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February 23 - February 29, 2016

SMALL NEWS IS BIG NEWS

Volume 10, Issue 442

NYC Sues Mount Pleasant for Poaching Police Academy Graduate

By Neal Rentz

The Town of Mount Pleasant is being sued by New York City for hiring a recent graduate of the city's police academy without paying proper reimbursement for the cost of his training.

Mount Pleasant Supervisor Carl Fulgenzi said he learned of the suit on Feb. 17, six days after it was filed in state Supreme Court in White Plains. It claims the town poached Officer John Kardian from the NYPD, but Fulgenzi denied the city's contention.

"I was very surprised," he said.

Fulgenzi said the town had hired two other graduates of the city's police academy over the past few years, paying \$20,000 per officer to cover some of the training costs. However, the city is looking for more than \$47,000 from Mount Pleasant in this instance, he said.

New York City Law Department

spokesman Daniel Roca responded to questions in an e-mail statement last week saying the city must be fairly compensated when its police academy graduates are hired by other departments.

"The city makes significant investments in the training of new recruits and state law protects those investments when recently-trained officers are hired away by other municipalities," Roca stated.

Municipalities that hire a police officer from other departments less than three years after the officer completes training are required to pay a reimbursement.

Roca said he did not know if other Westchester municipalities were being sued by the city for taking its police academy graduates, but there are eight similar pending suits that have been brought against suburban departments in the New York metropolitan area.

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Quite an Achievement



Three Pleasantville High School students were recently recognized at the regional level by The Scholastic Art & Writing Awards competition, a nationwide effort that attracted more than 320,000 original pieces from students representing 29 different art and writing categories. Junior Violet Fearon, second from left, received six writing awards, while seniors Jacob Butcher, center, picked up two art awards and Emily Harter, second from right, was honored with eight. The students are pictured with English teacher Leigh Meyer and art teacher Jim Maron.

Abinanti Pushes for Measure Requiring DOT Study Rail Crossings

By Martin Wilbur

Assemblyman Thomas Abinanti (D-Pleasantville) is calling for passage of his bill that would require the state Department of Transportation (DOT) to conduct a study of grade-level railroad crossings across New York.

The measure would give the job of examining the crossings, many of which are on or adjacent to state roads, to the agency to weigh in on whether changes may be warranted at each location, Abinanti said.

"Drivers shouldn't be playing a game of chance whenever they approach a railroad crossing," Abinanti said. "A comprehensive evaluation of these often dangerous crossings will go a long way in

continued on page 4



Assemblyman Thomas Abinanti is lobbying for his bill that would have the state Department of Transportation examine all grade-level crossings in New York.

Pleasantville Police Bring New Warning System to School District

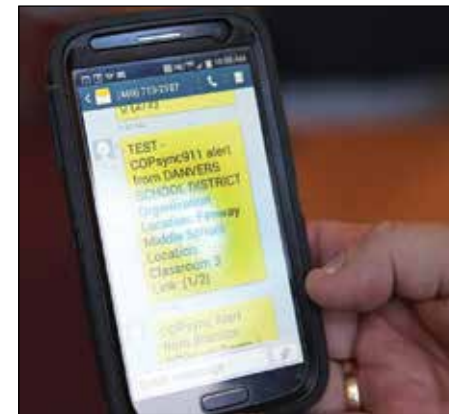
By Arthur Cusano

The Pleasantville School District will be the first school system in New York State to have a rapid-response 911 system, courtesy of the Pleasantville Police Benevolent Association (PBA).

Donation of the system was announced at the Feb. 9 Board of Education meeting, where school officials were joined by several Pleasantville PBA members, including its new president Sgt. Sam Caccamise, who presented the district with a certificate marking the donation.

The program, COPsync911, is produced by COPsync of Danvers, Mass.

Superintendent of Schools Mary Fox-Alter said the program gives the district an added resource in dispensing aid to students in case of an emergency.



COPSYNC PHOTO

COPsync911 emergency alert program running on a smartphone.

The real-time emergency communications program, which can be

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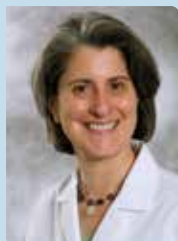
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Elisa E. Burns, MD, FACOG

Director, Quality & Outcomes
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Two GOP Candidates Announce Bids for District Attorney Nomination

By Arthur Cusano

The race to replace Janet DiFiore as Westchester County's district attorney kicked off last week, with two candidates announcing bids for the Republican endorsement.

Last Wednesday, former Nassau County prosecutor Mitch Benson, 56, of New Rochelle announced his intention to seek the GOP nomination. On Thursday, former Westchester County prosecutor Bruce Bendish also threw his hat into the ring at a press conference held in White Plains.

Bendish served as prosecutor under former Westchester district attorney Carl Vergari for 14 years and has spent the past 19 years working in the law firm he helped establish, Goodrich & Bendish. The 69-year-old White Plains resident also served for 14 years in the Judge Advocate General's (JAG) Corps in the U.S. Army Reserves.

Last week, he touted his courtroom and managerial experience.

"Westchester needs a modern, tough prosecutor who has the support of the police agencies throughout the county," Bendish said. "I've earned the respect of the judiciary, and I think I've earned the respect of my fellow attorneys."

Bendish said he wanted to tackle corruption in the state, and said he could do so in an unbiased manner. Party affiliation is irrelevant, he said.

"I'm not a career politician," Bendish said. "I can look at all these cases from

ARTHUR CUSANO PHOTO



The two Republicans who last week announced their bids for Westchester County District attorney, former prosecutors Bruce Bendish, left, and Mitch Benson.

an independent point of view. I think we have a drug problem. I think we have a senior citizen problem and an identity theft problem."

Bendish said he wanted to make community safety and school safety priorities.

"I will not tolerate drugs or guns in the schools," he told those on hand for his announcement at the Crowne Plaza.

He also called for the creation of a court for veterans, who suffer from a high rate of mental health and substance abuse issues.

"They deserve a court that understands their problems and that is connected to Veterans Administration services," Bendish said.

Bendish said he would look to implement technology to centralize all the courts in Westchester, something many neighboring counties already have done. He also plans to continue successful programs implemented by DiFiore, who once worked for his firm, such as the county's Economic Crimes Bureau that was created to tackle white collar crimes.

"I certainly wouldn't criticize her because she worked for me in my law firm and I certainly wouldn't criticize her ever because she is the chief justice of the state now," Bendish said.

"But in this particular situation, there can be no criticism. She's doing a good job with economic crime and I hope to continue it."

Benson launched a website and Facebook page announcing his campaign last week. He did not hold a press conference because he has not yet established a campaign headquarters. He said his 30 years as a career prosecutor - 20 years in Manhattan and the last 10 in Nassau County - make him an ideal candidate for the post.

"The county deserves a district attorney who has experience, independence and a proven record of accomplishment," Benson said. "And I believe I bring all three of those things."

Like Bendish, Benson said the growing heroin epidemic must be addressed. Drug diversion programs can help those addicted to drugs, but prosecutors must ensure the programs don't become havens for those who have committed crimes.

"The challenge is striking the balance for who deserves treatment alternatives, or diversion, as mandated by law, and those people who should be rejected for alternative programs and treated as the criminals that they are," Benson said.

He said he also plans to tackle political corruption and to continue strengthening the county's Public Integrity Bureau.

"Public corruption is something there should be no tolerance for," Benson said. "What a district attorney has to do is demonstrate that office is open to information from members of the public and who work in government who have relevant information and want to be sure it will be taken seriously and that there won't be retaliation."

One Democrat, George Fufidio, has also announced he is running. Fufidio is a former Westchester prosecutor and currently works as a defense attorney in the county. He could not be reached for comment by press time.

DiFiore stepped down as Westchester District Attorney last month to become the chief judge for the Court of Appeals, the state's highest court.

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NYC Sues Mount Pleasant for Poaching Police Academy Graduate

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The \$47,000 figure is based on a state formula, which includes the length of time served by the officer in the municipality that did the training, Roca said. Kardian, a Mount Pleasant resident, graduated from the New York City Police Academy in December 2013, worked for the NYPD for less than seven months and was hired by Mount Pleasant in July 2014.

A source told The Examiner that New York City has resolved similar lawsuits out of court. Only Mount Pleasant is being sued by the city, not Kardian.

Fulgenzi said he did not understand why the city was claiming Mount Pleasant had underpaid for the training costs when it hired Kardian, who learned of the opening in his town's department and sought the position.

The supervisor said he was optimistic the town would negotiate a fair settlement with city officials.

"We would be happy to sit down with them" and settle the matter out of court, he said.

A message left last week for Mount Pleasant Police Chief Paul Oliva was not returned.

Abinanti Pushes for Measure Requiring DOT Study Rail Crossings

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protecting the health and safety of New Yorkers."

The bill passed the Assembly last year by a 130-11 margin following the deadly Metro-North crash with an SUV in Valhalla but did not get out of committee in the Senate. If the legislation were to be approved, money would be set aside in the state budget to pay for the study, he said.

Abinanti is optimistic that the legislation would gain bipartisan traction in the Senate following last year's overwhelming support from both sides of the aisle for the Assembly version. He said state Sen. David Carlucci (D-Clarkstown) is carrying a similar bill in the Senate and that measure is sponsored by

Republican state Sen. Terrence Murphy (R-Yorktown). Abinanti and Murphy both represent Valhalla, where last year's accident at the Commerce Street grade crossing took place.

The assemblyman said the safety of grade-level crossings disproportionately affects suburban communities like ones in Westchester. There are rarely these types of crossings in urban environments and more sparsely populated rural areas don't have the level of vehicular traffic or the number of trains traveling through their communities.

Abinanti's Feb. 18 comments came two days after Federal Railroad Administration (FRA) Administrator Sarah Feinberg sent a letter to state officials across the nation asking that they evaluate crossings in

their jurisdictions and monitor and test railroad crossing signals and adjacent traffic signals to make sure they are functioning properly.

"The FRA administrator has made improving railroad crossing safety a top priority – now it's time for the state legislature to do the same," Abinanti said. "We have to be proactive in determining where there are safety issues that need immediate attention."

While the MTA announced last year that it was studying more than 430 crossings on its Metro-North and Long Island Railroad lines, Abinanti said in most cases the state DOT is better equipped to make determinations about safety and recommend actions. He said it would be unfair and inappropriate to have the MTA come to any conclusions about its crossings since it is dealing with lawsuits stemming from last year's accident.

Meanwhile, without alternatives such as prohibitively expensive bridges and overpasses to make sure motorists never come into contact with rail crossings, Abinanti hopes that by continuing to keep the issue in the public's consciousness, drivers will realize that all grade-level crossings are dangerous.

"We need to educate drivers about grade-level crossings until we can decide on something better than grade-level crossings," Abinanti said.

Westchester Self Storage Owner Elected CEO of State Organization

Peter Ferraro Sr., president and owner at Westchester Self Storage, has been recently elected CEO of the New York State Self Storage Association representing more than 400 self-storage members and facilities throughout the state. Westchester Self Storage has several facilities throughout the county.

With 25 years of experience, Ferraro has set the standard for gold key facilities providing top-notch service with convenience and peace of mind for thousands of clients.

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Mt. Kisco Tenants Group Objects to Preston Way Crosswalk

By James Best

The president of the Mount Kisco Housing Tenant Association said the group strongly opposes the village's proposal to create a crosswalk along Preston Way, a project that was proposed by the village board last month.

Patric Kilkenny told The Examiner last week that the tenant association has concluded that the pedestrian crosswalk would be unsafe for the residents that it represents. The association was formed last year and represents 76 tenants who are mostly seniors and the disabled who live in that area of Mount Kisco.

Kilkenny said that the crosswalk would pose environmental and security threats for the residents that live near Preston Way.

"It's an EPA (Environmental Protection Agency) issue. The crosswalk would have to be built over a stream and many animals live in that stream, like ducks and frogs," Kilkenny said.

"A lot of the people in the area don't even go shopping," he continued. "They have people that go shopping for them. If that crosswalk is built then you will have people hanging out in that area that don't live there."

Earlier this month the village board announced it had received two federal grants totaling \$230,000 toward pedestrian and safety improvements and to buy a bus to transport senior citizens. Village officials said at the time the larger grant of \$200,000

was for a staircase and crosswalk across Preston Way to provide pedestrians with a safer and more direct route to the shopping center that contains Target and ShopRite.

Mount Kisco Mayor Michael Cindrich said last Friday that he intends to meet with the area's residents to discuss the issue.

"The village manager proposed this plan to help accommodate certain residents in the area," Cindrich said. "Before we go through with the plan we want to make sure

something is done to help the residents of the area."

Kilkenny indicated that the funds from the grant could be allocated for other use

"Maybe instead of a bus that is five days a week the town could use the money toward another bus that is usable seven days week," he said.

There is no proposal that will satisfy the residents' legitimate concerns regarding the proposed project, Kilkenny mentioned.

He said the tenant association would be willing to sue the village, if necessary, to prevent the project from moving forward.

"This proposal will not be allowed to be consummated under any circumstances," said Kilkenny.

Kilkenny waged a late write-in campaign for mayor in 2013 to contest an unopposed Cindrich. Earlier that year he filed a federal lawsuit against the Mount Kisco Housing Authority over a dispute.

New Castle Unveils Program to Rid Town of Unwanted Solicitors

New Castle Supervisor Robert Greenstein announced Monday a new town initiative known as the "Do Not Knock" list to provide residents relief from unwanted disruptions at home.

Under the program, the town has created an online form for residents to sign up for a "Do Not Knock" list. Once residents sign up for the list, commercial solicitors and peddlers will be prohibited from coming to their door.

There are two ways in which peddlers and solicitors will be provided notice of the "Do Not Knock" list. First, every registrant under the New Castle Town Code will be issued a copy of the then-current "Do Not Knock" list simultaneously with the registration certificate issued by the police chief. In addition, residents can place a six-inch by six-inch decal near their front

door that states "Knock It Off, Please - No Solicitation Here."

Decals will be available during regular business hours at Town Hall. Residents must be signed up on the "Do Not Knock" list prior to receiving a decal. The town's website, www.mynewcastle.org, provides additional information about the "Do Not Knock" program in a Frequently Asked Questions section.

The town's goal is to minimize unwanted solicitations at home. Greenstein said the Do Not Knock Registry was created at the request of residents.

"Our residents work hard, and they deserve to enjoy their homes free from unwanted and annoying disturbances," Greenstein said.

Police Chief Charles Ferry said that enforcement will be primarily through


complaints or calls to the police department by residents who have been wrongly disturbed by peddlers or solicitors in violation of the local law.

"The police will respond accordingly to such calls or complaints," Ferry said. "I am hopeful that the town's 'Do Not Knock' program will help stop unwelcome disruptions."

Any person violating the Do Not Knock rule may be charged under local law. Upon conviction in town court, violators may be subject to a fine of up to \$250 or up to 15 days in jail or both.

Door-to-door canvassing by religious, political and certain charitable organizations is protected under the First Amendment and is not subject to the law, Ferry said.

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P'ville Police Bring New Warning System to School District

continued from page 1

used on a variety of technology including laptops, smartphones and tablets, can assist in many different situations, such as weather- and health-related emergencies, she said.

"It's a communication protocol in real time between the school district and our emergency responders," Fox-Alter said. "It has the ability to give IP-based locations and the ability to look at all the buildings' (layout) diagrams and communicate to everyone who is enrolled in the system what is taking place in real time."

For instance, in the event of a fire in a science lab, the system would not only locate where the fire is, but could view

information being transmitted in real time by teachers in the classroom that could aid responders.

The program also has the capability to alert the five closest law enforcement officers to the school with the push of one button.

Fox-Alter said she had been impressed by the product when a demonstration was given and was grateful for the PBA's help in getting the program.

"I certainly appreciate and respect this incredible collaboration we have with our local police department, and that's exemplified by the fact that the PBA voted to spend their own money on this product for our district," she said.

The program's implementation will

begin in April at the district's three schools. It can operate on the schools' Internet infrastructure, classroom voice communication systems or a wireless network, Fox-Alter said.

Lt. Jesse Wollman helped acquire the Copsync911 system for the district through the PBA for the district after requesting a demonstration with other department members. COPSync911 is already in school districts in several states, including every district in New Hampshire through a Department of Homeland Security grant.

"We're not the first in the country, but we are the first in this state," Wollman said.

Pleasantville PBA members voted unanimously to donate the system to the district for the first year of the service, he said. The district and police department will have to pay for the program after the first year.

Wollman said he did not have the exact donation amount, which is still being processed. Quotes for the initial purchase of COPSync911 and annual service can only be obtained through company sales associates. Regardless of the cost, Wollman said the purchase is worth it even if it's used just once.

"We hope we never have to use it, but if we do, we'll be happy that we have it," he said.

Chappaqua Teens Found With Drugs, Stun Gun in Pleasantville

By Arthur Cusano

Two Chappaqua teens were arrested in Pleasantville on Valentine's Day morning after being found with a variety of illegal substances and an unlicensed weapon, village police said.

The two males, 17 and 19 years old, were arrested following a traffic stop on Manville Road at 3:27 a.m. Officers searched the black 2006 Saab 9-3 sedan being driven by the 19-year-old suspect after allegedly smelling a marijuana odor in the car, said Lt. Jesse Wollman.

The search turned up 15 Xanax pills, a bag of cocaine, marijuana, drug paraphernalia and a stun gun, Wollman said.

The 17-year-old was charged with two counts of seventh-degree criminal possession of a controlled substance, a Class A misdemeanor. The 19-year-old was charged with fourth-degree criminal possession of a weapon, a Class A misdemeanor, and unlawful possession of marijuana, a violation.

The names of the suspects are being withheld due to potential youthful offender status. They were both released on \$100 cash bail with appearance tickets to appear in village court on March 1.

New Castle to Host Unfunded Mandates Roundtable March 3

New Castle will host "The Coming Storm: Unfunded Mandates and Their Rising Impact," a roundtable discussion featuring EJ McMahon of the Empire Center on Thursday, March 3 at the Chappaqua Library Auditorium at 7:30 p.m.

McMahon will be joined by state Sen. Terrance Murphy, Assemblyman David Buchwald, Chappaqua Board of Education President Warren

Messner, New Castle Town Supervisor Robert Greenstein and New Castle Comptroller Robert Deary.

In 2014, the New Castle Town Board established a mandate relief committee based on the belief that certain state mandates impose significant financial restrictions on the town, which must be addressed to ensure the stability and sustainability of local services to town residents.

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Cortlandt Councilwoman Launches Democratic Bid for State Senate

By Rick Pezzullo

Cortlandt Councilwoman Debbie Carter Costello announced her bid last week to challenge incumbent state Sen. Terrence Murphy (R/Yorktown) in the 40th District in November.

Costello is the second Democrat to throw her hat in the ring, coming a couple of weeks after Putnam County resident Andrew Falk made his intentions known.

“Community service and civic engagement have always been a priority for me,” Costello said. “As a lifelong resident of this district, I am excited about the opportunity to represent my neighbors in Albany and work to improve the lives of all the people in our diverse towns and villages.”

The 40th Senate District, which Murphy has served for the last 14 months, stretches from Mount Pleasant at its southern end in Westchester to the Village of Beekman in Dutchess County. Locally, it also includes New Castle, Mount Kisco, Pleasantville and Briarcliff Manor.

Costello, whose father, Edward Carter, also served on the Cortlandt Town Board and owned a funeral home, is currently in the third year of her first four-year term as councilwoman. In 2009, she ran unsuccessfully for Cortlandt town clerk as a Republican/Conservative.

“As a senator, I will continue to support veterans, seniors and underserved youth, as I have done in my roles on the Cortlandt

town council and on the Westchester County Youth Board,” she said. “It is important that we make New York more affordable for everyone and ensure that our most vulnerable constituents receive the support and resources that they deserve.”

Pointing out that of the 63 sitting senators in Albany, only 12 are women, she pledged to pass meaningful ethics reform, supporting middle class families and small business owners and fighting for public education.

“Albany is plagued by corruption, and if elected, I pledge to be a full-time legislator focused only on needs of my constituents and not on the agendas of Albany insiders,” Costello said.

Costello’s candidacy was endorsed by Cortlandt Supervisor Linda Puglisi, Cortlandt Councilman Dr. Richard Becker and state Assemblywoman Sandra Galef (D-Ossining).

Carter Costello founded the Hendrick Hudson Leos Club and created the Stay-Awake-A-Thon, an annual event at Hendrick Hudson High School that has raised hundreds of thousands of dollars to fight cancer and help patients in the community.

Falk, who has fallen short in two attempts at elected office, welcomed Costello into the race, saying, “It is exciting there is consensus that we can do better than our current Sen. Terrence Murphy. This is an opportunity to bring attention to the race and I look



RICK PEZZULLO PHOTO

Debbie Carter Costello, pictured with fellow Cortlandt Councilman Seth Freach, became the second Democrat this month to announce a bid to take on Republican state Sen. Terrence Murphy in the 40th Senate District this fall.

forward to meeting with and listening to more people in our district, and being part of the strong grassroots movement that will win this Senate seat.”

Murphy struck a conciliatory tone about his potential opponents.

“At the end of the day the people will decide,” he said. “I’ll put my record of cutting taxes, increasing school funding and authoring and passing new bipartisan laws that protect our water supply and give new benefits to our veterans up against anyone.”

Scott Reif, a spokesman for the Senate GOP, criticized Falk and Costello in a statement, insinuating that Democrats must be desperate judging by their choice of candidates.

“The Democrats must really be struggling when the two candidates for this seat are lawyer-lobbyist Andrew Falk, who took \$770,000 from Sheldon Silver during his three failed campaigns, and Councilwoman Debbie Carter Costello, who raised taxes twice and increased spending by more than twice that amount in her first five minutes on the job,” Reif said. “This is a fight to see which of them can be more out-of-touch with Hudson Valley families and work hand-in-hand with Mayor de Blasio and the New York City special interests who want to use our hard-earned taxpayer dollars on political campaigns and to give free college tuition to illegal immigrants.”

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Obituaries

John Kelly

John Wright Kelly, a Pleasantville resident, died suddenly on Feb. 20.

He was 73.

Kelly was born on Oct. 5, 1942, in Mount Kisco to the late Alfred Daniel Kelly and Ellen (Wright) Kelly. He was valedictorian of his graduating class at Briarcliff High School, then attended Middlebury College where he received his bachelor's degree in liberal arts. He was enrolled in the ROTC program at Middlebury. Upon graduating from Middlebury, he attended Columbia Law School where he earned his Juris Doctor degree.

Kelly proudly served four years of active duty in the Judge Advocate General's Corps of the Army from 1968-72 and spent a year in Vietnam. He married his high school sweetheart, Carol (Borelli), of Briarcliff in 1966 and settled in Pleasantville after getting leaving the service in 1972, where he resided for the remainder of his life.

After finishing his military service, Kelly served as an assistant district attorney until 1974. He then went to work as chief clerk of the state's Surrogate's Court until his retirement in 2007.

Kelly was a music lover, known for his deep knowledge of all things rock and roll and was unbeatable in trivia of all kinds. He was an avid golfer but mostly was a loving family man taking great pride and pleasure in spending time with his children and grandchildren.

He is survived by his wife, Carol; son John W. Kelly II (Amy); daughters Diane Kelly Mitchell and Pamela Ellen Kelly; and his sister, Lynne Civita, and brother-in-law John Borelli (Ann-Marie). He also leaves behind his beloved grandchildren, Colin Mitchell, Jillian Mitchell, Alexandra Kelly and Addison Kelly, as well as his loving nieces and nephew.

A wake was held on yesterday (Monday) at Beecher Funeral Home in Pleasantville. The funeral service was held today (Tuesday) at 10 a.m. at Holy Innocents Church.

In lieu of flowers, please send donations in Kelly's honor to VFW Post 1939 in Sleepy Hollow or to the STARelief Fund at P.O. Box 3035, Stamford, Conn. 06905 or by visiting www.starelieff.org.

Francesca Rogondino

Francesca Rogondino of Hawthorne died on Feb. 16 at her residence.

She was 100.

Rogondino was born on Feb. 24, 1915, to the late Pasquale and Anna (nee Lonigro) Loconte in Valenzano, Bari, Italy. She was predeceased by her devoted husband, Giuseppe Rogondino, in 1997 and her brother, Rocco. She is survived by her loving children, Anna (Luca) DeBellis of

Montreal, Maria Bruno of Pleasantville and Nancy (Nicola) DeFrenza of Hawthorne; two sisters, Rosetta and Anna; nine cherished grandchildren; and 14 great-grandchildren.

Visitation was at Hawthorne Funeral Home on Feb. 18. A funeral Mass was held at Holy Rosary Church in Hawthorne on Feb. 19 followed by entombment at Ferncliff Mausoleum in Hartsdale.

Dominic Bianco

Dominic J. Bianco of Yonkers died suddenly on Feb. 14.

He was 57.

Bianco was born on Nov. 21, 1958, to the late Ralph and Elizabeth (nee Frenza) Bianco in Mount Vernon. He was a construction foreman.

He is survived by his loving children, Dominic J. Bianco, Jr. of Queens and Nicole

E. (Anthony) Picard of Middletown; two beloved sisters, Jeanmarie (Joseph) Gonnella of West Harrison and Margaret Stella of Holmes, N.Y.; and his former wife, Rosemary Bianco, of Mount Kisco.

Visitation was at Hawthorne Funeral Home on Feb. 17 followed by funeral services. Interment was at Holy Sepulchre Cemetery in New Rochelle.

Henry Bodeker

Henry Ernest Bodeker, a lifelong Hawthorne resident, died on Feb. 17 at his residence.

He was 66.

Bodeker was born on Apr. 19, 1949, to the late William Frederick and Erna Johanne Bodeker in White Plains. He served proudly in the U.S. Army from 1968-71 and worked for White Plains Hospital Center for 43 years as a technician before recently retiring. Bodeker was also a proud life member of the Hawthorne Fire Department and a member of various fire department marching bands.

He is survived by his nephew, William (Sara) Bodeker, of Plainview, L.I. and by his sister-in-law, Noelle Bodeker, of Mohegan Lake. He was predeceased by his brother, Frederick Bodeker, in 2008 and by his nephew, James Bodeker, in 2009.

Visitation was on Feb. 19 at Hawthorne Funeral Home, where funeral services were held Feb. 20. Interment followed at Kensico Cemetery in Valhalla.

In lieu of flowers, donations to the Hawthorne Fire Department Benevolent Association, P.O. Box 1, Hawthorne, N.Y. 10532 would be appreciated.

Police Blotter

Pleasantville Police Department

Feb. 13: An 18-year-old Chappaqua man and an 18-year-old Mount Kisco man were arrested at 1:49 a.m. at the intersection of Manville and Bedford roads and charged with unlawful possession of marijuana, a violation. The arrests were made following a traffic stop.

Feb. 13: A 21-year-old Pleasantville woman was arrested at 2:18 p.m. at Key Food on Pleasantville Road and charged with petty larceny, a class A misdemeanor, after attempting to steal merchandise.

Feb. 14: A 20-year-old Ossining man was arrested at 10 p.m. and charged with unlawful possession of marijuana, a violation, following a traffic stop at the intersection of Manville and Bedford roads.

North Castle Police Department

Feb. 14: Report of a larceny on Sterling

Road South at 8:25 a.m. Items were reported stolen sometime overnight from unlocked vehicles parked in a resident's driveway.

Feb. 14: A Limestone Road resident reported at 8:32 a.m. that his unlocked vehicle had been parked in his driveway overnight and someone entered and took about \$3 in cash.

Feb. 14: A complainant reported at 9:36 a.m. that two Mercedes Benz vehicles were stolen from her driveway on Day Road sometime overnight. The woman stated that she left the keys in one of the two cars. The case was turned over to the Detective Division.

Feb. 14: Report of a larceny from a vehicle on Barnard Road at 2:10 p.m. The complainant stated that the car, which was unlocked in the driveway, was rifled through the previous overnight. A \$400 pair of sunglasses and about \$30 in quarters were taken.

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Bronx Man Arrested, Charged in Mount Pleasant Vehicular Assault

By Arthur Cusano

A Bronx man has been arrested and charged with striking two Mount Pleasant police officers with his car last fall following an alleged illegal street race.

Nathan H. Irizarry, 38, was arrested Feb. 17 and charged with two counts of aggravated assault upon a police officer, a class B violent felony, in connection with a Nov. 14 incident on Route 117 in which police said Irizarry struck two officers that had pulled him over.

Officers had responded to a report of illegal racing on the road near Route 9 a half-hour earlier at about midnight. They found several dozen vehicles had gathered to participate in street racing, police said. Irizarry was pulled over shortly afterward, said Lt. Robert Miliambro.

“Prior to being stopped by the officers he was suspected of being part of the racing that was going on (Route) 117,” Miliambro said. “Eventually he was stopped and the officers recognized him as one of the people they saw earlier. Once the officer opened the car door, he put his car in reverse and backed up,



Nathan H. Irizarry, who was charged last week in the Nov. 14 aggravated assault of two Mount Pleasant police officers.

dragging the officer around 50 feet and knocked over the second officer coming to his assistance.”

The two officers, Sgt. Michael McGuinn and Officer Luke Oliveri, were

taken to Westchester Medical Center with serious injuries. They are currently collecting workman’s compensation until they can return to work.

Irizarry was arrested in the Bronx on an unrelated vehicle and traffic law charge as part of an investigation involving the New York City Police Department and the Westchester County Department of Public Safety. Police had a partial license plate number and description of the vehicle to work with. There was no video of the incident.

Miliambro said the illegal street racing, in which bets for cash or cars are often made, has been an ongoing issue in Westchester and New York City. The straightaway stretch of Route 117 near Route 9 is particularly popular, he said.

“They have actual clubs that are on Facebook, so it’s not just an isolated incident,” Miliambro said.

Irizarry was arraigned in Mount Pleasant Justice Court last Thursday. He was remanded without bail to the Westchester County Jail in Valhalla and is scheduled to appear in court again sometime this week.

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No. Castle to Survey Windmill Residents Over Brynwood Water Issue

By Martin Wilbur

North Castle officials plan to survey Windmill Farm property owners before they determine whether Brynwood Golf & Country Club's proposed 73 condominium units should be part of the town's Water District No. 2.

Announcement of the survey, which will gauge district sentiment, came earlier this month when the town board closed the public hearing on the issue that had been ongoing since December after two more hours of discussion. At the hearing some Windmill residents questioned whether drilling for an additional one or two wells and adding such a large user could degrade the quality of their water.

The district currently consists of the 368 property owners at Windmill Farm, which is located across Route 22 from Brynwood.

"We know about the quality of the water," said Windmill Farm resident Earl Yaffa. "Is it going to be harder water, is it going to taste differently? Some people are going to say we let Brynwood in and now our water is not the same beautiful water that we've always had."

Using 2014 standards for water usage, it is estimated that the average water demand for the project would be 34,154

gallons per day, or 23.7 gallons per minute, said Sal Misiti, North Castle's director of water and sewer operations. Brynwood would be required to find at least double that rate in order to be allowed into the district, he said.

William Canavan, a hydrogeologist retained as a consultant by the town, said he recommends that Brynwood find 100 gallons per minute from area bedrock wells in order to create an ample surplus for the district.

While quantity is one concern, water quality is another. When drilling for new wells there can be different levels of minerals that could affect taste and hardness. However, Canavan and Misiti agreed the water can be treated to achieve similar taste and quality of what is currently provided. It would also be subject to approval by the county Department of Health.

"I think it's pretty likely, if they're going to do the research and the field work, it's pretty likely they'll find some pretty good water out there," Canavan said.

Another factor for the town board and residents to consider are the financial implications. If Brynwood joins the water district, it would begin paying into the district the equivalent of 14

units for the clubhouse for 2017 and the 73 condominium units for 2018, which would amount to an 18 percent savings two years from now, Misiti said. The district was forced to take out a 30-year bond starting in 2014 to pay for new water mains costing about \$10 million. For the bond's final 27 years, Brynwood's share would be about \$2.7 million.

Windmill Farm resident Bob Greer said based on the water and sewer department's track record he's confident the town would be able to maintain high quality water while property owners can realize significant savings.

"So we have a neighbor who's going to lower our bills, drilling a fifth or sixth well if needed, and save us a drastic amount of money," he said. "So, I for one, unless there is information I'm not aware of, I'm in favor of this."

Brynwood currently obtains water from the municipal system as an out-of-district user for its clubhouse. It pays double the in-district rate because it currently does not contribute to capital costs, including the \$10 million water main project. If allowed into the district, Brynwood would use well water for the golf course irrigation.

Another resident, Alan Blum, said he

was skeptical of Brynwood's motives for petitioning the town to join the district. He said previous inquiries regarding their reasons were rebuffed by the applicant.

"As residents we have a right to know that answer," Blum said. "When I asked the question last time, Brynwood's attorney said it was none of our business. But it is our business. You're asking to join our water district."

Mark Weingarten, the attorney representing Brynwood, said petitioning the town was required in the findings statement approved by the town board before his client was granted the rezone last spring. He said town officials wanted to explore the possibility as a way to help hold down costs for Windmill Farm.

The outcome of the petition will have no bearing on Brynwood's site plan review before the planning board. The applicant is prepared to move ahead with drilling wells on its property for the condominiums, Weingarten said.

At issue is not whether Brynwood gets a cost benefit, but whether it's beneficial to the district as a whole.

"I don't think I've heard a single thing in the (last) five months that would be to the detriment of the district," he said.

Health Dept. Advises Pregnant Women Against Travel to Zika Virus Locales

To avoid Zika and other mosquito-borne viruses, the Westchester County Health Department advises pregnant women to postpone travel to regions where these are common, including Mexico, Puerto Rico, the U.S. Virgin Island, Central and South America and the Caribbean. All international travelers are also advised to bring and consistently use repellents that contain DEET or another insecticide proven to help prevent mosquito bites.

"This virus is a concern for international travelers and their families," said Westchester County Health Commissioner Sherlita Amler. "While the symptoms of Zika in most people are mild, Zika has been linked to birth defects, so it is safest for pregnant women to avoid travel to regions where Zika is prevalent."

Zika is of concern now in many countries south of the United States with warmer weather and active mosquitoes. Zika is primarily spread through the bite of an infected Aedes aegypti mosquito, which is not found in Westchester. This mosquito also spreads Dengue and Chikungunya, two viruses that are common in the same regions. The symptoms of these mosquito-borne viruses include

fever, joint and muscle pain and headache. Zika symptoms also include a rash and pink eye (conjunctivitis). Chikungunya symptoms may also include joint pain that can persist for months. Dengue symptoms may include mild bleeding.

"Using repellents with DEET and staying in places that have secure screens or air conditioning when you travel will reduce your exposure," Amler said.

People with Zika usually don't get sick enough to go to the hospital. Travelers who visit places with Zika should see a healthcare provider if they are pregnant or if they develop a fever, rash, joint pain or red eyes during a trip or within two weeks after they return. There is no specific treatment or vaccine. Supportive care includes pain relievers with acetaminophen (Tylenol®). Until Dengue is ruled out, avoid aspirin and non-steroidal anti-inflammatory drugs such as ibuprofen.

Mosquitoes are not active in Westchester during cold weather. Once Westchester thaws out and warmer, wet spring weather begins, using repellents locally can help residents avoid tick borne diseases and

West Nile Virus, which also is spread by mosquitoes.

"Residents should also be vigilant about removing standing water from their property since mosquitoes can breed in the rainwater that collects in an overturned garbage can lid or a flower pot saucer," Amler said. "The health department has a robust mosquito monitoring system in place. Throughout the spring and summer, the health department collects, sorts and identifies the kinds of mosquitoes found in Westchester. These mosquitoes are sent to the state lab for testing, where the viruses they carry are identified. Should there be any public health concern about this or any other topic, we would alert residents and take appropriate action."

Here's how to protect yourself and your family when you travel:

- Use air conditioning or window/door screens to keep mosquitoes outside. If your bedroom lacks screens or air conditioning, sleep under a mosquito bed net.
- Empty standing water from containers, such as flowerpots or buckets on your patio or balcony.
- When weather permits, wear long-sleeved shirts and long pants.

- Buy repellents before you travel. Apply repellents containing DEET to exposed skin, over your sunscreen, and to clothing whenever you go outdoors. Also effective are repellents that contain picaridin, IR3535 or oil of lemon eucalyptus. Always follow the label directions.
- DEET is not recommended for use on infants under two months of age. Oil of lemon eucalyptus products should not be used on children under 3 years of age.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using repellent sprays, do not spray directly on your face—spray on your hands first and then apply to your face.
- When applying insect repellents to children, avoid their hands, around the eyes, and cut or irritated skin. Do not allow children to handle insect repellents. When using on children, apply to your own hands and then pat it onto the child.
- After returning indoors, wash your and your child's treated skin. Clothes exposed to insect repellents should be washed with soap and water.

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Editorial

DOT Study of Railroad Crossings a Common Sense Approach

Sometimes there are solutions, or at least recommended actions, that are so obvious they can be easily missed.

Last week, Assemblyman Thomas Abinanti's call for the state Department of Transportation (DOT) to undertake a study of all of New York's railroad grade-level crossings was one of those instances.

Since the deadliest accident in Metro-North history at the Commerce Street crossing in Valhalla last year, there have rightly been calls to address how to make grade crossings safer, particularly the ones in the lower Hudson Valley and Long Island where there are more cars

and trains than in some county near the Canadian border.

Abinanti's bill last year sailed through the Assembly in the weeks following the tragedy but stalled in committee in the Senate, a typically predictable turn of events for almost any legislation that isn't a gun control-related bill following the Sandy Hook shooting.

But with a year for the Senate to consider, there is no doubt that the measure, or some reasonable facsimile, should be passed. While there is no estimate on how much a study of the state's railroad crossings may cost, with a roughly \$145 billion state budget, it seems

reasonable that a miniscule percentage can be found to help address an action that could save lives.

Sure, the National Transportation Safety Board's final report on the Feb. 3, 2015, accident may shed some light on the Commerce Street crossing, but how about the hundreds of other crossings throughout the region and state?

For the DOT, traffic is their business, and rather than outsourcing the work to a private consultant as a hired gun, there should be no better entity to objectively study the safety of railroad crossings and how they are intertwined with the surrounding roads.

Guest Column

Chappaqua Friends Meeting Continues to Thrive in the Community

By Bob K. Bogen

A recent article in The Examiner may have misled, shocked or simply disturbed some readers and certainly jolted local Quakers (commonly known as Friends) in the Chappaqua region, as well as those attending more than a half-dozen Friends Meeting Houses in our suburban region.

This includes the current Chappaqua Friends Meeting clerk/leader, who wondered if the current Meeting House had by some machination been sold out from under him and our congregation, or perhaps that he had somehow been transmuted into some alternative universe, like Judy Garland's character, by a tornado Wizard into Oz.

Those now attending the centuries-old Chappaqua Friends Meeting House on Quaker Road (Route 120) were at the very least amused. The title, "Quaker Meeting House in Chappaqua to Become Affordable Housing," (Dec. 8-14, 2015) might better have avoided the implication that the Chappaqua Friends Meeting has ceased its function as a Quaker Meeting. Not so!

As Town Historian Gray Williams would explain, Quaker farmer-settlers moved to this area and founded Chappaqua some 40 years before the Revolutionary War. They moved past the Quaker settlement in what was known as "Harrison's Purchase," from Quaker settlements on Long Island. The most notable of those was in Flushing where some of us, over 20 years ago, joined in the 300th anniversary of that historic, landmark Meeting House.

In the 1730s, local Friends met to worship in Chappaqua, in the informal largely silent style established in England a century earlier, at a member's farmhouse on Roaring Brook Road. But, within a decade or so, a substantial

Meeting House was built nearby, at the current site on Quaker Road. It was expanded several decades later, after the Revolution. Within a few generations there were thousands of Quaker farmers along the Hudson Valley who met in huge summer picnics.

In the early 19th century, Quakers across the eastern U.S. divided, and as The Examiner mentions, some of them build a separate Meeting House on the same Quaker Road site. A stone foundation wall for the separate Meeting House can still be seen at the original (and current) site. The added Meeting House was "moved" (or more likely was rebuilt) on the King Street site discussed in the article. Before the Civil War, Chappaqua Quakers were an active part of the "Underground Railroad," which facilitated the escape of slaves from the South to freedom in Canada and other northern safe locations.

When my family came to Westchester in 1960, we attended the livelier meeting on King Street. It was soon decided that the King Street and Quaker Road meetings no longer felt the importance of the old division, and should be combined and use the original Quaker Road Meeting House. A major wing was added to the old Meeting House, with a modern kitchen and bathroom, a large meeting hall, an office and classrooms. Historic tours and various other groups have also used the Meeting House. Sunday school classes were developed, and a highly regarded weekday nursery was established and continued its half-century service.

Many interested folks have visited the meeting. I recall Peter, Paul and Mary attended the Meeting during their most active period, and in the 1960s and 1970s, great folk music revival led by the amazing Pete Seeger, who died

exactly a year ago and lived some miles north of Chappaqua. Seeger's Clearwater Singers sang at the Chappaqua Meeting and some members of the Meeting were singers in the group.

I also recall another British and American couple who met in India and then worked with Mahatma Gandhi; another volunteered bone surgery in Kenya; another provided United Nations project management in Pakistan; yet another because the original director of the Westchester Arts Council; as well as other members who did good works locally and around the world. Member also led local vigils and demonstrations on pace and other social issues.

The King Street Meeting House became surplus and was transferred by Chappaqua Friends Meeting to the local Lutheran Church and used as a nursery school until a couple years ago. Friends are glad to hear of the planned affordable residential development in the old King Street Meeting House. Quakers have often supported and participated in the amazing domestic and worldwide projects of the sponsoring group, Habitat for Humanity, initiated years ago by Millard Fuller at the Koinonia Farm Community and with major activity by former President Jimmy Carter.

Despite the apparent implication of The Examiner article, Chappaqua Friends Meeting chugs along, and interested readers are encouraged to visit the original Meeting House on Quaker Road. More info is available at www.chappaquafriends.org or by calling 914-238-3170 or 914-666-3926.

Mount Kisco resident Bob K. Bogen is the former clerk/leader of the Chappaqua Friends Meeting and has been with the meeting for more than 50 years.

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Tate and Kirsten Tegtmeier Entrepreneurs, Pleasantville

By Martin Wilbur

Entrepreneurs Tate and Kirsten Tegtmeier have come a long way in a short time span.

In March 2014, the two sisters were attending Salve Regina University together in Newport, R.I., Tate in the midst of earning her MBA and Kirsten a freshman getting used to college life.

Kirsten, now a junior and a marketing major with a minor in business administration, hatched a plan for a niche business. As a member of the school's intercollegiate equestrian team, it was routine for her and her fellow riders to misplace their gear or unwittingly pick up someone else's because it all looks the same.

"In equestrian, we all have the same equipment, so it's common for everyone to get their gear mixed up," she said.

That was the impetus for her to suggest to Tate to launch Personally Preppy, their own business that focuses on monogrammed vinyl decal stickers for riders' jackets and helmets. It made sense since each sister has loved horses since their parents first took them to Fox Hill Farm not far from their Pleasantville home when they were young.

But Tate, four years older, was at first a little leery to take the plunge.

"Our father gave us \$200 and I said, 'Kirsten, we'll never be able to pay him back,' Tate recalled. "She was like 'We'll do it.' I had no idea I'd be working full-time (at this). Kirsten is a full-time student, but she works just as hard in the business."

In the 23 months since its launch, Tate and Kirsten not only have their core customers in the equestrian world buying their decals containing initials, a last name or some other identifying feature, but they've been branching out to other areas. More recently, they have created decals for skiers and a field hockey team.

They have also added an extensive line of gifts for a variety of different occasions and recipients, whether it be for friends, significant others, relatives or business acquaintances, all containing the Personally Preppy monograms.

Despite its humble, almost on-the-fly roots, Personally Preppy has been growing exponentially, so much so that during its first year Tate quit her Manhattan corporate job and eventually was forced to find office



space in Elmsford. They now have several employees and an intern working for them and about 37,000 Instagram followers.

"I had a studio apartment and we were doing it out of the apartment," Tate, 24 and four years older than Kirsten, said of the initial venture. "Then I graduated and we brought the business home, and my poor parents, we were doing it out of the dining room. But finally, maybe last September, it was like it's time to get an office, you're big enough."

For Kirsten and Tate, who also have a younger brother who is now a freshman at Salve Regina, they have been able to play off of each other's strengths. Kirsten said she concentrates on the customer relations and social media component of the business, despite still being a full-time student and handling her duties as a resident assistant at school. She comes home two or three weekends a month to help Tate with the business.

Tate does a lot of the monogramming and

handles the daily nuts-and-bolts operations.

They each credit their parents for instilling a strong work ethic and an entrepreneurial spirit. Their father operated his own business importing and exporting construction equipment while their mom has been an interior decorator and realtor.

Kirsten said some of her drive to succeed has been fueled by overcoming a learning disability while going through the Pleasantville School District, which resulted in her being a special education student. She credits the more personal attention students receive at Salve Regina, particularly in her business classes, in providing real-world preparation.

"It's just been very gratifying not just because of the success of Personally Preppy but because I've been proving people wrong who doubted me," said Kirsten, who plans on joining her sister full-time after she graduates next year.

Tate said her sister's will to succeed and naturally headstrong ways provide the stick-to-itiveness that is required for business success.

While the two sisters have always been close, Tate said Personally Preppy has also added an extra dimension to their sibling relationship. She said the business also highlights their positives.

"We were close but I don't think we were this close," Tate said. "Now if I don't call her twice a day or she doesn't call me it's weird."

To learn more about Personally Preppy, visit www.personallypreppy.com



Indian Point Energy Center
450 Broadway
Buchanan, NY 10511

To Our Community,

With public health and safety our most important priority, we would like to update you on an issue you have likely seen in the news about elevated tritium levels measured at the Indian Point Energy Center in Buchanan. These levels were detected by our comprehensive network of more than 40 groundwater monitoring wells onsite that regularly provide us with data. This program is designed to detect a leak or spill from a plant system and allows prompt identification and response. Recent samples from some of those wells identified elevated levels of tritium, and we promptly and voluntarily notified the Nuclear Regulatory Commission and state and local agencies of our findings.

Any unintended release of radioactive material is absolutely unacceptable and not in accordance with our standards. We are working with a team of experienced engineers and scientists, supplementing our own experts, to understand exactly how water containing tritium reached the ground in order to prevent recurrence. Here are a few facts to place this in perspective:

- The measured releases of tritium are far below federal reporting requirements, at less than one-tenth of one percent of established limits.
- The tritium cannot affect drinking water offsite, and there are no sources of drinking water onsite, according to independent experts.
- There is no health or safety consequence to the public or to the environment.

Tritium is a weak radioactive isotope of hydrogen that occurs both naturally and during the operation of nuclear plants. With assistance from industry experts, we are investigating the source of these elevated tritium concentrations, with the likely cause related to a temporary water filtration system that was used to prepare for a regularly scheduled refueling outage at Indian Point's Unit 2 reactor. Workers are inspecting the pump and drainage systems associated with those preparations, which were completed in January, to determine the pathway for that water to have reached the ground.

Although there is no health consequence to tritium in the ground at Indian Point, we are developing a system that will extract water out of the ground.

To help address your concerns and share information about tritium and our groundwater monitoring program, we have added a dedicated page on our website at www.safesecurevital.com/groundwater-monitoring. We also have information available at 1-800-472-6372, and are committed to providing you with updates as the investigation continues.

In recent years, Indian Point has invested over \$1 billion to strengthen and enhance safety, security and reliability throughout the facility. Protecting public health and safety continues to be the single most important mission every day for me and the approximately 1,000 professionals who work at Indian Point.

Very sincerely yours,

Larry Coyle
Site Vice President, Indian Point Energy Center

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The Case for Camp: Why Kids Need It Now More Than Ever

By Peg L. Smith

Change is a part of life. It is often directly related to survival and can enrich one's life in ways unexpected. Childhood is in essence a time of profound change and development. It is exciting and disquieting at the same time. When it comes to our children, we need to be sure that change is made for the better.

We've been so concentrated on the brain, we forget about the rest of our bodies. This change in focus has led to an obesity rate that is unacceptable. Our kids are not as healthy as the generation before.

Families used to live in a community. We've lost that, keeping kids inside and losing a sense of neighborhood.

Add to that the fact that our kids stand to inherit all the economic, social and environmental challenges we've created and the legacy we have left our children and youth begins to look bleak.

So how do we prepare our children with the skills, and more importantly, the competencies they will need to tackle changes in our world? We could start with a positive camp experience. A quality camp experience provides our children with the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living – a meaningful,

engaged and participatory environment.

Camp promotes community. It creates this great space that shows kids how to live together and care for one another. There are norms and negotiation of boundaries; there are rules. Camp is a place where kids can "practice" growing up stretching their social, emotional, physical and cognitive muscles outside the context of their immediate family. This is what childhood is supposed to provide.

Camp teaches critical thinking. We need to remember how important it is to be actively involved in the learning process, and camp affords that. We're going to need really strong problem solvers. We need the science, math and biology, but without the ability to relate, connect, empathize or inspire innovation, how will our kids be able to make a difference in the challenges now facing us?

The camp experience embraces the natural environment. While children have fewer and fewer opportunities to be outdoors, the camp experience advances the outdoor learning environment. As we become more concerned about saving the planet, we run out and make DVDs and videos about it. But the environment needs to be experienced to be appreciated. Kids need to catch



tadpoles in the creek, wander among the trees and feel the sun on their faces to understand the importance of those things. What happens to a generation that may grow up not seeing stars at night?

Camp creates future leaders. The camp experience offers kids a close-up look at compassionate leadership through the camp director, counselors, resident nutritionist and other camp personnel. And kids get loads of opportunities to practice being a leader themselves – song leader, lunch table leader, team captain. The list goes on and on.

Camp is an equal opportunity life changer. It addresses universal childhood needs not specific to a particular racial, ethnic or socioeconomic group. Nobody is left out. It's all about childhood

development.

Camp has a lasting impact. One of the greatest gifts you can give a child is a sense of success and achievement. Camp teaches kids how to be active participants, ask questions, ask for help and try new things. They leave understanding that it's okay to feel a little uncomfortable sometimes, because that's generally what happens when you're getting ready to learn something. The camp experience translates back in real-world experience, in an "I can" attitude.

We need to advocate for our young people. We should promote opportunities for children, give them camp experiences that serve as an antidote for the world's challenges. We need to recognize this is not a series of frivolous activities. We often think if it looks like fun it must be unimportant, but "fun" is a young person's "work" – to learn, to grow, to be productive, creative and happy. If they don't do that work, they won't turn into healthy adults.

Now more than ever, kids need camp.

Peg L. Smith is the former chief executive officer of the American Camp Association. For more information about how to make a camp experience possible for children, visit www.ACACamps.org.



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Home Staging By a Professional or on Your Own

Sometimes I think it's a good exercise for a realtor to look at the home search process more from the buyer's point of view. And from that perspective, choosing a home that is right for us can be more about art than science.

Sure, we may start the search with a list of preferences in hand. The house may need to have at least three bedrooms, a big yard or a finished basement. Or maybe it has to be in a certain school district, or close to the highway or in the same town as the rest of your family. But if these external requirements were all that mattered, you could just plug some variables into Zillow and buy the first home on the list.

More often, however, there is an overriding matter of importance in choosing a home. We are looking for reassurance that the house we buy can someday truly feel like home. So off we go, visiting one house after the other, in the quest to discover the one we can commit to.

Seen from the seller's perspective, a smart homeowner will do what he or she can to help prospective buyers imagine how it would feel to live in the house when they view it. The process of making



By Bill Primavera

a house look inviting to buyers is well known as home staging, and it can make a big difference in how fast a home sells.

Recently, The New York Times ran an article about how home staging has evolved in some of the most pricey markets in the city. Buyers now want to see apartments that look as though they have sprung from the pages of a shelter magazine, but any staging tricks that are too familiar – such as a tray with a coffee cup on a bed – irritates them. For these seven-figure domiciles, paying a stager \$30,000 or more can be well

worth the money. Fortunately for the rest of us, professional home staging will cost much less, and there are also a few do-it-yourself tips available to the do-it-yourselfer.

The first error in home staging, according to the real estate pundits, occurs when the owners have too much of their style or their personal lives on display. To the greatest extent possible, a family should pare down their decorations, knick-knacks and photos when preparing their house for a viewing. I realize this is hard when you are still living in your home, especially with young children, but the effort made

usually results in a faster sale.

No matter how interesting it can be to see another's home, ultimately the buyer wants to feel as though he or she is visiting what could be their home, rather than trespassing in someone else's. The worst example of this – the realtor's nightmare – is when a member of the seller's family is still physically present in the home, perhaps watching TV or surfing the web. The prospective buyers often will tiptoe around quickly without giving the house the same attention they would have otherwise.

Although it could be hard to not take it personally, sellers also benefit from homogenizing their style of décor. No matter how tasteful, creative or expensive your taste, the next owners of your house will have a better reaction if the interior design is streamlined and airy. You will need to make a personal decision whether or not to spend the money to paint over a punchy wall color that you love, or put your sports gear into storage, but at least you will be making that decision consciously.

Clutter in any guise must go. If it doesn't make you happy to look at it, the buyers will feel the same way.

The second common error is the opposite of the first: you don't want your home to be completely devoid of personality. If a house is empty, buyers

will have a more difficult time imagining living in it than if it is furnished. If the owners have already moved out and did not leave any furniture behind, a home stager may rent furniture to make the house seem more welcoming. The fact that furniture makes an otherwise empty room seem bigger is a bonus.

If you've pared down your belongings to the bone in response to my first suggestion, you may want to put a few accessories back into the mix. While the streamlined style is preferred, visitors don't want to feel as though they are visiting a hotel chain.

If my local readers would like some professional help navigating this delicate balance, there are two professional stagers who are very active in this area: Susan Atwell of AtWell Staged Home (www.atwellstagedhome.com or 914-525-0454) and Denise Hoffmann of Cameo Home Staging (www.cameohomestaging.com or 914-497-0924).

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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Business of the Week

Blue Walrus Frozen Yogurt Pleasantville

By Martin Wilbur

Laura Lofaro's culinary career has spanned a wide variety of jobs, from working in restaurants and hotels to corporate cafeterias.

But Lofaro wanted to own her own business and try something new.

On Jan. 1, she and her husband, John, opened Blue Walrus Frozen Yogurt, the area's newest froyo shop on Manville Road in Pleasantville, diagonally across the street from the Jacob Burns Film Center. They are in the space that was formerly occupied by Aunt B's Yogurt Bar.

"I loved being in the culinary field the last 30 years in one facet or another," Lofaro said. "I went to culinary school and it seemed like the next step."

Blue Walrus has 16 low- or no-fat flavors on a daily basis – and that doesn't include the swirls that can be created by combining two flavors that share each one of the store's eight machines. For example, the swirl combining the sea salt caramel pretzel yogurt and banana yogurt gives customers the bananas foster or the coffee and the praline creates the Caramel Macchiato.

Or a customer, if so inclined, can create their own concoction by including any combination of flavors into their cup and choosing from more than 40 different toppings. The toppings don't include the various syrups and sauces.

Lofaro said with so many people either wanting or needing to steer clear of dairy, four of the flavors the shop offers each day are sorbet. Currently those are very berry, mango sunrise, pomegranate raspberry and chocolate fudge. All contain no fat and are dairy free.

Despite opening Blue Walrus – named because blue is cold and walrus was a nickname one of her four brothers gave Lofaro growing up – during the dead of winter, she said there are still plenty of customers who look forward to a treat.

"First of all, I think it's fun, like ice cream," Lofaro said. "Everybody liked to go for ice cream or they remember going out for it when they were little. They celebrate that way, but with everybody being more on a health-conscious kick, I think frozen yogurt really fits the bill."

Lofaro, who was raised and lives with her family in Irvington, said Blue Walrus



MARTIN WILBUR PHOTO

Laura Lofaro cuts the ribbon at last week's grand opening for Blue Walrus Frozen Yogurt in Pleasantville as, left to right, Chamber of Commerce President William Flocks, her husband John Lofaro and Mayor Peter Scherer look on.

also carries more than the frozen treats. During the cold weather months, she offers three kinds of soup on a daily basis for customers looking for something warm or for more sustenance. She also makes home-made waffles. Hot drinks that are available include coffee, tea, espresso, cappuccino and hot cocoa. Fruit smoothies are made as well.

A big treat is the frozen yogurt cannoli, which are pre-packaged and can be taken home. There are prepared containers of yogurt that customers can buy if they want to eat at home for dessert or for another time.

The stiff competition in the frozen yogurt market, including in Pleasantville, doesn't faze Lofaro. Froyo is such a

popular trend right now that there is room for multiple shops, she said.

Plus, with the Blue Walrus located across the street from the Burns, it has been getting strong foot traffic, even in January and February. Lofaro runs a special where if a moviegoer shows their ticket, they will get 10 percent off.

"I think people who are walking in this area are going to come here," she said. "They're really not going to go on the other side of town."

Blue Walrus Frozen Yogurt is located at 351 Manville Rd. in Pleasantville. For more information, call 914-495-3999, visit www.bluewalrusfroyo.com or visit on Facebook.

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SMALL NEWS IS BIG NEWS

What Parents Should Know About Kids' Sports-Related Injuries

It is not uncommon for an occasional bump or bruise when kids play sports, but last year more than 1.35 million young athletes had sports-related injuries that were severe enough to send them to hospital emergency rooms at a cost of more than \$900 million.

That equates to one youth sports-related emergency room visit every 25 seconds. And that figure only includes emergency room visits. Parents take their children to urgent care centers, pediatricians and sports medicine clinics due to sports-related injuries. Since injuries are never planned, it is helpful to educate and prepare oneself in advance should an injury occur.

Last year, the most common youth sports injuries included sprains and strains, fractures, contusions, abrasions and concussions. The body parts most affected were the ankle (15 percent), head (14 percent), finger (12 percent), knee (9 percent) and face (7 percent). Football resulted in the highest number of all pediatric injuries (394,350) and the highest concussion rate (40 per 10,000 athletes). Wrestling and cheerleading had the second and third highest concussion rates (15 and 12 per 10,000 athletes, respectively).

Many youth sports injuries are unforeseen traumas that occur during a game or practice through physical contact with another person, the ground or an inanimate object. But there are a good number of injuries that are caused by overuse. Overuse injuries to joints, bones and tendons are a result of athletes playing the same sport and performing the same movement too often, too hard or with too little recovery time.

To give you an idea of how much is too much, a recent report suggested that children should only play a single sport the same number of hours a week as their age. For example, a 10-year-old should play a maximum of 10 hours of soccer a week. When that number increases above an athlete's age, the likelihood of a serious overuse injury increase by 70 percent.

There are some steps that can be taken to lessen the likelihood of sports-related injuries. They include letting the body have adequate rest and adding preventative and strengthening



By Alan Siegel

exercises. Most secondary schools in the area have certified athletic trainers who can assist coaches with these types of preventative and strengthening exercises, as well as providing treatment for minor injuries to prevent them from becoming serious injuries.

Additionally, many local athletic departments and coaches are instituting injury protocols and return-to-play procedures to ensure that timely injury assessments are occurring and proper follow up happens to make sure athletes are fully healed and healthy before returning to play.

Whether an injury occurs as a result of trauma or overuse, parents of an athlete should be educated and prepared to act. I suggest creating an injury action plan –

listing the names and contact details of local emergency and urgent care facilities, primary doctors and specialists. Doing the research and having this information prepared in advance takes the guesswork out of the decision-making process when under the inevitable stress of dealing with

an injury.

Who do I call first if my child has sprained his ankle? Should I go to the doctor now or wait until the morning to see if the pain has subsided? Is it better to go to an urgent care facility or an emergency room? These are all typical questions that parents ask when an injury occurs.

We encourage the public to attend the sports injury symposium "Injury Action Plan for Parents of an Athlete" at Pleasantville High School on Monday, March 7 at 7 p.m. There will be a panel of healthcare experts, including an orthopedic surgeon, sports medicine specialist, sports psychologist, pediatrician, physical therapist and certified athletic trainer. They will be discussing a variety of topics surrounding youth sports injuries, encouraging parents to create an injury action plan and answering audience questions.

It looks to be a great event, one that will help parents better understand the injury process and to be prepared should an injury occur. We look forward to seeing you there.

Dr. Alan Siegel is the director of chiropractic at ProClinix in Armonk and Pleasantville.

Cardiac Rehabilitation Helps Restore Health and Well-Being

By Constance Skedgell

You've had a cardiac event – possibly a heart attack, coronary artery bypass surgery or angina. Now you're back home. How do you regain your strength, energy and confidence while reducing the risk of a recurrence?

The answer is cardiac rehabilitation. Find out from the experienced Master's-level exercise physiologists at Northern Westchester Hospital's (NWH) certified Cardiac Rehabilitation Program how cardiac rehab can speed your recovery while significantly improving your health and quality of life.

Cardiac rehabilitation, explained NWH Master's-level exercise physiologist Jenna Angelucci, is a medically supervised, individualized program of exercise and education that helps you recover faster from heart disease and acquire the strength to resume a full life. You are a candidate if you've suffered a cardiovascular event such as a heart attack, bypass surgery, angina, heart valve repair or replacement, coronary stenting or heart failure.

NWH's outpatient cardiac rehab program requires a physician's prescription, and besides the core

training component, includes counseling in nutrition, stress management and meditation as well as education in heart disease prevention.

The benefits of cardiac rehab are numerous and dramatic.

"Patients increase cardiovascular and general muscle strength," said Lisa Leone, another of the hospital's exercise physiologist. "Not only does their improved health reduce the risk of another cardiac event, it also gives them the energy to fully engage in normal daily activities, and can make possible a return to favorite sports."

"A grandma who had never been able to carry her grandchild to the second floor, was overjoyed at being able to do so after training," said NWH's Pong Wong.

Perhaps surprisingly, a key benefit of cardiac rehab is restored confidence. That emotion has as much impact as medical issues on a person's ability to resume an active, rewarding life.

"Some patients are initially afraid to do anything," noted Leone. "A pain in the chest area makes them terrified another cardiac event is happening. They're afraid to work, to drive, to

leave the area where their doctors practice."

These fears typically evaporate after training – indeed, even during training, as patients see undeniable evidence of their gains in strength and stamina.

"Walking uphill on the treadmill, riding the bike, using the rowing machine, which they've never, ever done, gives them great confidence," explained Angelucci.

Following her balloon angioplasty, Martha G. of Mount Kisco had several dozen cardiac rehab sessions at NWH's state-of-the-art gym at Chappaqua Crossing. Though she already walked for fitness, it was through the program that Martha learned about appropriate exercise.

"I wasn't doing enough to get my heart rate up. I could have been doing more," she said. Today, after gaining strength and shedding significant weight, she said, "I feel better than I've ever felt in my life."

What happens when you enter NWH's cardiac rehab program? A personalized exercise regimen is designed based on an extensive health history and your physical condition. You'll have up to 36

training sessions, depending upon your insurance, during which you receive continuous EKG monitoring and close supervision by exercise physiologists.

"We're watching your heart rate and cardiac rhythm the whole time, till after cool-down," said Leone. "Your blood pressure is taken before, during and after exercise."

Starting off at 30 minutes, you'll work up to between 42 minutes and an hour of training, with weight training added when appropriate. A physician is always nearby and can be summoned instantly.

In choosing a cardiac rehab program, look for accreditation, convenient scheduling, insurance coverage and the expertise and experience of staff.

"You are basically getting a second chance after your cardiac event," noted Angelucci. "So it's wise to take advantage of all the benefits of cardiac rehabilitation."

Constance Skedgell is an award-winning freelance marketing communications and development copywriter and editor based in Hurley, N.Y.

Times Square Hero Recounts Preventing Terrorist Attack

By Rick Pezullo

On May 1, 2010, Duane Jackson found himself in the middle of Times Square with a New York City police officer he had summoned to investigate a suspicious SUV left running at a crowded intersection with no driver.

After an M-80-like firecracker detonated inside the car, Jackson, a street vendor and a U.S. Navy Vietnam veteran, thought about opening the driver's side door to turn off the ignition but recalled intuition stopped him and he backed away from the vehicle.

It was one of several quick and decisive moves Jackson made that day that helped thwart a planned terrorist attack after it was discovered the vehicle was equipped with five sticks of dynamite, gasoline, propane and other explosives – enough ammunition that could have set off a blast 75 yards away and three stories high, causing massive destruction and countless fatalities.

“Fortunately it didn’t go off. Something that could have been catastrophic turned into an instance where the good guys won,” Jackson remarked during a presentation last Saturday afternoon sponsored by the Van Cortlandville Historical Society at The Little Red Schoolhouse in Cortlandt. “My life kind



Duane Jackson received congratulations wherever he turned after his heroic actions on May 1, 2010.

of took a different turn after that.”

Instantly heralded as a hero, Jackson, a Buchanan village trustee since 2012, became somewhat of a celebrity, appearing on television news programs, such as Good Morning America, with Mayor Mike Bloomberg, and constantly

being asked to pose for photos with tourists and well-wishers. There were also the visits from celebrities, such as Dolly Parton, who made a special trip to visit Jackson after learning about his heroics.

“If you believe in manifest destiny,

it was meant to be,” Jackson said. “It comes down to awareness, not taking things for granted and realizing we’re in a different era. Unfortunately, freedom is not free, and it has never been free. It’s incumbent on us to pass that along to our children and grandchildren, there will be adversity in this world and we have to stand tall.”

Jackson, who grew up in California and has lived in Buchanan for the last 22 years, received numerous awards and honors for his heroism and was personally praised in a phone call from President Barack Obama. He was named one of Time magazine’s People of the Year in 2010 and was presented with the prestigious Patriot Award by the American Legion at its national convention. He was also recognized by the FBI.

“It was an honor and a privilege for me that he would take the time to give me a call,” Jackson said of hearing from Obama. “Had that explosive gone off I certainly wouldn’t be here to talk about it.”

Jackson has penned a book on his experiences called “May First...The Day Times Square Stood Still.” For more information on Jackson and his book, visit www.mayfirstthebook.com.

SMALL NEWS IS BIG NEWS

THERE’S A WORD FOR IT

A vocabulary-building quiz

By Edward Goralski

Getting Stronger. The words in this week’s quiz are from the Merriam-Webster.com game “How Strong is Your Vocabulary.” The online game gives you 10 seconds to select “the best definition” for each of the words. This quiz has no time limits, so you can take as long as you wish and make your vocabulary stronger at your own pace.

- | | | | |
|----------------------------|-----------------|------------------|--------------|
| 1. incipient (adj.) | A) helpless | B) developing | C) unsightly |
| 2. pithy (adj.) | A) necessary | B) technical | C) concise |
| 3. turgid (adj.) | A) swollen | B) resistant | C) formal |
| 4. promulgate (v.) | A) to announce | B) obtain | C) calculate |
| 5. calumny (n.) | A) a joke | B) a smear | C) a song |
| 6. senescence (n.) | A) aging | B) understanding | C) eating |
| 7. hierophant (n.) | A) donation | B) mystery | C) supporter |
| 8. tocsin (n.) | A) interruption | B) warning | C) symbol |

- ANSWERS:**
1. B. Beginning to develop or exist
 2. C. Using few words in a clever and effective way.
 3. A. Larger or fuller than normal because of swelling
 4. To make (an idea, belief, etc.) known to many
 5. B. An untrue statement that is made to damage someone’s reputation; a smear
 6. A. The state of being old or the process of becoming old
 7. C. A person who actively supports or favors a cause; originally a priest in ancient Greece
 8. A warning signal

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Happenings

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.

Tuesday, Feb. 23

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

Books and Coffee With Lisa Ragano. What are the latest hot titles? What is everyone reading these days? Join a lively conversation over coffee to discuss the newest bestsellers and suggest some great book club titles. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info and registration: 914-273-3887 or www.northcastlelibrary.org.

"Jim: The James Foley Story." On Thanksgiving Day 2012, American photojournalist James Foley was kidnapped in Syria and went missing for two years before the infamous video of his public execution sent shockwaves throughout the world. Executive producer Peter Kunhardt and director Brian Oakes, Foley's close childhood friend, tell the story of Foley's life through intimate interviews, including fellow hostages who reveal never-before-heard details of his captivity. Followed by a Q&A with Oakes. Part of the Global Watch: Crisis, Culture & Human Rights series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit www.burnsfilmcenter.org.

Wednesday, Feb. 24

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

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

Harvey School Open House. For

families exploring educational options for September 2016 or 2017 enrollment in the middle school or upper school. Visitors will meet Director of Admissions William Porter, Middle School Head Brendan Byrne and Upper School Head Phil Lazzaro, who will speak about academic mission, goals and program features. There will also be a tour of the school while classes are in session. The Harvey School, 260 Jay St., (Route 22), Katonah. 9 to 11 a.m. Free. Info: 914-232-3161 ext. 138 or visit www.harveyschool.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 newborns through 12 months old. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 10 to 10:30 a.m. Free. Every Monday and Wednesday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

Pound Fitness Program. A 45 minute full-body jam session that combines cardio, Pilates, plyometrics and isometric movements and poses with the excitement and euphoria of drumming. Using lightly weighted drumsticks called Ripstix, you'll rock your entire body into beautiful shape while torching calories, isolating core muscles and strengthening coordination and balance. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 10:15 a.m. \$20. Every Wednesday. Also Saturdays at 11:15 a.m. RSVP required. Info and registration: Contact Peggy at 914-960-4097.

New Mommy Meet-Up. A great way to get out of the house, meet new friends and enjoy time with your baby. For babies up to eight months old and their moms. Romperiee Indoor Playground at World Cup Nursery School and Kindergarten, 160 Hunts Lane, Chappaqua. 10:15 to 11 a.m. Free. Every Wednesday through June 24. Info: Contact Kim Bremer at 914-238-9267 ext. 20.

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, 350 Bedford Rd., Pleasantville. 10:30 to 11 a.m. Free. Every Monday, Wednesday and Friday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

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

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 Whipoorwill Rd. East, Armonk. 1 p.m. Free. Info: 914-273-3887.

The Explorers Club. A new literacy/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. Every Wednesday. 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.mountkiscoliberalry.org.

"From Darkroom to Daylight" Film Screening and Book Signing. Join photographer, author and filmmaker Harvey Wang for a screening of his new documentary film. In this project, Wang explores the shift in photographic technology from analog film to digital practices. Through interviews with more than 40 important photographers, inventors and prominent figures in the photography world, he explores how this monumental shift in practice has impacted their work. Neuberger Museum of Art, 735

Anderson Hill Rd., Purchase. 6 to 8 p.m. \$10. Purchase College students, staff and faculty and museum Art Circle members: Free. Info: 914-251-6100 or visit www.neuberger.org.

Zumba Toning With Amy. Sculpt and tone muscle groups while dancing and shaking toning sticks to the sassy sizzling rhythms of the Zumba. Toning sticks provided. PFX Fitness, 10 Castleton Rd., Pleasantville. 6:30 to 7:30 p.m. Drop-in fee: \$12. Every Wednesday Info: E-mail olin.amyj@gmail.com.

"Things No One Ever Told Me After My Son Was Diagnosed With Autism." Pleasantville SEPTA presents this program and discussion led by Frank Campagna, the Autism Daddy, the father of a 12-year-old boy with classic autism. This program aims to show, in a humorous, way, how to be a great special needs parent without losing all of your former self in the process. Pleasantville High School Library, 60 Romer Ave., Pleasantville. 7 p.m. Pre-sale: \$5. At the door: \$10. SEPTA members and teachers: Free (but must register in advance). Info and registration: Visit www.pvillesepta.com.

Art Series: "The Guardi Brothers and Venetian Painting." Gian Antonio and Francesco Guardi were Venetian school of painting with its value of color over line Francesco. Discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Pleasantville Fund for Learning Ladies Night. The Pleasantville Fund for Learning Ladies' Night is next Wednesday, February 24 from 7:30-10 pm at The Barley House at 665 Commerce St. in Thornwood. Come out and have some fun for a great cause. Includes drinks, appetizers, a raffle and great company. The Barley House, 665 Commerce St., Thornwood. 7:30 to 10 p.m. \$30. Info: E-mail Sarah Slocum at Slocum0121@gmail.com.

Thursday, Feb. 25

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

Toddler Storytime. Finger plays, action rhymes, songs and stories to encourage an enjoyment of books and to stimulate early listening, learning and speaking skills. Recommended for children one to two-and-a-half years old. Mount Pleasant Public Library, 125 Lozza Drive, Valhalla.

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VINE & C^o.

wine • spirits

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ASTORIA <i>pinot grigio</i>	\$12	\$9.99	McMANNIS <i>cabernet</i>	\$11	\$8.99
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DR. L <i>riesling</i>	\$12	\$9.99	BOGLE <i>cabernet sauvignon</i>	\$13	\$10.99
J LOHR <i>chardonnay</i>	\$13	\$10.99	MÉNAGE À TROIS <i>red</i>	\$13	\$10.99
HESS SELECT <i>chardonnay</i>	\$13	\$10.99	HANGING VINE <i>pinot noir</i>	\$13	\$10.99
MOHUA <i>sauvignon blanc</i>	\$14	\$11.49	WYATT <i>cabernet sauvignon</i>	\$13	\$10.99
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KIM CRAWFORD <i>sauvignon blanc</i>	\$17	\$13.99	JOEL GOTT <i>cabernet sauvignon</i>	\$18	\$14.99
CATENA <i>chardonnay</i>	\$19	\$15.99	90+ CELLARS <i>russian river valley pinot noir</i>	\$19	\$15.99
HESS COLLECTION <i>chardonnay napa</i>	\$25	\$19.99	SMITH & HOOK <i>cabernet sauvignon</i>	\$21	\$17.49
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DEEP EDDY <i>vodka (750ml)</i>	\$15	\$12.49	MAGNUMS (1.75L)	WAS	NOW
PINNACLE <i>vodka (1L)</i>	\$17	\$14.99	FRONTERA <i>malbec, shiraz & chardonnay</i>	\$11	\$8.99
LUKSOSOWA <i>vodka (1L)</i>	\$18	\$15.99	CA'DONINI <i>pinot grigio</i>	\$13	\$10.99
SMIRNOFF <i>vodka (1.75L)</i>	\$25	\$21.99	YELLOWTAIL <i>big bold red</i>	\$13	\$10.99
DEEP EDDY <i>vodka cranbury (1L)</i>	\$25	\$21.99	BAREFOOT <i>sauvignon blanc</i>	\$14	\$11.49
BROOKLYN REPUBLIC <i>vodka (1.75L)</i>	\$40	\$34.99	CONO SUR <i>cabernet & sauvignon blanc</i>	\$14	\$11.49
BROOKLYN REBULIC <i>vodka flavors (750ml)</i>	\$27	\$23.99	LE PETIT COQ <i>rouge & blanc</i>	\$15	\$12.49
ABSOLUT <i>vodka (1L)</i>	\$28	\$24.99	PROTOCOLO <i>red</i>	\$15	\$12.49
HIGH WEST <i>vodka (750ml)</i>	\$30	\$26.99	COLUMBIA CREST <i>two vines cabernet</i>	\$16	\$13.49
JOSE CUERVO <i>tequila (1L)</i>	\$23	\$19.99	IL CONTE <i>montepulciano & pinot grigio</i>	\$16	\$13.49
PATRÓN CAFÉ XO (750ml)	\$27	\$23.99	LUCKY STAR <i>pinot noir</i>	\$17	\$13.99
PATRÓN <i>silver tequila (750ml)</i>	\$50	\$44.99	ROBERT MONDAVI <i>private select cabernet</i>	\$20	\$16.99
SEAGRAM'S 7 (1.75ml)	\$27	\$23.99			
CROWN ROYAL (750ml)	\$38	\$33.99			
WILD TURKEY <i>bourbon 101(750ml)</i>	\$30	\$26.99			
WOODFORD <i>reserve bourbon (750ml)</i>	\$42	\$35.99			
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Happenings

continued from page 22

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 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, 125 Lozza Drive, Valhalla. 11 to 11:30 a.m. Free. Every Tuesday and Thursday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

Mahjongg Club. Intermediate players welcome. Participants must bring their own set. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 1 p.m. Free. Every Thursday. Info: 914-864-8041 or www.mountkisco.org.

NT Live: "As You Like It." A broadcast of Shakespeare's glorious comedy of love and change comes to the National Theatre for the first time in over 30 years, with Rosalie Craig as Rosalind. The broadcast will include an intermission. Part of the World Stage on Screen Series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 2 p.m. Members: \$25. Non-members: \$35. Info and tickets: Visit www.burnsfilmcenter.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 one to four years old; with a caregiver. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 to 2:45 p.m. Free. Every Thursday. Info: 914-769-0548 or www.mountpleasantlibrary.org.

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

Read to Rover. Dogs love listening to stories. Come meet Rover and read your favorite story. For children five years old and up. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 4:30 to 5:30 p.m. Free. Every Thursday. Info: 914-666-8041 or www.mountkisco.org.

Great Books Forum Series: "Othello." Discuss extraordinary works of classic and modern literature along with other interested readers from the college and the community. This semester's series focuses on works from Shakespeare. Led by Keith Hamilton Cobb. Westchester Community's College's Gateway Center, Room 131, 75 Grasslands Rd., Valhalla. 6 to 8:30 p.m. Free. Info: Contact Professor James Werner at 914-606-6840 or e-mail james.werner@sunywcc.edu.

"The Look of Silence." Joshua Oppenheimer's powerful companion

piece to the Oscar nominated "The Act of Killing." Through Oppenheimer's footage of perpetrators of the 1965 Indonesian genocide, a family of survivors discovers how their son was murdered and the identities of the killers. Part of the Global Watch: Crisis, Culture & Human Rights series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$8. Non-members: \$13. Info and tickets: Visit www.burnsfilmcenter.org.

Home Sellers Seminar: The Step By Step Process. Homeowners can ask the experts about getting your home ready for sale, listing your home, finding a buyer and managing and closing the sale. Guest speakers will be Pleasantville Building Inspector Robert Hughes, Robin Sweeney, real estate/elder law attorney and home organizer Linda Becker. Sponsored by Donna Edlund and Hans Weber, licensed associate real estate brokers with Coldwell Banker. Emmanuel Lutheran Church, 197 Manville Rd., Pleasantville. 7 p.m. Free. Info: Contact Donna Edlund at 914-403-4237.

Friday, Feb. 26

"Keep Your Loved Ones Safe: The Value of Technology." Sponsored by the Westchester County Department of Senior Programs and Services, Alzheimer's Association, Livable Communities and the Westchester Public Private Partnership. White Plains Library's Conference Room B, 100 Martine Ave., White Plains. 10 a.m. to 12:30 p.m. Free. Registration requested. Info and registration: 914-813-6300 or e-mail mama@westchestergov.com.

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

"Seussical Jr." Dr. Seuss' best-loved characters collide and cavort in an unforgettable musical caper. Narrator The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust containing tiny people called the Whos, including Jojo, a Who child who gets in trouble for thinking too many "thinks." For children two to 12 years old and families. Yorktown Stage, 1974 Commerce St., Yorktown Heights. 7:30 p.m. \$12 to \$20. Also Feb. 27 at noon. Info and tickets: 914-962-0606 or visit www.yorktownstage.org.

Leon Russell and Dave Mason in Concert. Music legend Leon Russell is one of the most accomplished and versatile musicians, having arranged, written and/or produced some of the best records in popular music. He has also played on pop, rock, blues, country, bluegrass, standards, gospel and surf records. Rock and Roll Hall of Fame inductee, songwriter and guitarist

Dave Mason has been making music since the age of 18 when he teamed up with fellow England native Steve Winwood to form the band Traffic. Since then he has penned dozens of hits. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$58, \$68 and \$78. Info and tickets: Visit www.tarrytownmusicall.org.

"I'm No Romeo!" A fully Spanglish show, suitable for family viewing featuring comedian Elizardi Castro. One of the most innovative comedians around, Castro combines his Puerto Rican heritage with American culture to create a Spanglish riot of laughter and fun in all his shows. Born in Puerto Rico and raised in New York, he has been blazing the stages and delighting audiences of all ages. White Plains Performing Arts Center, 11 City Place, White Plains. 8 p.m. \$28.50 to \$32.50. Info and tickets: Visit www.wppac.com.

Saturday, Feb. 27

Pleasantville Farmers Market. The Pleasantville Farmers Market is the largest year-round farmers market in Westchester, and the one voted "Best of Westchester" in 2014 and 2015 by the readers of Westchester Magazine. With over 40 vendors participating in the indoor market the delicious good time continues every Saturday. Pleasantville Middle School, 40 Romer Ave., Pleasantville. 9 a.m. to 1 p.m. Every Saturday through March. Info: Visit www.pleasantvillefarmersmarket.org.

Chappaqua Farmers Market. Bringing 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. First Congregational Church of Chappaqua, 210 Orchard Ridge Rd., Chappaqua. 9 a.m. to 1 p.m. Saturdays through April. Info: Visit www.chappaquafarmersmarket.org.

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

Adult Coloring. If you're an adult looking for a relaxing, fresh and new activity that will help bring stress relief to your busy life, try this new coloring class. Drop in anytime. Materials provided. Mount Kisco Public Library, 100 E. Main St., Mount Kisco. 10:30 a.m. to 12:30 p.m. Free. Every Saturday. Info: 914-666-8041 or www.mountkisco.org.

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.

Animal Tracks. Learn which tracks go with which animals, and then make a craft. Cranberry Lake Preserve, North White Plains. 11 a.m. to noon. Free. Info: 914-428-1005.

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. Program runs about 30 minutes. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 11:30 a.m. Free. Every Saturday and Sunday. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Learn and Practice Bridge. Led by Joel Goren. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 1 to 3 p.m. Free. Info: 914-273-3887 or www.northcastlelibrary.org.

"Memoirs and Boudoirs." Dorothy Leeds will perform this fast-paced, one-woman show about gossip, scandals, love and hate through history. Imagine a world before the Internet, smart phones and Facebook, when people communicated through lengthy letters, kept detailed diaries and penned juicy memoirs. This one-act play with audience interaction is filled with scintillating stories drawn from the writings of more than a dozen historical figures. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 2 p.m. Free. Info: 914-769-0548.

Faith, Food and Friends. A weekly gathering that includes prayer, song, discussion and dinner for all. Emanuel Evangelical Lutheran Church, 197 Manville Rd., Pleasantville. 5 p.m. Free. Every Saturday. Info: Visit www.emanuelelc.org.

"It Goes Without Saying." A uniquely crafted autobiographical tour-de-force where world-renowned mime artist and actor Bill Bowers shares funny, heartbreaking and unbelievable true stories from his career as an actor and mime, and his lifelong exploration of the role silence plays in all our lives. Schoolhouse Theater, 3 Owens Rd., Croton Falls. 7:30 p.m. \$32. Info and tickets: 914-277-8477 or visit www.schoolhousetheater.org.

"Big Pants & Hot Flashes." Valhalla native Kevin Meaney and Julia Scott team up for a hilarious experience. Few comedians can skip back and forth across the sexual and gender lines like these two veteran comics, an experience that promises a night of endless truth, fearlessness, and most of all, non-stop laughter. A no holds barred Q&A will follow the show. White Plains Performing Arts Center, 11 City Place, White Plains. 8 p.m. \$30 in advance. \$35 at the door. \$25 for groups of at least six. Info and tickets: Visit www.wppac.com.

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The Restaurant Examiner

Ruth's Chris Steak House in Tarrytown to Host New Events

By Jerry Eimbinder

Ruth's Chris Steak House in Tarrytown will hold a five-course Taste of Spain wine-paired, prix-fixe dinner this Thursday at 9 p.m. Priced at \$95 per person, this dinner is one of a series of new activities at the restaurant located in the Westchester Marriott.

Also coming soon are a mystery solving dinner on March 3 and two prix-

fixe dinners on March 30-31 to feature famous Veuve Clicquot French bubbly. A menu for the latter event has not yet been finalized. Also new are customized catering services and menu enhancements for Happy Hour beverages and food.

Wines to be served at the Taste of Spain dinner will be products of the vineyards of Torres, a famous family winery founded in 1870 and now managed by fourth-generation family members. Torres wines have achieved worldwide recognition and have won awards from many publications, including Wine Enthusiast, which named it European Winery of the Year 10 years ago.

For the second consecutive year, Torres was named the World's Most Admired Wine Brand in a 2015 poll of sommeliers, educators and journalists conducted by Drinks International. Kendall-Jackson came in 21st in the 2015 competition.

Below are the food and beverages to be

served at the Taste of Spain dinner.

Taste of Spain menu

First course: Kumato tomato and herbed goat cheese salad with arugula and white balsamic vinaigrette.

Second course: Lobster paella with black mussels, chorizo and peas.

Third course: Sherry BBQ glazed pork tenderloin.

Entrée: Filet mignon topped with Piquillo pepper butter, Lyonnaise fingerling potatoes and green beans with almonds.

Dessert: Tres Leches cake with orange whipped cream and chocolate Turrón.

Taste of Spain wine pairings

First course: Paso Das Bruxas Albarino.

Second course: Celeste Tempranillo.

Third course: Salmon Red Blend.

Entrée: Mas La Plana cabernet sauvignon.

Dessert: Torres 20 brandy, Torres Orange Liqueur cocktail.

The cost is \$95 per person, plus tax and gratuity. A credit card number is requested by the restaurant when accepting a reservation; a penalty is incurred if the reservation is not cancelled 24 hours in advance.

During Happy Hour, patrons can choose from a variety of food items at \$9 each, including a burger with fries, tenderloin-skewer salad, crab BLT with zucchini fries, a steak sandwich with fries, seared Ahi tuna and spicy lobster.

Happy Hour beverages available at \$9 each include Cosmo, pomegranate martini, Manhattan, Royal Street gin and tonic and selected wine and beer. Happy Hour takes place at the bar Sunday through Friday from 4 to 7 p.m.

Ruth's Chris Steak House is located in the Westchester Marriott at 670 White Plains Rd. in Tarrytown. For more information, call 914-631-3311.

Mt. Kisco's Via Vanti! to Conduct 'Discover Burgundy' Seminar

By Jerry Eimbinder

The eclectic Italian restaurant Via Vanti! at the train station in Mount Kisco will host the wine tasting seminar "Discover Burgundy" on Thursday, March 10 at 7 p.m.

Three red and three white wines from Maison Louis Jabot in Burgundy, France will be tasted at this \$40 event and described by Christian Dalbavie, a certified specialist of wine (CSW). Accompanying the wine will be house-made mozzarella from the restaurant's new "Mozz Bar," cured meats and bread.

Dalbavie is an executive at the Kobrand Corp, a wine industry distribution company based in Purchase.

"Burgundy is not only the original home of chardonnay and pinot noir, but the terroir that best expresses their character: elegance, aromatic, complexity and highly pleasurable," said Alex Rubeo, managing partner at Via Vanti!

The white wines to be tasted are Steel Chardonnay, 2014; Chassagne-Montrachet, 2013; and Saint-Aubin 1er cru Murger des Dents de Chein, 2012.

The red wines are Couvent des Jacobins, 2013; Gevrey-Chambertin, 2013; and Beaune Bressande 1er Cru, 2012.

Attendees are eligible to purchase the wine being tasted at a discount from a representative of Pound Ridge Wine & Liquor in Pound Ridge.

The cost to attend this event is \$40 per person, plus tax and gratuity.

A Tuscany Spring Tasting program will also be held at the restaurant in April.

Via Vanti! is located at 2 Kirby Plaza in Mount Kisco. For more information, call 914-666-6400 or visit www.viavanti.com.

Exit 4 Food Hall Introduces New Dining Concept in Mt. Kisco

By Jerry Eimbinder

Exit 4 Food Hall opened last Monday, Feb. 8, offering a new approach to the area's dining experience. Nine different stations under one roof greet the customer. Here is what to expect from this new dining concept.

The dining and beverage stations include:

- 1. Charcuterie 153.** Platters of smoked and cured meats and savory cheeses.
- 2. Rawsome Seafood Bar.** Oysters, shrimp, chowder and seafood small plates from Joe DiMauro's Mount Kisco Seafood.
- 3. Inno Sushi by James.** Sushi bar with grab-and-go or dine-in options.
- 4. Rotiss-A-Q.** Rotisserie-cooked meats including chicken, pork and beef

served in a bowl, taco, burrito or hero with toppings.

- 5. Piacci Pasta Bar.** A selection of fresh pasta and homemade sauces.
- 6. Fuoco Wood-Fired Pizza.** Specialty pizzas with a choice of fresh ingredients.
- 7. Dirty Roots by Myong.** Korean/Asian healthy salads and juices, plus paninis, sandwiches and wraps.
- 8. Beverage Bar.** Tap beverages including local craft beer, wine and cold-brewed coffee and a late night small plates menu.
- 9. Coffee Bar.** Locally roasted specialty coffees from BPM Roasters and Jones craft soda.

Exit 4 is open Sunday through Thursday from 11 a.m. to 11 p.m. (Kitchen closes



The dining room at Exit 4 Food Hall in Mount Kisco, which opened Feb. 8.

at 10 p.m. The bar serves small plates until 11 p.m.) On Friday and Saturday, the hours are from 11 a.m. to midnight. (Kitchen closes at 11 p.m. Small plates are offered at bar until midnight.)

Exit 4 is located at 153 E. Main St. in Mount Kisco. For more information, call 914-241-1200.

Dining Deal: Red Hat on the River's \$29 Prix-Fixe Dinner

By Jerry Eimbinder

No need to wait for Hudson Valley Restaurant Week to begin on March 7. A prix-fixe dinner menu at Red Hat on the River in Irvington, now through March 3, is a great deal, too.

For a starter, try the house-made rillettes. A delicious duck and pork confit, it comes sliced, accompanied by pickled red onions, cornichon, baguette toast and flavorful green peppercorn mustard. Onion soup and a tasty salad are also winners as starters.

The entrée selections include two of my favorites at this restaurant: Scottish salmon and French-cut chicken breast. Both will also be on the \$29

Red Hat Hudson Valley Restaurant Week dinner menu.

Two awesome dessert choices follow:

profiterole (vanilla ice cream with Valrhona chocolate sauce, brandied cherries and candied almonds) or key lime pie, which has a graham cookie crust and is topped with whipped cream.

For lunch, patrons can choose one of the entrées and starter or dessert for \$21.

The complete list of entrées include are:

Moules frites. Prince Edward Island mussels steamed with garlic, white wine and shallots and served with frites.

Grilled Scottish salmon. Sautéed spinach, French green lentils and pommery mustard-herb-shallot vinaigrette.

Pan-seared French-cut chicken breast. Chicken jus vinaigrette, warm salad with brussels sprouts, wild rice, red quinoa, sweet potato, pine nuts and apricot-almond-cherry chutney.

Hanger steak frites. Brussels and root vegetable roast and fries. Choice of red wine reduction, bernaise sauce or chimichurri vinaigrette.

Red quinoa burger. Quinoa, spinach, Shiitake mushrooms and parmigiana reggiano burger. Garnished with bibb lettuce, chipotle aioli, pickled red onion and avocado on toasted ciabatta or brioche roll. Choice of greens, salad or frites.

Red Hat Burger. Irish cheddar or blue cheese and local pickles. Toasted ciabatta or brioche roll. Choice of greens, salad or frites.

Red Hat on the River is located at 1 Bridge Street in Irvington. For more information, call 914-591-5888 or visit www.redhatontheriver.com.

Westchester Produced Documentary Available to Anti-Drug Groups

A documentary about Yorktown senior Justin Veatch, who died from an accidental drug overdose in 2008, is about to make an impression on audiences across the United States.

The film "Whispering Spirits," directed and edited by Sean Gallagher, is now being made available free of charge to anti-drug coalitions searching for new community programs in battling the national drug crisis with the help of media company Reconsider.

In cooperation with the nonprofit Justin Veatch Fund, the film will be combined with a "toolkit" that includes a discussion guide authored by Student Assistance Services (SAS) Corp. of Tarrytown.

"The toolkit will provide helpful ideas for how to maximize the film's impact," said SAS Executive Director Ellen Morehouse. "The discussion guide will enable youth and adults to better understand everyone's role in preventing substance use disorders and drug overdose."

"Whispering Spirits" has been made available to members of the Community Anti-Drug Coalitions of America (CADCA) at its national leadership conference held in National Harbor, Md. Feb. 1-4.

"More than 120 coalition members from 22 states signed up for the film," said Jeffrey Veatch, Justin's father who is featured in



Marina and Jeffrey Veatch with U.S. Sen. Chuck Schumer on Capitol Hill.

the film and who presents the multimedia talk "A Message from Justin" to students. "The comments we have gotten are quite positive."

Veatch also hopes the film's distribution will result in his talk being delivered across the country.

"(The film) uniquely approaches a subject that is often kept quiet in many suburban communities," said Suzie Ross,

co-founder of the Ossining Documentary & Discussion series, which screened the film and hosted a panel discussion last winter. "Unlike many documentaries about losing a loved one to heroin, 'Whispering Spirits'" perspective has the ability to more profoundly raise awareness to young and old alike of how easy someone can fall prey to this epidemic. Our screening attracted a full representation of our community from

school administrators, students, parents, health professionals, musicians, artists to recovering addicts. It also allowed us to make the easy link to the array of health-related resources in our backyard that many were unaware of."

The film took two-and-a-half years to produce.

"I wanted to provide an intimate look at how one family struggles with their loss, but more importantly, how they maintain the legacy of a loved one," Gallagher said. "The empathy that comes along with understanding the experience of the Veatch family is something I believe can spark conversation in communities."

Gallagher's first feature-length documentary,

"Brothers of the Black List," about the longest litigated civil rights case in U.S. history, was awarded Best Documentary at the Catskill Mountains Film Festival and was also recognized at DOC NYC, Docu West and Dallas International Film Festival.

Nonprofit organizations that wish to use "Whispering Spirits" to anchor a community program, can view and obtain the film with its discussion guide by visiting whispering-spirits.com. For more information, contact The Justin Veatch Fund at 914-455-0892.

Happenings

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"Journey From Leipzig: The Story of a 1713 Viola da Gamba." Featuring artist Mark Kramer in solo works for the instrument by Diego Ortiz, Tobias Hume, Monsieur de Sainte-Colombe, Robert Schumann, Johann Sebastian Bach, Johannes Schenck and Carl Friedrich Abel. A buffet reception of apple strudel, chocolate confections and coffee will be presented after the concert. Church of St. Mary the Virgin, 191 S. Greeley Ave., Chappaqua. 8 p.m. (Ticket desk opens at 7:30 p.m.) \$35. Info: Contact Mark Kramer at 914-238-8015 or at mark@susanlawrence.com or visit www.arsantiqua.org.

Sunday, Feb. 28

Wild Nature Trivia. Bring your friends and work together as your nature knowledge is put to the test. Concludes with animal interactions. Recommended for children five years old and up. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: \$5 per person. Non-members: \$8 per person. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Maryknoll Speakers Series: "Laudato Si' - A Prophetic Challenge for the 21st Century." Irish Columban Father Sean McDonagh will discuss Pope Francis'

groundbreaking and widely anticipated "Laudato Si', On Care for Our Common Home" and its implications for humanity and the earth in the years to come. Maryknoll Mission Center, 55 Ryder Rd., Ossining. 2:30 p.m. Free. Reservations requested. Info and reservations: 914-941-7636 ext. 2445 or e-mail MaryknollSpeakersSeries@maryknoll.org.

International Guitar Night. IGN founder Brian Gore will be joined by three of Europe's finest acoustic guitarists, Gypsy Jazz legend Lulo Reinhardt, contemporary fingerstyle innovator Mike Dawes and multi-genre showman Andre Krengel. Together they will exchange musical ideas, highlighting the virtuosity and diversity within the acoustic guitar and give a dynamic performance of stunning contemporary guitar music. Westchester Community College's Classroom Building, Room 200, 75 Grasslands Rd., Valhalla. 3 p.m. \$22. Seniors and students: \$20. Children (under 13): \$16. Info and tickets: 914-606-6262 or visit www.sunywcc.edu/SmartArts.

Let Your Yoga Dance® Classes for Adults. Let Your Yoga Dance combines the traditions of yoga, chakras, breath work and easy dance movements. This class is meditation in motion, sometimes energy filled, sometimes quiet and still. Dance

to fun, inspiring music and exercise your body and clear your mind. Each monthly 75-minute class consists of a Let Your Yoga Dance flow followed by a gentle yoga and relaxation sequence. Dance Emotions, 75 S. Greeley Ave., Chappaqua. 4 p.m. \$20. Pre-registration required. Info and pre-registration: E-mail claudiayogadance@gmail.com.

Monday, Feb. 29

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

Young Explorers Story Time. Nature discovery for youngsters. Enjoy a nature-themed story and discover the wonders of nature while exploring fields, forests or landscaped grounds. Dress for outdoor activity. Except in extreme weather conditions, a portion of each class is spent outdoors. For children three to five years old; with a parent or caregiver. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: \$9 per child. Non-member: \$12 per child. Every Monday. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Indian Cooking Presentation. Local

author Rinku Bhattacharya will discuss the essential Indian spices and demonstrate an authentic Indian dish, which participants can taste. Bhattacharya is the author of two books, "Bengali Five Spice Chronicles" and "Simple, Sustainable Indian Flavors" and writes about how to mesh Indian flavors with local Hudson Valley ingredients. Mount Pleasant Public Library, 350 Bedford Rd., Pleasantville. 6:30 p.m. Free. Space limited; registration required. Info and registration: 914-769-0548 or visit www.mountpleasantlibrary.org.

Zumba Class. Open to all. Drop-ins welcome; no membership needed. PFX, 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.

Tuesday, March 1

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 Lozza Drive, Valhalla. 10 to 10:30 a.m. Free. Every Tuesday. Info: 914-741-0276 or www.mountpleasantlibrary.org.

Parallels Between Wine and the Oscar Best Picture Nominees



By Nick Antonaccio

The 88th Academy Awards airs this Sunday evening. From the bear in "Revenant" to the bulls in "The Big Short," from the dark secrets unveiled in "Spotlight" to the dark side of the Cold War, even the dark side of Mars, this year's nominations have elements that make for parallels with both the practical and ethereal aspects of wine themes.

Here are my parallels for five of the eight nominees:

"Revenant." Leonardo DiCaprio seemingly returns from the dead (hence the movie's title) after several near-death experiences, especially one with a computer-generated, but highly realistic, bear. Revenge is the underlying theme, but not from the hand you might expect.

Which wine has risen from the ashes time and again? Zinfandel. Symbolic as the grape of choice of early settlers in the West, it became lost in the wilderness for a time. Today's offerings grab your attention and continually surprise you. From afar, they may seem rustic, but when engaged, the excitement begins and they hold you in their grip.

"The Big Short." Subprime mortgages,

credit default swaps, synthetic CDOs, AA tranches. Who knew – or understood – any of these terms in early 2007? We all do now. This film vividly and unflinchingly reminds us of one of the worst housing bubbles in history and the frauds perpetrated by greed. As Steve Carell's hedge fund character (a big winner) complains: "For 15,000 years, fraud and short-sighted thinking have never, ever worked. Not once. When the hell did we forget all that?"

Wine fraud has also been rampant. Counterfeiters have packaged subprime wine bearing false labels to many gullible, avaricious investors. The most recent fraud, involving high-end French wines, has landed the perpetrator, Rudy Kurniawan, a long-term jail sentence (a major difference from the housing scam).

"Spotlight." The Boston Globe's investigative unit, dubbed the Spotlight Team, includes characters portrayed by two of my favorite actors of the past decade, Michael Keaton and Mark Ruffalo. The Globe is emblematic of what research, dogged fact checking and the relentless pursuit of the truth can contribute to society. Based on the uncovering of the

Catholic Church's pedophile scandal, the film depicts the resurgence of diligent news reporting after years of declining craftsmanship.

A comparison to this brand of reporting that comes to mind is Chianti wine. It has a glorious past of high quality and diligent craftsmanship. But in the 1960s, standards fell and the wines suffered from lackadaisical attention and inattentiveness in the vineyards. Chianti returned to favor over the last decade through diligent and painstaking attention to the details of winemaking by dedicated winemakers.

"The Martian." Astronaut Mark Watney (Matt Damon) is abandoned and presumed dead on a manned mission to Mars. He must use his ingenuity. Suspenseful, dramatic and, at times, quite humorous, with a 1970s disco soundtrack tying these elements neatly together, man's ingenuity is on full display. The Martian takes organic farming to

its natural evolution on a distant planet: clean air, uncontaminated soil and, most cunning, natural fertilizer. Except the organic approach isn't applied to produce a Red Planet wine, but rather, a vegetable to sustain life at a rudimentary level.

The wine pairing? The Burgundy region

of France has been producing wines of the land for centuries. Coping with difficult conditions, both natural and social, the winemakers of the region have persisted, displaying their mettle and fortitude time and again.

"Bridge of Spies." Another highly acclaimed Steven Spielberg thriller. Ho hum. Another Tom Hanks stellar performance. Ho hum. This formulaic film has all the elements of a first class, well-balanced epic, but it's more like a Bridge of Sighs. A true story of the capture and release of American and Russian spies in the 1950s, this film is appealing, but its competition is more compelling.

So too with American red blends. Consumers are lured into sweet, pleasant wines. Enticing? Yes. Compared to other, palate-tingling wines? Sigh.

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

Nick Antonaccio is a 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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