lot of items, particularly if they are equipped with pullout can racks, shelving on the back of the doors and built-in bins.

Whether a home features an elaborate pantry room or just designated shelves in kitchen cabinetry, there are now so many storage gadgets and devices that can make available space go much further. Lazy Susans help with access to items that would normally be stored in the back of a shelf. Pullout shelves accomplish the same goal. Bins can help keep loose items together and organized.

Because some things stored in pantries can be quite small, a pantry can be enhanced with a few smaller containers or drawers for loose items. Also, there can be mini shelves or racks for spices that can be added to the back of the pantry door. Of course, pantries are good places to store bulkier items, like paper towels and plastic storage containers.

In today’s homes, butler pantries can serve as an “in between room” located between the kitchen and formal dining room. Typically you will also find countertop space to be used as staging areas for serving meals, as well as storage for tableware, serving pieces, table linens, candles, wine and other dining room articles. More elaborate versions may include refrigerators, sinks or even dishwashers.

If the kitchen is regarded as the “heart” of the house, then certainly the pantry is its blood supply.

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Mt. Kisco Woman Among Thousands to Walk for Support Connection

By Arthur Cusano

Mount Kisco resident Gail Smilkstein had her world shaken when she discovered she had breast cancer six years ago.

"It was the beginning of the school year, which is always crazy," recalled the long-time school nurse. Smilkstein underwent five operations, including a reconstructive surgery that had complications. She said the support of her daughter and two sons were critical at that difficult time, as were the volunteers at Support Connection.

The Yorktown-based nonprofit organization provides emotional, social and educational support services to women, their families and friends affected by breast and ovarian cancer. Services include peer counseling, support groups, wellness and educational programs, referral and information services.

Counselors at Support Connection, who are cancer survivors themselves, spent over an hour on the phone with Smilkstein, telling her about the variety of services and doctors they refer people to, she recalled. "It's good to talk to people that have been through it and who know that you can get through it," she said.

Breast cancer survivor Gail Smilkstein will participate in her sixth consecutive Support-A-Walk on Sunday, the annual walkathon to raise money for Support Connection, which provides services to women with breast and ovarian cancer.

Smilkstein took advantage of nutritionists, physical therapy and exercise groups through Support Connection. She also joined a support group at Northern Westchester Hospital for several months.

"Some people were at an early stage, some people were at a later stage and could tell us that we can get through this," she said. "I'd like to think I helped other people as well. Most people are so frightened that they are going to die." Smilkstein went out of state to have the surgery done to maintain privacy, but said she later decided to make her illness known to help others.

"I thought that I can do something to help someone who was just diagnosed and give them hope," she said.

Smilkstein is one of hundreds of cancer survivors who will take part in this year's Support-A-Walk for Breast and Ovarian Cancer this Sunday at FDR State Park in Yorktown Heights. Last year's three-mile walk drew more than 9,000 people from across the Hudson Valley. Smilkstein first participated in the walk in 2010, and has done it with her family every year since.

"It's really a nice walk," Smilkstein said. "They have a pep rally first to get people going, and then along the walk they have different signs put into the ground from different organizations that sponsor the walk, but also the people who didn't make it, in memory of them."

The walk is Support Connection's most important annual fundraiser, with 89 cents of every dollar raised directly funding its free breast and ovarian cancer support services. The money raised is critical because Support Connection does not receive funds from any national cancer organization. Donations to Smilkstein's team, Gail's Gang, can be made online at www.firstgiving.com/fundraiser/gail-smilkstein/walk2015.

Honorary chairpersons for Support-A-Walk are Kacey Morabito Grean of WHUD Radio's "Mike and Kacey in the Morning," and Bill Powers of Powers PR Video. Powers will lead the "Not for Women Only" campaign encouraging men of all ages to be involved in the walk and to salute and support the courageous women in their lives.

To learn more, donate or create a fundraising page for Support-A-Walk, visit http://supportconnection.org/support-a-walk-overview, call 914-962-6402 or e-mail walk@supportconnection.org.

To receive help, the toll-free cancer information and support hotline is 1-800-532-4290.

Mt. Pleasant Wildcats Club Organizes Fundraiser for Pediatric Cancer

By Martin Wilbur

No parent wants to learn that something is wrong with their child's health. In August 2010, Cindy and Lou Campbell realized any parent's worst nightmare.

"The couple was told that their oldest child, Ty, had a mass at the base of his skull that was diagnosed as a rhaboid tumor, a rare but aggressive form of pediatric cancer," said Cindy Campbell, who at the time of writing was the long-time school nurse.

On Sunday, the Mount Pleasant Wildcats Club, a nonprofit organization that runs football, lacrosse and cheerleading programs in the town, dedicated a full morning of youth football at Westlake High School to raise money for the Ty Louis Campbell Foundation, a nonprofit organization Ty's parents established that exclusively dedicates funds toward innovative research and trials to fight some of the most deadly childhood cancers.

Lori Pfeiffer, who organized the event, said when she learned of the Campbells' plight, she felt it was critical that the community help other families faced with a similar situation.

"That's why it's so important to raise funds for childhood cancers because they're so unique in how they treat," said Pfeiffer.

The Wildcats Club scheduled the event for a weekend in September, which is Childhood Cancer Awareness Month. Although this is the third year, this was easily the biggest and most elaborate fundraiser, she said.

The sale of baked goods and pies, plants and pumpkins helped the Mount Pleasant Wildcats Club raise money Sunday morning for the Ty Louis Campbell Foundation, which funds research for pediatric cancer.

The Wildcats Club organized a baking sale, a pumpkin sale, a plant sale and pie sale concurrently to help raise money for the foundation. In addition, the club made a donation as did their counterparts from Tuckahoe, the visiting team for one of the fifth/sixth-grade level games. There was also a second game for the fifth- and sixth-graders, one at the third/fourth-grade level as well as two flag football games.

On an early fall morning that was perfect for football, more than 400 children participated on squads for different youth football games that were played from 8 a.m. until about noon. That number also included the cheerleaders.

Mount Pleasant cheerleaders were among the more than 400 youngsters who participated at Wildcat Spirit Day, where the community helped raise money for pediatric cancer.

Parent Elisa Marinelli said while the children were enjoying themselves, they also knew it was for an important cause. "It's a good turnout, the kids are part of it and the kids are supporting the foundation as well," said Marinelli, the mother of a cheerleader. "They all have their gold ribbons in their hair and they know what the cause is, they know who they're doing this for. It's great. It's a great outpouring of community support by families bringing everybody together."

During the event, the Campbells, who live in Dutchess County, stopped by the event to thank the Wildcat supporters for their efforts. The previous day the family attended another community fundraising event on Long Island, where Cindy Campbell grew up.

She said in less than three years the foundation has committed between $500,000 and $600,000 to various research projects and momentum continues to accelerate.

"It's such a passion. It's part of our lives, it's part of our family and what we do day in and day out," Campbell said.

For more information about the Ty Louis Campbell Foundation and how to donate, visit www.thetlcfoundation.org.
By Colette Connolly

You don’t have to go to Arthur Avenue for the best in fresh sausage, meats, mozzarella and homemade soups and sauces. Thornwood’s A•S Fine Foods has it all.

The signature deli and catering company, located in the Thornwood Town Center, has a new owner who intends to continue building upon the stellar reputation the company has earned among locals over the past 30 years.

This is not the first time that owner Chris Cardillo has worked at A•S Fine Foods counter. When he was 19, he worked part-time for its former owner, Anthony Argiro.

Since opening a month ago, Cardillo has been expanding his full-service catering business. Over the years, A•S Fine Foods has been known for its off-premise catering, and Cardillo will continue to provide that for customers who look to him for food for their barbecues, pig roasts, clam bakes and cocktail parties.

Cardillo, who also specializes in weddings and other special events, offers a one-stop service for clients throughout Westchester, Connecticut and Long Island, taking care of everything including table, chair and tent rentals, bar service, wait staff and chefs.

At the deli, there’s an array of fine food and meats to choose from. Cardillo explained that three different types of pasta, including gluten-free, are made on the premises every day.

His head chef, who formerly worked at Gabriel’s Steakhouse in Greenwich, Conn., now runs the kitchen, along with two butchers and five additional employees at the deli counter. It’s a place where Cardillo feels right at home, meeting customers and helping to keep the business running smoothly.

“I remember helping my mom and my grandmother in the kitchen when I was about eight years old, squeezing tomatoes, peeling roasted peppers and stuffing artichokes,” said Cardillo, who studied culinary arts and business management at Putnam/Northern Westchester BOCES while still in high school.

This old-school deli, with its dried salami and cheeses hanging from the ceiling, has built up a loyal following who regularly enjoy its high-quality meats, including Sterling Silver Premium Meats and Certified Angus Beef, New Zealand lamb, pork, veal cutlets, and poultry as well as more unusual offerings such as rabbit, pigs feet and knuckles and quail.

The store, which has received the Best of Westchester award for the past 10 years, carries a wide variety of imported products such as olive oil, vinegar, spices and other Italian specialties.

Customers can choose from over 35 varieties of imported cheese and an array of cold cuts, including chicken cutlet, ham, roast beef, turkey, prosciutto and traditional speck, among others.

An assortment of heat-and-serve meals are tempting for those who don’t want the bother of cooking. On a daily basis, A•S Fine Foods offers baked ziti, meat and cheese lasagna, gnocchi with vodka sauce, cavatelli with broccoli rabe and many other delicious options.

Homemade soups like pasta fagioli, escarole, split pea and clam chowder are also on the menu in addition to over 30 sandwiches, assorted salads, wraps and classic lunch specials.

Cardillo said he is excited about his latest venture and the chance to meet many of the customers who’ve been frequenting A•S Fine Foods over the years.

“I love meeting people and building new customer relationships,” said Cardillo. “For me, though, the business is only as good as its team.”

A•S Fine Foods is located in the Thornwood Town Center at 986 Broadway in Thornwood. It’s open Monday through Friday, 9 a.m. to 6:30 p.m., Saturdays, 9 a.m. to 6 p.m. and Sundays from 9 a.m. to 2 p.m. Call 914-747-1449 to order or check out its website at http://asthornwood.net/asfoods.html for more information on its catering service and upcoming cold cut, sandwich and holiday specials.
County Celebrates, Honors Those Who Made Ultimate Sacrifice

Westchester County celebrated the lives Sunday of 16 military members during the annual Gold Star Mothers Ceremony. Gold Star Mothers is an organization of women who lost a son or daughter in service to the nation. County Executive Rob Astorino helped lead a brief but touching ceremony at Kensico Dam Plaza that featured the roll call of names, a rifle salute and Taps. A small plaque bearing the name of each service member rests at the base of a tree along the center walkway in the park.

Pleasantville Swears in New Sergeant, Officer into its Ranks

By Arthur Cusano

The Pleasantville Police Department promoted one of its own to sergeant and welcomed a new officer to the village at the Sept. 21 village board meeting.

Pleasantville Police Chief Richard Love introduced longtime Police Officer Sam Caccamise as sergeant, and helped swear in new officer David Casale. Trustee Mindy Berard, who was acting mayor in the absence of Peter Scherer, presided over administering the oaths.

Caccamise, 41, has been on the force since 2004, where he has served as a patrol officer since graduating the police academy, Love said.

“He’s been really good with the community, and he’s a smart guy,” Love said after the event. And I thought he would blend nicely with this administration, so he was the right choice.”

Casale, 42, a Westlake High School graduate, comes to Pleasantville from the City of Rye Police Department. Love said Casale was looking to transfer to a smaller department, which made him a good fit for Pleasantville.

“We were looking for someone who had time on the job,” Love said. “As of late we’ve had a lot of new hires of guys with not a lot of time (served). So we wanted to have a nice blend of people who have time in the job and experience with the younger guys.”

With the addition of Casale, the force currently has 23 members. Love said since taking over the department in 2011, he has been encouraging more community-oriented policing that is making a comeback in many communities. A community policing officer walks and bikes through the village Tuesdays through Saturdays, and a youth officer regularly visits the schools.

“You have to know what your community wants and needs,” Love said. “If you ride around in a police car eight hours a day, you’re not interacting. But if you get out and talk to the people you learn what their needs are and you foster relationships. And then, if something does happen, people who know something will give that info to someone they know, someone they trust.”
A Great Technique Available to Resolve Common Sports Injuries

Are you an avid runner, cyclist, golfer or tennis player who has reduced you activity simply because of uncomfortable pain that won’t subside? If so, you are not alone, as millions of fitness enthusiasts suffer from similar conditions as a result of repetitive stress injuries such as tennis elbow or chronic muscle pulls. The cumulative effects of a repetitive motion caused by running, hitting a tennis ball or swinging a golf club can fuel a chain of injuries.

Subsequently the body goes through repair cycles that can cause significant pain if not properly treated. For instance, once a muscle and/or fascia tears, causing immediate inflammation and pain, the body will automatically send healing collaborators such as white blood cells and fibrinogen to the site and start the adhering repair process. These adhesions start to cumulate each time the injury/repair cycle is initiated and start the adhering repair process.

If discomfort persists and a chronic injury is in play, ART can help identify different muscles that may be driving pain or weakness in a more distant location. Once the underlying dysfunction is treated, the body can biomechanically function better and thus prevent further injuries. ART can be applied during any point of the injury process as it facilitates tissue healing.

One of the most commonly treated areas for ART therapy is knee pain. Knee pain can be along the medial aspect, behind the knee or along the lateral aspect. It can be hard to pinpoint exactly what is causing knee pain because there are over 20 muscles that directly connect and influence the knee.

For the purpose of this example, imagine that the pain is along the back side and medial aspect of the knee and is brought on with stairs, lunging and walking up an incline. Muscles that could be involved include the adductors, medial quadriceps, popliteus, gastrocnemius and medial hamstring.

If treatment is only done at the exact site of pain, the true root cause may be overlooked. The muscles tend to be facially bound together, especially along the medial and posterior aspect of the knee, thus they have an even stronger influence on the knee biomechanics.

After applying several passes of the ART protocols to those various muscles, the knee pain is retested. Typically some improvement is noted right away. If not, different muscles are tested and treated. This allows the treatment to be very specific and uncover the true root cause of pain.

With all that said, many times knee pain is a result of another source such as the lower back or hip. With ART, the entire picture comes into play and is treated.

Other common injuries treated with ART include shoulder pain, frozen shoulder, golfer's elbow, tennis elbow, carpal tunnel, sciatica, recurring muscle pulls, etc.

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For more information on Active Release Techniques and how it can help you, please call ProClinix at 914-202-0700 or visit www.proclinix.com.

Dr. Jaclyn M. Amaro is a contemporary chiropractor fully certified in Active Release Technique (ART) at ProClinix Sports Physical Therapy & Chiropractic in Armonk and Pleasantville.
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LEGAL
NOTICE OF FORMATION OF JOURNAL ARTS. filed with Secretary of State of NY on 6/29/2015. Office location: Westchester County. U.S. Corp. Agents, Inc. designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 234 Bedford Rd. Unit #4, Pleasantville, NY 10606. Purpose: To engage in any lawful act or activity

LEGAL NOTICE NOTICE OF FORMATION OF THE READY NETWORK LLC filed with Secretary of State of NY (SSNY) on 8/11/2015. Office location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 15 Winslow Rd, White Plains, NY 10606. Purpose: any lawful act or activity

LEGAL NOTICE OF FORMATION OF CHERT BID CONSULTING, LLC ARTS, of Org. filed with SSNY on 06/16/15. Office location: Westchester County. U.S. Corp. Agents, Inc. designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 7014 13th Ave., Suite 202, Brooklyn, NY 11228. Purpose: any lawful act or activity

LEGAL NOTICE OF FORMATION OF KAJ DESIGNS LLC filed with Secretary of State of NY (SSNY) on 8/26/2015. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 234 Bedford Rd. Unit #4, Pleasantville, NY 10570. Purpose: any lawful act or activity

Notice of Formation of DSrength LLC, Arts of Org. filed with Secretary of State of NY (SSNY) on 5/18/2015. Office location: WESTCHESTER County. SSNY designated agent upon whom process may be served and shall mail copy of process against LLP to principal business address: 600 Westchester Avenue, Suite N-641, Rye Brook, NY 10573. Purpose: any lawful act. 0000302823 w.o.

Notice of Formation of Adler & Adler, LLP. Arts of Org filed with Secy of State of NY (SSNY) on 5/8/2015. Office location: WESTCHESTER County. SSNY designated agent upon whom process may be served and shall mail copy of process against LLP to principal business address: 800 Westchester Avenue, Suite N-641, Rye Brook, NY 10573. Purpose: any lawful act. 0000322383 w.o.

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Astorino, Rangers Announce Expanded Rink for Winter Wonderland

County Executive Rob Astorino joined Monday with New York Rangers alumni Dave Maloney and Ron Greschner, New York Knicks legend Allan Houston, Friends of Westchester County Parks and the Westchester County Parks Department at Kensico Dam Plaza in Valhalla to announce a bigger and better celebration for Westchester’s Winter Wonderland.

The event will kick off on Friday, Nov. 27 and will include new features, such as an all-inclusive pricing for admission, an expanded ice rink sponsored by the Rangers, additional rides, new entertainment, shopping and food attractions.

The 70-foot by 90-foot rink, twice the size as last year’s, is the same size as the rink at Rockefeller Center and will be called “RangersTown” as a nod to the RangersTown Hockey House in front of Madison Square Garden.

“We are thrilled to announce this new partnership with the New York Rangers for Winter Wonderland, which we know will grow to become an iconic event in Westchester,” Astorino said. “In addition to the expanded rink, the New York Rangers will bring an exciting fan experience to our festive event by incorporating exciting fan experience attractions for the entire family, including photo ops with alumni, hockey sessions and fun prizes and giveaways.”

Westchester’s Winter Wonderland will take place at Kensico Dam Plaza in Valhalla, opening the day after Thanksgiving and running through Sunday, Jan. 3. From Nov. 27 through Dec. 20, the event will be open Fridays and Saturdays from 5 to 10 p.m. and Sundays from 5 to 9 p.m. Starting Dec. 21, the program will be open weekdays and Sundays from 5 to 9 p.m. and Fridays and Saturdays from 5 to 10 p.m.

To add to the fan experience, the Rangers will provide special perks each Friday, Saturday and Sunday night for guests to enjoy, including:

• “Try Hockey for Free” Session. The Rangers will help open Westchester’s Winter Wonderland at 5 p.m., Nov. 27, with this session, which will include access to free loaner equipment. Kids will receive a free Rangers hockey stick in addition to skating with and meeting Rangers alumni.
• Photo Opportunities. Guests will be able to take photographs on the Rangers player bench, framed by the six-foot “RangersTown” letters sign. Blueshirts United brand ambassadors will be on site to greet attendees and help them take and share photos on their social media pages. As skaters make their way to the rink, they will be able to stop and take a picture with their favorite Rangers life-size cutouts, which will flank the entry to the ice.

• Appearances by New York Rangers Alumni. Rangers greats will make weekly appearances to ice skate, take photos and sign autographs with guests.
• Player Appearance. Rangers players will also appear on a select date to surprise attendees.

• Road Tour NYR: The Rangers’ field marketing vehicle and mobile brand experience will be on site to provide fans with even more interactive attractions. The Rangers will also provide an opportunity for attendees to enter to win exclusive Rangers prizes and giveaways.
• NBA All-Star and Knicks legend Allan Houston joined the Rangers alumni and spoke about the Westchester Knicks’ continued support in the county, not only with the games and fan experience at the County Center but also for this year’s Winter Wonderland. Other new features this year include
• New admission pricing at $15 per person; ages 5 and under are free (ticket price allows unlimited access to amusement rides, ice skating and rentals and visits with Santa Claus);
• The Santa Experience, The Wonderland Express, Winter Hay Ride and an additional amusement ride;
• An expanded Shopping Village of artisan crafts and gifts;
• A new heated entertainment tent with scheduled holiday programming;
• A 24-foot Christmas tree with lights and;
• New Candy Cane Forest lights at the entrance to the event.

The festive event will electrify the holiday season with hundreds of thousands of LED lights set to a one-hour-long continuous show choreographed to holiday music; a fabulously outdoor recreational ice skating rink; boutique vendors; several amusement rides; and a heated indoor dining tent offering a variety of local food trucks and a full bar.

Tickets can be purchased by visiting www.winterwonderland.com. Adult and child tickets cost $15 (all-inclusive admission pricing, except for food and vendor shopping), while children 5 and under are free.

For more information on sponsorships, please call 914-231-4600.

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.

### Happenings

**Wednesday, Sept. 30**

**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 Country Diner, 252 E. Main St., Mount. 7:30 to 8:30 a.m. Free. Every Wednesday. RSVP suggested. Info and RSVP: Contact Julie Genovesi at 303-929-7203 or e-mail julie@eurobella.net or just drop in.

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

**Breakfast With the Hawks.** Join us for breakfast at the Hawkwatch, timed to take advantage of near peak Broad-winged Hawk migration. Perfect for families; all children must be accompanied by an adult. Co-sponsored by Westmoreland Sanctuary. The Hawkwatch platform, Arthur Butler Sanctuary, 265 Chestnut Ridge Rd., Bedford Corners. 9 a.m. to noon. Free. Also Sept. 30. Registration required. Info and registration: Contact Jeanne Pollock at 914-519-7801 or e-mail jpollock@bedfordaudubon.org.

**Baby Time.** A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for children two to four years old; with a parent or guardian required. Each class is spent outdoors. For children of each class is spent outdoors. For children two to four years old; with a parent or caregiver. Rain or shine. Greenburgh Nature Center, 99 Dromore Rd, Scarsdale. 10 to 11 a.m. Members: $50 per child (for six-week session). Non-members: $90 per child. Pre-registration required. Info and pre-registration: 914-723-3470 or visit www.greenburghnaturecenter.org.

**Pound Fitness Program.** A 45-minute full-body cardio and stress relief jam session, fusing Pilates, cardio, plyometrics, isometric movements and poses. Using lightly weighted drumsticks called Ripstix™ and combining constant simulated drumming resulting in working the entire body. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. $20. Every Wednesday. Info: Contact Peggy at 914 960-4097.


**Mother Nature’s Story Time.** Children can enjoy fall days with nature-themed stories, outdoor walks, live animals and crafts. Dress for outdoor activity. A portion of each class is spent outdoors. For children two to four years old; with a parent or caregiver. Rain or shine. Greenburgh Nature Center, 99 Dromore Rd, Scarsdale. 10 to 11 a.m. Members: $50 per child (for six-week session). Non-members: $90 per child. Pre-registration required. Info and pre-registration: 914-723-3470 or visit www.greenburghnaturecenter.org.

**Senior Benefits Information Center.** Counselors offer older adults one-on-one counseling covering a broad range of topics including Medicare health and prescription plans, food stamps, 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.

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

**Artista Latina: Teresa Margolles in the Landscape of Latin American Art.** Scholar Marielanne Neumann, a Purchase College graduate who has served on the Acquisitions Committee of the Museum of Art in her native Lima, Peru, shares her insight into how Teresa Margolles’ work relates to traditions and themes found in the broader context of Latin American art. Neuberger Museum of Art, 735 Anderson Hill Rd., Purchase. 12:30 p.m. $10. Purchase College students, staff and faculty and Art Circle level members: Free. Info: 914-251-6100 or visit www.neuberger.org.

**Chair Yoga With Alka Kaminer.** Experience greater flexibility, cardiovascular endurance and improved balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation and an overall sense of well-being. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887.

**The Explorers Club.** A new literacy/continued on page 24
Happenings
continued from page 23

activity program this fall. Join Miss Debbie to explore a new theme each week (science, art and more) through literacy and hands-on activities. Come read, discover and create. For children five to seven years old, Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 3:30 to 4:15 p.m. Free. Meets Wednesdays. Registration required. Info and registration: www.mountpleasantlibrary.org.

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

Art Series With Professor Valerie Franco: Berenice Abbott. This 20th century powerhouse had a tremendous eye and boundless imagination. Friends with Man Ray, influenced by French master Eugène Atget and part of the WPA, Abbott archived American life like no other photographer before her. North Castle Public Library, 19 Whippoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Thursday, Oct. 1
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. Greeley Ave., Chappaqua.10 a.m. $20 per 75-minute class. Every Tuesday and Thursday. Info: 914-238-8974 or email claudiaiyogadance@gmail.com.

Pleasantville Garden Club. This month's featured guest speaker is Rinku Bhattacharya, renowned teacher of Indian cooking and the author of “The Bengali Spice Chronicles” and more recently “Spices & Seasons: Simple Sustainable Indian Flavors.” Inspired by the local bounty of the Hudson Valley, she will use her knowledge of spices to enhance vegetables for the attendees to enjoy. Pleasantville Presbyterian Church, 400 Bedford Rd., Pleasantville. 10:30 a.m. to noon. Free.

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

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

Understanding Cuba Film Festival. Part of Westchester County's Hispanic Heritage Month celebration. Westchester Community College, Room C-100, 75 Grasslands Rd., Valhalla. 12 to 4 p.m. Free. Mahjong Club. Intermediate players welcome. Participants must bring their own set. Mount Pleasant Public Library, 100 E. Main St., Mount Kisco. 1 p.m. Free. Every Thursday. Info: 914-864-8041 or www.mountkiscolibrary.org.

Storytime Playgroup. Come hear a story and music and join in on playtime with toys and books. Children, parents and caregivers will make new friends and share time together. For children three to four year olds; with a caregiver. Mount Pleasant Public Library, 100 E. Main St., Mount Kisco. 2 to 2:45 p.m. Free. Every Thursday. Info: 914-769-0548 or www.mountkiscolibrary.org.

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

Engaging Tweens in Afterschool Arts. Peter Rogovin, a Pleasantville-based consultant and researcher, will share insights from his report, commissioned and published by The Wallace Foundation, titled “Something to Say: Success Principles for Afterschool Arts Programs From Urban Youth and Other Experts.” A short reception will be followed by a fun, multimedia presentation and discussion.


Great Books Forum Series. “Fathers and Sons” by Ivan Turgenev will be discussed. An opportunity to encounter extraordinary works of classic and modern literature along with other interested readers. Discussion led by Professor Marieyre Van. Westchester Community College’s Gateway Center, 75 Grasslands Rd., Valhalla. 6 to 8 p.m. Free. Info: Contact Professor Jim Werner at 914-606-6840 or e-mail james.werner@sunywcc.edu.

Friday, Oct. 2
Zumba With Amy. Low-impact Zumba for the older active adult or beginner. Addie-tude Dance Center, 42 Memorial Plaza, Pleasantville. 11 a.m. Drop-in rate: $12. Every Friday; also Tuesdays at 10 a.m. Info: 914-643-6162 or e-mail olin.amyj@gmail.com.

HippieFest 2015. Experience the peace. Love and music which changed a generation. Featuring The Family Stone, Rick Derringer, Mitch Ryder & The Detroit Wheels and Badfinger. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. $43, $50, $60, $75 and $125 (includes meet and greet with the artists). Info and tickets: Visit www.tarrytownmusichall.org.

“LOVE/SICK.” Arc Stages in Pleasantville will present this John Cariani production for their professional company. The Next Stage. The Next Stage premiered earlier this year and will focus on showcasing new, innovative work by a wide variety of exciting and talented authors. The production is the follow-up to Cariani’s critically acclaimed “Almost Maine,” and is a one-act play that explores the intricacies of love and loss. Arc Stages, 147 Wheeler Ave., Pleasantville. 8 p.m. Adults: $36. Seniors and students: $28. Also Oct. 3, 9 and 10 at 8 p.m., Oct. 4 at 7 p.m. and Oct. 11 at 2 p.m. Info and tickets: 914-747-6206 or visit www.arcstages.org.

Saturday, Oct. 3
Rotary Club of Pleasantville Annual Pancake Breakfast. All you can eat pancakes, scrambled eggs, sausage, coffee, tea, orange juice and milk. To benefit the Pleasantville Community Scholarship Fund, which offers scholarships to local high school students. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 8 a.m. to noon. Adults: $8. Seniors and students (grades K-12): $5. Info: Visit www.rotaryclubpleasantville.com.

Pleasantville Farmers Market. Come experience the largest farmers market in Westchester, the one voted Best of Westchester 2014 and 2015 by the readers of Westchester Magazine. Features 55 vendors, seven nearby parking lots and creative weekly programming, it’s a delicious good time every Saturday. This week, Les Tappen Zuges is a duo specializing in performing chansons Françaises (traditional lyric-driven French songs), interpreting Brassens, Brel, Montand, Gainsbourg and original work. Also, for kids stop by to meet the enthusiastic staff of Kiwi Country Day Camp as they visit with an activity to share as well as apple tasting. “Pre-registration is open for the annual apple pie contest on Oct. 10. Rain or shine. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Brining locally-raised and produced food to the community in a weekly market, creating a connection between shoppers and small-scale food producers in the region. 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.

CarFit Event for Older Drivers. A 20-minute educational session designed to help improve the “fit” of your car for safety and comfort, participate in conversations about driving safety and link with local resources to help the older driver continue driving for as long as safely possible. Rain or shine. Phelps Memorial Hospital Center’s parking garage, 701 N. Broadway, Sleepy Hollow. 9 a.m. to noon. Free. Appointments required. Info and appointments: 914-366-3705.

Saw Mill River Audubon’s Annual Fall Bird Seed Sale Weekend. Walk-in sales welcome. New Castle Town Hall parking lot, 200 S. Greeley Ave., Chappaqua. 9 a.m. to 2 p.m. Info: Visit www.sawmillriveraudubon.org/seed.
By Jerry Eimbinder

After undergoing a major renovation program in less than six weeks, Bao’s Chinese Cuisine in downtown White Plains has reopened for lunch and dinner.

The entire dining room has been redone, including ceiling tiles, tables, chairs, carpeting and colorful decorated walls. In the new stainless steel-walled kitchen, the cooking equipment and freezer are new, too. All that needs to be done is the installation of a waterfall fountain, which is expected to take place in about a month.

The menu was expanded during the renovation period with the important addition of a Szechuan section. Spicy Szechuan dishes appearing in this new section include fish fillet with peppercorn sauce ($20.95), the “Peppercorn Delight” with shrimp, chicken, beef and vegetables ($20.95) and “Malatang,” which combines shrimp, chicken, beef, tofu, noodles and vegetables ($20.95).

Daily specials are listed on a standing blackboard in the hallway in front of the restaurant entrance.

Also new and not shown on the menu but available every day is a crepe called Bao Bao bun. Roast pork with vegetables and a sweet and spicy sauce ($14.95) is another non-menu item that appears often on the blackboard.

Owner May Tan said spicy Malaysia fried rice with shrimp, chicken, beef, egg and vegetable ($14.95), crispy and soft fried rice ($13.95) and a braised beef and tofu casserole ($17.95) have long been popular with regular customers.

A pair of soups in large bowls are also longtime favorites: spicy braised beef noodle soup ($10.95) and Thai curry noodle soup with shrimp and chicken ($10.95).

Whole Peking duck ($34.95) is available every day but the supply is limited and can run out during the evening. Patrons planning to order it should inform the restaurant when making a reservation.

Fried fish, sea bass and soft shell crab in season.

About 50 lunchtime combination specials are offered in three price groupings ($7.95, $8.95 and $10.95). A few other lunch specials are priced up to $12.95. All meals include an entree, soup or egg roll and fried rice.

Best-selling beverages, Tan said, are a coconut mojito martini and a chocolate drink for children called Milo Dinosaur.

Tan joined the Bao managerial staff in 2004, six months after the restaurant opened. She bought the 70-seat restaurant a year later. The name was kept because the business was thriving and the word bao in Chinese stands for precious.

Tan, a White Plains resident, is a partner in two other restaurants in New Jersey, both called Tani Sushi Asian Grill. As a teenager growing up in Malaysia, Tan loved to go lake and river fishing for tilapia. But since arriving in America, she has gone fishing only once because of the demands on time imposed by the restaurant business.

As a restaurateur, she appreciates good food.

“I like to visit other restaurants whenever I can and look for new dishes to try, not just to taste the food but also to see how it is presented,” she said.

For 15 days beginning on Chinese New Year, Feb. 8, 2016, Bao will commemorate the Year of the Monkey with a supplementary menu offering authentic Chinese dishes.

Bao is open from 11 a.m. to 9:30 p.m. Sunday through Thursday, 11 a.m. to 10:30 p.m. on Friday and noon to 10:30 p.m. on Saturday. It provides free delivery up to three miles and offers catering services.

It is located in the White Plains Mall at 200 Hamilton Ave. and can be entered from Dr. Martin Luther King Jr. Boulevard. The mall’s parking lot has a night-time parking rate of $6 that Bao validates for patrons with bills of $35 or more. Metered municipal parking lots are nearby and typically charge $1 an hour.

For more information, call 914-682-8858 or visit www.baochinesecuisine.com.
production by the acclaimed Aquila takes the stage in this witty, fast-paced The legendary sleuth, Sherlock Holmes, Petrone, an independent Social Security and retirement income specialist. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 7 p.m. Free. Registration required. Info and registration: 914-941-7072 ext. 3 or e-mail Sherry Glick at sglick@wlsmail.com.

Wednesday, Oct. 7 Mind Games. A fun way for seniors to help stimulate their minds and improve cognitive functioning such as memory, visual recall, problem solving, focus and speed and spatial reasoning, by playing group games. Phelps Memorial Hospital Center boardroom, 701 N. Broadway, Sleepy Hollow. 2 to 3:30 p.m. Free. Registration required. Info and registration: 914-366-3937.

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

Hispanic Business Summit: “Crossroads to Customers, Capital and Contracts.” Includes small business workshops covering topics such as expanding your customer base, access to capital and financial planning and advice on business contracts and incorporation. Also network with business leaders. Part of Westchester County Hispanic Heritage Month celebration. Westchester Community College’s Gateway Center, 75 Grasslands Rd., Valhalla. 8 to 11 a.m. Free. R.S.V.P. encouraged. R.S.V.P.: Visit LatinBusinessToday.com/success. Info: 914-995-2900.

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

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

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

Teaching Trails: A Community Path for Environmental Education. Join guided trail experience through the woodland forest. Discover who left that track, which tree makes the best animal 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 Oct. 11 and 25). Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

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

Annual Fall Festival. Come and join the fun with an inflatable obstacle course, pumpkin decorations, craft tables, games, bake sale, face painting, sparkle tattoos and an amazing balloon artist. Along with fun and family friendly raffle baskets. Sponsored by Valhalla SEPTA. Kensico School, 320 Columbus Ave., Valhalla. 12 to 4 p.m. $10 per child. Adults: Free. Rain location: Valhalla Middle School/High school gym, 300 Columbus Ave., Valhalla. Info: E-mail Leconley2@gmail.com.

Family Saturdays at the Lab. Learn about green screening, explore an augmented reality sandbox and make your own claymation stop-motion film! Jacob Burns Film Center educators will be on hand to guide visitors through an experience like no other. Jacob Burns Film Center's Media Arts Lab, 405 Manville Rd., Pleasantville. 1 to 3 p.m. Free. Meets the first Saturday of the month. Info: Visit www.jacobburnscenter.org.


“The Adventures of Sherlock Holmes.” The legendary sleuth, Sherlock Holmes, takes the stage in this witty, fast-paced production by the acclaimed Aquila Theatre, which works to make classical works more accessible. Sir Arthur Conan Doyle's vivid characters jump from the page, weaving a tale of mystery, suspense and intrigue. Westchester Community College's Academic Arts Theatre, 75 Grasslands Rd., Valhalla. 8 p.m. $22. Seniors and students: $20. Children (under 13): $16. Info and tickets: 914-606-6262 or visit us online at sunywcc.edu/SmartArts.

Sunday, Oct. 4 Alien Invaders. Explore some of the most fascinating plant and animal species to ever invade our lawns, lakes and forests during an engaging and interactive stroll around the nature center's property. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: $5; per person: $10. Reservations required. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

“A Chat With Major Andre.” Join Dennis Corcoran, as he, in costume as the persona of Major Andre, takes the audience through that fateful day in the early days of our nation's history. Followed by refreshments. Presented by the Briarcliff Public Library and the Briarcliff Manor-Scarborough Historical Society. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 2 p.m. Free. Reservations recommended. Info and registration: 914-941-4393 or 914-941-7072 or e-mail sglick@wlsmail.com or mail@briarcliffhistory.org.

Maryknoll Speakers Series: “Is God's Charity Broad Enough for Bears?” Widely regarded among the most influential and creative Catholic theologians in the world, Fordham University Professor Elizabeth will lead this discussion about the meaning of creation and the connection of eco-justice and spirituality. Maryknoll Mission Center, 55 Ryder Rd., Ossining. 2:30 p.m. Free. Reservations requested. Info and reservations: 914-941-7637 ext. 2445 or e-mail MaryknollSpeakersSeries@maryknoll.org.

Argentine Tango Dances. Great music and dancing on a 3,500-square-foot dance floor. Enjoy a pleasant time with friends. Refreshments served. Broadway 26 Dance, 26 Broadway, Hawthorne. 3 to 6 p.m. $12. Also the third Saturday of each month from 8 p.m. to midnight. $16. Info: 914-725-3023 or 914-484-5101 or e-mail sampelayo@optonline.net.

Monday, Oct. 5 Knitting Group. Hats for our servicemen and women overseas and other ongoing projects for care centers and hospitals. Clinton Street Center, 1A Clinton St., Pleasantville. 9:30 to 11:30 a.m. Free. Every Monday. Info: 914-769-2091.


Break the Ceiling: Latinos in Business. Part of Westchester County's Hispanic Heritage Month celebration. Westchester Community College's Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. 1 to 3 p.m. Free.

Look Good…Feel Better. Teaches beauty techniques to women undergoing cancer treatment. Includes a hair consultation with a professional stylist and a makeup consultation with a cosmetologist. Attendees can take home a complimentary wig and a make-up kit. Phelps Memorial Hospital Center, Room 545, 755 N. Broadway, Sleepy Hollow. 6 to 8 p.m. Free. Registration required. Info and registration: 914-366-3315 or 914-366-3421.

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

Telephone Support Group for Women With Metastatic Breast Cancer. This Support Connection group offers the opportunity to share information and experiences with women across the country who are living with breast cancer. Share information and experiences. Confidentially discuss concerns and gain support from others who understand from the comfort of home. Open to women nationwide living with recurrent, advanced stage or metastatic breast cancer. 8 p.m. Free. Pre-registration required. Info and pre-registration: Contact Support Connection at 914-962-6402 or 800-532-4290.

Tuesday, Oct. 6 Baby Time. A fun interactive lap-sit story time that includes songs, rhymes and a few very short stories. The experience gives babies an opportunity to socialize and parents a time to share. Recommended for newborns through 12 months old. Mount Pleasant Public Library, 125 Lozsa Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday. Info: 914-741-0276 or www.mountpleasantslibrary.org.

Social Security Workshop. This educational workshop will cover savvy Social Security planning tips for single, married, divorced and widowed individuals. Find out why Social Security is one of the four keys for achieving a more financially secure retirement. Led by certified financial planner and CPA Paul Petrone, an independent Social Security and retirement income specialist. Briarcliff Manor Public Library, 1 Library Rd., Briarcliff Manor. 7 p.m. Free. Registration required. Info and registration: 914-941-7072 ext. 3 or e-mail Sherry Glick at sglick@wlsmail.com.
The Surprises Lurking in Your Glass of Wine

By Nick Antonaccio

Remember the old quip about a customer in a restaurant?

"Waiter, there's a fly in my soup."

"That's all right. It's our house special."

We've all experienced some form of adulteration in a glass of wine in our adult lifetimes. While at times off-putting and unsavory, often these anomalies in the expected purity and clarity of such a revered product are harmless.

Wine is an agricultural product and, as such, is a living, breathing organism with a sometimes-volatile life cycle. After fermenting in vats, wine is transferred in bulk into bottles. During this process, byproducts of fermentation may result in off-putting tastes, aromas or perception of the wine. At times, this sediment, which may influence our sensory perception of the wine, may appear at the bottom of a bottle of red wine.

Here are several examples, in two categories, that, on the surface, might be considered reasons for rejecting a glass of wine that is served to you. In most instances, they are not cause for concern.

No need to be concerned, it’s just the natural order

1. Black gunk. What is more pleasurable than anticipating the last drop of a wine that is served to you. In most instances, this sediment is harmless. Sediment is a conduit of nature.

While disconcerting and a palate-killer, black, tart-tasting sediment instead?

2. Barnyard smell. Phew. No fine wine should emit aromas of a steamy pigsty. Yet I’ve experienced this phenomenon several times. The cause? Brettanomyces, or Brett, a yeast that may linger in a bottle in spite of a winemaker’s efforts to eliminate it. While totally harmless and often fading after exposed to air, many consumers find it quite off-putting — unless you’re a fan of the barnyard.

3. Partly cloudy or partly sunny? Particles of the byproducts of fermentation may remain in suspension when wine is bottled. This may result in a cloudy or hazy hue in a bottle of white wine. While naturally occurring and not harmful, it may be off-putting to certain wine drinkers. Many winemakers will filter out these elements before final bottling. It is rarely a reason to reject a wine being served.

4. Crystal treasure. If kept below 40 degrees for a prolonged period, what appear to be tiny precious stones or shards of glass may appear at the bottom of a bottle of white wine. Neither valuable nor harmful, these tartrate crystals are tasteless and do not detract from the taste of the wine. Cause for concern, there’s nothing natural about these

1. Cork taint. The chemicals used to clean corks may infiltrate a bottle of wine. If your wine smells like your dog just in from a rainstorm or a wet newspaper left in your driveway, be concerned. Your waiter will replace it.

2. Residual sulfur. To prevent wine from early oxidization, sulfur compounds are added by law. Too much will result in odors of rotten eggs or just-struck matches. If overpowering and long lasting, reject the glass or bottle.

3. Oxidation. If your Pinot Noir tastes like Sherry, it is likely the victim of intrusive oxygen through a faulty cork. Unless you enjoy Sherry with your lamb chops, reject the wine.

Wine is an evolving product of nature. As such, it is imperfect and highly variable. Winemakers may attempt to control its evolution and influence the outcome. Nature doesn’t always cooperate.

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.
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