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Thanksgiving Twist  
Generational ethnic recipes to spice up your holiday meal.

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# The Hudson Independent

Your Community Newspaper Since 2006

NOVEMBER 2019 | VOL. XIV NO. 11 Tarrytown • Sleepy Hollow • Irvington • Scarborough-on-Hudson • Ardsley-on-Hudson • Dobbs Ferry thehudsonindependent.com

## Transit-Oriented Development Planned Across from Train Station

by Rick Pezzullo

A mixed-use project and a brewpub/restaurant are being planned across from the Metro-North train station in Tarrytown.

Located at 29 Depot Plaza, the mixed-use project includes a 20,000-square-foot warehouse that will be renovated into ground-level self-storage and retail space with three stories of residential units, totaling 69.

Meanwhile, a 4,000-square-foot

freestanding building is being rehabbed for a brewpub with a regionally known brewery.

Houlihan Lawrence Commercial announced in October it had been named exclusive leasing agent for the transit-oriented mixed-use development. Bryan Lanza of the HL Commercial, Klein-Lanza Team is handling the leasing of the retail space and Michael Criscuolo of Houlihan Lawrence's Irvington office is handling the residential leasing.

"This is an exciting and inno-



vative project that is ideally positioned to benefit from the growing demand in the region for transit-oriented developments. The Tarrytown Metro-North station has the

second highest ridership on the Hudson Line with nearly 6,000 commuters daily," Lanza stated. "The synergy between Houlihan

[MORE» on page 12](#)

### Real Estate Changes Ahead

YMCA In Talks to Sell to Developer

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### Census 2020 Hiring Now

Workers Being Recruited Locally for Federal Count

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### Sports Senior Success

Irvington QB, Dobbs Ferry Captain Play Key Roles on Squads

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### A&E Irvington Theater

Special Film Screening and Q&A On Tap

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### What's Happening Calendar Listing of Events

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**Giving Thanks**  
Local ways to help others in need on Thanksgiving  
PAGES 2, 9

## Halloween Happiness

Local youngsters enjoyed pumpkin painting at Kingsland Point Park in Sleepy Hollow. For more Halloween season photos, see page 15.

## A Nobel Laureate Cites SH High Biology Teacher as His Inspiration

by Barrett Seaman

In early October, it was announced that Dr. Gregg Semenza, Professor of Medicine at Johns Hopkins University, won the 2019 Nobel Prize in Medicine or Physiology, along with fellow scientists Drs. William G. Kaelin Jr. of Harvard Medical School

and the Dana-Farber Cancer Institute and Peter J. Ratcliffe at the Francis Crick Institute and Oxford University. They were cited for their seminal work on how varying levels of oxygen affect cells, opening new ways to fight cancer and other diseases.

And whom did Dr. Semenza, a [MORE» on page 12](#)



Rose Nelson

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# Donations Needed at Thanksgiving Time

The Community Coalition (C2) was formed by Kids' Club of Tarrytown & Sleepy Hollow and is a group of local non-profits, religious institutions, community members, and organizations of all types who come together once a month to hear a featured speaker as well as to share information about shared initiatives and ongoing programs. C2's goal is to work together to provide the greatest benefit for our community. C2 is supporting the following initiatives for donation at Thanksgiving time:



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❶ **The Community Food Pantry of Sleepy Hollow & Tarrytown** welcomes food and monetary donations so it may continue to serve local families each month who are food insecure. To find out more, please visit its website at: <http://www.communityfoodpantryshh.org> or make checks payable to Community Food Pantry and send to 43 S. Broadway, Tarrytown, NY 10591.

❷ **Lifting Up Westchester** food drive to benefit the homeless of Westchester. Drop off at 35 Orchard Street, White Plains, 10603 **\*\* (NOT the Soup Kitchen)\*\***. Hours of operation: Monday – Friday from 9 a.m. to 4 p.m. Phone (914) 949-3098, ext. 9735 to make alternative drop-off time arrangements or e-mail [ninzinna@liftingupwestchester.org](mailto:ninzinna@liftingupwestchester.org). November 5 deadline for Thanksgiving donations. (See <https://www.liftingupwestchester.org/holidays> for more information.)

❸ **Tarrytown Music Hall** - Collecting Thanksgiving Meals at 13 Main Street, Tarrytown, NY. November 14 deadline. Please make a monetary donation or bring a bag with 16 specific items (contact [members@tarrytownmusichall.org](mailto:members@tarrytownmusichall.org) for a list of the specific items required).

❹ **The Rotary Club** - Donations can be dropped off at J.P. Doyle's, 48 Beekman Avenue, Sleepy Hollow on Wednesdays between 12 and 1:30 p.m. or at Tarrytown Village Hall, 1 Depot Plaza, in the designated container.

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We look forward to chatting with you.

Sincerely,

*Board of Directors*

# Tarrytown Y in Talks to Sell Main Street Building to Developer

by Barrett Seaman

Having operated out of its current building on West Main Street for more than a century, the Tarrytown YMCA announced earlier this year that it was putting the

41,537 sq. ft. space on the market and looking for a new home.

Last month, it was revealed that the YMCA was in talks to sell the old building to apartment developer Wilder Balter. The Chappaqua-based firm has proposed re-

placing all the recreational facilities and the existing 48 rooms with approximately 100 units, divided between studios and one-bedroom apartments. The new complex would include affordable housing units.

No contract has been signed, cautioned YMCA Director Gerry Riera, though there was a "verbal agreement" that could eventually lead to a contract after due diligence is completed and the appropriate village boards had signed off on the proposal. The period for due diligence alone is 90 days.

"It's certainly going to take its time," Riera said.

Until the deal is sealed, the YMCA will be somewhat limited in its search for a new home, as properties that might be attractive now may no longer be on the market

then. In the meantime, the YMCA board is pumping \$60,000 to renovate the pool, the lobby and hire a swim coach.

"We still have to effectively operate and provide services to the community until the time that we have a new location," Riera said.

Also at issue is what will happen to the approximately 40 current residents of the Main Street facility. Riera is committed to resolving whatever relocation questions arise from the sale.

Wilder Balter has its own general contracting and property management arms and has created numerous housing projects throughout Westchester and the Hudson Valley. Representatives of Wilder Balter could not be reached for comment.

For more than two centuries, the giant Tulip Poplar provided shade for visitors to Tarrytown's Patriot Park. It was there that in 1780, colonial militiamen captured British Major John Andre, finding on him papers that revealed the treachery of General Benedict Arnold. When the old tree died, the Tarrytown Historical Society, in concert with the village government, decided to replace it with another Tulip Poplar. On Saturday, October 5, village officials and Historical Society officers gathered to dedicate the young sapling to honor John Paulding, David Williams and Isaac Van Wart, the three patriots who captured Andre. (L-R:) Jim DeSimone, chairman of the Tarrytown Recreation Advisory Committee, Anne O'Brien, Chairperson, Tarrytown Tree Commission, Trustee Robert Hoyt, Trustee Paul Rinaldi, Karen Frazer, Trustee of the Historical Society, Sara Mascia, Historical Society Executive Director, Mayor Drew Fixell, Trustee Becky McGovern and Village Administrator Richard Slingerland.

—Photo by Joe Golden



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# Tarrytown to Double Its Free Electric Vehicle Chargers

by Alexander Roberts

Twelve years ago when they were installed at the train station on the west side of the tracks, Tarrytown's three electric vehicle chargers were state-of-the-art. Heavily subsidized by the New York State Energy Research and Development Authority (NYSERDA) and the New York Power Authority (NYPA), they were lightly used by the few plug-in vehicles of the time.

Not anymore. In 2012, there were just over 50,000 electric cars sold in the United

States. Today, there are more than 1.2 million and Tarrytown's free chargers are nearly always being used, even though one of the units hasn't worked for months, and there are no parts available to fix it. In fact, according to Tarrytown Village Administrator Richard Slingerland, all three will be out of service by December 31, victims of a product no longer supported by the manufacturer (Eaton), and a modem with old 3G technology.

However, the village is already in discussions with Charge Ready New York to buy

Right: Tarrytown's three EV chargers are nearly always in use, even though one doesn't work.

six brand new EV chargers with the latest technology, effectively doubling the station's capacity to serve electric vehicles (tripling if you consider that one is already out of service). Slingerland said NYSERDA is offering about \$4,000 in rebates for each device, which nearly covers the cost of installation. It's estimated that the free chargers cost Tarrytown about 20 cents per kilowatt hour, or \$2 for a 10-hour period. There are no plans to charge for the electricity in the six parking spots; however, all vehicles must have a Tarrytown parking sticker weekdays until 2 p.m., or, a recreation sticker after 2 p.m. on weekends. The three chargers are in spaces 1182, 1183 and 1184.

Tarrytown resident Bill Altneu, who has a Nissan Leaf, appreciates the free charging, but lamented that some commuters plug in when they leave for work early in the morning and don't move their car until they return, long after it is fully charged.



"Some people treat the charger as their personal amenity, rather than a public amenity," he said.

While there are no plans to charge for the electricity, the village has discussed changing the code to accommodate payments for cars that are no longer actively charging. It's hoped, however, that the six new Level 2 chargers will satisfy the current demand.

"Tarrytown will continue to encourage residents to drive electric vehicles," said Slingerland, "to reduce our carbon footprint and improve the village's air quality."

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## Point/Counterpoint

### Make Irvington Parks Friendly to All

by Thom Thacker and Lisa Genn

We are Irvington residents who are proud to live in a welcoming and friendly community and believe it is time for the policies governing our parks to reflect these fundamental Village values. We believe that the existing resident-only restriction sends an unwelcoming message to our neighbors, one that hurts the reputation of our Village. Furthermore, we believe that the status quo, in which the resident-only rule is enforced inconsistently, creates needless confusion about the actual policy and results in a waste of resources devoted to issuing park passes and occasionally posting staff at the Matthiessen Park gate. Finally, and most importantly, we believe that opening up our parks is most consistent with our Village values of fairness, openness, and inclusion. It is quite

simply the right thing to do.

There is no legal impediment that prevents Irvington from allowing non-residents to enjoy its parks. Contrary to widely held belief, there is no restriction in the original deed conveying the vast majority of Matthiessen Park to the Village that requires the park to be restricted to Irvington residents only. Instead, restricting access to Matthiessen Park and our other parks is a choice the community has made. It is time for our community to make a better choice.

None of the objections that some residents have voiced to opening Irvington parks—in particular, Matthiessen Park—to non-residents is compelling. One of the principal objections is that only Irvington residents pay taxes to maintain our parks. Yet most, if not all, Irvington residents enjoy the use of parks in other communities where they do not pay taxes, be it in other rivertowns, New York City or elsewhere. Another set of objections revolves around non-residents creating

parking problems for residents and generating garbage. It is difficult to imagine that, given all the parks that dot the riverfront up and down the Hudson, non-residents will suddenly decide to descend on Matthiessen Park and put undue pressure on the park and its surroundings. Indeed, lack of consistent enforcement of the resident-only rule at Matthiessen Park has not resulted in an overwhelming influx of visitors, despite the fact that families from neighboring towns already occasionally come to the park. We are confident that a relatively small shift from sporadic and inconsistent enforcement to removal of the resident-only rule altogether would not bring an unmanageable number of out-of-town visitors to what is now an underutilized park. And even when the park is open to all, the Village will retain the ability to require permits for large groups. Lastly, some have suggested that the park may be overrun with “outsiders” who take the train and then come to nearby

Matthiessen Park, intent on dealing drugs or carrying out criminal activity. The suggestion that Matthiessen Park will become a magnet for this kind of activity stretches the limits of credulity.

We know that many long-time Irvington residents feel an attachment to tradition and the way things have always been. Yet one of the greatest powers we hold as individuals and as a community is the power to reassess the way things have been and to redefine what will be our traditions in light of our best understanding of what is fair and right.

We believe that our parks, like our streets, our restaurants, our shops, and the parks of all of our neighboring villages, should be welcoming and open to all. As such, we believe that the Irvington Board of Trustees should eliminate the resident-only provision in the Village code and change any park signage that reflects it.

### Matthiessen Park Should Remain a Residents Only Facility

by Lauri B. Regan

Those arguing in favor of opening Matthiessen Park to non-residents have provided no compelling reason for doing so. The only basis on which they rely is “fairness.”

As an Irvington taxpayer of 30 years, I can provide a litany of reasons not to do so, but I’ll address their arguments first. Irvington is extremely diverse – residents are rich, poor, blue-collar, white-collar, African-American, Caucasian, Hispanic, Asian, Christian, Hindu, Muslim, and Jewish. We don’t need to open Matthiessen to make activists feel less guilty about their “privilege” for living here. Given that towns across the country maintain residents-only amenities, Irvington is certainly not discriminating against anyone by providing facilities to taxpayers. Policy decisions that impact taxpayers and their safety should be based upon common sense, good judgment, and a cost-benefit analysis of overall impact on the community – not guilt.

Scenic Hudson Park is open to non-residents who can share river views, recreational facilities, and Irvington charm – why is that not enough? Furthermore, from NYC’s lower west side to Croton-Harmon, numerous waterfront parks exist including in Tarrytown and Sleepy Hollow where construction is exploding. There is simply no reason to alter the decades-long policy of maintain-

ing Matthiessen as a residents-only facility thereby risking the reality of the many reasons not to.

Because Matthiessen is a taxpayer-funded facility, residents would bear the costs of such a change, and our taxes are high enough. General maintenance of the property from wear and tear, garbage clean-up/DPW expenses, and additional police presence would all be required; our police department has better things to do than enforce rules in our parks when non-residents ignore them. Just as train-riders put their feet on seats, drop garbage on the floor and ignore rules and decorum they would presumably keep in their own homes, non-residents have no skin in the game. Dobbs Ferry is currently confronting these same issues since making this bad decision, and Tarrytown parks face similar issues.

Safety concerns are quite real. Studies indicate that crime rates increase in public parks. Whether drug sales where our young

people may find easy access, or strangers stalking children or stealing personal items briefly left unattended, no one can guarantee such incidents will not increase, nor can they be prevented without additional police presence and perhaps surveillance cameras. In fact, I understand that over the past five years, there have been arrests in Scenic Hudson of non-residents on drug charges with no similar incidents in Matthiessen.

Concerns of over-crowding cannot be ignored. Notwithstanding its current level of use, residents should never have to fight with non-residents for tables and barbecues—an inevitable result, since “if you build it, they will come.” Parking is also problematic. Once the additional proposed changes are implemented, including allowing dogs and bicycles, one can imagine a crowded venue much different than the serene and family-friendly park to which we’ve grown accustomed.

Separately, why haven’t Irvington’s activ-

ists argued that the entire train station parking lot be opened to non-residents; how about our schools? Will they next sue every nearby town that has a residents-only pool or park? Where will this nonsense end?

Finally, I find it reprehensible to read comments accusing those of us concerned about this of racism. While it’s not uncommon when the far left, lacking substantive arguments, reverts to ad hominem accusations of malign intent, it is no less offensive. Irvington activists should stick to substance, honesty, and civility in the face of ideas with which they disagree.

In making a determination that entails upending decades-old policy impacting taxes and safety, Irvington’s administration must (a) consider all possible consequences in an open forum, (b) investigate and disclose crimes in Scenic Hudson vs. Matthiessen, (c) if it proceeds, charge a fee for non-residents, and (d) hold a referendum for everyone’s voices to be heard.

## Well Then, How About Dogs?

As the village debates whether non-residents can make use of Irvington’s Matthiessen Park, the Recreation & Parks Department is now allowing, for the first time, dogs into the park. But wait! Before you open

the tailgate and let Rufus or Rosie go bounding down towards the Hudson, there are just a few restrictions:

Your dog must have a valid Town of Greenburgh dog license (\$16 if they’re neutered; \$23 if not), a separate Irvington dog license (\$25, valid for one calendar year only), with tag displayed at all times. And of course, your dog must be on leash at all times. This offer is limited to the dogs of Irvington Residents only—none of those mutts from Dobbs Ferry or Tarrytown need apply.



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# Abinanti to Explore Run for Congresswoman Lowey's Seat

by Rick Pezullo

State Assemblyman Thomas Abinanti (D/Mount Pleasant) is among a handful of individuals interested in possibly succeeding Congresswoman Nita Lowey (D/Westchester, Rockland), who announced last month she would not be running for re-election next year after 32 years in office.



State Assemblyman Thomas Abinanti

Abinanti, 72, who is currently in his ninth year in the Assembly after serving 19 years as a Westchester County Legislator, said he would be putting together an exploratory committee but feels his record stacks up well against all other hopefuls.

"I'm interested in it. I'm looking at it," Abinanti said. "I have a long record of serving this community. I think I have a lot to

**"I have a long record of serving this community. I think I have a lot to offer. I have a record of using government to make the lives better for people in Westchester County and New York State. I think I have as good a shot as anyone."**

offer. I have a record of using government to make the lives better for people in Westchester County and New York State. I think I have as good a shot as anyone."

Abinanti said he was surprised Lowey, 82, chairperson of the influential Appropriations Committee, decided to retire, believing she would run for another term in the 17th Congressional District and see what redistricting produced.

"Nita was a class act. She's going to be a difficult act to follow," he said. "I believe I have the understanding of our community and have a record of accomplishments. It's a

different animal, but it is still a Legislature. You have to know how to work in a collaborative fashion."

Besides Abinanti, State Senator David Carlucci and former IDC member (D/Rockland), Assemblyman David Buchwald (D/White Plains), Mondaire Jones, a Rockland County attorney formerly with Westchester County's Law Department, and Jo-Anna Rodriguez-Wheeler of Chappaqua, who has volunteered on campaigns stretching back to the Senate runs of Geraldine Ferraro and Hillary Clinton and was a Bernie Sanders delegate in 2016, have thrown their hats into the ring on the Democratic side. Allison Fine, local resident, activist, former Sleepy Hollow Trustee, author and

creator of the non-profit, NEW (Network supporting Elected Women) will also be joining the race.

"You don't want someone who is new to the community and who is new to the issues," Abinanti said. "I know the Hudson River and this is a Hudson River district. I'm not afraid to take on the establishment. I think I would be a better advocate."

Abinanti, chairman of the Assembly's Oversight, Analysis and Investigation Committee, has been an advocate during his career of more services for people with special needs.

As a county legislator, he spearheaded a law that banned indoor smoking and a three-minute idling law, and supported legislation that clarified gun licensing.

He said he is especially concerned with clean drinking water, supports a single payer health care system and has been an outspoken about climate change.

"I have been at the forefront of issues," Abinanti said.

## Tarrytown Police Pursue Security Camera Registration

by Robert Kimmel

The request for Tarrytown residents and businesses to register their security cameras with the village's Police Department is an ongoing feature of a new program tagged "Secure/cam." It began last month as an effort by the police to assist them in a variety of potential investigations.

While the appeal was first circulated several weeks ago there apparently has not yet been an overwhelming response. "I would like to say that I wish more individuals and businesses would register," commented Tarrytown Police Chief John Barbelet. "It is totally voluntary, and we do not share

this information with anyone else."

Barbelet also noted that the police "would always need permission to access the camera systems. Several members of the community have already come forward with video evidence to aid in criminal investigations."

"Videos from home security systems have become so sophisticated that they can aid with investigations ranging from package thieves to major felonies to roadway incidents," Barbelet stated. "Registering for the program will only help us make our community safer and I really do not see any negative aspect to signing up for the program."

Homes and businesses which comply, police announced, will allow them to check recorded video from those locations in the vicinity of a crime, vehicular accidents or other serious incidents. There is no cost in registering, and those who register will only be contacted, "if there is an incident in the vicinity of your security camera," the police said.

"The bottom line is this: time is of the essence, and knowing where to go to gather information can only help our response," Barbelet stated. Residents can register online at <https://www.tarrytown-gov.com/tarrytown-police-department/programs-services/webforms/secure-camera-regis->

tration. Questions about the program can be answered by calling the Detective Division, at 914-631-1514.

Advanced technology using high definition images along with facial recognition and night vision have also increased the use of video surveillance footage evidence in court cases for variety of offences, and law suits and claims. For law enforcement purposes, a few cities, Washington, D.C. included, have even offered financial incentives, such as rebates and vouchers for certain types of security camera installation and registration.

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# Campaign to Recruit Census Workers Gears Up in Westchester

by Barrett Seaman

During the lunch hour on a rainy Tuesday last month, Yosibel Rodriguez, 20, walked confidently up to the desk in Tarrytown's Warner Library, where two women armed with pamphlets and an array of laptops stood ready to recruit her. They were there to sign up workers for next year's national census, offering a variety of jobs that could pay as much as \$21.50-an-hour to make sure every community gets an accurate headcount. Though the recruiters were there for seven hours, only about 10 prospective candidates for these jobs filled out the requisite forms.

One of them was Yosibel, who had no hesitation about signing up. She wanted to do what she could to make sure her Hispanic community cooperated with the census when the time came. "Sometimes it's harder for us," she said, because of language and because of fears that registering for the census could lead to the deportation of a family member. Even though the courts struck down the Trump Administration's attempt to include a question about citizenship on the census questionnaire, many in her community simply don't trust the government. It would be another ten days to two weeks before she would find out if her application was approved, but her language skills give her a leg up.

Local officials welcome the Census Bureau's recruitment effort, which is going into high gear as the April 2020 start date for the

census nears. They know what's at stake in counting every resident in their community. At the national level, of course, how many people live where determines the number of congressional districts in the state and the number of electors who will vote in the Electoral College. The consequences at the local level of government, however, boils down to money—lots of it.

At stake are hundreds of billions of dollars in federal aid that are allocated according to population. They include Medicare and Medicaid, highway and public transit funds, community development block grants, school lunches, Head Start and special ed programs and literally hundreds more. How revenues from the newly increased county sales tax are distributed to villages according to population is just one more incentive for local governments and non-profits to make sure every head gets counted.

To get the job done in Westchester, according to the Census Bureau's regional director for the New York region, Jeff Behler, 7,500 hundred workers are needed. There are a variety of jobs to fill, starting with those who recruit the recruiters. They, in turn, coordinate with village governments and libraries. There are education programs designed to ease fears, particularly in areas with significant immigrant populations. Terry Kirschner, Executive Director of the Westchester Library System, said the county's library network has been busy doing general awareness marketing. "Our efforts

are geared more towards working with the 38 public libraries to make sure that they have the technology tools and training to be able to help their community members complete the census forms," he says. Several participated in a nationwide job fair that took place in October.

Indeed, October marked one of several milestones in the census calendar building towards the actual start of the count next May. In the week of October 21, census workers fanned out across the county to spread the word. Diana Roja, who helps Sleepy Hollow as well as several other river-towns with their census efforts, works with libraries and community organizations, holding workshops to educate people about what the census does and why it's impor-

tant. "The census has to be done with people in the community," she stressed.

Hiring workers is harder this time around because the unemployment rate is so low. "We're in a very different economy than we were in 2010," said Behler. With people less hungry for work than they were immediately after the credit crash that preceded the 2010 census, the pitch now is to sell jobs as part-time employment. There's no minimum for the number of hours required to work. Employees can make their own schedules for which they are paid anywhere from \$17 to \$21.50 an hour—top dollar going to those in supervisory capacities. To find out more about census jobs, visit <https://2020census.gov/en/jobs> or <https://2020census.gov/es/jobs> for Spanish speakers.

## GIVING THANKSGIVING 2019

The 13th annual Giving Thanksgiving is coming up soon! Giving Thanksgiving helps families in need within our community, during Thanksgiving. It makes it possible for these families to have a traditional Thanksgiving meal with their family. This positive impact on the community allows many people to have a nice meal and enjoy a special American holiday.

This is a family run charity organization that strives to help the community have a happy Thanksgiving Day. Through the RSHM Life Center, in Sleepy Hollow, food baskets are distributed to families in need. We are asking for a \$30 donation (or more if possible) to help pay for their holiday meal consisting of chick-

en, rice, beans, apple pie, apple cider, and fruit that each family will be receiving.

All checks can be made out to "Giving Thanksgiving" and mailed to the RSHM Life Center at 32 Beekman Avenue, Tarrytown, NY, 10591 or dropped off at the McGovern's house (35 Barnes Road, Tarrytown) by Friday, 11/22. For more information, contact Ella McGovern at: [ella.r.mcgovern@gmail.com](mailto:ella.r.mcgovern@gmail.com).

We appreciate your donations, and need all the help we can get to make this possible!

-Ella Rose McGovern, Stella Vercesi, Bianca Vercesi, Jade Wagner, Emma Guarnieri, Sam Livingston, and Tess Kaplan



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# Irvington High School Teacher Publishes Book About Civil War

by Clara Firpo-Cappiello

Christopher Barry, a Westchester resident and history teacher of 21 years at Irvington High School, recently published his first book, *No Flinching From Fire: The 65th New York Volunteers in the Civil War*.

The 65th New York Volunteer Infantry, sometimes referred to as the 1st United States Chasseurs, served with the Army of the Potomac and the Army of the Shenandoah up until the end of the war. Not necessarily taught to us, as we learn about this dark part of our country's history, are the stories of the lives of the soldiers who fought in this violent struggle.

The Civil War is often viewed through a "big picture" lens, but Barry's work highlights the importance of the lives of these soldiers, proving that every man does, indeed, count. The words, memoirs and letters of soldiers in the 65th New York Volunteer Infantry shine light on the hopes, dreams, fears and desires of the men who fought for the abolishment of slaves and keeping our country whole.

Trying to gain more understanding of not only *No Flinching From Fire*, but the writing process, too, I asked Barry questions about the inspiration for, and the importance of his book.

**Q: What inspired you to write this book?**

A: "I was inspired by the commission paper from my great-great grandfather, Lieutenant Timothy Carroll, which hung on the wall of my parents' house, and which I was always curious about. When I went to the National Archives and found out how many battles he had been in, and

how he was wounded three times, it got me hooked on learning more about them [The 65th New York Volunteers]."

**Q: What resources did you use to research the 65th New York Volunteers?**

A: "The resources include a couple of memoirs written by soldiers of the regiment, many letters published in newspapers from 65th soldiers, a couple of diaries held at Syracuse University and the New York Historical Society, and also many trips to battlefield sites, accompanying secondary and primary reading about these battles and the role of the 65th New York Volunteers there."

**Q: Has teaching helped you with your writing?**

A: "Teaching has helped my writing, as has being a student and writing many papers over the years."

**Q: What motivated you to keep writing?**

A: "I kept writing because I enjoyed it, and because I decided it was important to tell the story of this regiment, which had no history written about it."

**Q: What about the 65th New York Volunteers is important to you? Why do these stories need to be shared?**

A: "I believe the Civil War was certainly one of the seminal moments in U.S. History. Many regiments have had their stories told. The 65th New York hadn't. My great-great grandfather was a part of it; I wanted to tell their story."

# Residents Approve \$19.7M Dobbs Ferry School Bond

by Rick Pezzullo

Residents in the Dobbs Ferry School District overwhelmingly approved a \$19,977,378 capital project bond referendum October 22 that officials maintained will fund necessary building improvements and safety issues without raising property taxes.

The official vote count reported by the district was 510 in favor and 79 against.

"We are extremely grateful for your support of the Capital Project," stated Superintendent of Schools Lisa Brady in a message to the community. "These improvements address vital School District needs and will benefit our children, schools and community. Thank you for your ongoing commitment to the Dobbs Ferry Schools."

One of the major projects planned is renovating the softball/baseball field at Springhurst Elementary School. Other work slated at Springhurst includes building a new entry vestibule at the main entrance to enhance safety and security, redesign-

ing the Library Media Center to create "a user friendly space that reflects a more contemporary children's library with flexible seating and collaborative spaces," and constructing a new sidewalk along the entry drive to ensure students can walk to school safely.

On the high school/middle school campus, air conditioning will be installed in the Performing Arts Auditorium and the sound system, theatrical lighting and stage riggings will be upgraded. Air conditioning will also be added in high school classrooms, while the heating ventilation and air conditioning will be improved in the middle school and the roof will be replaced.

In addition, a new access to the Old Croton Aqueduct from the high school/middle school campus, with a secondary path leading to the Aqueduct trail, will be created along with a retaining wall.

Bidding and awarding of contracts for the projects is planned in early 2021, and construction is anticipated to run from the spring 2021 through the fall 2022.

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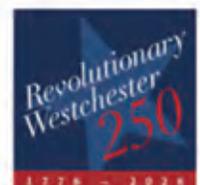
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# Nobel Laureate

Continued from page 1

native of Tarrytown, thank for his prize? His Sleepy Hollow High School biology teacher, Rose Nelson.

He did so not just in his remarks to colleagues at Johns Hopkins, where he called her “my inspiration,” but in response to virtually every call or message of congratulations. He quoted her as saying to her students, “Now when you win your Nobel Prize, I don’t want you to forget that you learned that here.”

No, she was not specifically addressing young Gregg Semenza when she said that, insisted the 1974 Sleepy Hollow graduate in a phone interview with *The Hudson Independent*. And she was not demanding credit for whatever success any of them might achieve. “It was not about her at all. It was about the science and education.”

Rose Nelson was not an ordinary high school teacher, by all accounts. She had a Ph.D. in endocrinology from the University of Cincinnati. She had worked as a post-doctoral fellow at the Marine Biology Laboratory in Woods Hole, Massachusetts. Her husband, Norton Nelson, whom she met in the halls of graduate school in Cincinnati, was a renowned scientist in his own right, considered by many to be the father of environmental medicine and one of those instrumental in the establishment of the Environmental Protection Agency, according to their daughter, Margaret Nelson, who has a Ph.D. in neurobiology.

Rose left her scholarly career to raise children in the Nelson’s home in Philipse Manor. “As we were all growing up, she clearly needed something else to do,” recalls Margaret. “What she really wanted to do was to teach kindergarten and first grade because she really loved small children. She sometimes said that she would



Nobel Laureate Dr. Gregg Semenza, Sleepy Hollow High School Class of 1974.

have just gone on having children forever if my dad were amenable.” Instead, she started to take the train in to NYU to earn a Master’s in Education, a requisite for teaching in the public school system.

Well before she started teaching, Rose was active on the Sleepy Hollow (then North Tarrytown) School Board, eventually becoming its president. When in the early sixties the Superintendent of the school came to her, somewhat in desperation because the high school biology teacher had taken a medical leave, she agreed to take over his classes. “The rest, as they say, is history,” said daughter Margaret.

What made her unique as a high school biology teacher was her Ph.D., recalled Gregg Semenza. “She understood what laboratory research was about—the process of discovery,” he said. “She wouldn’t just rattle off facts but go into their history: who made the discovery and how—and how it was received at the time. She put it all into a very personal context and

**MORE» on page 21**

# Tarrytown Development

Continued from page 1

Lawrence’s commercial and residential brokerages makes us uniquely qualified to represent this important new development.”

However, Tarrytown Village Administrator Richard Slingerland said Houlihan Lawrence’s announcement was “premature” since plans for the homes and retail were only in the early stages before the village Planning Board. He noted the Building

Department had yet to receive an official application for the brewpub.

On September 16, following three separate opportunities for the public to comment, the Village Board voted to rezone one of the lots from Waterfront Business to Industrial to pave the way for the brewpub.

Trustee Becky McGovern recommended the applicant keep residents of nearby Franklin Court informed throughout the process about the status of the brewpub/

restaurant.

Slingerland said the concept for what is being pursued on the property is consistent with the village’s Comprehensive Plan.

“The general view is the mixed-use business and residential development in very close proximity to the train station fits in the transit-oriented district and falls in line with the Comprehensive Plan,” he said, noting the review process would take six months or more.



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# Tarrytown's New Asst. Village Administrator Fulfilling Tasks

by Robert Kimmel

Tarrytown's newly appointed Assistant Village Administrator, Joshua Ringel, now within his fourth month on the job, appears to be seamlessly accomplishing the work for which he was employed. Ringel was chosen from a large list of candidates competing for the job, according to Village Administrator Richard Slingerland.

"The village had planned for several years to establish the position of Assistant Village Administrator," Slingerland stated. "After we published a regional advertisement, we received dozens of applications from all around the country. We narrowed the field down to the candidates with the best qualifications and experience and, ultimately, were able to hire Mr. Ringel."

Ringel comes to Tarrytown after having served four years as Assistant to the Village Manager in Scarsdale and worked with the New York State Legislature. "His experience working as a staff person in the offices of the State Legislature, and his experience working for the Village of Scarsdale, made him the perfect fit for our needs here in Tarrytown, especially considering the many grant projects and capital construction projects we have going on right now in Tarrytown," Slingerland explained.

Compared to his Scarsdale job, Ringel said his new position is, "giving me greater responsibility and involvement in more

aspects of village government" which he said he is pleased about. "There is a lot going on in Tarrytown, and the challenges are different than they were in Scarsdale."

"Scarsdale is more of a bedroom community, whereas Tarrytown has a tourism industry going on, with hotels and also different land use issues," Ringel said. "These differences create a diverse set of things to learn." In noting that Scarsdale had 255 employees, while Tarrytown has approximately 90, he said he is getting to know workers on a personal level here, is able to "connect a face to a name" in the various village departments and now "knows whom to go to in order to get a job done."

Ringel characterized his new job as "definitely a promotion," and pointed out that his greater responsibilities in Tarrytown include either he or Village Treasurer James Hart having to take charge and "look over matters and see how everything is going" when Slingerland is away. "It keeps you on your toes," Ringel said.

Prior to his Scarsdale position, Ringel was employed for two-and-a-half years as Deputy Chief of Staff in the Albany of-



Joshua Ringel

ice of New York State Assemblyman Andrew R. Garbarino (Rep. District 7) where he handled administration and research and analysis of legislation. At that time, he was also studying for his Master's Degree in Public Administration at Rockefeller College of Public Affairs and Policy from which he graduated in 2015. Ringel was also an intern working

for then Assemblyman Joseph D. Morelle (Dem. District 25) during his undergraduate attendance at SUNY, Albany.

While employed in Albany, Ringel was a volunteer member of the Community and Accountability Board which was run by the District Attorney's office and focused on civil rights and social action. He explained that the board would hear the cases of persons charged with lower level

criminal offenses such as shop lifting and question them to determine whether they might be eligible for community service or other remedies, including rehabilitation, rather than having to face the court system.

As for his inclination toward public service, Josh, as he is better known, explained that he has "always liked helping people." Raised in Hastings-on-Hudson, he attended school there, was on the varsity baseball team and the JV basketball team at Hastings High School and served as an intern with the Town of Greenburgh. "It's nice to be back in the rivertowns, and interesting to see how things have changed over the years," he noted.

Living in northern Manhattan with his wife of 18 months, Joanna, Ringel engages in a "reverse commute" each workday. He apparently intends to maintain that status, defining his Tarrytown job as "great," and saying he hopes to maintain the status quo for "a good while."

"We are very happy to have him on our team here," Slingerland said.

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# Revisiting the Founding Era Explores History's Ongoing Themes

by Robert Kimmel

Issues confronting American colonists during the formation of the United States, and which of those resonate today, were among subjects highlighted at a Town Hall meeting at Warner Library in October when a panel of four history scholars "Revisited the Founding Era." Presented by Warner Library and *The Hudson Independent*, the discussion embraced four periods: Declaring Independence, Realizing Independence, Creating the Constitution, and Governing the New Nation. Barrett Seaman, *The Hudson Independent's* Editorial Board Chair, moderated the panel that included Jessica Hunsberger, Patricia Bonomi, Richard Hoffman and Richard Rose.

Hunsberger, Social Studies Department Chair at Sleepy Hollow High School, who has taught AP Government and Politics for most of her 24 years there, focused on "Declaring Independence." She noted that when asked why the United States government has survived, many of her students answer: "The Constitution." Her response to them, however, has been that many nations with constitutions have not survived. She attributed this nation's survival to "American political culture: democracy, liberty, equality, civic duty and individual dissonance."

Bonomi, Professor Emerita of History at New York University, where she taught for 26 years, spoke about the "Realizing Inde-

pendence" period. Up to the fall of 1777, she explained, "the War of Independence had not gone well," although all 13 states had written their own constitutions. The Declaration of Independence was signed in July of 1776; but two issues — slavery and religion — had not been resolved. "All of the founding fathers held slaves except one, John Adams," she noted. Adams' wife, Abigail, wrote, "I wish that there was not a slave in the colony."

Bonomi quoted Patrick Henry whose words she described as "the most honest" she ever read from that time: "Isn't it amazing that in this country, above all others, there is a slave system?" Although Henry had slaves, he said: "I will not and cannot justify it."

Southern states opposed the abolition of slavery, Bonomi recounted. "Slavery was not abolished in any of the original state constitutions. The issue was not resolved until the Civil War."

Hoffman, who has taught American History and Government at Dobbs Ferry High School for 27 years, discussed "Creating the Constitution." He described the initial gathering on May 25, 1787 of representatives from 11 of the 13 states in "hot and sticky weather" in Philadelphia. They were there initially to amend the Articles of Federation drafted by Congress during the war with Britain 10 years earlier. Yet that document, Hoffman said, "looked more like an agree-

ment or treaty among states than a constitution per se. There was no President, Executive Branch, nor Supreme Court." Within the Congress, there was only one chamber, and "each state had equal say." Hoffman added that the colonies had amassed heavy debt during the war with Britain, much of it owed to France, and had no way of enforcing tax collection by the states.

The representatives "decided the best solution was to start over to create a new constitution for the United States." Hoffman cited a number of issues to be resolved, including how much power states have versus the national government. Another issue, different sized state populations, was solved by a "compromise" with the creation of a House of Representatives and a Senate. Whether to count slaves as part of a population for representation was decided by having slaves count as three-fifths of free men. "That existed until the abolition of slavery," Hoffman added.

An issue still debated today was "How much power should the new Executive Branch, the President, have? Very few representatives supported a national vote for President," Hoffman said. Regarding a bill of rights, the representatives decided to wait for that to be adopted later in order to get the constitution ratified. The Bill of Rights, as its first 10 amendments was known, was adopted in 1789.

Rose, Tarrytown's Historian and past

president of the Historical Society, who has taught for 45 years, spoke about "Governing the New Nation," describing that effort as "not easy." The Revolutionary War and determining framework of government, he noted, were "all about power" and "who has the power to do what to whom?"

One of the first topics Congress addressed in "applying the concept of its newly acquired power" was freedom of speech, Rose explained. "Colonists had demanded it in the Constitution and made sure they got it in their state constitutions." With the formation of political parties, people began to express divergent opinions. During the administration of Federalist Party's John Adams and his Congress, "people were speaking out against the President and government about the undeclared naval war with France."

"Some people said this was sedition, undermining our country," and Congress passed the Alien and Sedition Acts in 1798 to curb "criticism of the President and the nation's behavior during this war." The party doing most of the criticism was the Jeffersonians, the Democratic-Republicans," Rose said. "Several hundred people went to jail." The laws also made it more difficult for immigrants to vote and prolonged the time it took to become a citizen, from five to 14 years.

Rose discussed the Electoral College, **MORE» on page 21**



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# Halloween Viewfinder

1. The Headless Horseman greeted visitors at Sleepy Hollow Cemetery.
2. Ghouls came out of the shadows at the Sleepy Hollow Haunted Hayride.
3. Village officials led the 2019 Tarrytown Halloween Parade.
4. Children dressed in costumes at the annual Sleepy Hollow Philipse Manor Improvement Association Block Party.
5. Tarrytown Historian Richard Rose and family attended Tarrytown Parks & Recreation 2nd Annual Trunk or Treat event.

— Photos by: Sunny McLean



# Community Newsletter

November/December 2019

## Baby, It's Cold Outside: **Accidental Hypothermia and Cold Injuries**

Author: James Y. Lindsey MD



Despite our best efforts to keep ourselves warm in the winter, cold injuries of varying severity happen. Whether you're in wet socks after a day on the ski slopes or shivering after cleaning the snow off of your car – we're all at risk of accidental hypothermia.

Hypothermia is a condition defined by an abnormally low body temperature, typically below 95 degrees Fahrenheit. Hypothermia occurs when your body loses heat faster than it can produce. Our bodies maintain a core body temperature around 98.6 degrees Fahrenheit + 1 degree through a series of adaptive physiologic behaviors. We produce heat by shivering. Our body's stress response hormones accelerate our metabolism and generate heat. Our blood vessels constrict to minimize heat loss. Due to our body's limited physiologic capacity to respond positively to cold conditions, our cold-weather behavioral adaptations are critical to defending against hypothermia.

Beyond prolonged cold exposure, people at higher risk for accidental hypothermia include children, the elderly, people under the influence, those with inadequate access to shelter or heat, and individuals with chronic illness.

The spectrum of peripheral extremity cold associated injuries is as follows, from least severe to most severe:

- **Chilblains:** Superficial red or blue skin sores, or bumps to the hands or feet. Chilblains only affects the surface of the skin and can cause a variety of sensory symptoms, such as itching, burning, and localized pain.

- **Frostnip:** Very similar to chilblains; however, it has a white appearance. Frostnip only involves the surface of the skin and is often exhibited when one is exposed to damp conditions (wet socks or gloves). Frostnip may cause numbness and tingling.
- **Frostbite:** Extreme cold exposure that causes skin tissue to freeze. Frostbite often causes blistering, swelling, sloughing of skin, and looks similar to a thermal burn. Frostbite requires professional medical management and can cause significant permanent damage if one is not rewarmed in a timely and effective manner.

Chilblains and frostnip can be treated by rewarming and an aloe vera cream or lotion every 6-8 hours. Over-the-counter acetaminophen or ibuprofen may be used for pain control, as long as you don't have any other medical contraindications while taking these medications. If you have questions, call your primary care doctor.

Frostbite injuries can cause permanent sensory and motor damage and should be taken seriously. These injuries require adequate tetanus prophylaxis and should be rewarmed under the care of a medical professional. If you develop signs or symptoms of frostbite, seek medical attention immediately.

Winter can be a beautiful time of year, filled with holiday spirit and time with family and friends. However, cold weather conditions can punish our bodies and preparation is vital to prevent cold associated injury. We should take extra care of ourselves, vulnerable populations, and our most vulnerable loved ones throughout the winter season.

Should you have a weather-related emergency this season, our state-of-the-art emergency department features private treatment rooms and our team offers compassionate care for you and your loved ones.

## Can Certain Foods Make You Happier? Yes, Say Researchers What you eat doesn't just affect your body— it affects your brain, too.

Author: Jancee Dunn

Not long ago, my husband, Tom, came home and observed my scowling face with alarm.

"OK, what's up?" he asked warily. I ticked off a list of irritations: our next-door neighbor's yappy new dog, a barrage of robo-calls, a coworker's latest drama. As I ranted, Tom cast a quick glance at a ravaged bag of double chocolate chip cookies on our kitchen counter.

"Let me guess," he said with a sigh. "You ate a bunch of cookies."

I had to laugh. After many years of marriage, Tom knows that after I go on a sugar jamboree, I'm irritable, antsy, and generally not that much fun to be around.

Anyone who has been "hangry" after skipping lunch—or woozy after a turkey dinner—knows that there is a pretty strong connection between food and mood. Now the research is mounting that eating nutrient-rich foods can actually improve your mental health.

Researchers in the emerging field of nutritional psychiatry are finding a notable link between what you eat and what you feel, particularly when it comes to managing depression and anxiety. More and more, doctors are recognizing that diet should be part of treatment—and are even prescribing certain foods alongside therapy and medication. A recent study published in *BMC Medicine* found that those with depressive symptoms had a "significant reduction" after 12 weeks on a healthy diet.

It makes sense that food should affect one of our biggest organs—the brain.

The *World Journal of Psychiatry* recently published a paper listing 12 nutrients key to managing depression and anxiety, among them vitamin A, magnesium, potassium, zinc, and selenium. Here are some others that have been shown to improve your mood.

### Omega-3s

Research shows that societies that don't eat enough omega-3 fatty acids may have higher rates of depressive disorders. Omega-3s, found in fatty fish like salmon, flaxseed oil, walnuts, and fortified foods like eggs and milk, are thought to have anti-inflammatory properties that might relieve depression. Two omega-3s—EPA and DHA—seem to have the most potential to help those with mood disorders, including postpartum depression.

### Vitamin C

Low levels of vitamin C have been tied to fatigue and depression, says Nina Eng, Northwell Health's chief clinical dietitian at Plainview Hospital in Plainview, New York—and when people boost their intake by eating foods like oranges and red peppers, their anxiety lessens.

### Vitamin D

Last winter, I had a bad case of seasonal affective disorder (SAD). When I mentioned it off-handedly during a checkup, my doctor immediately ordered a blood test for D levels. They were exceedingly low—and when I took supplements, within about a month's time, my SAD receded. The Sunshine Vitamin shows real promise: A 2013 meta-review in the *British Journal of Psychiatry* found that low levels of vitamin D are associated with depression.



### Dark chocolate

Chocoholics, rejoice! Science has confirmed what many of us knew all along: Chocolate makes us feel good. Cocoa beans contain flavonoids—powerful antioxidants derived from plants that have been shown to improve your mood. A 2016 Nurses' Health study of more than 80,000 women in midlife and older with a history of depression found that eating foods with flavonoids was linked with a lower risk of experiencing it.

### Fermented foods

There's compelling evidence that eating fermented foods convey probiotics ("good bacteria") to the gut, which has been linked to the production of serotonin. About 95 percent of your serotonin is produced in your gastrointestinal tract. "Low levels of serotonin are associated with depression, which is why medications that increase serotonin levels are used to treat it," says Dr. Jodie Eisner, a New York City psychologist.

### A Mediterranean-style diet

Beloved by nutritionists, the Mediterranean diet is high in fruits, vegetables, whole grains, legumes, nuts, fish, lean poultry, and mono-saturated fats such as olive oil—all of which provide a bounty of nutrients shown to help ward off depression.

"The Mediterranean diet is high in folate and B vitamins," says Eng. "There's a correlation between low levels of folate and B vitamins and depression, and folic acid improves response to antidepressant medication."

### Foods to avoid

We all know that unhealthy foods aren't good for your body, but research is emerging that suggests reaching for that second sprinkles-encrusted doughnut is not great for your emotional health, either. Scientists are still grappling with whether poor nutrient intake leads to depression, or whether depression causes people to eat a poor diet. Even if the cause is still unclear, the results are compelling: A 2014 study in Brain, Behavior and Immunity found an association between depression and a diet heavy in sugar and foods made with refined flour.

Why? The simple sugars in junk foods like soda and candy can make your blood sugar spike and dip like a roller coaster. They're digested much more quickly, leading to a temporary bump in serotonin. "This increase initially makes you feel happier and less stressed," says Dr. Eisner. "But the problem with these foods is that as quickly as your serotonin increases, it dramatically drops, leaving you feeling anxious, irritable, lethargic,

and unhappy." Researchers have also found an association between depression symptoms and trans fats—another frequent ingredient in junk food.

Scientific research on diet and mood disorders is still in its adolescence and there are many complex, intertwined factors that contribute to depression, from genetics and environment to lifestyle factors such as smoking and weight. Experts say eating nutritious foods to improve mood is most effective as part of a more comprehensive program including therapy, sleep, exercise, anti-stress measures, and, if needed, medication.

Still, what's good for your body is good for your brain. Changing your diet won't necessarily stop your clinical depression, but it could help, equipping you to deal with it more effectively. "The very first step in learning how to regulate our emotions is taking care of our bodies," Dr. Eisner points out. "When your body is functioning optimally, you're less vulnerable to the impact of negative emotions."

Calming stress and lowering anxiety—even more evidence that it's always a good idea to eat your vegetables.

## Stuffed Mini Pumpkins with Wild Rice & Sage Stuffing



**Yield:** 6-8 Mini Pumpkins  
**Prep time:** 25 minutes  
**Cook time:** 1 hour  
**Difficulty Level:** Medium

### Ingredients

- 1 ¼ cups Uncooked Wild Rice
- 2 ½ cups Water
- 6 to 8 Mini Pumpkins
- 2 Tablespoons Olive Oil
- 2 Tablespoons Whole Butter
- 1 # Finely Diced Butternut Squash
- 1 cup Finely Chopped Yellow Onion
- 1 cup Finely Diced Apple
- ¾ cup Dried Cranberries
- 2 Tablespoons Fresh Chopped Sage

### Preparation

- 1) To cook the wild rice: Combine the wild rice and the water and bring to a simmer. Cover and continue to simmer over a low heat for 35-45 minutes; or until the water is gone and the rice is tender and fluffy. If your rice still is hard at this point, add another ½ cup of water and continue to cook the rice covered over a low heat for another 15-20 minutes.
- 2) To cook the butternut squash: Bring a small pot of water to a boil and add in the diced squash. Simmer the squash until fork tender, remove and drain well.
- 3) Preheat the oven to 350 degrees F.
- 4) Carefully slice the tops of your mini pumpkins and scoop out the seeds, (reserve the seeds for roasting and then topping the dish if desired). Rub the exposed flesh of the pumpkins with a little olive oil, salt and pepper. Roast the pumpkins and their tops in a roasting pan, covered with tin foil for 15 to 20 minutes, or just until the pumpkins are tender.
- 5) Meanwhile, heat a large skillet over medium heat and add the whole butter. Add the chopped onion. Sweat the onion in the melted butter until it is tender and translucent in color.
- 6) Add the diced apple, and continue to cook for about 2 to 3 minutes stirring often.
- 7) Stir in the cooked wild rice, cooked butternut squash, dried cranberries, and chopped sage. And continue to cook until the mixture is hot. Season with salt and pepper to taste.
- 8) Arrange the pumpkins in a large baking casserole and stuff each pumpkin with the wild rice mixture.
- 9) Place the casserole in the oven and bake for 10-20 minutes or until the pumpkins are soft and the wild rice stuffing has heated through.

## November/December 2019 Healthy Life Calendar

Phelps Hospital offers the community a wide range of programs on health-related subjects as well as numerous health screenings and support groups. Most events are free and take place on the Phelps campus, 701 N. Broadway in Sleepy Hollow, unless otherwise noted.

### Vitality Programs

#### Keeping Memory Alive

1st Monday of the Month  
November 4, December 2  
10:00 am-11:00 am  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

#### Mind Games for Fun

1st Wednesday of the Month  
November 6, December 4  
2:00 pm – 3:30 pm  
Phelps Boardroom - "C" Level

#### Bereavement Support Group

1st and 3rd Thursday of the Month  
November 7, December 5  
12:00 pm – 1:00 pm  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

November 21, December 19  
12:00 pm – 1:00 pm  
Phelps Hospital 755 Building, 2nd Floor,  
Room 235

#### Alzheimer's Caregivers Support Group

2nd Friday of the Month  
November 8  
10:00 am – 12:00 pm  
Phelps Hospital - 755 Building, 5th Floor,  
MSB 545

#### Alzheimer's Caregivers Support Group

2nd Friday of the Month  
December 13  
10:00 am – 12:00 pm  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

#### Meditation

November 13, December 11  
11:00 am – 12:00 pm  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

November 27  
5:00 pm – 6:00 pm  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

#### Breakfast Club – Emergency Services

2nd Thursday of the Month  
November 14  
8:30 am – 10:30 am  
Phelps Hospital Cafeteria

#### Breakfast Club – with Dr. McCormick

2nd Thursday of the Month  
December 12  
8:30 am – 10:30 am  
Phelps Hospital Cafeteria

#### Osteoporosis Program

2nd Thursday of the Month  
November 14, December 12  
10:30 am – 11:30 am  
Board Room - "C" Level

#### Senior Steps – Hearing Screening

3rd Tuesday of the Month  
*Appointments are required*  
November 19  
10:00 am – 11:30 am  
777 Building, Suite 303

#### Senior Steps – Incontinence Screening

3rd Tuesday of the Month  
*Appointments are required*  
December 17  
10:00 am – 11:30 am  
777 Building, Suite 303

#### Functional Medicine – An Individualized Approach to Health

3rd Wednesday of the Month  
November 20, December 18  
9:00 am – 11:00 am  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

#### Parkinson's Support Group

November 26  
2:30 pm  
Phelps Hospital Family Medicine  
Residency Conference Room, 4th Floor  
of 755 Building

For more information, please contact  
Ellen Woods at (914) 366-3937  
or email [Vitality@northwell.edu](mailto:Vitality@northwell.edu).

### Cancer Institute

#### Cancer Institute Community Day

November 19, December 17  
10:30 am – 4:30 pm  
Phelps Hospital, Radiation Medicine  
Conference Room, 1st Floor of 777  
Building  
*For more information,  
please call (914) 366-1661*

#### Northwell Health Cancer Institute Breast Cancer Support Group

November 7, November 21, December 7  
6:00 pm – 7:00 pm  
Phelps Hospital, Radiation Medicine  
Conference Room, 1st Floor of 777  
Building

### Other Support Groups

#### Better Breathers Club/Pulmonary Fibrosis Support

November 12, December 10  
12:00 pm – 1:00 pm

Pulmonary Lab, Basement Level of 701  
Building

*Please call (914) 366-3712  
for more information*

### Bariatrics

#### Bariatric Seminar With Dr. Forrester

November 15, December 3  
6:00 pm – 7:00 pm

Atrium, by the lobby of the 701 Building

*Please call (914) 269-1875  
for more information*

# Irvington QB Daly Heralded as a Selfless Team Player

by Tom Pedulla

In an age when self-aggrandizement and selfies are celebrated, Irvington senior Aidan Daly offers a refreshing alternative. He is a selfless team player, a humble young man.

Daly had two quarterbacks ahead of him as a freshman, Liam Toolan and Joey Clewell, so he listened and learned. He continued to learn everything he could behind Toolan as a sophomore and then through the first half of his junior year before opportunity finally knocked.

He impresses teammates and coaches with his willingness to do whatever it takes to help the team. No task is too menial.

“For three years, he helped put the water station away. He’s willing to help out any way he can,” said Coach Steve Yurek. “He’ll collect the balls, not all of the time, but he will help out. A lot of seniors don’t want to do it because they did it when they were younger. He’s a humble guy like that.”

Standout running back Michael Bren-

nen, also a senior, was among those who admired Daly’s patience while he served as backup quarterback.

“He knew his role. He did all the little things,” Brennen said. “He just tried to be a real team player. And when it was his time, he knew what to do, and he stepped up.”

The 6-1, 205-pound Daly filled needs as long snapper, outside linebacker and wide receiver while studying the intricacies of the offense in anticipation of the opportunity to call signals. He admits there were times when he wondered if his shot would ever come. He also said his role as an understudy “probably made me better in the long run.”

With Irvington struggling through a difficult season last year, Daly was given in-



Aidan Daly is looking at bringing talents to the next level.

valuable experience when Yurek handed him the keys to the offense with three games left. If he did not realize it before, he quickly learned how complex it is to play quarterback.

“Last year, during my first starts, it was crazy, it was madness trying to find my reads and everything,” he said. “This year, by the second game everything slowed down, and I was able to see the full field finally. That starts to come with more experience and getting a feel for the position.”

Daly added: “Getting the chance was amazing, and it was great to get that last year so that this year, I didn’t just walk in with no experience. I knew what I was doing.”

Daly credits his parents, Susan and Patrick, with instilling in him the need to take

responsibility for his actions and to be a leader by example. Whatever the source, he is giving Irvington what it needs at a critical position. Although the Bulldogs have had a difficult time stopping opponents, their offense has typically been prolific, with Brennen and junior Trevor Annicharico spearheading an effective ground game.

“He’s been a tremendous leader on and off the field,” Yurek said of Daly. “He’s the first one here. He plays through bumps and bruises.”

Daly is communicating with coaches at Division 2 and 3 schools as his high school career winds down. He has attributes coaches at the next level seek – size, arm strength and work ethic, among others.

“I think he can play at the next level and play well at the next level. He’ll make a lot of plays,” Yurek said. “He’s not really a running quarterback, but he can break a lot of tackles and get first downs and break tackles to give receivers time to get open. Those are things colleges like and we like.”

# Senior Captain Palicz Key to Dobbs Ferry Success on Gridiron

by Tom Pedulla

Dobbs Ferry football coach Joe Cox paid senior captain Thomas Palicz the ultimate compliment when he said of him, “He’s wanted to be great.”

Palicz dreamed of playing for the Eagles at a young age. When the opportunity finally arrived, he not only wanted to play for them but to make his mark.

He was given the large responsibility of being the starting center as a freshman. He has since become a 6-3, 230-pound mainstay on the offensive and defensive lines as a right tackle and defensive tackle.

“For being on the offensive line and defensive line, your mentality is just push, go right through them, do not get pushed back at all,” Palicz said.

He pushes teammates to have the same desire. That mentality helped Dobbs Ferry win the Section 1 Class C championship in two of his first three years and to play for the state title last season. But it is probably

best not to mention that finale at Syracuse’s Carrier Dome to Palicz.

He loved the setting, not the outcome. The Eagles suffered a lopsided defeat that adds to Palicz’s fire.

“I walked into this season with the biggest chip on my shoulder that I ever had in my life,” he said. “It gives me motivation every day to try to go back and have a second chance.”

Palicz said he remembers the stinging setback “like it was yesterday.” It helped him to realize how precious such opportunities are.

“All that time you spent in the weight room, how much you worked for it, obviously it didn’t go your way,” he said. “The seniors’ last year, they didn’t have another chance. But I’d like to be the guy who gives some more hope to this team.”



Thomas Palicz

Palicz is among the players others looked to when adversity struck this season in the form of injuries to two key players. Prolific running back Thomas Ritch has been working his way back from a high ankle sprain while fullback Jack Fessler hurt his collarbone.

At times of uncertainty, players know they can look to Palicz to steady them.

“He knows pretty much every position, every responsibility,” said senior Tyler Sepinski. “If you don’t know something, you can pretty much go and ask him.” The versatile Sepinski has shifted from tight end to guard to fullback to meet the team’s needs.

Cox is in his first year as head coach after previously serving on the staff of Jim Moran, his predecessor. He has come to rely on Palicz’s ability to make in-game adjustments.

“He’s like having another coach on the field,” Cox said. “His ability to understand everything that is going on with the offensive line in particular and be able to correct things that he sees that I might not see, that sort of extension of the coaching staff is something we are so lucky to have.”

It is difficult for any player to be a four-year varsity starter, especially at a well-established program such as Dobbs Ferry’s. Most freshmen lack the size and strength to meet the demands of varsity competition.

Palicz always offered size as an advantage. He soon added strength to become an imposing figure on both lines.

“He was a really good football player from a young age, and he’s gotten better every year he’s been with us. He’s been an incredibly hard worker,” Cox said.

Palicz also does well academically and aspires to play in college. He mentioned Columbia as one possibility.

“I definitely think he belongs at the next level,” Cox said.

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# Q&A: Concussions in Youth Sports

by Tom Pedulla

With youth and high school sports in full swing, Dr. Mark Herceg, a neuropsychologist at Phelps Hospital, participated in a question-and-answer session with *The Hudson Independent* for the benefit of young athletes and their parents.

Before Dr. Herceg joined Phelps, he served as Westchester County's Commissioner of Mental Health from 2015-2017. He chaired a 28-member County task force that explored best practices for concussion management. Dr. Herceg grew up in Dobbs Ferry and lives in Irvington with his wife and their three daughters.

**Q: How significant is the concussion issue in youth sports?**

A: Youth sports remain what we kind of refer to as a black hole. In many youth sports or modified sports or pre-high school, there aren't protocols in place in a lot of these organizations. There aren't particular requirements. However, in youth hockey, USA Hockey for this coming season is actually the first one, I believe, to say that a youth who has a suspected concussion cannot come back to play without a doctor's clearance, which is very different than the past.

**Q: What is baseline testing?**

A: Basically, it's a 20-minute test that looks at attention, concentration, memory, processing speed. It's to get the temperature of how the brain's cognitive state is.

**Q: How important is it for a young athlete to have a baseline test?**

A: I always tell parents if you are going to get your kid baselined, have them tested by someone who really understands the brain and brain injury.

**Q: What typically causes a concussion?**

A: For most cases, it's a direct blow to the head or it can be a whiplash injury where the head is snapped either back and forth forward or sideways.

**Q: Can the severity of a concussion be measured?**

A: No. A concussion is a concussion. We used to do that. We used to say Grade 1, Grade 2, Grade 3 concussions. We've done away with that for almost 10 years now.



Dr. Mark Herceg

The symptoms can have varying degrees of severity, but we diagnose it as a concussion.

**Q: Once a concussion occurs, is there a greater risk for more?**

A: Yes. With each concussion, the risk increases. What is most important is to do everything you can not to have a second injury within the first 10 days of the first injury. We call that the cerebral window of vulnerability. You don't want to have another injury as your brain is in an acute stage of healing.

**Q: Are there symptoms that young athletes and their parents or guardians should watch for?**

A: The number one symptom is headaches. It's visual and balance issues. Those are the three main ones.

**Q: Why is it that concussions did not seem so prevalent years ago? Were they going undiagnosed?**

A: As much as we knew about the im-

pact of a blow to the brain, I don't think we knew the nuances, how the nuances linger, how they can play a role in the child and high school and college player's academic life and the impact there.

**Q: Do you believe that the rewards associated with high-contact sports outweigh the risks?**

A: That's the million-dollar question. My daughter (Nina) plays high-level competitive travel hockey. She has had two concussions in the past three years. One was she was checked head-first into the boards. Another was she was checked by another girl this past summer and the body hit caused her to move her head in a violent manner. She recovered both times thankfully, and I made sure that we have people here who checked her out to make sure nothing was lingering. I think we need more data. For those who have no history of concussions, I think the benefits outweigh the risks. If a child has had a number of concussions or if a child has a history of learning disability, I think we have to be careful about putting them at risk. We have to look at it individually.

**Q: Is Nina continuing to play hockey?**

A: Yes, she is continuing to play. She loves the camaraderie of it.

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# It's Kids' Time at the Tarrytown Music Hall

by Susan Tolchin

The Tarrytown Music Hall has decided to give children of various ages a way to create their own theatre productions. From In School Residencies to In Theatre workshops, the Music Hall Academy, now beginning its second year, is enriching the lives of kids and encouraging them to make The Music Hall their special place.

Thanks to a partnership with the Foundation for the Public Schools of the Tarrytowns and the School District, the Academy will be directing *Willy Wonka*, performed by fourth and fifth graders at the Washington Irving School. Currently in rehearsal with a cast of 55, the show will run November 13-14 in the school's theatre/auditorium. While the kids are "having a ball," said Peter Royston, director of the Music Hall Academy, "they are also learning a lot."

Royston is a theatre educator and teacher with 15 years' experience, who has worked with the Tarrytown and Irvington school districts. He believes in making theater part of the school curriculum.

"Kids these days are bombarded by distractions from screens: in their homes, schools, even in their pockets," he said. "Theater offers a welcome respite from these daily distractions, helping kids develop the intense focus and creativity of the arts, while

giving them the same kind of confidence and dedication you get from sports. Theater is about problem solving: How do I memorize my part? How do we bring a river on stage? How do we make someone fly? What better place to develop these skills than the interactive teamwork of the theater."

His comments were echoed by Bjorn Olsson, the Music Hall's Executive Director. "We wanted to start an educational program where the focus is on process—not the performance itself. We want young people to engage in the arts for the enjoyment it can bring to them. People today go to concerts or the theatre to see the professionals. It's passive. We want to educate young people to be participants of the arts...to carry that experience with them for personal growth."

At Washington Irving, *Willy Wonka* is played by fifth grader Iris Griffin. "To perform a show, you need to put a LOT of hard work into the production: memorization, attending rehearsals, roping them into your schedule, and the long and stressful tech week. But in the end, it's all worth it, because theater is awesome!" she said. Other students with leading roles are Kieran Raghavan and Dylan Smith. The kids rehearse after school and in the Music Hall on weekends.

A second In School Residence production is *The Lion King*, which will be performed

by 40 youngsters in grades 4-8 at Saints John and Paul School in Larchmont. In rehearsal now, led by Royston and his team of artists and educators, the show will run December 6-7. The Academy is actively looking to expand their in-school productions.

## In Theatre Workshops

In addition, the Academy runs several In Theatre Workshops at the Music Hall. In rehearsal now is Shakespeare's *The Tempest*, which will be performed at the Music Hall on December 16 by second to fifth graders from all over the county. It may seem a stretch for performers so young, but Royston doesn't think so.

"When working with Shakespeare for younger kids, I work very hard to shorten the play while not 'dumbing down' the language or the story," he said. "Young people, even kids as young as second grade, really respond to the stories and characters of Shakespeare. They are amazed at how influential Shakespeare has been to pop culture they follow every day - from *Harry Potter* to *Lord of the Rings* to Marvel superheroes like Thor and Dr. Strange."

The show runs about an hour, and the children rehearse with Peter for two hours a week for 10 weeks. The Academy plans to offer another theatre production this spring as well as other programs. New sessions be-

gin in late February/early March.

While the cast for *The Tempest* is set, other fall workshops are still open to new arrivals and fees are pro-rated. These include "Sound Magic," where educator and musician Neal Spitzer teaches young people in grades three to high school the intricacies of sound recording and editing and offers them the opportunity to interview Tarrytown Music Hall stars and record their music.

Another program currently offered is "Dancing Through the World," a Pre-K and K-1 workshop where puppeteer and theatre artist Jill Liflander takes kids on a magical journey to different countries where they explore that nation's culture, games, songs and dances. This and other workshops will be offered in the next session.

"We want young people to know that whatever they do in life, they will carry their experience of the arts with them," said Olsson. "We hope that encouraging them to being active participants now, will light a spark in the arts for the rest of their lives."

For The Music Hall, the Academy is a way of giving back to the arts community, which has been so generous to them. The Academy hopes to expand its offerings, to include bilingual programs. For more information, go to [www.tarrytownmusichall.org](http://www.tarrytownmusichall.org).



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## Nobel Laureate

Continued from page 12

made it clear that what we knew didn't just drop down out of the sky but was the work of scientists over decades and centuries."

Other Sleepy Hollow students were touched by Rose Nelson as well, said Dr. Semenza. One was a classmate of his, Dr. Amy Behrman, now Medical Director of Occupational Medicine at the University of Pennsylvania's Perelman School of Medicine. "If you had any sense at all, you found a way to get into Rose Nelson's AP Biology class," she remembered. "I wasn't really focused on science and medicine until I met her."

"She really was a brilliant teacher," said

Dr. Behrman. "The people who teach the best are the people who love it and enjoy it the most. She just had such a profound sense of joy in the subject." She also did two things really well, said Behrman: "She was a phenomenal lecturer; she was just riveting. She took us through AP Biology largely from a historical framework." Secondly, she recalled, Nelson was "incredibly good at experiential teaching. We were hands-on a lot. I think it's hard to be both a good lecturer and a good hands-on teacher."

When Amy Behrman's own kids were in high school—"a very good high school"—in Pennsylvania, she recalled, "I remember being very surprised—and not in a good way—at how un-messy the biology

classes were. They weren't wet enough; they weren't messy enough." Rose Nelson's classrooms, by contrast, "were definitely wet and a little messy."

She was also fun: she gave out jelly beans as rewards. "She'd ask a question in reference to something we were studying at the time," said Dr. Semenza. "Depending on the difficulty of the question, the reward would be increased accordingly. You could give a two jelly bean answer or a three jelly bean answer, depending on how well you answered the question."

"It was just intensely fun to be in her class," said Behrman. "You didn't even notice how hard you were working." Once, she and her classmates made a present for their teacher: a fetal pig made of paper ma-

che, filled with jelly beans. "She wasn't just respected; she was beloved."

A tiny woman, by all accounts—"less than five feet tall," said Semenza's mother Kay, still a Tarrytown resident. Nelson needed a stool to be seen behind her lab table. "Very big personality," said Amy Behrman, "very little body." She taught at Sleepy Hollow full-time until June 1983 but returned part-time the following fall to teach another three years.

She died in January 1991 at age 81—almost exactly a year after her husband died, said her daughter Margaret. In crediting Nelson for his Nobel Prize, Dr. Gregg Semenza reminds us of the importance of great teachers and teaching to the health of our society.

## The Founding Era

Continued from page 14

which, he said, "produced an indirect election process," and was the result of the "Founding Fathers not trusting you and me... Looks like someone organized this effort to make sure they had the power, but not willing to share it with you and me." While there is ongoing debate about the Electoral College, Rose saw little chance of it being eliminated totally from the Constitution.

State Assemblyman Thomas Abinanti, who was present, noted that New York's Assembly had signed a statute known as the National Popular Vote Interstate Compact. It would have the state's electoral votes go to whichever candidate gets the majority of votes nationwide. He also questioned whether enough states would pursue changes to alter the Electoral College and warned that, "We are seeing more and more problems with the way we elect a President."

Seaman raised a subject currently in the news: the influence of a foreign power in this nation's government and politics. Bonomi cited President George Wash-

ington's farewell address when "he stated clearly not to have our politics entangled with foreign nations," and that it could be "totally destructive of our great republic."

Audience member Constance Kehoe, Irvington Deputy Mayor and Trustee, referred to the word "elitists" often being used negatively today in political discussions; reference was then made to George Washington and his likely position as an elitist. "A lot of our country's leaders... come from the 'elitist' community, and that is not necessarily bad," Rose said. "We need their leadership."

Under the supervision of its director, Maureen Petry, Warner Library was one of 100 public libraries to win \$1,000 grants from the Gilder Lehrman Institute of American History to conduct events relating to "Revisiting the Founding Era." The American Library Association is also partnering in the project supported by The National Endowment for the Humanities, (NEH). View the complete video of this Town Hall meeting at:

<https://thehudsonindependent.com/revisiting-the-founding-era-a-panel-discussion-in-october-at-warner-library>.



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# Irvington Theater to Host Special Film Screening and Q&A Event November 15

by Shana Liebman

On November 15, the Irvington Theater will host an exclusive screening of *The Lavender Scare*, a documentary about a period of history that few know about — yet which rings eerily familiar today.

In the 1950s, while hundreds were blacklisted during the Red Scare, another witch hunt was secretly underway. An Executive Order, signed by President Eisenhower, ordered the government to fire all workers suspected of being gay. Tens of thousands lost their jobs as a result of their sexuality; many more lost their sense of respectability, their human liberties, and a few took their own lives. This period, brought to light in historian David K. Johnson's 2006 book of the same name, became known as "The Lavender Scare."

The film's director, Josh Howard, who has won 24 Emmys for his work as a *60 Minutes* producer, says he wasn't planning on making a film — until he read Johnson's book. "I was just stunned by the story. I thought I knew American history, gay history, and I just had no idea that the government had embarked on this systematic campaign to eliminate gay people."

He soon realized there is a reason the story stayed so quiet. "When it was going on, there was this conspiracy of silence on both sides that people getting fired didn't want to talk about why they had been fired

because they wanted to stay in the closet. The government didn't want to talk about how many people were being fired because then the question became: "Well, why did you hire them in the first place?"

It wasn't until the

Poster of *The Lavender Scare*.

Below: Protest footage from *The Lavender Scare*

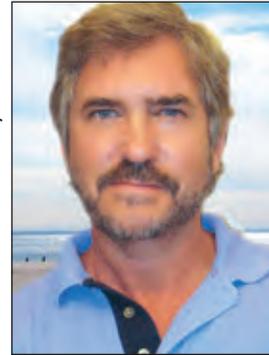


1990s, four decades later, when then-President Bill Clinton prohibited government workers from being fired because of sexual orientation, that many of these documents were declassified. "And it was David Johnson at the Library of Congress going through those documents that discovered them," said Howard.

Howard's compelling cinematic interpretation shares incredible archival footage and brings the major players to life with celebrity voiceovers, including Glenn Close, David Hyde Pierce, Cynthia Nixon — and Frank Kameny, who was fired for "consensual contact" with another man. Kameny went on to form an anti-discrimination group that protested outside the White House in 1965 — a protest that is believed to be the beginning of the gay rights movement.

Howard also added the point of view of the government officials. "David told the story from the perspective of the victims, but we wanted to track down the investigators, the state department officials, the people responsible for not only carrying out the policy but instituting it in the first place," he said.

The story shares parallels to the current administration. As Mark Twain said, "History doesn't nec-



Director Josh Howard

essarily repeat itself, but it often rhymes."

The homophobia of the 1950s, explained Howard, was a direct backlash against an earlier period that was more permissive. "And I think that's something we're seeing today with the issue of transgender military personnel. We now have the Trump Administration at the Supreme Court

arguing against the notion that the Civil Rights Act of 1964 should extend to LGBTQ people. *The Lavender Scare* is an example of how politicians can demonize an entire class of people or minority group for political purposes. I think there are overtones in the immigration debate — that also, as Mark Twain might say, rhyme with the 1950s."

*The Lavender Scare* is crucial viewing for audiences today, said Howard, "Especially those who don't necessarily support causes that are important to LGBTQ people. Because I think they have to understand what our history is and why we are fighting for our rights."

*The Lavender Scare* will screen at Irvington Theater, Friday, November 15; a Q&A with director Josh Howard will follow the film. Wine and popcorn will be available. Irvington Mayor Brian Smith will introduce the evening at 7:30 p.m. with a screening of the short film, *Hiding in Daylight*, by Greg Allen depicting what would happen if a gay purge occurred today. Visit [www.irvingtontheater.com](http://www.irvingtontheater.com) for tickets and more information.

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# Thanksgiving Time with an Ethnic Twist

by Linda Viertel

Every family and chef possesses favorite Thanksgiving recipes and traditions handed down from generation to generation. Special bowls, platters and serving pieces appear, dinners may start at 2 in the afternoon followed by a family walk, or begin at 7 p.m. preceded by drinks and special hors d'oeuvres in front of a roaring fire.

Given that America is a melting pot where nothing really melts, various ethnic customs have seeped into many Thanksgiving dinners. Scott Broccoli, owner of The Rare Bit, and proud of his Italian heritage, says that no Thanksgiving dinner is complete without a first course of pasta. His chef, Chef Evan Kalogiannis, would never make Thanksgiving dinner without serving his grandmother's famous spanakopita.

While, our family would be bereft without the customary creamed spinach and herbed bread stuffing.

In celebration of America's rich immigrant additions to our national culinary offerings, here are three recipes from Chef Kalogiannis.

Readers are welcome to submit their own

Thanksgiving recipes by sending them to: [the-hudsonindependent.com](http://the-hudsonindependent.com). They will be posted in the Food For Thought column.

But, if you prefer to dine out on Thanksgiving, here is a partial list of local restaurants serving Thanksgiving dinner. Please call ahead for advanced reservations and pricing:

- Bistro Z – DoubleTree by Hilton, Tarrytown: 914-524-6410
- Cooper's Mill – Westchester Marriott: 914-333-1216
- Ruth's Chris Steak House – Westchester Marriott: 914-631-3311
- Equus Restaurant at the Castle Hotel & Spa: 914-631-3646
- Toasted Barrel – Sheraton Tarrytown Hotel: 914-332-7900
- Goosefeather – Tarrytown House Estate: 914-829-5454
- Garden Grill – Hilton Garden Inn Westchester, Dobbs Ferry: 914-591-4300
- Tarry Tavern - Tarrytown: 914- 631-7227
- Red Hat on the River, Irvington – 914-591-5888
- RiverMarket Bar & Kitchen, Tarrytown – 914-631-3200
- Hudson Anchor Seafood & Grill, Sleepy Hollow – 914-600-8123
- Half Moon, Dobbs Ferry – 914-693-4130



## Spanakopita (Chef Evan Kalogiannis' Greek grandmother's recipe)

- |  |                          |
|--|--------------------------|
| 3 10 oz. frozen chopped spinach packages           | 12 sheets phyllo dough   |
| 1 medium onion, diced                              | 3 scrambled eggs         |
| 16 ounces small curd cottage cheese                | 1 stick melted butter    |
| 8-10 oz. crumbled goat or sheep's milk feta cheese | Salt and pepper to taste |

Mix defrosted spinach with onions and strain in colander squeezing as much liquid out as possible. Place spinach and diced onion in a bowl, and stir in eggs, cottage cheese, feta cheese, salt, pepper and a pinch of fresh or dried mint.

Place a phyllo sheet in a 12 X 14 pan, brush with butter and repeat six times with six sheets. Then evenly spread the spinach mixture over the phyllo and continue the process with six more phyllo dough layers on top. With a very sharp knife cut through the phyllo into your desired shape – squares or diamonds (once cooked it's impossible to cut properly).

Bake at 350 degrees in the center of the oven for 45 minutes or until golden brown.

## Chestnut stuffing

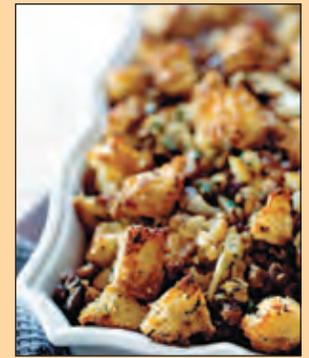
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|-----------------------|---|
| 2 pounds ground beef  | 1-1/2 cups roasted chestnuts**            |
| 1 medium onion, diced | 6 ounces pine nuts (toasted until golden) |
| 1 cup uncooked rice   |   |

Cook rice as instructed and let stand. Then sauté ground beef with onions and strain off any excess fat.

Salt and pepper to taste. Combine cooked beef with cooked rice, pine nuts and chestnuts.

Stuff inside turkey and roast until fully cooked, basting turkey with juices during the process.

\*\*Preheat oven to 375 degrees. Cut a 1/2 inch crisscross on the flat side of each nut. Be sure to cut through the shell to prevent the nut from exploding. Place the nuts in a shallow baking pan and bake for 25 to 30 minutes. Allow to cool and peel off the shell.



## Southern Baked Candied Yams

- |                     |                          |
|---------------------|--------------------------|
| 5 medium sized yams | 1/4 tsp. ginger          |
| 1 cup butter melted | 1 cup sugar              |
| 1 tsp. cinnamon     | 1/4 cup brown sugar      |
| 1/2 tsp. nutmeg     | 1 Tblsp. vanilla extract |
| 1/4 tsp. clove      |                          |



Peel and chop the yams into bite-sized pieces. Place in a baking dish. Melt butter and mix in sugars, spices and vanilla. Cover potatoes with the butter mixture, and gently stir to mix thoroughly. Bake covered with foil for 30 minutes at 350 degrees. After 30 minutes, uncover, baste with the syrup and recover. Cook for 15-20 more minutes, then let stand for 10 minutes before serving. Enjoy!

## Correction:

In last month's Food for Thought feature on Goosefeather Restaurant in Tarrytown, Chef Dale Talde was identified as Dan Talde. *The Hudson Independent* regrets the error.

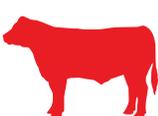


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**Sat., November 9th, 8pm:** The Magic Touch "Westchester's Premiere Acappella Group"

**Fri., November 15th, 8pm:** Alive & Kickin Featring Vocalist Pepe Cardona

**Sat., November 16th, 8pm:** Radio Personality & DJ Johnny Z Rock and Roll Revival Show

**Fri., November 22nd, 8pm:** Actor/Singer Louis Vanaria from A Bronx Tale Movie & Friends. Come Celebrate Louis Vanaria's Birthday

**Sat., November 23rd, 8pm:** "Flashback", Featuring Vocalist Jimmy Russo, Butch Barbella on Keyboard & Mike Annunziata on Electric Drums

**Fri., November 29th, 8pm:** The Return of Westchester Favorite Vocalist Lois Colombo with Richie G on Guitar and Dan Denerstein on Keyboard

**Sat., November 30th, 8pm:** "Turntable", Featuring Westchester Favorite Vocalist Jerry Brown, Chip Degaard on Keyboard Formerly with Kenny Vance

# Pollinator Pathways 101

by James Carsey, TEAC

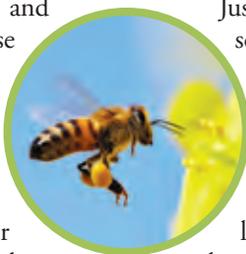
Whether you are a seasoned gardener with a yard full of head-turning peonies or you are a rookie that just learned the difference between annuals and perennials, chances are you've heard the term *pollinator pathway* this gardening season.

Pollinator pathway is more than just a buzzword used by gardeners. Pollinator pathways are an important network of plants and flowers in developed areas that connect the animal or insect pollinator to the plant species. Plants require the help of pollinators to produce seeds and fruit. Without these pathways, some ecosystems will surely collapse and our food chain would be compromised.

To understand the importance of a healthy and continuous pollinator pathway in developed areas we can examine each element separately:

## THE ANIMAL

Pollinators are a specific group of animals and insects that frequent plants and flowers in search of food, shelter, or a mate. They play a vital role in plant and flower reproduction because as they visit each flower or plant, they inadvertently gather and transport pollen throughout networks which facilitates plant reproduction. The pollinator is rewarded with nectar, a valuable food source. Some pollinators include ants, bats, bees, beetles, birds, butterflies, flies, moths, wasps, and even humans.



## THE PLANT

Native plants are considered diverse food sources. Insects, birds, and other animals use the pollen and nectar for survival. Pol-

len provides bees with the protein, lipids, vitamins, and minerals that are vital for raising their larvae.



When shopping for a plant most people are drawn to colors, shapes, and patterns. A plant's origin is often overlooked. As we look to rebuild our pollinator pathways it's important to purchase some varieties of native plants.

According to the National Wildlife Federation's website, a plant is considered native if it has occurred naturally in a particular region, ecosystem, or habitat without human interdiction. Most of us purchase gorgeous plants that complement our homes and gardens. There is nothing wrong with beautifying your home's outdoor space. However, randomly grouping plants and flowers based simply on aesthetics of personal taste is not a process that occurs in nature and it does not support a natural habitat in which animals can thrive. You also run the risk of introducing invasive exotics that will destroy natural habitats.

Just as we learned back in grade school, the plant needs the pollinator and the pollinator needs the plant. This basic symbiotic relationship is complex and has lasted for thousands of years. Both species have evolved to make the relationship even more beneficial. Many bee-pollinated native plants are shaped irregularly and have a lip on the outer pedal which acts as a landing pad for the bee. Butterfly pollinated flowers are generally broad and flat which makes it easier for them to land on the flower and search for nectar. A hummingbird has a long thin beak for pollinating tubular flowers. Bats tend to frequent wider pedaled flowers to



## THE HUMAN

Reestablishing healthy pollinator pathways is one of the single most important things humans can do to keep the balance of our ever-changing ecosystems. Over time the network of native plants and flowers that is essential for our survival, has been partially destroyed. The devastation of the habitat causes the remaining plant and flower species to fragment throughout geographical areas. The lack of continuity in natural environments causes pollinator species to die off or go elsewhere in search of food.

## THE CAUSE

The deterioration of native plant and flower species is a direct result of the current



**Pollinator pathways are an important network of plants and flowers in developed areas that connect the animal or insect pollinator to the plant species.**

help with their wingspan. Taking away native plants with these tailor-made features that encourage pollinators to visit does the animal kingdom a big disservice and erases a long-standing relationship between plant and insect. Some species of insects will only reproduce on a specific native plant. When that plant or flower species is gone, what happens to the insect?

In our immediate area native oak trees, such as black oak, white oak, pin oak, and swamp chestnut oak support hundreds of pollinators from bees to caterpillars with food and shelter all year long. In contrast, Norway maple trees, which are not native to this area do not benefit pollinators.

climate crisis, the use of modern pesticides and lawn chemicals, and the changing landscapes from urbanization and suburbanization. The human race is intentionally and unintentionally destroying plant and flower species in developed areas. Parking lots, building structures, airports, malls, and housing developments clear landscapes in the name of progress but have done little to restore native plants for pollinators.

So now what; where do you start? You just scratched the surface. Establishing pollinator pathways is a dense subject matter with many facets. It is advisable to do further research to determine how to contribute to the cause. Talk to experts before you rip out your prized rose bushes and other non-native shrubs. You have all winter to learn about pollinator pathways. When Spring comes around, try getting involved with local organizations that advocate planting native species. Examples are the Native Plant Center at Westchester Community College, gardening clubs, or Village Environmental Councils.

*The Tarrytown Environmental Advisory Council (TEAC) is responsible for advising the Village government and helping educate residents on environmental issues. Their website is [www.tarrytownenvironmental.org](http://www.tarrytownenvironmental.org).*

*And, visit The Hudson Independent's website to see and hear editorial board chair Barrett Seaman's interview with Kara Whelan, V.P. of The Westchester Land Trust, who is on a mission to create pollinator pathways in Westchester: <https://the-hudsonindependent.com/indy-talks-with-kara-whelan-of-wlt-ep-13-july-2019/>*

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# The Union Church of Pocantico Hills

by Barrett Seaman

A visitor to this bucolic, pin-neat hamlet would find it hard to believe that the official population of Pocantico Hills is as many as 23,000. In the village center, there are no commercial establishments but instead clusters of charming houses, a fire department, public school and two churches. One of them, the Union Church, carries an outsized reputation because of its stained glass windows and its ties to the Rockefeller family, which is as close to the church as the rolling hills that surround it.

Union is a non-denominational Christian Church. According to its constitution, it is “independent in government, doctrine and discipline...amenable to no other church or organization, but shall be in full sympathy with every church existing for the same great end...” The liturgy follows the standard Christian lectionary. There are hymns but no bells or incense. The simple nature of the services has drawn people from other Christian faiths, notably Catholics, as well as Jews.

Union is now in transition, following the retirement of Rev. Paul DeHoff, who was its pastor for 27 years. As was DeHoff, the interim pastor, Dr. Lindley DeGarmo, though raised as a Methodist, was ordained as a Presbyterian. A former Exxon and Salomon Brothers executive who left Mamon to follow God, DeGarmo, 66, had retired from the ministry in Towson, Maryland and was spending his time travelling with his wife when he got a call from a former church colleague suggesting he apply for the interim position at Union. “I was intrigued by the church,” says Rev. DeGarmo. “I thought I was inheriting a neighborhood church.” But it turns out that less than half of Union’s parishioners are truly



L: Marc Chagall stained glass window; Top: The exterior of the Union Church.

local, while the rest come from as far away as New York City and Connecticut.

There are two services each Sunday—at 9 and 11 a.m., followed by a Fellowship Hour. According to Carla De Landri, president of the church’s board of trustees, attendance averages between 25 and 50 per service, though like all churches, those numbers swell at Christmas and Easter. Choirmaster and organist Richard Coffey leads a group of singers that has dwindled to six—and could use more male voices. Still, there are those who are somewhat surprised that there is a functioning church at all. “Many see us as a museum,” said De Landri, who lives in the city, “but what is often overlooked is that we are a vibrant, fully functioning Church.”

That vibrancy sits on a solid financial foundation, thanks in large part to the Rockefellers, and in part to the presence of nine stained glass windows created by

Marc Chagall and one large window that was the last work of Henry Matisse, who died within days of completing it in 1955. All of these works were commissioned by the Rockefellers: Nelson arranged for the Matisse window, which is dedicated to Abby Aldrich Rockefeller, his mother. Led by David, the other brothers acquired the Chagall windows.

John D. Rockefeller Sr. was involved with the founding of Union Church. His son John D. II, stayed involved for sixty years. The bell tower and chimes, donated by David, are dedicated to Laura Spellman Rockefeller, John Sr.’s wife, and there are plaques in the church’s nave to all these, plus Laurance and Michael. When a search committee was formed in 1990, Mary Rockefeller provided her private plane to whisk committee members around the country in search of a new pastor.

In 1981, the professionally managed Rockefeller Brothers Fund informed the church elders that they would cease direct annual contributions, but they then crafted a nifty scheme whereby the church’s considerable properties, including the church itself, the pastoral residence called the Manse and the school buildings, were sold to a non-profit entity called Sleepy Hollow

Restorations (SHR), which then leased the holdings back to the church. Restricted funds were then set up to pay for upkeep of all property as well as the pastor’s salary and benefits. Today, Historic Hudson Valley, successor to SHR, maintains all the holdings and makes improvements, such as an expanded parking lot to handle the thousands of tourists that come to see the windows.

Some who came to see the windows stayed to hear the sermons. A year ago, Lou Calogridis of Weston, Connecticut and his partner Pam Whittemore stopped by the church on a weekend jaunt through the Hudson Valley. They caught a tour, liked the feel of the place and started coming back regularly, even though it meant driving an hour and a quarter each way. “People are so embracing,” says Pam, a Catholic for 30 years, now divorced. “There’s no pressure, no judgment. I never felt that way going to Mass.”

Not every parishioner comes from afar. Ruth Vedder lives right there in Pocantico Hills and admits that there is “a convenience factor.” Now a soloist in the choir, she and her husband knew of Union before they moved there but were “holiday-only churchgoers” until the “traditional but incredibly welcoming” nature of the church drew them in.

For three years, Todd Rhoda has been coming from Millwood, 20 minutes away, drawn by the depth and balance of the sermons, as well as the thrill of worshipping amidst so much great art. “You’re sitting there, your head 18 inches from Chagall’s signature,” he enthuses. Whether in spite of or because of the Rockefellers, he calls Union a “humble stone church.”

“In such a fearful world,” he said, quoting C.S. Lewis, “you need a fearless church.”



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## Obituaries

### Rocco Orsino, 84

Rocco Joseph Orsino, a resident of Tarrytown, died October 1. He was 84.

Born in Mount Pleasant, he retired from Cornwall Hospital as Vice President of Finance in 2001. Socially active, he was President of the Mount Vernon Rotary Club, President of the Healthcare Financial Management Association, and Treasurer for the Tarrytown Seniors. He greatly enjoyed playing golf and taking long walks around the Palisades Mall in his later years.

### Dr. William Czander, 76

Dr. William M. Czander, a resident of Irvington, died October 8. He was 76.

He received his Ph.D. from NYU and received post-doctoral training at Yale University and the Psychoanalytic Institute for Mental Health in Manhattan. As an organizational psychoanalyst, he taught for more than 35 years at many institutions, notably 20 years at Manhattan College.

### Louis Addorisio, 89

Louis J. Addorisio, a resident of Dobbs Ferry, died October 6 in North Carolina surrounded by family. He was 89.

He served in the Marine Corps from 1950-1953. He was an avid gardener and bowler. He was also a member of The American Legion. He was a wonderful loving dad and husband. Family always came first with him.

### Stewart Moore, Jr., 61

Stewart "Rusty" F. Moore, Jr., formerly of Sleepy Hollow, died October 10 due to complications of ALS surrounded by his loving family at the Westchester County Medical Center. He was 61.

Born in Yonkers, the family moved to Philipse Manor in Sleepy Hollow where he attended local public schools. He graduated in 1976 from Sleepy Hollow High School and married his high school sweetheart, Regina Carroll Moore, in May 1979 at the Old Dutch Church of Sleepy Hollow.

Mr. Moore was a talented drummer and avid NY Yankees, Giants, Jets and Rangers fan. He was accredited as an HVAC specialist working in the industry for more than 30 years. Over the years he worked for Turner and Harrison Air Conditioning, C&C Air Conditioning and Air Solutions.

### Michael Gasparre, 88

Michael J. Gasparre, formerly of Tarrytown, died September 24. He was 88.

He had been a Florida resident for the past 10 years. He graduated from Yonkers High School and went on to serve in the U.S. Army from 1948 to 1951. He served as a Medic during the Korean War. He had served as President of the VFW Post 1939.

Mr. Gasparre had a long career with the Westchester County Police and had graduated from NY Criminal Justice, Detective Division. After retiring from the police department, he went to work as a driver for County Asphalt in Tarrytown.

He was a lifelong musician who played in Liberace's Orchestra, the Skyliners Marching Band, Florida Brass and Bugle, the Great American Seniors Band and the Romeo's.

### Eileen Di Falco, 94

Eileen M. Di Falco, a resident of Tarrytown and Irvington for more than 50 years, died October 10. She was 94.

Born in Scarsdale, she married Tuley Di Falco in Transfiguration Church on September 3, 1950. She had been a parishioner of Immaculate Conception Church. In 1995, she moved to Wappingers Falls to be near her son Mark and his family. Her husband Tuley died in 1993.

### Paul Adamovic, 46

Paul Patrick Adamovic, who was raised in Irvington, died unexpectedly October 10. He was 46.

Born in Sleepy Hollow, he was a graduate of Irvington High School where he played on the baseball team. He had been a promoter of professional wrestlers and was the former owner of Southern All Star Wrestling. He later became a consultant and promoter of the Tennessee State Fair.

### Cheryl Ann Frye, 49

Cheryl Ann Frye, a resident of Dobbs Ferry and formerly of Irvington, died October 19 after a long illness. She was 49.

Born in North Tarrytown, she graduated from Sleepy Hollow High School in 1987. She worked for Beck and Wheatley Insurance for many years.



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**Buddy Guy Performs in Tarrytown | Thurs 11/14**  
The legendary guitarist will take the stage at Tarrytown Music Hall. 8 p.m. Visit [tarrytownmusicall.org](http://tarrytownmusicall.org) for tickets and info.



**A Revolutionary Family Day at Philipse Manor Hall | Sat 11/16**  
Philipse Manor Hall State Historic Site, 29 Warburton Ave., Yonkers. Free. Presented by Revolutionary Westchester 250 and Partners. Info: Call 914-965-4027.



**Peter Oley Turkey Trot | Sun 11/24**  
Annual Irvington race at Dows Lane School, 1:30 p.m. Register at Rec Dep't, write [mdepaoli@irvingtonny.gov](mailto:mdepaoli@irvingtonny.gov) or call 591-7736.

# What's Happening

Check out the complete Happenings directory for **November** online: [thehudsonindependent.com/events](http://thehudsonindependent.com/events) and post your own event



## Farmer's Markets

**Tarrytown Farmers Market (TaSH):** Saturdays through 11/24, 8:30 a.m.-2 p.m. at Patriots Park. Last market 11/23. Free parking at John Paulding School. Over 50 vendors throughout the season; live music, children's programs & community tables. Info: [www.tashfarmersmarket.org](http://www.tashfarmersmarket.org).

**Ossining Farmers Market:** Saturdays 8:30 a.m.-1 p.m. through 12/17, Spring & Main Streets. Call 923-4837 or visit [www.downtoearthmarkets.com](http://www.downtoearthmarkets.com).

**Dobbs Ferry Market:** Featuring Organic Farmer, 66 Main St., Weds./Thurs. 11 a.m.-7 p.m.; Fri./Sat. 11 a.m.-4 p.m. through 11/9. Info: <https://dobbsferrymarket.square.site>.

**Irvington Farmers Market:** Sundays through 11/24 at Main St. School parking lot. Last outdoor market 11/24. Info: [irvmt.org](http://irvmt.org), vendors, composting, and what's in season.

## Celebrations/Special Events

**Saturday, 16**  
**A Revolutionary Family Day at Philipse Manor Hall:** What Happened

Here and Who Tells the Story? 11:00 am- 4:00 pm at Philipse Manor Hall State Historic Site, 29 Warburton Ave., Yonkers. Free. Presented by Revolutionary Westchester 250 and Partners. (visit: [www.rw250.org](http://www.rw250.org)). Info: Call 914-965-4027 or email [Robert.Lee@parks.ny.gov](mailto:Robert.Lee@parks.ny.gov).

**Family Fun Day - Open House at Tarrytown Music Hall:** 10 a.m.-2 p.m. Free. Dance, theatre arts, circus arts, music, crafts, healthy snacks, autumn activities. Create puppets, musical egg shakers, bird feeders & beaded jewelry. Info: [www.tarrytownmusicall.org](http://www.tarrytownmusicall.org).

## Sunday, 24

**Peter Oley Turkey Trot:** 1:30 p.m. at Dows Lane School. Co-Sponsored by Irvington Girl Scouts and Irvington Recreation & Parks Department. Annual race named for beloved Coach Peter K. Oley. The first Irvington male and female to cross the finish line wins a turkey! Register at Rec. Dep't (71 Main St.), call 591-7736, or write [mdepaoli@irvingtonny.gov](mailto:mdepaoli@irvingtonny.gov).

## Friday, 29

**Lyndhurst Holiday Market:** 10 a.m.-5:30 p.m. through 12/1 at Lyndhurst Mansion, 635 South Broadway, Tarrytown. 50+ local and regional artists and makers. Historic mansion tours, seasonal snacks, activities for kids, and more. Info: [lyndhurstmarket.com](http://lyndhurstmarket.com).



## Nature/Environment

**Teaching Trails:** Free walks for all ages, held most Saturdays year-round, 11:30 a.m.-12:15 p.m., Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. Info: [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org) or 723-3470.

## Talks & Workshops

### Tuesday, 12

**Community Conversation:** Gender Identity and Bullying: Presented

by Irvington PTSA Diversity & Inclusion Committee in partnership with GLSEN ([www.glsen.org](http://www.glsen.org)), a national network of educators, students & community members working to create affirming learning environments for LGBTQ youth. 7 p.m., Main Street School Auditorium, 101 Main St., Irvington.

### Thursday 14

**Chamber of Commerce Talk:** Rivertowns Chamber of Commerce Women's Networking Social, 7-9 p.m. at HudCo, 145 Palisade St., Suite 200, Dobbs Ferry. Guest speaker: Rivertowns resident and New York Times writer Susan Dominus.

**"Nest of Rebels:"** Desolation Warfare and Patriot Resistance in Westchester County, 1777: 7 p.m. lecture by Dr. Erik Weiselberg, Ft. Montgomery State Historical Site (near West Point), 690 Route 9W, Ft. Montgomery, NY. Presented by Revolutionary Westchester 250. Seating by reservation only: (845) 446-2134.

## Book Clubs

### Friday 15

**TBA Book Club:** Temple Beth Abraham, 25 Leroy Ave., Tarrytown, 10 a.m.

RSVP: 631-1770 or [adulded@tba-ny.org](mailto:adulded@tba-ny.org).

## Tuesday 19

**Book Discussion Group with Maureen Petry:** 2:15-3:15 p.m. at the Shamus JCC. Call 366-7898.

## Thursday 21

**Jewish Plays Project:** Book group for new plays at Shames JCC Theater Chavurah. Call 366-7898.



## Film

### Wednesday 6

**Rivertown Film:** 8 p.m. screenings at Nyack Center: 11/6, *Linda Ronstadt: The Sound of My Voice*; 11/20, *The Farewell*. Info: 353-2568 or [www.rivertownfilm.org](http://www.rivertownfilm.org).

## Saturday 9

**Movie Mavens Screenings:** *Above and Beyond*, 7 p.m., Temple Beth Abraham, 25 Leroy Ave., Tarrytown, followed by discussion with coffee & dessert. Members free; guests, \$5.

## Saturday 15

**The Lavender Scarce:** Screening of multi-award-winning documentary followed by Q/A with director Josh Howard. The screening will be preceded by a short film *Hiding in Daylight*, written by Irvington Theater manager Greg Allen. 7:30 p.m., Irvington Theater, 85 Main St. Tickets/Info: [www.irvingtontheater.com](http://www.irvingtontheater.com).

### Thursday 7

## Music Events

**On A Winter's Night:** Christine Lavin, John Gorka, Cheryl Wheeler,

Patty Larkin and Cliff Eberhard perform at 8 p.m. at Tarrytown Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

**Live Music at Harper's Restaurant:** Every Thursday night from 8-10 p.m., 92 Main St, Dobbs Ferry. Different local performers each week. No cover. Two sets: 8:15 & 9:15 p.m. Kitchen open until 10 p.m., bar open late. Info: [www.harpersonmain.com/events](http://www.harpersonmain.com/events).

## Friday 8

**Southside Johnny and the Asbury Jukes:** With The Adam Ezra Group. 8 p.m. at Tarrytown Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

## Saturday 9

**Ani DiFranco:** 8 p.m. at Tarrytown Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

## Thursday 14

**Buddy Guy:** Rock & Roll Hall of Famer performs at 8 p.m. at Tarrytown Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

**Ken Tuccillo And His Friends:** Presented by River Spirit Music, 7:30 p.m. at the Upstream Gallery, 5 Main St, Hastings. Info: [www.riverspiritmusic.com](http://www.riverspiritmusic.com).

## Saturday 24

**Dark Star Orchestra:** "Celebrating the Grateful Dead Experience" at 7 p.m. at Tarrytown Music Hall, 13 Main St. Info: <http://tarrytownmusicall.org>.

## Wednesday, 27

**Cornbread Jam Plays Little B's:** Acoustic blues/ folk rock trio, Cornbread Jam, performs a special pre-Turkey Day show from 9 p.m. to 12 a.m. at Little B's Restaurant, 49 Main St., Tarrytown.

## Saturday 30

**Jocelyn and Chris Arndt with Diving Rod:** 8 p.m. at Irvington Theater, 85 Main St. \$20. Presented by Funner Productions. Tickets/info: [www.irvingtontheater.com](http://www.irvingtontheater.com).

## More Live Entertainment

### Wednesday 6

**Norm Macdonald:** 8 p.m. at Tarrytown Music Hall, 13 Main St. <http://tarrytownmusicall.org>.

## Saturday 9

**Shakespeare's Twelfth Night:** Musical adaptation staged by Clocktower Players, 11/9 at 7:30 p.m.; 11/10 at 2 p.m., 11/16 at 7:30 p.m. and 11/17 at 2 p.m. Irvington Theater, 85 Main Street. Info: [www.irvingtontheater.com](http://www.irvingtontheater.com).

## Friday 15

**Sherlock Holmes:** *Sherlock Holmes: The Adventure of the Dying Detective* staged from 11/15-12/8 at Lyndhurst. Tickets: 888-718-4253.

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### Jocelyn & Chris Arndt with Divining Rod | Sat. 11/30

Funner Productions presents a melodic and mesmerizing night of folk, rock & blues at Irvington Theater, 85 Main St. Doors open at 7 p.m. Tickets/info: [www.irvingtontheater.com](http://www.irvingtontheater.com).



### Phoebe Hawkins Exhibit | Through 11/30

The contemporary artist's work is on exhibit at ONA, 53 Main St., Tarrytown, 11 a.m.-6 p.m., Weds.-Sun. Visit: [www.fairtradeintarrytownny.com](http://www.fairtradeintarrytownny.com).



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### Saturday 16

**Jim Breuer:** The comic performs at 8 p.m. at Tarrytown Music Hall, 13 Main St. <http://tarrytownmusicall.org>.

### Friday 22

**Newsies:** Presented by Broadway Training Center on 11/22 at 7 p.m., on 11/23 at 7 p.m. and on 11/24 at 3 p.m. at Irvington Theater, 85 Main St. Info: [www.irvingtontheater.com](http://www.irvingtontheater.com).



### Health/Wellness

**Rivertown Runners:** Meets multiple times throughout week. Weekend group runs on Rockefeller State Park Preserve carriage trails. Info: [www.rivertownrunners.org](http://www.rivertownrunners.org) or follow on FB. All are welcome.

### Irvington Running Meetup

Meets multiple times per week to keep fit, keep in touch and have fun. Beginning runners always welcome. Visit [www.meetup.com/irvington-running-meetup](http://www.meetup.com/irvington-running-meetup).

**Healthy Life series:** Phelps Memorial Hospital Center in Sleepy Hollow offers a wide range of programs on health-related subjects, health screenings and support groups. Info: [www.phelpshospital.org](http://www.phelpshospital.org).

### Galleries/Art

**Phoebe Hawkins Exhibit:** The contemporary artist's paintings are on exhibit at ONA's, 53 Main St., Tarrytown, until 11/30. Open 11 a.m.-6 p.m., Wednesdays-Sundays. Info: 514-8981.

### Thursday 7

**RiverArts Presents Drink & Draw:** 7:30-10 p.m., at 145 Palisade Street, Studio 412A, Dobbs Ferry. All levels welcome. Info: [www.riverarts.org/drink-draw](http://www.riverarts.org/drink-draw).

### Sunday 10

**RiverArts Presents Salon Sundays:** 145 Palisade Street, Studio 412A, Dobbs Ferry. 11 a.m.-2 p.m. Created in response to interest for visiting artists' studios outside of annual Studio Tour weekend. [www.riverarts.org](http://www.riverarts.org).



### Religious Institution Programs

### Thursday 7

**Bar Mitzvah Club:** Monthly on Thursdays, 6-7:30 p.m.; CTeen Kickoff: 8 p.m. Chabad of the Rivertowns, 303 Broadway, Dobbs Ferry. Registration/info: [www.chabadrt.org](http://www.chabadrt.org) or call 693-6100.

### Friday 8

**Musical Tot Shabbat:** 7:30 p.m. ages 7 and younger at Chabad of the Rivertowns. Registration/info: [www.chabadrt.org](http://www.chabadrt.org) or call 693-6100.

### Sunday 10

**Butterfly Project:** Butterfly Project: At 10 a.m., join Temple Beth Abraham & UJA-Federation of NY at the Shames JCC (371 S. Broadway) to hear Holocaust survivor Paul Galan and paint butterflies to commemorate children killed in the Holocaust on 81st anniversary of Kristallnacht. Appropriate for ages 13 and up. RSVP Maida Silver, director of Engage Westchester: [MSilver@ShamesJCC.org](mailto:MSilver@ShamesJCC.org) or Melissa Baer: [AdultEd@tba-ny.org](mailto:AdultEd@tba-ny.org).

**Poetry Series:** Award-winning translators 'tell all' Sundays at 1 p.m. with George and Friends Poetry Series, Shames JCC on Hudson, 371 S. Broadway, Tarrytown. Info: 366-7898.

### Monday 11

**JLI Lecture Series:** Six-session *Worrier to Warrior: Jewish Secrets to Feeling Good However You Feel* begins with 10 a.m. & 8 p.m. sessions, Chabad at the Rivertowns, 303 Broadway, Dobbs Ferry. Registration/info: [www.chabadrt.org](http://www.chabadrt.org) or call 693-6100.

### Tuesday 12

**Modern Jewish Women:** New, 7-part course by the Rosh Chodesh Society, Pause & Affect, 10 a.m. at Chabad of the Rivertowns. Registration/info: [www.chabadrt.org](http://www.chabadrt.org) or call 693-6100.

**Life Map:** Journaling for Growth with Jennifer Convisor, four Fridays, 1-2:15 p.m. at the Shames JCC. Call 366-7898.

**Clothing Closet:** 11/15, 5-7 p.m. & 11/16, 10 a.m.-2 p.m. at Christ Episcopal Church & San Marcos, 42 S. Broadway, Tarrytown. Info: 631-2074.

**Kulanu Across The Globe:** Shabbat services 11/15 at 6 & 7:30 p.m. and 11/16 at 9 a.m., Temple Beth Abraham, 25 Leroy Ave., Tarrytown.

### Thursday 21

**A Tribute to Franco Zeffirelli:** His Life and Operas Films: *La Trovita* discussed, 10:30 a.m.-12:30 p.m. at the Shamus JCC. Call 366-7898.

### Monday 28

**Art Discussion:** *When Modern Art Was 'Jewish': The Anti-Semitic Campaign against Cubism and the School of Paris* with Beth S. Gersh-Nešić, 10-11:30 a.m., the Shames JCC in Tarrytown. Info: 366-7898.

### Ongoing

**Art XO Studio:** Year-round art classes/programs for toddlers, kids, teens & adults. 9 Main

St., Irvington. Info: [www.artxostudio.com](http://www.artxostudio.com).

**Hudson Valley Writers Center - Courses, Workshops, Readings & Events:** Philipse Manor Train Station, 300 Riverside Dr., Sleepy Hollow. Info: [www.writerscenter.org](http://www.writerscenter.org).

**RiverArts Modern Dance Classes:** Taught by Mary Ford-Sussman. Thursdays, 12:30-2 p.m., Hastings Yoga, 34 Main St. Register at [www.riverarts.org](http://www.riverarts.org).

**Men's Club:** Wednesdays 9:45 a.m. at the Shames JCC in Tarrytown. Varied speakers; free to the public. Call 366-7898 or visit [www.ShamesJCC.org](http://www.ShamesJCC.org).

**Chess Club:** The Warner Library Chess Club meets on the 2nd, 3rd and 4th Thursday each month, 6:30 p.m.-8:45 p.m. Call 631-7734 or visit [www.warnerlibrary.org](http://www.warnerlibrary.org).

**Hudson Lab School:** After-school and full-time project-based elementary and middle school learning programs that teach life skills. Students apply their knowledge and innovate to create a life they love. 185 Old Broadway, Hastings-on-Hudson. Info: [www.hudsonlabschool.com](http://www.hudsonlabschool.com).

### Irvington Public Library

Events at the Irvington Public Library, 12 South Astor St. Info: 591-7840, [irvref@wlsmail.org](mailto:irvref@wlsmail.org) or [www.irvingtonlibrary.org](http://www.irvingtonlibrary.org).

### Thursday 7

**Middle School Book Chat:** 4:30 p.m.

### Saturday 9

**"Girls Who Code" Club:** Saturdays at 10:30 a.m. Online coding tutorials & interactive activities for girls, grades 6-12.

### Tuesday 12

**Drum Circle:** 7 p.m. Join percussionist/educator Nanette Garcia for a community drum circle. Bring your own drums if you have them; Garcia will provide limited number of congas drums.

### Thursday 14

**DIY Thanksgiving Luminaries:** 5 p.m. Make your Thanksgiving table special with pressed leaf lanterns.

### Warner Library

Events at the Warner Library, 121 North Broadway, Tarrytown. Info: 631-7734, [warnerlibrary.org](http://warnerlibrary.org).

### Wednesday 6

**Wednesday Movies:** at 2 p.m. 11/6: *Maiden*, 11/13: *Still Life*, 11/20: *Peanut Butter Falcon* and 11/27: *Pavarotti*.

### Saturday 9

**Classical Concert:** 2:30 p.m., internationally acclaimed pianist Mateusz Borowiak

### Wednesday 13

**Book Discussion:** Join former CIA agent Jeffrey Sterling for a free reading & discussion about his new book, *Unwanted Spy: The Persecution of an American Whistleblower*. 7:30-9 p.m. Info: [www.repairrivertowns.org](http://www.repairrivertowns.org).

### Saturday 22

**Voicescapes Audio Theater:** 2 p.m., live comedy & drama featuring famed audio book narrators Barbara Rosenblat & Robin Miles, who will perform modern and original radio skits. Free.

### The Dobbs Ferry Public Library

Events at the Dobbs Ferry Public Library, 55 Main St., Dobbs Ferry. Info: 693-6614, [dobbsferrylibrary.org](http://dobbsferrylibrary.org).

### Wednesday 6

**Fall Lecture Series:** "Famous Women Photographers," Nov. 6, 13 & 20 from 12:30-2:30 p.m. Call 693-6614, e-mail [dobref@wlsmail.org](mailto:dobref@wlsmail.org) or visit the circulation desk.

**Dungeons & Dragons Gaming Series:** Wednesdays, 3:45-5:45 p.m. Info: email [dnd@wheels.org](mailto:dnd@wheels.org).

### Saturday 9

**Passports:** The library has been approved by the federal government as a designated Passport Acceptance Facility. Passport applications taken 10 a.m.-3 p.m. No appointment needed, but recommended for future dates.

**Chair Yoga for Seniors:** Tuesdays, 9:30-10:30 a.m. Registration required; call Abby Connett at 693-7792.

MORE» on page 30

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# “What are You Most Thankful For?”



**Kim Waddell**  
Tarrytown

“Living in this beautiful town.”



**Maria Eberhardt**  
Tarrytown

“The opportunities I have – to go to a private school and all the other things my parents enable me to do.”



**Leon Bajic**  
Dobbs Ferry

“I am thankful for a loving family.”



**Jorge Ayavaca and Ethan**  
Sleepy Hollow

“For my family and their health.”

## Senior Happenings

### Senior Benefits Information Center (SBIC):

Wednesdays from 10 a.m. to 1 p.m. a trained counselor from SBIC is on hand at the Warner Library in Tarrytown. Sign up at the Reference Desk or call 631-7734. To ask questions outside regular counseling hours call 914-231-3260.

**Senior Van:** Beginning at 9 a.m. Monday - Friday, a van is available for seniors who need transportation. Call the Tarrytown Village Hall at 914-631-7873 or the Sleepy Hollow Recreation Dept. at 914-366-5109.

**Hot Lunch:** Plus other activities Monday to Friday 9 a.m. to 1 p.m. at Neighborhood House in Tarrytown. Suggested contribution \$3. Call 330-3855.

### The Neighborhood House

43 Wildey St., Tarrytown. Call 631-0205 to register for programs, which is required.

#### Saturday 5

**Exquisite Corpse Drawings:** Based on the survivalist game, from 1 to 3 p.m.

#### Saturday 19

**Music and Movement Workshop:** 1- 3 p.m.

**Greenburgh Nutrition Program:** See **Hot Lunch** above.

**Computer Class:** 11a.m. Tuesdays (please call).

**Yoga on the Chair:** 11:15 a.m. Wednesdays and Fridays.

**Tai Chi:** 11 a.m. Thursdays.

**Senior Canteen:** informal social group, 1 p.m. Thursdays.

**Movies:** 1 p.m. Fridays.

**Mah Jongg:** 1 p.m. Fridays.

**Bridge and Card Club:** 1 p.m. Fridays.

### Tarrytown Senior Center

Pierson Park, 631-2304. Annual donation is \$15.

**Exercise:** 10 a.m. Mondays, Wednesdays and Fridays.

**Nickel Bingo:** 12:30 p.m. Mondays.

**Book Club:** Mondays 3 to 5 p.m.

### Ongoing

**It Takes a Village 10591:** Seniors meet on the second Tuesday of each month from 1 to 2:30 p.m. at The Reformed Church of the Tarrytowns, 42 N. Broadway. The program includes a speaker, conversation, and refreshments. All are welcome. Call 914-222-5116 or visit [www.itav10591.org](http://www.itav10591.org).

## Happenings

Continued from page 29

### Sunday 10

**Cultural Explorers Series:** Diwali Celebration from 1- 3 p.m.

**Dobbs Ferry Historical Society Program:** 2 p.m. NY Historical Society presentation, *Hudson Rising*, captures content of exhibit exploring 200 years of ecological change & environmental activism along the Hudson River.

### Wednesday 13

**Reduce College Costs:** “Six Ways to Cut College Costs”: 7- 8 p.m., lecture by Brian Jackson, Wells Fargo Advisors.

### Thursday 21

**Colonel Brown’s Brown Bag Book Discussion Group:** 1 p.m. discussion of *Battle Hymn of the Tiger Mother* by Amy Chua.

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DECEMBER 14

**Drew Macko  
Artist Signing**

DECEMBER 21

**Elle L. Stone  
Book Reading**

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