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November 2016

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Vol. XI No. 11

Officials React to Criticism of Plans for East Parcel



View from Devries Park looking south to the area near Continental Street from the East Parcel in Sleepy Hollow.

by Robert Kimmel

Critiques of the plans for the former GM site's East Parcel in Sleepy Hollow by two environmental organizations have drawn responses from Mayor Ken Wray and the Board of the Local Development Corporation (LDC), the lead agency responsible for the site's development.

The 29-acre site was turned over to the LDC for the village's use by General Motors as part of the arrangement that permitted the adjacent 78 riverfront acres to be sold by GM for what is now Edge-On-Hudson, the mixed-use development that is being built.

The two organizations expressing concerns about the East Parcel, Riverkeeper and the Pocantico River Watershed Conservancy, aimed their critiques at the Draft Environmental Impact Statement (DEIS) for the site completed by the LDC. A DEIS, required by New York's State Environmental Quality Review, (SEQR), both identifies any environmental impacts caused by a development and describes plans to mitigate them.

Both Mayor Wray and the LDC Board disagree with many of the assessments by the two groups, and particularly the tone of the Conservancy's comments, but indicate that a Final Environmental Impact Statement (FEIS) could address some of those concerns. The village and the LDC will also issue more formal, required responses in the weeks ahead, they stated.

The plan presented for the site includes a much-needed Department of Public Works facility, indoor and outdoor recreation facilities, pedestrian paths, and possibly a garage for the Tarrytown School District. The village is compiling the results of a questionnaire it distributed last month asking village residents for their choices. A proposed baseball field will probably be eliminated, but a skate board park taking up no more than an acre will likely be added, according to Wray.

In its comments, Riverkeeper, "...acknowledges that this is likely the final phase in a historic redevelopment on the Hudson River, and we support the redevelopment of this dilapidated industrial site." Its caveat is that it be done in an "environmentally protective manner." Riverkeeper notes that it has been engaged in developments on the site for over a decade and has "...consistently advocated for meaningful public access to the Hudson and Pocantico rivers, appropriate remediation

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Irvington Residents Complain of Too Little Traffic Enforcement

by Barrett Seaman

As the birthplace of the Slow Down Riverfronts campaign that has since swept through lower Hudson Valley villages, Irvington has been working for nearly two years to change the driving habits of those who travel through the village, whether residents or not.

Manifestations of progress are visible: "Slow Down" signs on virtually every street; radar monitors that tell drivers just how fast they are going on Main Street and elsewhere; data collection boxes distributed on heavily-trafficked roads; more and more visible crosswalks; a "walking school bus" program in which parent volunteers lead clutches of kids to and from the Dows Lane Elementary School, instilling in them safety-conscious habits.

SafeWalk Irvington, a byproduct of the campaign, sponsored a contest that elicited student-created film shorts dramatizing good and bad aspects of pedestrian life in the village. Top entries are posted on the Slow Down Irvington Facebook page at: https://www.facebook.com/pg/SlowDownIrvington/videos/?ref=page_internal.

It is also noteworthy that, as Trustee Mark Gilliland observed at a recent meeting, there has not been a traffic fatality in Irvington in more than half a century.

It has become evident, however, both from the limited data that is available and from anecdotal public reaction that the current campaign lags in one very essential aspect: police enforcement.

The Trustee meeting room in Village Hall was packed on the night of October 13 to listen as the village's Traffic Calming Committee reported to the Mayor, board members, and Police Chief Michael Cerone in a work session that was later opened to public comment. Reporting to the board in the absence of Walter Montgomery, Irvington's Traffic Ombudsman, were committee members Erik Oley, Mary Beth Dooley and Alice Picon. While taking pains to express thanks for the cooperation received from the Village Administrator and Chief Cerone, Oley could not disguise the committee's frustration with what they see as the slow pace of enforcement by the police department.

Using three years' worth of data supplied by the Police Department, Oley reported that more than 90% of the speeding tickets handed out were on a stretch of South Broadway. By contrast, using data collected from radar monitors posted on Harriman Road, 76% of the cars were clocked at more than five percent over the posted speed limit. And yet after the data were collected, during all of 2015, not one speeding ticket was

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How Sweet It Is!: The Radio City Rockettes stopped by Main Street Sweets in Tarrytown in late September as a part of their 'make time for joy' initiative. The Rockettes took photos and interacted with fans and families, while Main Street Sweets served holiday truffles and Rice Krispies treats. Main Street Sweets was singled out by the Rockettes as a beacon in the community— a place where family, friends and loved ones gather to make memories together, just like the Christmas Spectacular has been doing since 1933.

—Photo by Sunny McLean

Photo by Sunny McLean

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“How Significant is it that Hillary Clinton may be The First Female U.S. President?”



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Howie Shapiro
Tarrytown

“It’s a sign of the times, as we’ve seen in other countries, so it’s a non-event to me.”



Ashley Bialko, 16
Sleepy Hollow

“I think it is very significant. I think women will get less discrimination and it will show that they are not weak and can take charge.”



Amauris Gonzalez
Sleepy Hollow

“It’s the first woman who is trying to govern this country so it’s important. And it’s important for Women’s Rights.”

Corrections

In last month’s Inquiring Photographer, the quote attributed to Tracy Brown of Sleepy Hollow regarding Halloween Season in the villages was incorrect. What Brown actually said was, “What I enjoy most is having people from all over the world come celebrate with us.”

In an article about Tarrytown’s reduced garbage collection, the cost of purchasing additional trash receptacles was incorrect. Homeowners or property owners who believe the rolling carts will be insufficient can request additional rolling carts for a fee of \$3 per additional cart per week. Payment for the additional carts must be made in advance for a 52-week period.

The Hudson Independent regrets the errors.

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Regional Leaders Condemn Plan to Anchor Barges on Hudson

by Rick Pezullo

Regionally elected, environmental and business leaders banded together last month to condemn a proposal by the United States Coast Guard to create 10 new anchorage sites with dozens of commercial barges along the Hudson River from Yonkers to Kingston.

At a standing-room only hearing October 19 in Croton, which was sponsored, in part, by State Senator Terrence Murphy (R/Yorktown), whose district covers Sleepy Hollow, officials took turns criticizing the

Coast Guard for unveiling a plan that would encompass more than 2,000 acres of the river without first informing affected municipalities.

"Tonight is all about transparency," said Murphy, who noted the Coast Guard was invited to attend the hearing but declined. "The reality is this was flying under the table. It was going low. The Coast Guard's proposal raises concerns on many levels. Many towns along the Hudson have spent millions of dollars in revitalizing their waterfronts. And needless to say, the presence of unattended barges filled with oil poses a

Many towns along the Hudson have spent millions of dollars in revitalizing their waterfronts. And needless to say, the presence of unattended barges filled with oil poses a security risk."

—Terrence Murphy

security risk."

There is currently only one anchorage ground for vessels along a 100-mile stretch in the Hudson River from New York City to Albany. The Coast Guard, which has noted the plan is only in an exploratory phase, has publicly stated the proposal was initiated by the Maritime Association of the Port

of NY/NJ Tug and Barge Committee, the Hudson River Port Pilot's Association, and the American Waterways Operators.

The largest anchorage site of the 10 proposed would accommodate up to 16 vessels, stretching about 715 acres from the Greenwood Station in Yonkers to the

Continued on page 10



Masquerade Ball Honorees: The Family YMCA at Tarrytown held the Rock n Roll Halloween Masquerade Ball and honored long time donors and Y volunteers Edward and Christine Napoleon with the Laurance S. Rockefeller award on September 30. (L-R:) Andrea Stewart-Cousins, honorees Edward and Christine Napoleon (Slash & Blondie) and YMCA CEO Gerry Riera (Ringo).

— Photo by Margaret Fox



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Tarrytown Recreational Facility Open for Business

by Kevin Brown

Tarrytown Recreational Facility hosted its grand opening on a beautiful fall day down by the river. Housed in the new building adjacent to the new pool, the workout facility has begun signing up new members.



TT Recreation Supervisor Joe Arduino

"This village is so fortunate to have a pristine facility with state-of-the-art equipment that caters to all levels of abilities at such an affordable price. We are so excited to become a meaningful part of this community," said Mario Guaglianone, owner of the Salus Group, which runs the facility.

The new facility is owned by the Village of Tarrytown, and village officials evaluated many operators before deciding on Salus. Guaglianone's tour of the well-designed

studio with an open-air feeling showed off the equipment that features racks that cater to all ages.

Selectorized machines with single plain movements are suitable for novices and seniors. For those who require a more dynamic work out, the racks and kettle balls and multi-function cable machines allow for an angular workout experience. It also allows their trainers to cater workouts to any kind of athlete. The Village Recreational Facility is also loaded with ellipticals, upright and recumbent bikes, steppers and state-of-the-art treadmills with video screens that allow you to experience rugged mountain terrain or take the scenic route.

The gym will be operated by two managers, Paul Harris and Ted Kene, and will also have support staff always on hand. Memberships can run for one year or six months and are available in individual, couple, family, and senior citizen options. No one under 16 years old is allowed in the workout facility.

Guaglianone just hired local fitness guru Lauren Corrado as group fitness instructor to put together a variety of exercise classes appealing to everyone's needs.

"My goal is to help people become the best version of their self. Some people need more flexibility; others, more mobility and yet others, more strength in their core," Corrado said. "So I like to help guide and support and be a little less aggressive with

my teaching style."

A host of classes will be offered at an additional fee per class.

While only Tarrytown residents can join, Guaglianone explained that they will re-

view everything in six months. "Nothing we do is set in stone. We are here to work with the community and make them feel like it is their place to cherish and succeed in," he said.



Hands-On Science at Dows Lane: Dows Lane Elementary School students, who have been studying about the properties of liquids and solids, experienced how the state of matter changes through a number of science demonstrations and hands-on activities. Thanks to a grant from the Irvington Education Foundation, first and second-graders welcomed scientist Christopher Green to their classrooms from Oct. 17-18 and experienced the science enrichment program, Facts of Matter. Mr. Green interacted with the students and used dry ice, water, soap and pennies to bring the concepts to life for them.

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Warner Oral Histories: Volunteering in Tarrytown

by Krista Madsen

“The best way to find yourself is to lose yourself in the service of others.”

— Gandhi

Toiling behind the scenes, with little acknowledgement and no pay, it is the volunteers who really seem to provide the special sauce to this community.

A room of five extreme volunteers, who have dedicated countless hours to service, somehow found the time to join us in mid-October at Warner Library for an Oral History session paying tribute to a handful of our innumerable nonprofit organizations and the essential people who keep them going.

Ann Phillips, who has lived here all her life, was reared to serve, she said, by the influence of a mother who was “never at home.” Active in the women’s auxiliary at the hospital, Phillips’ mother “directed me into that sort of life.”

Phillips has been on the board of Tarrytown’s The

Neighborhood House “forever.” She is now also very involved in a new organization aimed at providing support and services to help seniors remain independent in their homes, It Takes a Village 10591.

The treasurer of ITAV, Leonard Hyman, spoke of the endless bureaucratic hoops of creating a new nonprofit, a start-up essentially. “I foolishly volunteered to be treasurer which I thought would be easy because there’s no money,” he said.

With three years of legal, insurance and other obstacles behind them, in July ITAV finally started providing services to community seniors. Members can now get rides to medical appointments from volunteers, Hyman being one of them.

He imparted several key lessons learned through this start-up ordeal. Rather than seek out big donors at country club benefits in a town already maxed out on giving and not as wealthy as some Westchester neighbors, ITAV decided to run everything on a volunteer-only basis. Next, when there is funding needed, they solicit



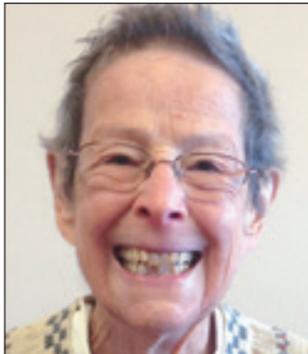
Joan Wald

it in a very focused, per-item way, since donors are more inspired to give when they know exactly where the money is going. The group could use volunteers in a variety of capacities: handyman services, regular companionship visits, grocery shopping, driving – but it proves tougher to find someone to keep up with the organization’s administration needs.

Managing the data/computer work generated by any organization these days is “a harder sell,” but so essential. Jennifer Green, Kids’ Club of Tarrytown & Sleepy Hollow President, agreed, “We need data entry. We’d like to have a secretary to keep our records. It doesn’t sound as exciting to a lot of people, so they really need to have a commitment and see the value to making the whole organization run.”

All the groups expressed a need to widen their net of volunteers – since the same core people tend to volunteer for multiple causes

Continued on page 20



Ann Phillips

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Incumbent Murphy Faces Challenger Boak in State Senate Race

by Rick Pezullo

State Senator Terrence Murphy is looking to fend off the challenge of Democrat Alison Boak to earn a second term serving the 40th District on November 8.

The 40th District, which hasn't had a Democratic representative since 1914, covers approximately 325,000 residents in several municipalities in Putnam, Dutchess and Westchester counties, including the Village of Sleepy Hollow and Town of Mount Pleasant.

Murphy, 50, a Republican from Yorktown, served as a town councilman in Yorktown before being elected in 2014 after former Senator Greg Ball opted not to seek reelection.

"I believe I have represented the district well," Murphy said. "It has been an absolute honor and privilege. It's awesome. In two years I think we have done an excellent job."

Boak, 46, served as a councilwoman in the Town of Pound Ridge for four years. She is co-founder and executive director of the International Organization for Adolescents, which works to eliminate human trafficking. She also teaches at the Colin Powell School for Civic and Global Leadership at City College.



In her younger days, Boak did an internship in the state Assembly and has been following politics ever since. She said she was motivated to run this year by the many ethics issues plaguing Albany lawmakers.

"I wouldn't go to someone for help who wasn't a role model for me," she said. "We need a real overhaul of the structure of the government and the system."

Murphy agreed there are many ethics issues that need to be addressed, which he witnessed first-hand as a freshman senator.

"It was an eye-opening experience in Albany. In Albany you have professional poli-

"We need a real overhaul of the structure of the government and the system."

—Alison Boak



Left: Democrat Alison Boak; Above: Senator Terrence Murphy (wearing dark blue sweater) helped launch the Halloween season in Sleepy Hollow last month.

— Photo Credit: Sunny McLean

ticians. That is a big part of the problem," he said. "You have politicians who have never worked a day in their life setting the table."

During his first term, Murphy, who noted he has received more than 100 union endorsements, said he was proud of the work he has done for veterans and in tackling the heroin and opioid epidemic, particularly his four-prong approach that includes prevention, treatment, recovery and enforcement.

"We've done some good stuff. It's a moving target all the time," said Murphy, who is a chiropractor. "We crafted the most

comprehensive legislation in the United States. It's an enormous step forward for New York State and the nation."

Boak accused Murphy of "trying to come across that he's a real moderate, but you have to really look underneath at how he's voting. His conservative voting doesn't match this district."

"I believe I have represented the district well. It has been an absolute honor and privilege."

—Terrance Murphy

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Irvington Trustee Candidates, Village Justice Running Unopposed

by Rick Pezullo

Two Board of Trustees candidates and an incumbent village justice are running unopposed in Irvington this year.

Mark Gilliland will be elected to his third term on the board, while Larry Lonky will replace Christina Giliberti, who opted not to seek a second two-year term.

“It was a tremendous privilege and opportunity to serve as a trustee. If you love your community there is no greater honor than to play a direct role in its preservation, especially at such a local level,” Giliberti stated. “It’s also a tremendous time commitment. Even though I had worked in government, I was blown away by the amount of time and effort members of the board — both the trustees and mayor — spend on a constant, regular basis in dealing with the various issues that come before the village. Because of developments over the past year in my professional life, it would be impossible for me to continue to contribute as a trustee and representative in a meaningful way.”

“One thing I can say from my time on the board is that everyone is deeply com-



Trustee Mark Gilliland and soon-to-be colleague Larry Lonky

mitted to the residents of Irvington, and safeguarding and advancing the quality of life we enjoy, and that’s exactly how it should be,” she added.

Gilliland was instrumental in formulating the “Slow Down Irvington” traffic safety campaign and is involved in the new “Walk Safe” pedestrian safety initiative. He

“If you love your community there is no greater honor than to play a direct role in its preservation, especially at such a local level.”

—Christina Giliberti

has also devoted much of his efforts to environmental, conservation and affordability issues.

“I want to ensure that Irvington remains a great place to live and raise a family,” said Gilliland, 61. “Together, we need to address many pressing issues relating to managing growth and taxes. By continuing the tradition of the last several years, keeping the year-to-year operating budget with very modest inflationary level gains, we believe that the village should also be able to invest in infrastructure and long-range capital improvements.”

Lonky, 59, has been a village resident since 1985 and chairman of the Recreation and Parks Advisory Committee since 2011. He said raising money to build a basketball court at Scenic Hudson in honor of his friend, Bob Speisman, a victim of the September 11, 2001 terrorist attacks, gave him a new perspective on the community.

“The reasons people live in Irvington are the same now as they were when my wife Nancy and I moved here in 1985,” Lonky said. “We have a historic, tight-knit community, blessed with abundant parkland, dedicated public servants, a charming

Main Street leading down to the Hudson River. How do we maintain the balance between lifestyle and affordability? As we confront the issues of further development and rising taxes, we must be mindful of our volunteers and public workers, the fabric of our community.”

Village Justice Desmond Lyons has served on the bench since 2010. A lifelong village resident, he served as village prosecutor for almost a decade prior to being elected as a judge.

“As village justice, I am humbled and honored to have the privilege of playing a small part in the life of our village,” Lyons said. “Each time I take the bench, I strive to treat everyone who appears before me with utmost respect, professionalism and courtesy, recognizing that the court process for most is an extremely intimidating experience and the Village Court may be their only interaction with the court system.”

“As we confront the issues of further development and rising taxes, we must be mindful of our volunteers and public workers, the fabric of our community.”

—Larry Lonky



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Places to Give Locally During the Holiday Season

by Dorothy Conigliaro

Most residents in the river towns are fortunate enough to look forward to a Thanksgiving holiday, celebrating with friends and family at a table laden with the plentiful foods of the season. For others, even close neighbors in this area, there are no such celebrations and certainly no such bountiful tables. We think of America as the land of plenty, but for large portions of the population, food and shelter are in meager supply.

Fortunately, there are individuals and groups who are thoughtful of those less fortunate, and who arrange their lives to help them. Many such organizations include The Food Bank, which provides food and technical assistance to more than 265 qualified front-line hunger relief programs throughout Westchester.

Other direct-care service programs include food pantries, soup kitchens, low-income daycare and adult-care centers, residential shelters, and treatment facilities. The majority of these programs are in lower

Westchester cities, and an additional 23 towns and villages throughout the county have at least one program that is part of the Food Bank's network. All of its member programs must meet food-industry standards and food-safety guidelines and must provide monthly reports documenting the number of people served. Government Emergency Food Programs, such as USDA, which the Food Bank for Westchester administers, have additional criteria for participation in the Food Bank's food distribution system.

The Food Bank's primary functions are acquiring, warehousing and distributing food to local frontline hunger-relief programs. It has distributed 7.6 million pounds of food, providing 6.3 million meals to hungry people in Westchester County. Donations were received

from the Kraft Mobile Food Pantry Distributions, the Senior Grocery Program, Neighborhood Food Express, Project Green Thumb, Retail Store Recovery Program, Back Pack Program, and Kids Café program, among others.

The SNAP Outreach, Education & Advocacy Program provides information to determine eligibility for assistance, and made 449 home visits to seniors and the homebound to process applications. Eat Local NY has been a wonderful partner to the Community Food Pantry over the past 18 months. It arranges to have produce donated to the Pantry and also run cooking demos during its morning distribution ("Farmers Market Teams up with Eat Local NY for Westchester Hunger Prevention," *The Hudson Independent*, October). Sleepy Hollow Middle School col-

lected 789 packages of food, and Kids Club, a strictly volunteer group, whose administrative costs are covered by its board members, enables 100% of every dollar donated to help the children and families they serve.

Major funding for these programs comes from The Westchester Community Foundation, Kids' Club of Tarrytown & Sleepy Hollow, The Food Bank for Westchester's Green Thumb Program, The Rivertown Runners, The Reformed Church of the Tarrytowns, All Saints Episcopal Church, The Church of the Magdalene and Irvington Presbyterian Church. And, of course, the programs could not exist without the generous donation of space given by Christ Episcopal Church. These foundations, organizations, and individuals have exhibited a true community effort.

Organizations and groups throughout the area provide funding, goods and services for the benefit of our neighbors in need. Volunteers are always needed. If you would like to help, any one of these organizations can be contacted for volunteer information.



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East Parcel

Continued from page 1

of the site and the Hudson, and habitat restoration and stormwater mitigation that would increase the ecological, recreational, and aesthetic values of the site.

Riverkeeper is calling for a "...wetland buffer zone between the proposed project and the Pocantico River to the north of the site to increase the ecological value, including flood mitigation, at the site." It questions the placement of parking areas and recreation fields and courts adjacent to the Pocantico River that "...would likely decrease the water quality and ecological function of the river..."

Summing up, Riverkeeper's comments written by its staff attorney, Abigail M. Jones, claim that, "The DEIS failed to take a hard look at numerous potential adverse environmental impacts of the proposed project and also failed to consider reasonable alternatives or mitigation that could reduce those impacts."

The disapproving comments from the Pocantico River Watershed Conservancy were submitted by its chairman, Nicholas Robinson, a law professor and Professor for the Environment at Pace University. He has been a past Sleepy Hollow Planning Board Chair. Robinson charges that with, "The Local Development Corporation as the new developer of the East Parcel, the village turns its back on its environmental conservation responsibilities to protect both the Pocantico River, for itself and as a tributary of the Hudson River."

He wrote that, "... applicable environmental laws oblige the Village of Sleepy Hollow, and other governments, to manage this place in an integrated way, informed by sound scientific studies and knowledge," adding that the procedures violate the spirit and letter of the environmental laws." Robinson also charged that the DEIS for the East Parcel does not comply with the standards of the Special Use Permit issued by the Village outlining the sale of the entire GM property.

He also stated that the Special Use Permit calls for the restoration of part of the Pocantico River's banks and its bed. Robinson asserted that the permit required "... the redevelopment of the shoreline with the participation of eight acres of lands that was allocated by GM to Historic Hudson Valley (HHV) to adapt and restore the River in line with an interpretation of colonial life...at the

Upper Falls Philipsburg Mill site."

In a letter to this newspaper, the LDC Board wrote that, "We can assure the public that a more thorough analysis and discussion of all issues raised by these Public Comments will be included in the Final Environmental Impact Statement (FEIS), but there are two important misrepresentations of fact, which require an immediate response."

The letter continued that, "It has been argued that insufficient attention has been paid to the Pocantico River Estuary requirements found in the 2007 Findings. We can only assume that those making such arguments are unaware that in 2010, Judge Hubert of the NYS Supreme Court ordered those requirements stricken from the Findings, holding that "they did not serve to mitigate any potentially adverse environmental impacts caused by the project."

The LDC also pointed out that Historic Hudson Valley "made no such public demand" on record for the eight acres Robinson said were to be turned over to it. "Changing program needs at HHV, led to a change in proposed use," it noted. And the LDC Board Chairman, David Scroedel said that, "We think all of the things we are doing will dramatically improve the existing conditions of the Pocantico River."

Both the LDC Board and Mayor Wray said the processes required to develop the DEIS were followed correctly. Wray commented that "...the Board of Trustees came up with a plan; we vetted it internally, and our engineers, planners, went over it-- and as part of the process we put the plan out there to get public comment. We are supposed to get those comments back, both positive and negative. We are expected to absorb them, amend the plan and go forward."

"The village is going to decide what we want there, and the LDC is going to build it," the mayor said. "The LDC has been an amazing tool for the village. It is working at our direction."

"There are really two things happening here," Wray said. "One is the technical part. The LDC put out the DEIS, and they get the responses. We know the LDC has to respond to every substantive comment in writing. At the same time, the Village Board has its public hearings on the permit we will grant. Many people attended the public hearings, and the process has been very open."

As for the criticism from Riverkeeper and the Conservancy, Wray said, "they are being considered....We are still in that process

right now. We want to get as much input as we can before we start making our decision on what is going to happen there."

Wray concurred with the LDC's position that it is not responsible for certain mitigation regarding the Pocantico River, as claimed by the Conservancy. "I disagree and our lawyers disagree," the mayor asserted. "First of all, the development is going to be better for the environment, better for Pocantico, than it is now. Right now the site is a slab, and the water that lands on it either runs off straight into the river or pools up on the site. It doesn't get absorbed on the site. At least 70% of the water that lands on the site is going to be absorbed by the site, so it is going to be way better than it is now," Wray said.

"While we are not legally bound to do mitigation on the Pocantico itself, with that said, ...we are interested in doing it," the mayor commented. Wray said he has spoken to Robinson about dredging the Pocantico, and suggested that perhaps the Conservancy and the village can work together on that. We think it will help with flooding issues." He indicated he would welcome Riverkeeper's assistance as well. "We have to figure out how to pay for something like that," the mayor said, adding that the village would seek the use of \$875,000 the state received as a fine from GM when it was charged for pollution by the Department of Environmental Conservation.

For the LDC Board's complete Letter-to-the-Editor, see page 26.

Irvington Traffic

Continued from page 1

written on Harriman. Early commitment by the department to deploy more data collection monitors and officers has not been fulfilled.

"It's really disappointing to see that we don't have anything in place whatsoever,"

said Oley. Mary Beth Dooley, his committee colleague, added, "Enforcement is the one thing that most people would agree we are clamoring for."

Indeed, when the meeting was opened to public comment, residents queued up to complain of widespread driver disregard of traffic laws: speeding commuters on Main Street, Station Road, Circle Drive and

Continued on page 25



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Irvington Town Hall Theater Presents International Short Film Festival and "Short Shots" After-Party on Nov. 12

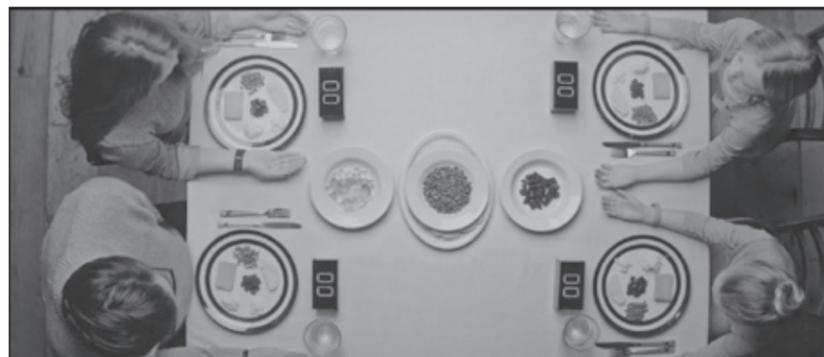
The second season of the All Shorts Irvington Film Festival (As iFF) will be presented at the Irvington Town Hall Theater (85 Main Street) in two parts: Fall 2016 and Spring 2017.

The fall program will feature 10 outstanding shorts (ranging from 3 to 22 minutes in length) from countries including Afghanistan, Denmark, England, Germany, Iran, Poland, and the United States.

As iFF received hundreds of submissions

for the fall festival; entries were judged, selected, and curated by an esteemed jury of film professionals. Audience members will vote for the top winners at the end of the evening.

The selected films reflect diversity in subject matter as well as genre. The audience will recognize familiar faces and names, such as Reed Birney who costars in "Shy Guys," the film directorial debut of character actor Fredric Lehne. Birney, who por-



'Quantified Self' cast: Nanzio Del Castillo, Maggie Fine, Charlotte and Madeleine Ruley.

trays Vice President Donald Blythe on the popular Netflix show "House of Cards," also won a 2016 Best Actor Tony Award for *The Humans*.

Viewers will be captivated by the unforgettable performances of 12-year-old twins Charlotte and Madeleine Ruley (nieces of Irvington residents Meg Ruley and David Lovett) in "Quantified Self," directed by award-winning filmmaker Gleb Osatinski.

The festival will present four premieres, including Denmark director Jack Larsen's Spaghetti-Western satire, "Enter the Cowboy" and "How Many Farts Measure a Life?" directed by Brooklyn-based comedy writer Nate Dern.

Following the screening which begins at 7:30 p.m., there will be a Q & A with filmmakers and actors. All audience members

are then invited to an in-theater after-party premiering "Short Shots at All Shorts" – featuring Slovenia Vodka, compliments of My Sherry&more Inc (129 Main Street, Irvington). This award-winning vodka is a project of celebrities Bill Murray, Mikhail Baryshnikov and restaurateur, Peter Kelly (Xaviar Restaurant Group). Light refreshments will also be served.

As iFF tickets are \$15 for general seating and \$30 for "Above the Line" tickets (which include reserved seating and "special As iFF swag"). This year As iFF is offering a special "Above the Line" package: \$50 for both fall and spring festival evenings. (Processing fees apply for all ITHT tickets). Tickets can be purchased at: www.irvingtontheater.com. For more information, visit: asiffestival.com.



"Congressman Peter Peyser Memorial Award" Presented to Bob and Daphne Philipson: Bob and Daphne Philipson, longtime Ardsley-on-Hudson residents, received the second annual 'Congressman Peter Peyser Memorial Award' at a ceremony on October 15 at Sambal Restaurant in Irvington. Irvington Democratic Committee (IDC) chair, Patricia Ryan, welcomed the standing-room-only audience and introduced State Assemblyman Thomas Abinanti, State Senator Andrea Stewart-Cousins, and County Legislator Mary Jane Shimsky – each of whom presented proclamations to the Philipsons for their years of tireless service to the community. The event also honored Irvington trustee candidates Laurence Lonky, Mark Gilliland, and Village Justice candidate Desmond Lyons.

The "Congressman Peter Peyser Memorial Award" is given to individuals who have moved Irvington forward with the progressive, Democratic values that Congressman Peyser brought to his positions as Irvington mayor and United States congressman. Last year, Sleepy Hollow resident and former IDC chair Annette Leyden was the inaugural recipient of the award.

The Philipsons were recognized for their "continuous, steadfast support of countless Democratic causes and candidates throughout the last 20 years." Former IDC chair Paula Etzel, who presented the award, said, "Bob and Daphne have taught so many of us, and our children, about volunteerism. Their leadership, commitment, vision, and generosity have inspired and enhanced the Westchester community."

Barges

Continued from page 3

Dobbs Ferry Train Station.

In August, a new organization of municipal officials called the Hudson River Waterfront Alliance was announced in Yonkers, with Irvington, Sleepy Hollow and Tarrytown being firmly on board in opposition. An online petition on www.change.org was also launched by the alliance.

"The river belongs to all of us. It's not a parking lot," Yonkers City Council President Liam McLaughlin remarked at the hearing. "This part of the river is an urban river, not an industrial river."

Westchester County Executive Rob Astorino maintained the anchorages would be "a soft target" for potential terrorist activity in an area that already includes the Indian Point nuclear power plants and several bridges.

"We have a problem with the size and scope of this," Astorino said. "They list this as long-term, which could be anywhere from 30 days to in perpetuity. That's not just stopping by. It's moving in. Having barges moored along the Hudson and having the responsibility of more soft targets would create another layer of national security."

Ned Sullivan, president of Scenic Hudson, noted his group has created 60 parks and preserves along the Hudson, and they would all be put at risk by the presence of the anchorages.

"The Hudson will be a super highway for

fossil fuels. It's really crazy and something we're adamantly opposed to," Sullivan said. "We will all be working together to defeat this."

The lone supporter of the Coast Guard's proposal was Edward Kelly, executive director of the Maritime Association of the Port of New York and New Jersey, who spent nearly a half-hour explaining the merits of how the anchorages would "enhance the safety, security and environmental stewardship of the vessels and the waterways in which they operate."

"The river belongs to all of us. It's not a parking lot,"

—Yonkers City Council President, Liam McLaughlin

"Anchorages are good for safety," Kelly said. "That's what this is all about. A safe place to anchor is essential to the safety of the crew, the vessels, other operators' property and cargos, as well as the health of the river environment itself."

Representatives from Riverkeeper, Clearwater, Pace University Environmental Law School and the Hudson River Boat and Yacht Club Association were also in attendance. The Coast Guard is planning to hold its own hearings in the spring. The public comment period for the project has been extended to December 6.

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French American School Offers Students a World of Knowledge

by Rick Pezullo

Nestled in a picturesque setting in the Village of Ardsley is a little-known French American school where students from preschool to fifth grade are gaining a world of knowledge.

Founded in 1964 in Manhattan, where the main campus is located, Lyceum Kennedy has occupied the classrooms of a former Catholic school off Ashford Avenue and Sprain Road for the last 20 years with an emphasis on offering a bilingual education and individualized attention to children during their formative years.

"It's a gem in Westchester," said Thomas Mitchell, a resident of Tarrytown and chief operating officer of Lyceum Kennedy who oversees the Ardsley campus. "This is a great place for your child. Our teachers are nurturing and it's very family-oriented. There's a sense of community."

Jennifer Furioli, an active parent who has three children enrolled at Lyceum Kennedy, said the school is unique in many ways.

"My husband is French and I am an American. As a bicultural couple, we were committed to giving our children a bicultural and bilingual education, at least through their elementary school years," Furioli said. "What has kept us at the school are the teachers — they are consummate professionals and I remain impressed at how the English and French teachers work



Students at Lyceum Kennedy French American School form close bonds.

hand-in-hand to teach both curriculums so well. The small size of the school has also fostered a wonderful familial atmosphere where all of the parents know names of everyone's children, where families gather together to carve pumpkins before Halloween or share a picnic at the end of the school year. It's an exceptional community, unlike any I have seen before and we just feel so lucky we happened across the school."

The mission of Lyceum Kennedy French American School is to provide its students "with an outstanding bilingual and bicultural education, based on the principles of self-expression and differentiated pedagogy. Students gain a solid foundation that fosters a desire for lifelong learning and acquisition of knowledge, while preparing them to become responsible and engaged citizens of the world."

"The major ingredients to fostering well-rounded children is bilingual education with differentiated instruction."

—Nozomi Kurihara, Ardsley Campus Coordinator

"The major ingredients to fostering well-rounded children is bilingual education with differentiated instruction," explained Nozomi Kurihara, Ardsley Campus Coordinator. "We are here to facilitate learning for the global citizens of tomorrow."

Lyceum Kennedy follows the National French guidelines and is accredited by the French Ministry of Education (l'homologation). It is also registered by the New York State Board of Regents and follows the New York State educational requirements for all grade levels.

The school has a low student/teacher ratio per classroom, with two classroom teachers (one French and one English). This allows for individualized classroom instruction. Extra tutorial support for children in need is also provided.

Lyceum Kennedy instructors emphasize environmental awareness and encourage students to be sensitive to how their behavior and their decisions impact the world, now and in the future. Students are taught about recycling and use their own plates and utensils.

"The building block of education is having a strong foundation," Mitchell said. "Children will have a great experience and learn to be bilingual in a very intimate environment."

To learn more or to schedule a tour of the Ardsley campus, call (914) 479-0722 or visit www.lyceumkennedy.org.

Phelps Hospital Community Newsletter November 2016

November Calendar

All events are on the Phelps campus, unless noted otherwise.

Wednesday, November 2

Sleep Apnea Screening

Do you snore or wake up choking? Do you feel tired during the day? Attend this sleep apnea screening clinic and receive guidance for next steps for evaluation.

8:30 – 10:00 am; Emergency Dept. Registration is required.

Call 914-366-3010 to register.

Tuesday, November 8 and Thursday, November 17

Diabetes Educational Program for Adults

This two-session educational program for adults with diabetes is held every month at Phelps. Learn what diabetes is, what medications are available, how to prevent and manage complications, and much more. A physician referral and attendance at both classes is required.

Call 914-366-2270 for more information and to register.

Wednesday, November 9

Screening of the Documentary Film "Being Mortal"

Phelps Hospice, in conjunction with the Westchester End-of-Life Coalition, will present Atul Gawande's documentary film "Being Mortal," followed by a panel discussion led by Phelps and community professionals.

3:00 – 5:00 pm; Auditorium
For information, call 914-366-3957.

Thursday, November 10

Swallow Screening

Do you sometimes feel food or liquid going down the wrong way or coming back up? Does food get stuck? Do you have pain when you swallow? If so, you should attend this free swallow screening.

9:30 am – 12:00 pm
Walkway Conference Room
Registration is required.
Call 914-366-3010 to register.

SUPPORT GROUPS

Tuesdays, November 1, 15 and 29

Bereavement Support Group

An ongoing support group for adults dealing with the loss of a loved one. Facilitated by Bereavement Coordinator Bess Steiger, LCSW. Suggested donation: \$10 per session.

2:00 – 3:30 pm; 755 Building, Room 235

Pre-registration is required. Call 914-366-3957 to register or email bsteiger@pmhc.us.

Monday, November 7

Look Good . . . Feel Better®

This free, 2-hour workshop teaches beauty techniques to women undergoing cancer treatment. The workshop includes a hair and

makeup consultation with a professional stylist, and participants can take home a complimentary wig and a make-up kit donated by cosmetic companies. Attendees are welcome to bring along a female friend/family member. A light supper is served.

6:00 – 8:00 pm; 755 Building, Room 545
Registration is required.
Call 914-366-3315 or 914-366-3421 to register.

Tuesday, November 8

Pulmonary Fibrosis Support Group

A free, interactive support group for people with all types of pulmonary fibrosis, sponsored by Phelps and the Pulmonary Fibrosis Foundation. Participants who use oxygen may switch to the hospital's supply during the meeting. Light refreshments are served. Reservations are required.

12:00 – 1:00 pm; Pulmonary Lab
Call 914-366-3712 to register.

Tuesday, November 8

Better Breathers Club

A free, interactive support group for people with breathing disorders, sponsored by Phelps and the American Lung Association. Participants who use oxygen may switch to the hospital's supply during the meeting. Light refreshments are served. Reservations are required.

12:00 – 1:00 pm; Pulmonary Lab
Call 914-366-3712 to register.

Thursday, November 10

Osteoporosis Support and Education

A free monthly group program held the second Thursday of the month for individuals with osteoporosis, providing education on nutrition, exercise and activities of daily living.

11:00 am – 12:30 pm; Boardroom
Call 914-366-2270 to register.

Friday, November 11

Alzheimer's Caregivers Support Group

If you are caring for a loved one with Alzheimer's disease, you don't have to go it alone. Join us and receive the emotional, educational and social support needed to successfully care for someone with dementia.

10:00 – 11:30 am; 755 Building, Room 545
Call 914-366-3937 to register.



Community Newsletter

November 2016

The future of cancer care in your community

Plans are under way for establishing the Northwell Health Cancer Institute at Phelps Hospital, bringing together comprehensive services that include cancer prevention, screening, diagnosis and multidisciplinary treatment provided by cancer specialists. Teams of physicians, nurses, social workers, nurse navigators and others will be dedicated to treating oncology patients with a holistic approach.

We understand that when people are diagnosed with cancer, their well-being is influenced by their overall treatment experience, and when patients have to leave their community for cancer treatment, they sometimes get fragmented care. The goal of the Cancer Institute is to bring cutting-edge cancer care to Westchester communities, as well as opportunities for patients to participate in innovative research studies. The institute's cancer specialists will work closely with local cardiologists, endocrinologists, gastroenterologists and other medical experts to carefully coordinate cancer treatment and manage any other conditions patients may have.

As a member of Northwell Health, the Phelps cancer program will be fully integrated into and benefit from the



clinical and operational best practices of the Northwell Health Cancer Institute, which is one of the New York metropolitan area's largest providers of cancer care, treating more than 16,000 patients annually. Northwell Health Cancer Institute has over 30 years of participation in clinical trials sponsored by the National Cancer Institute. In addition, Northwell now has a strategic affiliation with Cold Spring Harbor Laboratory, a world leader in cancer research, offering the promise that early-phase clinical trials could be made available to patients at Phelps and other Northwell Health facilities.

The space for the new cancer center, located on the Phelps campus in the 777 Building, will undergo a \$7 million renovation. The nearly 26,806-square-foot center will have 10 infusion bays, a linear accelerator and on-site support services. While the Northwell Health Cancer Institute at Phelps Hospital is still in development, several medical, surgical and radiation oncologists have already begun to see patients on the hospital's campus, including radiation oncologist May Lim, MD, MPH. Dr. Lim was previously medical director of Northern Boulevard Radiation Oncology/Queens Medical Radiotherapy in Flushing.

Compassionate End-of-Life Care

The Phelps Hospice program originated 31 years ago, shortly after Congress extended Medicare benefits to include a hospice election for end-of-life care for patients who have been diagnosed by a physician as having six months or less to live. Most often patients who are at the end stage of their disease receive hospice care in their own homes. Their care may include all or some of the following: nursing visits for management of pain or other distressing symptoms; social work visits to provide emotional support and assist with planning regarding home care management, advance directives, and final arrangements. Chaplain visits provide spiritual support and pre-bereavement is available to help families cope with the pending loss. Physical care is provided by home health aides; and nutritional counseling is provided by a registered dietician. Hospice assists in obtaining needed medications, medical equipment and personal care supplies and provides on-call RN nursing services 24/7. An extremely important component of the Phelps Hospice program is the corps of specially trained hospice volunteers who provide myriad services to families.

The Hospice team includes **Bruce Heckman, MD**, Medical Director; **Michael McCormick, MD**, Assistant Medical Director; **Pamela Lipperman**, Assistant Director; 32 dedicated, compassionate staff and more than 30 volunteers. The patient's primary care physician is also considered a member of the team. The team determines what needs are most important to the patient and how to

meet those needs through a patient-centered approach. In addition to supporting the patient at the end of life, Hospice also supports the patient's family, helping them to adjust as the patient changes. The team encourages patients to complete a Health Care Proxy so that their wishes can be followed, but a DNR (Do Not Resuscitate) is not a requirement for hospice services. Hospice Care does not end with a client's death; bereavement services continue for the family, as needed, for 13 months after the patient's death.

Over the past year, Phelps Hospice, a part of Northwell Health, expanded its services to include palliative care. The program provides assistance to individuals with debilitating or life-threatening conditions who do not have a terminal diagnosis. Prevention or relief of suffering through early identification and assessment of pain and associated psychological, social, and spiritual problems are key parts of palliative care treatment.

Phelps Hospice and palliative care services are also available to family members and may include emotional and spiritual support, counseling, access to relief caregivers, and information about community resources. As **Karen Hoffman**, Palliative Care Program Manager, emphasizes, "We are there for the caregivers as much as the patient. Sometimes just knowing that we are available to answer questions and serve as a resource helps caregivers through moments of emotional crisis."

For further information about Phelps Hospice, contact Pamela Lipperman, Assistant Director, at 914-366-3327. Questions regarding the palliative care program can be directed to Karen Hoffman at 914-366-3948.

GoHealth Urgent Care Now in Westchester

In 2014, Northwell Health (previously North Shore-LIJ Health System) formed a partnership with GoHealth Urgent Care in an effort to provide convenient, affordable community-based urgent healthcare. Nearly 20 Northwell-GoHealth Urgent Care centers have been established on Long Island, Staten Island and in Queens and Manhattan. In February, centers were opened in Tarrytown, Yorktown and New Rochelle.

Immediate care for non-emergency illnesses and injuries is provided in a modern, relaxing environment 365 days a year at the Northwell GoHealth Urgent Care centers, which also offer X-ray and laboratory services. Appointments are not necessary at Northwell-GoHealth Urgent Care centers. Most major insurance is accepted, and there are affordable pricing options for those without insurance.

Patients who require additional care have easy access to Northwell Health's expansive network of physicians and specialists, including those at Phelps Hospital and Northern Westchester Hospital.

Phelps Welcomes...



Orthopedic surgeon **Louis F. McIntyre, MD**, is a member of Northwell Health Physician Partners, the multi-specialty group practice of Northwell Health. With

more than 25 years of experience, Dr. McIntyre is recognized as an effective patient and physician advocate at the state and national level. He has lectured internationally on shoulder and knee arthroscopy and has published numerous articles in peer-reviewed journals and publications on topics including knee and shoulder arthroscopy, electronic medical records, evidence-based medicine and health care reform. He is an active member in many orthopaedic organizations and in the community, providing sideline athletic coverage and currently acting as the team physician for White Plains High School.

For an appointment with Dr. McIntyre, please call 914-298-2620.



Lauren Maltese, MD, internal medicine physician, recently joined Phelps Medical Associates, Phelps Hospital's primary and specialty care medical group. She and family

medicine physician **Anesh Badiwala, MD**, see patients at 362 North Broadway in Sleepy Hollow.

Dr. Maltese's focus is on preventing illness and keeping her patients out of the hospital. She believes that effective care depends on strong communication and providing a well-rounded experience for patients.

Dr. Maltese received her medical degree from the SUNY Buffalo School of Medicine and completed a residency in internal medicine at the Hofstra Northwell School of Medicine. For an appointment with Dr. Maltese, please call 914-631-2070.



Advantages of Choosing Brightview Tarrytown

- Lifestyle characterized by choice, opportunity and personalized care
- Everyone will sleep better at night knowing Mom is enjoying herself
- Full calendar of programs addresses all dimensions of wellness – **S**piritual, **P**hysical, **I**ntellectual, **C**ultural and **E**motional, Brightview’s signature **SPICE** program
- Plus, a specially designed neighborhood – Wellspring Village® – where people living with dementia can live full, engaged and purposeful lives
- Reasonable monthly service fees include care and many services

Wellspring Village® at Brightview Senior Living is a custom-designed neighborhood for people living with Alzheimer’s or other forms of dementia

“Life in Wellspring Village® is not about dementia or memory impairment or loss. It is about the continued possibilities that exist for each person,” explains Dr. Patrick Doyle, Corporate Director of Dementia Care.



“People living in Wellspring Village® are a part of the fabric of the community and continue to grow, prosper and contribute.

“We focus on the person rather than the disease, and have found that it is the best way to ensure each resident’s dignity and personhood is not compromised and that his or her overall well-being is maximized,” concluded Patrick.



In His Own Words

“I worked for years as a pharmacist but enjoyed photography as a hobby,” explains Brightview Tarrytown resident, Larry. “Photographing flowers is my particular passion. There is such beauty in all of them.

“Showcasing my work, and the work of others at the community, will be truly special.”

“Larry’s donation of his high-quality photo printer and computer programs to our department was extraordinary,” explains JulieAnn Vedovino, Vibrant Living Director. “He wanted to share his passion with others.

“In addition to the photo exhibition, Larry is also establishing a photo club to teach others about photography and the programs used to edit and enhance photos.”

Executive Director Deanna DiStasio adds, “Larry makes the most of every day.”

Good Food ... Good Service ... Laughter and Conversation

Director of Dining Services, Patrick Filacchione, is passionate about good food and great dining experiences.

Before joining the Brightview Tarrytown team, Patrick was the founder, co-owner and Executive Chef at Gail Patrick’s Café in Chappaqua.

A true bon vivant, charming residents and guests alike, his attention to ingredients, recipes, cooking and his enthusiastic team sets dining apart at Brightview Tarrytown.

“My love for cooking started when I was 4 or 5 watching my Italian grandmother in a small kitchen in the Bronx,” Patrick explains. “Incorporating resident recipes and ideas is one of my favorite parts of what I do.

“When I met Verdelle Chance, she showed me Chef Paul Prudhomme’s cookbook, *Louisiana Kitchen* and asked if I could make Cajun Seafood Gumbo.

“It is a resident favorite and rotates on our menu on a regular basis.”

Great dining – another reason to seriously consider choosing Brightview Tarrytown.

Strong Bonds Make Brightview Tarrytown a Special Place

“Our associates are a dream,” begins Deanna DiStasio, Executive Director. “They are a caring, dedicated and attentive group, and are not afraid to speak up to advocate for others.



“Families tell us they love the high quality of care, service and support but say the strong bonds that have developed between residents, families and associates is most impressive.”

Something special is going on at Brightview Tarrytown.

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1. More than 2,000 took advantage of Indian Summer balmy weather and a fleet of food trucks serving a variety of cuisines, plus wine, beer and live music to flood Irvington's riverside Matthiessen Park on October 15. The village netted \$10,800 that will help offset the cost of the annual Fourth of July fireworks display and a variety of recreational programs.
2. Youngsters and adults enjoyed Scarecrow Making sponsored by Tarrytown Recreation at Patriot's Park.
3. Children used their creative skills to paint pumpkins during an event held by Sleepy Hollow Recreation.



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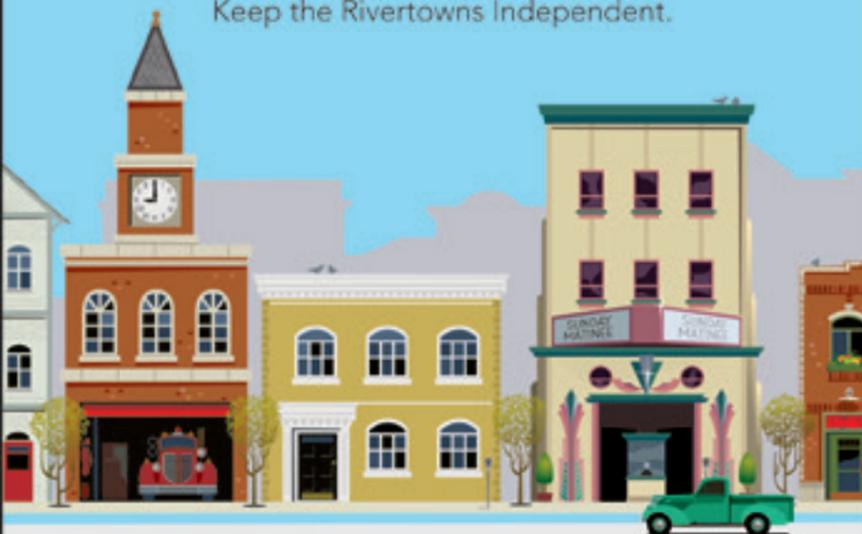
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"Ask the Doctor" is a continuing series planned to keep readers up-to-date on various health issues.

Q&A ON ALZHEIMER'S DISEASE



Q. *Are there any activities or lifestyle changes that are helpful for someone with Alzheimer's disease?*

A. Patients with Alzheimer's and other types of dementia should be encouraged to increase their mental, physical and social activities. Lifestyle modification, following a healthy diet (e.g., Mediterranean diet), and regular physician care to lower cardiovascular risk may be beneficial. Safety issues, such as driving ability and conditions in the home, should be evaluated and modified, if necessary, to prevent injury.

Q. *Where is the best place for someone with Alzheimer's to live?*

A. If it's safe and possible, which depends on the person's level of function and the availability of support, the best place for a person with Alzheimer's to live is in a familiar environment such as their own home. It is important to keep everything constant to lessen the occurrence of disorientation and neurobehavioral problems such as agitation, psychosis and combativeness. The patient and his/her family are encouraged to discuss advance care planning with the patient's primary care provider.

Q. *What is Alzheimer's disease?*

A. Alzheimer's disease is a neurodegenerative disorder commonly seen in older age. It is associated with an abnormal protein accumulation in the brain that damages brain cells, leading to cognitive symptoms including memory loss, difficulty with mental processing and skill-related tasks. Alzheimer's is a gradual and progressive process and is the most common neurodegenerative disorder in the United States. Although Alzheimer's rarely happens in the young, it increases with age, doubling in prevalence every 5 years after age 65.

Q. *What is the difference between Alzheimer's disease and senile dementia?*

Senile dementia is an outdated term used when associating aging with memory loss. It is a broad term that encompasses vari-

ous types of dementia leading to memory loss, which include Alzheimer's disease and a variety of brain disorders such as stroke, trauma and Parkinson's disease.

It is important to distinguish normal aging from dementia. In normal aging, there is a slowing down of mental and bodily functions, but it's not significant enough to cause functional impairment.

You may occasionally forget where you put the keys, where you parked the car, and other people's names, but this memory loss is not severe enough to affect your ability to perform activities of daily living. Alzheimer's disease causes impairment of memory, as well, but it also affects the areas of the brain involving executive function (ability to plan or solve problems), visuospatial skills (ability to navigate, locate the position of objects), and, in its more advanced stages, language and behavior.

Q. *Does Alzheimer's run in the family?*

A. Alzheimer's disease does run in some families, particularly in early onset dementia (less than 65 years of age), which represent 1 to 2% of all cases. For late onset dementia, there is a slight increase in risk if a relative was diagnosed past 65 years of age. Alzheimer's is more common in women than in men, which can be explained by longer lifespan and other genetic, hormonal and societal factors.

Q. *Is there a cure for Alzheimer's?*

A. There is no cure to date. Alzheimer's medications such as donepezil, namenda, rivastigmine, or galantamine do not prevent, modify, or reverse the process but may help improve cognition, behavior, and the ability to perform daily tasks.

Paul Lleva, MD

Dr. Paul Lleva, a neurologist, is a Phelps Medical Associates physician and an assistant professor of neurology at New York Medical College. He is board certified in internal medicine, neurology and vascular neurology.

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Regular Season Ends 4-4 For Sleepy Hollow Horsemen

by Kevin Brown

The Sleepy Hollow faithful high-fived and congratulated each other after an exciting season came to a close when Sleepy Hollow lost to Yorktown 28-13 in the second round of Section 1A playoffs.

"We started practicing and lifting last November, and I believe our record doesn't reflect how good of a team we really are. What excites me the most is how close the team got," Senior Captain Mike Lopez shared.

The Horsemen came into the game confident after dispatching Eastchester in the first round in dominating fashion, 28-0. Junior QB Sean McCarthy had shown improvement each week. He led with command in the playoff game.

"The game has definitely become slower, and I have become more comfortable with every snap. I felt myself maturing and am able to read defenses quicker and easier," McCarthy explained.

And the results showed as he threw 11 for 19 with three TDs, including one to favorite target Kevin Borden and another to big contributor Malik Jones. Just like the last two seasons, Senior Captain Mike Lopez carried the big load rushing for 120 yards and a TD. Defense held stout as Zack Frank picked up eight tackles with two key sacks. Junior Luis Espinal continued his solid line backing with five tackles.

So, on to Yorktown for game two of the playoffs marched the Horsemen. The Huskers' home field has been a sorry sight



Junior QB Sean McCarthy threw three touchdowns in the first round of playoffs.

—Photo by Julie Larsen Maher

for Sleepy Hollow, faithful having suffered several season-ending losses in recent history. And expectations were dwindled with the site of two-way starters Malik Jones and Justin Torres sidelined with injuries.

"I cannot begin to list the unbelievable circumstances our team had to overcome. Some programs don't have to deal with in a decade what we overcame this week." Head Coach Steve Borys pointed out, along with the fact that Sleepy has made the playoffs for the 9th time in 14 years, which is no small feat.

The field was enshrouded with fog, and the breaks seemed to fall Sleepy Hollow's way. After each team scored a TD, Yorktown had two TDs called back on untimely penalties. This helped keep the game close along with a Sleepy Hollow interception in the Yorktown end zone. With six seconds left in the first half, Yorktown tossed a bomb to take a 21-7 lead into the locker

room.

But the Hollow came out of the locker room ready for battle with several sophomores filling in. They marched down field and scored to bring the game to 21-13 after three quarters. But at the start of the Fourth, Yorktown took off on an 80-yard TD run by QB Josh Boyer. Boyer and RB Brett Makar had punished the Horsemen in their regular season match up, and this night was no different. Makar put up an astonishing 201 yards on the ground and 80 more through the air. QB Boyer also ran for 115.

Sleepy Hollow finishes up the season after press time with an exhibition game against rival Ossining. Honorable mentions are certainly deserved for Senior DJ Owen for making almost all of his extra point attempts. Senior Jahmaali James emerged as a tackling machine as the season progressed. Juan Garcia and Angel Acosta battled on every down. And, along with the team members already mentioned, Seniors Isaac Newland, Joe May, Julian Gagliardi, Daymon Gaynor, Wade Monks, Ivan Ca-

pellan, Emmanuel Rodriguez, Diego Rodriguez, Dan Barros, and Biomar Delacruz graduate knowing they left it all on the field for Sleepy Hollow Football Fans.

McCarthy, who will be back at QB next year shared, "Nobody will replace these seniors as they have become family. But I am already excited for next year and will begin the long journey immediately." Mike Lopez added, "I live for Sleepy Hollow football and love going to battle with the guys I grew up with. It's what I grew up around, and it has kept me out of trouble. It's hard to believe it's my last game for my home town, but I want to thank everyone who makes the football program so great from coaches, boosters, cheerleaders and of course, the fans!"

For those who have played in Coach Borys' program, they know he always has a great story leading to a life lesson and is never short on colorful quotes.

"After all we went through; we went toe to toe with the #1 seed and did not blink. The boys in the end united as a family and fought like the mighty Spartans of old till the very end. They proved to be true warriors, and their heroic efforts will be remembered in Sleepy Hollow Football lore," Borys said.

Irvington Bulldogs Finish Season 3-5 on Gridiron

by Rick Pezzullo

The Irvington varsity football team finished the regular season 3-5 under first year head coach Steve Yurek.

The Bulldogs started off 2-1 after victories over Croton-Harmon and Yonkers Montessori Academy but then lost four straight before ending strong with a 20-7 win over Hastings on October 22.

In the Hastings contest, junior Tim Meszaros rushed for 146 yards on 17 carries, while the defense came up big with four sacks, one interception and one blocked punt.

In its season opener on the new turf field at Irvington High, the Bulldogs bested Croton 22-8. Meszaros rushed for 99 yards and, fittingly, scored the first touchdown on the new surface at Meszaros Field, named after Harold Meszaros, a distant relative. Sophomore wide receiver Sidney Thybulle had three key catches for 67 yards and one touchdown.

In its 24-22 road win over Yonkers Montessori Academy, QB Liam Toolan threw for 143 yards and two touchdowns, including one to RB Joey Clewell, who racked up 110 yards. The Bulldogs recorded two safety's in the game.

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Janet Lippmann's New Paintings in Oils and Pastels on Display in One-Person Irvington Exhibition

by Morey Storck

It started with sea shells and her attraction to colors and shapes. But, as Janet Lippmann smiled and explained, "Collecting shells on a Rockaway Beach and painting them did not translate into art classes in those years. Particularly at age seven. My parents gave me piano lessons instead. That's what families did then!"

It wasn't until college that Lippmann felt independent enough to switch majors. Her family strongly directed her to biology and, perhaps, a medical career, but she had other interests. Brooklyn College suggested, because of her strong interest in art, that she pursue a career in anatomical drawings. However, she received no A's in biology. Without further discussion, she immediately switched her major to art, receiving a BA in 1956 and an MA in Art and Education in 1960. She took the education courses with an eye to teaching art in high school, if all else failed. Again, "That's what many college women did in the 50's."

Among her teachers were Ilya Bolotowsky, Burgoine Diller, Jimmy Ernst, Ad Reinhardt, Kurt Seligman and Marc Rothko. Before and after college she did teach privately and later substituted in schools. Her post-graduate studies included painting with Knox Martin at NYU and pastel studies with Sid Hermel and Richard Pinonkin in the 70's, 80's and 90's.

From 1986 through 2013, Lippmann had more than 15 one-person exhibitions, including at The National Arts Club, NYC, SUNY/Westchester Community College,



Janet Lippmann's work will be at the Irvington Library throughout November.

The Newington-Cropsey Foundation Gallery, The Alan Freshman Gallery in Beacon, and the IRPE Brooklyn College Gallery among others. Also during this period, she had innumerable Selected Group Exhibitions, among them the Goodman Gallery and RVS Gallery in Southampton, NY, New England Museum of Contemporary Art, Connoisseur Gallery in Rhinebeck, NY, Woodstock School of Art Exhibit, Hudson Valley Art Association, and the National Association of Pastel Painters of America, Taiwan, and at the Chinese Cul-

tural Center, Flushing, NY.

"I had never been a business woman," Lippmann said, "but I got the urge in 1974 and opened The River Gallery in a small store front on Main Street in Irvington for \$120/month! We sold small paintings, jewelry, some ceramics and greeting cards. I did all the publicity, printing, photography and public relations, but showed very little of my own work. However, we did very well, and in a couple of years, expanded across the street to a much larger space on the corner across from the bank. I rented

until 1981 when the opportunity to buy the building presented itself. And I did - I bought the building!"

Besides continuing to exhibit and sell her regular art selections at River Gallery, Lippmann began representing other artists in her new expanded Main Street location. They included Ilya Bolotowsky, Will Barnett, Bill Behnken, Robert Kipniss, Knox Martin and many lesser known, up-and-coming American artists, presenting one-person, month-long exhibitions of their work. Yet, during this very active and rewarding period, she made time for what turned out to be a life-changing painting trip to Giverny, France.

"I went there alone. My only familiar traveling possessions were my easels, paints and brushes. But, I was heading to the area I knew I would love," Lippmann fondly remembered. "I admire, and am influenced by Matisse for his joy and color, and Monet for creating his own world, a source of inspiration for me and the lives of so many others for years to come."

Her destination was the Monet Gardens in Giverny. "Since I had been warned that those gardens were closely monitored, I wore all green so as not to be too conspicuous," she laughed. She spent two weeks there and in the immediate environs, painting, photographing and becoming empowered with inspiration. The wisteria trees and vines were of particular interest, and because the colors were different in both spring and fall, she returned to Giverny again to appreciate the difference.

Continued on page 19



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Washington Irving High School's Last Class Reunites

by Krista Madsen

A half-hour before the official start time of 7 p.m., the party was well under way at Demeter's Tavern in Tarrytown. Of the 39 attendees expected for the first event in the Washington Irving High School 60th reunion weekend, about 25 were already here. The crowd of folks in their late 70s made the journey to this sports bar from every corner of the country, and, in one case, from the third floor.

Connie (Vetrano) Demeter, who lives upstairs, helped run the popular place her late husband's parents opened on Old White Plains Road in 1947. For decades, her sons have taken up the mantle of the family business. One Demeter son, Donald, said they just hosted the former high school's 50th reunion the week prior, mentioning their nametags had their high school photos on them. This group didn't seem to need any cues though, with friendly hugs easily stirring a slew of memories, starting in this space.

**"I was one of those lost guys...
They found me for the 25th but the
notice arrived six weeks late.
I did make the 50th."
—Frank Schmid**

"I would walk down the hill and get a soda pop here," said Frank Schmid, who grew up on Benedict Avenue but ended up in Washington State. "I was one of those lost guys," he said. "They found me for the 25th but the notice arrived six weeks late. I did make the 50th." He described how across the street from the bar was once

Lippman

Continued from page 18

Returning to the states, she painted 13 large oils in a two-year span for an exhibition of her own work. Her first sale was a 48x36 canvas that was purchased by Reader's Digest for their building collection. "With that sale," Lippmann explained, "I was finally ready and committed to show my own work!" In 2008 Will Barnet wrote: "Janet's love of nature dominates her work. The luminosity of her landscapes and the delicacy of her palette radiate an intense physical impression. This is further enhanced by her strong sense of design."

She sold the building and studio in 2015 and packed up 40 years of art, inventory and memories to her home in Tarrytown. "What next, you ask? What's my next step? Well, right now I'm involved with my one-person exhibition at the Martucci Gallery, Irvington Public Library – November 2nd to 29th, 2016," Lippmann said. "On display will be landscape and still-life pastels, prints and oil paintings. As for that next step, who knows? Something will show up. I have a studio at home and in NYC. I will paint, take courses and teach one or two days a week. But, one thing I am very sure of, and that is an artist never has to retire. And I have no intention of doing so."



Connie (Vetrano) Demeter, Hellen (Riley) Puff and Kathleen (Moore) Bell catch up.

— Photo by Krista Madsen

swampland, which every year caught on fire. The former lost guy now finds others; he volunteered to sleuth out contact info for his former classmates and he did well: of 83 graduates, he located all but five and 14 had passed.

The class of 1956 was the last class to graduate from that high school. The new Sleepy Hollow High School on Broadway, which had been under construction for the previous two years, would from then on serve students from North Tarrytown High School (now Morse) and Tarrytown. While classmates younger and older don't have the same distinction, they seem to harbor the same WIHS nostalgia. Other reuniting participants attending this weekend's festivities – casual bar night on Friday, a visit to the school Saturday morning, and a banquet at the DoubleTree – hailed from graduating classes '52-'60. A total of 95 guests were expected for Saturday night, including five starting members of the last WI football team. They lost to North Tarrytown in front of the usual crowd of several thousand, said Ed Tully '57.

Impressionable young children during WWII, this crowd has vivid memories

from the era of rationing, black-out curtains, and air raid drills. Dianne (Gundell) Singleton, reunion co-chair with her husband Charlie, recalled how her family housed a British sailor named Jack Peacock for many months while his damaged boat was repaired in the Brooklyn Navy Yard. She found it so amusing that he always departed with a "cheerio," which she knew only as a cereal. Her dad took the family to the West Side Highway in Manhattan to see the massive SS Normandie, believed to be sabotaged by the Germans, burning in its berth – so the threat in town of enemy troops coming upriver to get to West Point felt very real.

Ted Celentino, distributing copies of a photo of Mr. Bate's Pierson Elementary School sixth grade class, said he lived in the second floor apartment above a deli on Orchard Street (the former shopping hub near the train station which no longer exists). When the radio proclaimed the war was over, he remembers everyone dancing and shouting in the streets.

High school was a time the classmates remember as simple and peaceful. "Our fathers came home from war, we had a house

**"This is our last hurrah."
—Sallye (Smith) Van Sciver**

and a dog, Ike was in the White House, we had hope. Life was good," Singleton said.

Their classes were accompanied by the constant beat of progress: the sound of pile-driving from the construction of the first Tappan Zee Bridge across the Hudson.

Demeter, a twirler, led the marching band with the cheerleaders over the bridge for its inaugural celebration in December, 1955. Hellen (Riley) Puff remembered how freezing it was and how concerned her mother was. "She thought I'd be so sick or fall in the water."

With a new bridge coming soon, some classmates suggested the village should hold a similar event and invite the old crew from the class of '56 to lead the march again.

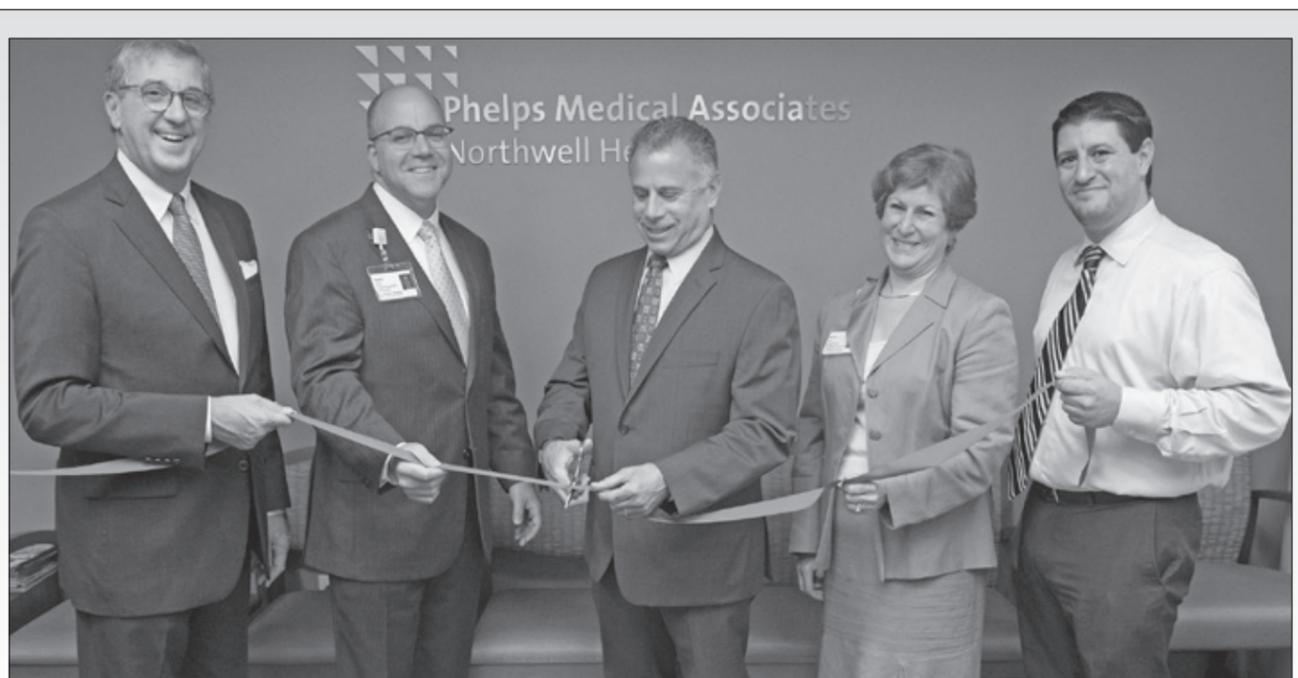
Singleton attributed the relative success – in their midst is a dentist, a doctor, a Hollywood art director – to the great educations they received. "Everyone went on and got a good education; it was because of those teachers. I can't say enough about that school."

**"Everyone went on and got a good
education; it was because of those
teachers. I can't say enough about
that school."
—Dianne Singleton**

As great as it was to get together, many anticipated this might be their last big bash. "This is our last hurrah," said Sallye (Smith) Van Sciver, who thought she'd be too old to come up again from Texas for the 70th, but knew the ties bind them whatever their present geography. "We were always close."

"Best time of my life here," Demeter said. "I know them all."

"We were very fortunate to grow up where we did," Singleton said.



(L-R:) Richard J. Sinni, Phelps chairman of the board; Daniel Blum, Phelps president & CEO; Michael Blau, Village Administrator, Tarrytown; Mayda Davis, Phelps Medical Associates practice coordinator; and Dominic Paruta, Phelps Medical Associates practice manager were on hand at the recent ribbon-cutting of the Phelps Medical Associates facility in Tarrytown.

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Obituaries

John Cancro, 65

John Anthony Cancro died October 17 at Vassar Brothers Medical Center in Poughkeepsie from complications due to an accident. He was 65.

Born in Tarrytown, he was a graduate of Sleepy Hollow High School and Westchester Business Institute. He was a long-time member of Hope Hose Fire Company in Tarrytown, and was employed by Barrier Oil Company for about 25 years.

For many years Mr. Cancro enjoyed spending time at the family lake house in Middleton, NH, where he enjoyed taking friends waterskiing in the summer and snowmobiling in the winter. He was an avid bowler and loved playing board and card games. He was also an animal lover having both dogs and cats throughout his life which gave him great joy. He was a kind, crazy and gentle soul who easily made friends and will always be remembered as a loving and caring son, brother, uncle and friend.

Virginia Clifford, 90

Virginia Thomas Clifford, a resident of Irvington, died peacefully with her family at her side on October 16. She was 90.

She was a resident of Irvington for 64 years and an active parishioner of Immaculate Conception Church. Through the years, she was involved with the Irvington Seniors, Historical Society, and the library, and had a particularly soft spot in her heart for animals.

She was born and raised in Lynchburg, VA, the youngest of eight children of the late Joseph and Julia Thomas who had emigrated from Lebanon. Following WWII, she made her way north, first to Washington D.C., and then to NYC, where she worked for CBS in the early years of network television. She met and then married her husband, Cliff, in New York, and moved to Irvington in 1953 to raise their family. Virginia worked for many years as an executive secretary for the Foundation for Economic Education (FEE) in Irvington and later at American Can Company.

Oral Histories

Continued from page 5

– and for an infusion of new board members to keep things fresh. “The board gets stagnant with the same people on it forever and ever,” Phillips said.

Susan Goodwin said they were hoping to revive the wing of the League of Women’s Voters that would maintain a presence at government meetings, from the local level on up. The “Observer Corp” was demanding, but, from Goodwin’s experience, in the most gratifying way. “I thoroughly enjoyed those meetings, getting to know legislators and the issues they’re working on,” she said. “People who do this don’t realize how much they’re going to like it. You feel yourself getting thoroughly immersed.”

Goodwin admitted she temporarily had to step down from her longtime post as President of the local LWV since she had trouble in this unprecedented election cycle adhering to their nonpartisan stance. “But I’ll be back Nov. 9,” she said.

Goodwin is also very involved with the Tarrytown Environmental Advisory Committee (TEAC) and the Tree Commission. The commission is working to get a village ordinance passed promoting proper education about the removal and care of our trees. Trees, she said, are one of our greatest yet most overlooked resources, a main reason we rank among the “prettiest towns in America.”

Phillips said the beauty of volunteering is getting out of the bubble of your own concerns and contributing to the bigger picture. “It’s to see that’s there’s so much more than your little life and also that you can help,” she said.

Green, citing the Gandhi quote above, helped found Kids’ Club eight years ago. When the Boys & Girls Club, which her husband was involved with, left the Community Opportunity Center, they saw a need not to replace it with yet another organization, but to help connect, fund and support the many organizations that already ex-

ist. As a stay-at-home mother, Green related to Phillips’ memory of her mom as someone working an awful lot for someone without a job. Volunteering has kept her skills sharp after leaving her career as a lawyer.

“It allows me to use my brain again,” Green said. “Whether it be serving on the school board or working with Kids’ Club, these forms of service give me opportunities to think analytically and strategically, employ the speaking and writing skills I spent many years developing in my academic and professional career, put my former creative skills to use with various marketing projects, and also learn new things... These volunteer outlets have been important to my sense of self-worth as well as to my intellect.”

Goodwin, who taught environmental health, said it was important for her to start volunteering before she retired so she had some roles in place to transition into that “fit into my goals in life.”

Jean Wald, a 16-year volunteer at the Warner Library says she fell in love with the place the moment she saw it. When she came up from Woodlawn to visit her daughter’s new apartment across from the library, she asked, “Do you think they have a room I could rent in the attic? I could live there!” While she doesn’t live there she happily spends plenty of time. “I absolutely love this library and the people in it.”

Volunteering – along with all the activities these many local volunteer-driven organizations create – keep the seniors “off the streets,” some joked. “Without them, we’d be wandering around,” Wald said.

To find out more about any of these organizations, you can inquire at the library at (914) 631-7734. Next up: Calling long-time small business owners of 10591: we’d love to hear your shop stories. Join us for the next Oral History session at Warner Library on Friday, Nov. 18 at 1 p.m. To RSVP contact krista@sleepyhollowink.com or call the library.

Watercooler

Heard Around the Watercooler

HONORED



Howard Permut

Teatown Board Chair, Howard Permut, was honored by the National Parks Conservation Association (NPCA) and the Harlem Valley Appalachian Trail Community™ (HVATC) for his work in planning and creating the only railroad stop directly on the Appalachian Trail (AT). The station, located in Pawling, NY, allows residents of New York City to easily reach the trail, which stretches from Georgia to Maine. Permut received this recognition at HVATC's third annual Trail Day on October 15th at the Native Landscapes and Garden Center in Pawling. "I want to thank the Harlem Valley Appalachian Trail Community and the National Parks Conservation Association for this honor," said Permut. "It gives me great satisfaction to have been able to construct a station that connects New Yorkers with the Appalachian Trail and makes it easier for millions of people to access nature and the great outdoors. I also hope that this is the start of collaboration between Teatown, home to many wonderful hiking trails and environmental programs, the Harlem Valley Appalachian Trail Community, and the National Parks Conservation Association as we all seek to protect and preserve natural places of beauty for present and future generations." Permut retired as Metro North President in 2014 and has been board chair of Teatown, a nonprofit nature preserve and environmental education center in the lower Hudson Valley, since November 2015. The preserve manages over 1,000 acres, making it the largest privately-owned land preserve in Westchester. 10,000 people hike its 15 miles of trails every year; and over 20,000 individuals are reached annually by Teatown's environmental education programming. For more information about Teatown, visit: www.teatown.org.

HONORED

Three Westchester residents were honored at the Hispanic Heritage Month celebration on October 19th at the Don Ciqui Restaurant in White Plains: Sergeant



Felix Corona, a Sleepy Hollow police officer for 17 years, and Francisco and Jessica Mejias, the owners of the Los Andes Bakeries, located in Sleepy Hollow, Peekskill, and North Bergen, New Jersey. Born in Cuba and raised in Sleepy Hollow, Sgt. Corona has spent many years involved in Westchester's Hispanic community and serves as a liaison for local Hispanic merchants and the community. The Mejias have owned Los Andes Bakery for 25 years and are famous throughout Westchester for their empanadas and Chilean pastries. The event drew over 100 people and was emceed by "Buen Dia New York" WADO radio host, Ino Gomez. County Executive Robert Astorino, who addressed the audience, was joined by members of the Westchester Hispanic Law Enforcement Association, the Westchester Hispanic Chamber of Commerce, and numerous local Hispanic businesses and organizations.

RECOGNIZED

Tarrytown residents Jane Dubin and Margaret Liston are being honored at the 2016 Elizabeth Mascia Child Care Center (EMCCC) Autumn Gala benefit event on Thursday, November 3rd at Abigail Kisch at Tappan Hill. EMCCC is one of the oldest and largest childcare centers in Westchester. For more information, visit: <http://www.masciachildcare.org/events/>

RAISED

Dows Lane Elementary School students in first through third grade raised more than \$500 for their school's outdoor spaces project by reading great books during Dows Lane's summer read-a-thon. "We are so proud of their hard work and dedication to Dows Lane," Principal Deborah Mariniello said. "Thanks to all the families for their support. Read-a-thon donations are still being collected and residents can help us make a difference with each book."

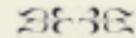
Please send submissions about distinctions and honors given to local community members to: thiwatercooler@thehudsonindependent.com.

SHOP LOCAL



"Give thanks to the Lord, for he is good; for his steadfast love endures forever." - Psalm 107:1

- Continuing the Old Dutch Church of Sleepy Hollow -
Serving the community for over 330 years.
Sundays at 10:30 a.m. - Childcare Provided



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It is with great pride and humility that we celebrate the 105th Anniversary of



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We are so proud to have been able to carry on the legacy of Michael J. Coffey who began his career as an Undertaker on Beekman Avenue in North Tarrytown in 1911. That legacy was continued by Edwin J. and Agnes (Cis) Coffey as the family moved the business in 1946 to its current location of 91 North Broadway in Tarrytown.

We are so grateful for the confidence and trust the families of Tarrytown, Sleepy Hollow (North Tarrytown) and the surrounding communities have placed in the Coffey Family. We always strive to do the very best we can to help each and every family in their time of need.

With Sincere Gratitude,

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CONVENIENT PARKING ACROSS THE STREET IN MUNICIPAL LOT

What's Happening

Check out the complete directory for November at www.thehudsonindependent.com

Thursday 3

AUTUMN GALA AND CASINO NIGHT: From 6 p.m. – 10 p.m. at Abigail Kirsch at Tappan Hill in Tarrytown to benefit the Elizabeth Mascia Child Care Center. Honorees Jane Dubin and Margaret Liston. Call 631-2126 or visit www.masciachild-care.org/events.

HEMINGWAY IN PARIS: At 7 p.m. Elizabeth Kemble gives an illustrated talk on Hemingway's Paris at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

"HERE, THERE & EVERYWHERE": At 8 p.m. witness a freeform, freeski adventure in this Warren Miller film at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusichall.org.

Friday 4

"THE TOXIC AVENGER" (THE MUSICAL) - WESTCHESTER PREMIERE: At 8 p.m. Presented by Pleasantville Music Theater at Irvington Town Hall Theater. Visit www.irvingtontheater.com. Also Nov. 5 at 8 p.m.

Saturday 5

LEUKEMIA AND LYMPHOMA SOCIETY ANNUAL NIGHT WALK: Starting in Kingsland Point Park, Sleepy Hollow and walking along the river with lanterns. Fireworks to follow.

TEEN BABYSITTING WORKSHOP: From 10:30 a.m. – 2:30 p.m. boys and girls in 5th grade and older learn how to work with young children at the Warner Library in Tarrytown, and receive a certificate. To register call 631-7734.

A HANKERING FOR HUMMUS: At 8 p.m. screening of "Hummus! The Movie", a hummus-making demo, wine and socializing at JCC on the Hudson. RSVP to www.Hankering4Hummus.eventbrite.com or call 388-7898.

Sunday 6

CRAFTING TOGETHER: At 9:30 a.m. parents and

children ages 3-5 make puppets, wall hangings and treasure boxes at JCC on the Hudson in Tarrytown. To register call 366-7898 or visit www.jcconthehudson.org.

SHINRIN-YOKU: At 9:45 a.m. learn to experience the natural world on its own terms while walking through the meadows and woodlands at Teatown Lake Reservation in Ossining. To register call 762-2912, ext.110. Also Nov. 20.

DROP-IN TAI CHI: At 10 a.m. learn the simplified 24 step Yang style form with Glenn Eisen at JCC on the Hudson in Tarrytown. Call 366-7898 or visit www.jcconthehudson.org. Also Nov. 13, 20 & 27.

BASICS OF BEAD WOVEN JEWELRY: At 11 a.m. make a bracelet with Amy Kanarek at JCC on the Hudson in Tarrytown. To register call 366-7898 or visit www.jcconthehudson.org.

FOREST FOOD CHAINS: At 1 p.m. meet an owl and investigate the contents of their pellets at Teatown Lake Reservation in Ossining. To register call 762-2912, ext.110.

BLESSING OF THE ANIMALS: At 1:15 p.m. coinciding with the reading of Parshah Noah at Greenburgh Hebrew Center. 515 Broadway, Dobbs Ferry. Call 693-4260 or visit www.g-h-c.org.

YOUNG ARTIST SERIES: Pianist Jiacheng Xiong performs at 2 p.m. at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

WESTCHESTER SYMPHONIC WINDS: "Impressions and Memories" concert at 3 p.m. at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusichall.org.

Monday 7

JOHN PHILIP SOUSA: More Than Marches: At 10 a.m. presentation by Lu Gmoser at JCC on the Hudson in Tarrytown. Call 366-7898 or visit www.jcconthehudson.org.

"THE LION KING KIDS": Performance at 6:15 p.m. by Random Farms Kids' Theater at the Tarrytown

Music Hall. Call 877-840-0457 or visit www.tarrytownmusichall.org. Also Nov. 8, 9, 14, 15, 16, 21, 22 at 6:15 p.m. & Nov. 19 at 11 a.m.

"THE TEMPEST": At 7 p.m. the Y Theatre presents this Shakespeare play at Washington Irving School in Tarrytown. Call 418-5562 or visit www.ymcattarrytown.org.

LINKEDIN FOR JOB SEEKERS: At 7 p.m. social media guru Cheryl Williams explains how to use this tool at the Warner Library in Tarrytown. To register call 631-7734.

Tuesday 8

GRADE SCHOOL AGE PARENTING NETWORK: Meets at 7:30 p.m. at JCC on the Hudson in Tarrytown. RSVP to StefaniCohen@hotmail.com.

Wednesday 9

SPANISH FILM SERIES: "Guantanamo" will be shown at 6:30 p.m. at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

SOLAR COOKING AROUND THE WORLD: Learn how this technology is alleviating poverty and improving health at 7:30 p.m. at the Greenburgh Nature Center in Scarsdale. Program co-sponsored by the Sierra Club Lower Hudson Group. Call 723-3470 or visit www.newyork.sierraclub.org/LHG.

"ZERO DAYS": At 8 p.m. this film about the spread of computer malware will be screened at the Nyack Center, Broadway at Depew, followed by Q&A with director Alex Gibney. Call 845-353-2568 or visit www.rivertownfilm.org.

Thursday 10

LITERARY EVENING: At 7 p.m. voice-over actor Alan Sklar reads stories by Saki at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

3 Tarrytown Third Friday
The Discover, Re-Connect, Re-Animate.

November 18th from 5-9pm

Join us this month for music madness! Music by PHADE & by The Pressel
Face Painting, Crafts, Merchandise, Vendors & more!

www.TarrytownThirdFriday.com & [facebook.com/Tarrytown3rdFri](https://www.facebook.com/Tarrytown3rdFri)

Presented by: **AB**, **STAR JEWELRY**, **ILDA'S**, **MUSIC HALL**, **Love Holds Life**

CONCERT: At 8 p.m. Chris Isaak: First Comes the Night Tour at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusichall.org.

Friday 11

POETS ON WAR & PEACE: At 7:30 p.m. 10 Westchester poets read original work provoked by war and resistance at Hudson Valley Writers' Center in Sleepy Hollow. Call 418-5562 or visit www.writerscenter.org.

Saturday 12

WATERSHED INVESTIGATIONS: At 1 p.m. explore the intricacies of water flow through a watershed at Teatown Lake Reservation in Ossining. To register call 762-2912, ext.110.

CHAKRAS AND HEALING CHAMBER MUSIC: At 1:30 p.m. workshop with Shari Friedrichsen at Club Fit in Briarcliff Manor. Register at www.YTAYoga.com or call 582-7816 for information.

"ACTS OF REUNION": At 2 p.m. M&M Productions Acting Company presents two one-act plays by local playwrights at the Irvington Public

SENIORS

SENIOR BENEFITS INFORMATION CENTER: Wednesdays from 10 a.m. to 1 p.m. a representative from the Medicare Rights Center 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 269-7765.

SENIOR VAN: Beginning at 9 a.m. Monday through Friday, a van is available for seniors who need transportation. Call the Tarrytown Village Hall at 631-7873 or the Sleepy Hollow Recreation Dept. at 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, 631-0205

GREENBURGH NUTRITION PROGRAM: See Hot Lunch above.

SENIOR FLU SHOTS: 9 a.m. – 11 a.m. by appointment, Nov. 15. Bring Medicare card.

COMPUTER CLASS: 11a.m. Tuesdays (please call).

YOGA ON THE CHAIR: 11:15 a.m. Wednesdays and Fridays.

ART WORKSHOP: 1 p.m. Wednesdays.

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. Closed Nov. 23-24

TARRYTOWN SENIOR CENTER

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

MEETINGS: 1 p.m. Nov. 1 and 15, followed by games.

EXERCISE: 10 a.m. Mondays, Wednesdays and Fridays.

NICKEL BINGO: 12:30 p.m. Mondays.

CARDS: 1 p.m. Tuesdays and Thursdays.

YOGA: 10 a.m. Thursdays.

BOOK CLUB: 1 p.m. Nov. 18.

OTHER CLASSES: Check bulletin board.

POOL TABLES: Available any time. Closed Nov. 11, 24-25

JAMES F. GALGANO SENIOR CENTER

55 Elm St., Sleepy Hollow, 631-0390. Annual donation is \$10, due before March 1.

MASS FOR DECEASED MEMBERS: 11 a.m. Nov. 7 at St. Teresa's Church, followed by lunch and meeting.

MEETING: 1 p.m. Nov. 21, followed by bingo.

EXERCISE CLASS: 11:30 a.m. Tuesdays.

NICKEL BINGO: 1 p.m. Tuesdays

YOGA: 9:15 a.m. Nov. 2, 9 and 16.

CERAMICS: Nov. 3 and 17 (tentative)

EXERCISE CLASS: 10:30 a.m. Fridays

KNITTING: 1 p.m. Fridays.

Open weekdays for socializing, card playing, etc.: 1 p.m. to 4 p.m. Closed Nov. 11 and 24

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at Van Cortlandt Manor

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Dickens's Christmas Carol
at Reformed Church of the Tarrytowns

TICKETS AVAILABLE >
DEC 10-11, 17-18

Holiday Gift Shop
at Philipsburg Manor

OPEN WEEKENDS
NOV 5 - DEC 18

HUDSONVALLEY.ORG FOR TICKETS + INFO -OR- CALL 914.366.6900

Library. Call 591-7840 or visit www.irvingtonlibrary.org.

BUBBLE TIME! At 2 p.m. show with Casey Carle, a bubble artist extraordinaire, at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

ALL SHORTS FILM FESTIVAL: At 7:30 p.m. a series of international short films at Irvington Town Hall Theater. Visit www.irvingtontheater.com.

CHAMBER MUSIC: At 8 p.m. the Takacs Quartet performs at Sleepy Hollow High School. Call 861-5080 or visit www.friendsofmusicconcerts.org.

Sunday 13

HASTINGS FLEA MARKET: From 10 a.m. to 4 p.m. at the Metro North train station parking lot. Call 646-709-4308 or visit www.hastingsflea.com.

TURKEY SCAVENGER HUNT: Bring your toddlers at 1:30 p.m. for a "turkey token" hunt at the Greenburgh Nature Center in Scarsdale. Call 723-3470 or visit www.greenburghnaturecenter.org.

DANCE RECITAL: At 1:30 p.m. students of the NaryaMudra School of Dance perform at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

CONCERT: At 2 p.m. The Manhattan Chamber Players perform at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

"THE LONG WET GRASS": At 4:30 p.m. Seamus Scanon's one-act play will be performed at Hudson Valley Writers' Center in Sleepy Hollow, followed by a panel discussion. Call 418-5562 or visit www.writerscenter.org.

Monday 14

THE IMMIGRANT EXPERIENCE ON FILM: At 10 a.m. Professor Bill Costanza gives a brief survey of how world cinema has treated immigrants at JCC on the Hudson in Tarrytown. Call 366-7898 or visit www.jccontheudson.org.

INTRODUCTION TO FACEBOOK: A workshop for all ages at 7 p.m. at the Warner Library in Tarrytown. Call 631-7734 or sign up at the Reference Desk.

Tuesday 15

MYSTERY BOOK GROUP: Meets at 3:30 p.m. to discuss "The Yiddish Policeman's Union" by Michael Chabon at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

TRANS 101: At 7:30 p.m. Center Lane presents an overview of transgender terminology, stigma and social issues at JCC on the Hudson in Tarrytown. RSVP to <http://transissues.eventbrite.com>.

Wednesday 16

"INSIDE EMILY DICKINSON: HER POETRY & HER LIFE": At 7 p.m. interactive theater performance by Ginger Grace at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

Thursday 17

THURSDAY EVENING BOOK DISCUSSION: At 7 p.m. discussion of "A Spy Among Friends: Kim Philby and the Great Betrayal" by Ben Macintyre at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

THURSDAY EVENING BOOK CLUB: Meets at 7:30 p.m. to discuss "The Perfume Collector" by Kathleen Tessaro at the Irvington Public Library. Call 591-7840 or visit www.irvingtonlibrary.org.

CONCERT: At 8 p.m. Big Head Todd and the Monsters and others perform the songs of Willie Dixon at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

Friday 18

"THOROUGHLY MODERN MILLIE": Presented by Broadway Training Center - Combined Ensemble at 7 p.m. at Irvington Town Hall Theater. Visit www.irvingtontheater.com. Also Nov. 19 at 7 p.m. & Nov. 20 at 3 p.m.

CONCERT: At 8 p.m. drummer Butch Trucks and the The Freight Train Band perform at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

Saturday 19

BEADING WORKSHOP: At 10 a.m. artist Blanca Medina shows participants how to make beautiful

bracelets at the Ossining Public Library. To register call 941-2416, ext. 327.

TURKEY TIME: At 11 a.m. make a craft, listen to a story and take a short hike to learn about turkeys' natural history at Teatown Lake Reservation in Ossining. To register call 762-2912, ext.110.

AUTHOR VISIT: At 2 p.m. David Neilsen reads from his book "Dr. Fell and the Playground of Doom" at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

CONCERT: At 8 p.m. The Machine performs Pink Floyd at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

Sunday 20

PETER OLEY TURKEY TROT: A 2.5-mile race for adults and youth starting at 1:30 p.m. from the Dows Lane School in Irvington. Girl Scout bake sale on site. Registration required. Call 591-7736 or e-mail mdepaoli@irvingtonny.gov.

POETRY READINGS: At 1:30 p.m. prominent local poets read from their work, facilitated by Dr. George Kraus, at JCC on the Hudson in Tarrytown. Register at www.SundayWithGeorge.eventbrite.com.

A HISTORY OF THE 50'S AND 60'S THROUGH POPULAR SONG: Performance by Marc Black at 2 p.m. at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

THE AMAZING INTELLIGENCE OF CORVIDS: At 2 p.m. interact with some crows and ravens and learn about their overlooked intelligence at the Greenburgh Nature Center in Scarsdale. Call 723-3470 or visit www.greenburghnaturecenter.org.

CHAMBER MUSIC: Cellist Gwendolyn Krosnick and pianist Lee Dionne perform at 4 p.m. at the Irvington Public Library. Call 591-7840 or visit www.irvingtonlibrary.org.

CONCERT: At 7 p.m. Mavis Staples & Los Lobos perform to benefit the Food Bank of Westchester at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

Monday 21

THE BLUES, THE JEWS AND EARLY ROCK AND ROLL: At 10 a.m. presentation by blues harmonica player and historian Michael Shamosh at JCC on the Hudson in Tarrytown. Call 366-7898 or visit www.jccontheudson.org.

OUR LIBRARIAN IN HAVANA: Hemingway's Cuba: At 7 p.m. with Diana Lennon and Nancy Coradin at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

Friday 25

MICHAEL BOLTON - HOLIDAY & HITS: Concert at 8 p.m. at the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

Saturday 26

HOLIDAY TRAIN SHOW: Display of model trains among replicas of area landmarks from 10 a.m. - 4:30 p.m. at the Greenburgh Nature Center in Scarsdale. Call 723-3470 or visit www.greenburghnaturecenter.org. Also Nov. 27, Dec. 3-4.

CANDID CAMERA: At 7:30 p.m. Peter Funt brings a laugh-filled show to the Tarrytown Music Hall. Call 877-840-0457 or visit www.tarrytownmusicall.org

WESTCHESTER TEEN IDOL: Competition for the singing title at 7:30 p.m. at Irvington Town Hall Theater. Visit www.irvingtontheater.com.

Sunday 27

ANIMAL ADVENTURES: CAMOUFLAGE! At 11 a.m. meet some animals that use a few tricks to hide in plain sight at Teatown Lake Reservation in Ossining. To register call 762-2912, ext.110.

Monday 28

JEWISH LIFE AND CULTURE IN POSTWAR GERMANY: At 10 a.m. presentation by Dr. Roland Dollinger at JCC on the Hudson in Tarrytown. Call 366-7898 or visit www.jccontheudson.org.

CHAMBER MUSIC: At 1 p.m. the Hudson Valley Music Club presents a concert by Les Amis da Ariage Piano Quartet at Dobbs Ferry Woman's Club, 54 Clinton Ave. Call 232-5916 Visit www.performersofwestchester.org.

Wednesday 30

"AGATHA CHRISTIE IS MISSING": At 7 p.m. Prudence Wright Holmes performs this interactive murder mystery at the Ossining Public Library. Call 941-2416 or visit www.ossininglibrary.org.

"LITTLE MEN": At 8 p.m. this film about middle school boys from different backgrounds will be screened at the Nyack Center, Broadway at Depew, followed by Q&A with director Ira Sachs. Call 845-353-2568 or visit www.rivertownfilm.org.

December 2, 3, 4

HOLIDAY BOUTIQUE: From 10 a.m. - 4 p.m. the Junior League of Westchester-On-Hudson will be hosting a holiday boutique at Lyndhurst. Proceeds from the boutique will benefit the Junior League and Tarrytown's Warner Library.

Ongoing

"SATURDAY NIGHT FEVER": Through Nov. 27 at the Westchester Broadway Theatre in Elmsford. Dinner at 6:15 p.m. & show at 8 p.m. Call 592-2222 or visit www.broadwaytheatre.com.

EXHIBIT: "New Works," paintings in oil and encaustics by Jhina Alvarado on view Nov. 12 - Dec. 4 at the Canfin Gallery, 39 Main St., Tarrytown. Call 332-4554 or visit www.CanfinGallery.com

EXHIBIT: "Color Celebration," pastels, prints and oil paintings by Janet Lippmann on display Nov 2-29 at the Irvington Public Library. Reception Nov. 19 from 1 p.m. - 4 p.m. Call 591-7840 or visit www.irvingtonlibrary.org.

EXHIBIT: Stone sculptures by Richard Ross, photography by Madeline Wilson and paintings by Peter Siegel at the Warner Library in Tarrytown. Call 631-7734 or visit www.warnerlibrary.org.

EXHIBITS: Photography by Deborah Cohen and artwork by local artist Jaime Aguirre at the Ossining Public Library. Receptions Nov. 5 and Nov. 26 respectively from 2 p.m. - 4 p.m. Call 941-2416 or visit www.ossininglibrary.org.

TARRYTOWN SLEEPY HOLLOW FARMERS MARKET: Open 8:30 a.m. - 2 p.m. Saturdays through Nov. 19 in Patriot's Park. E-mail TaSHFarmersMarket@gmail.com or visit www.TaSHFarmersMarket.org.

OSSINING FARMERS' MARKET: Open Saturdays from 8:30 a.m. - 1 p.m. at Spring & Main Sts. Call 923-4837 or visit www.downtoearthmarkets.com.

IRVINGTON FARMERS MARKET: Open Sundays from 9 a.m. - 1:30 p.m. at Main St. School. Visit www.iirvmkt.org.

FIELD GOODS WEEKLY PRODUCE DELIVERY: Now available at the Ossining Public Library. Subscribers receive 5 to 8 different types of fruits and vegetables weekly, sourced from some 80 small farms. Sign up at www.Field-Goods.com or e-mail info@field-good.com.

"DROP YOUR PANTS' DENIM RECYCLING INITIATIVE: Bring your worn denim clothes to the Tarrytown Music Hall lobby collection box for recycling into insulation and keep textile waste out of landfills. Visit <http://bluejeansgogreen.org>.

IRVINGTON-HUDSON RIVER TIFFANY TRAIL: This electronic guide leads visitors to sites from the Bronx to Briarcliff Manor open to the public displaying the work of Louis Comfort Tiffany. Visit www.tiffanytrail.com.

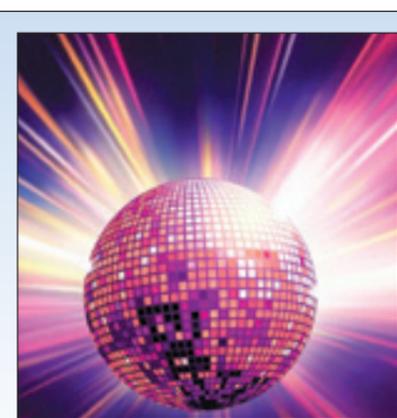
MEN'S CLUB: Meets every Wednesday at 9:45 a.m. at JCC on the Hudson in Tarrytown. Meetings have varied speakers and are open to the public free of charge. Call 366-7898 or visit www.jccontheudson.org.

TORAH STUDY: Rabbi Holtz leads a class Wednesdays at 10 a.m. at Temple Beth Abraham in Tarrytown. No previous knowledge required. Call 631-1770 or e-mail adulded@tba-ny.org.

CHESS CLUB: The Warner Library Chess Club meets on the second, third and fourth Thursday of the month from 6:30 p.m. to 8:45 p.m. Call 631-7734 or visit www.warnerlibrary.org.

HEALTHY LIFE SERIES: Phelps Memorial Hospital Center in Sleepy Hollow offers the community a wide range of programs on health-related subjects as well as health screenings and support groups. Visit www.phelpshospital.org.

FILMS FOR CHILDREN: Weekends at noon at the Jacob Burns Film Center in Pleasantville. Call 747-5555 or visit www.burnsfilmcenter.org.



Through Nov 27 at the Westchester Broadway Theatre in Elmsford. Dinner at 6:15 p.m. & show at 8 p.m. Call 592-2222 or visit www.broadwaytheatre.com.

The Village Bookstore



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Food for Thought

Turn Leftover Turkey into a Savory Stew

by Linda Viertel

Thanksgiving feasts are culinary delights that keep giving long after the fourth Thursday in November. And, I am talking about leftovers. Debates rage between those who love the Thanksgiving meal most; others love nibbling on turkey bones and heating up everything from the day before for Thanksgiving meal number two. If energy for kitchen activity still persists, concoct a turkey a la king for the next night's dinner, or cook some pasta and cream sauce, throw in the cooked peas, and creamed onions, with a bit of dressing — Voila! Turkey tetrazzini.

For lunch, you may want to pile sliced turkey onto a baguette, slathered with Russian dressing, a few thin slices of cheddar or fontina cheese, some cranberry sauce and, yes, even some dressing, and you will have one helluva sandwich on Friday, November 25th. That is, if you have room after consuming a piece or two of pecan, pumpkin or apple pie with coffee for breakfast.

Marcie Cuff, *The Hudson Independent's*

expert on the natural world and all things sustainable, and I am coordinating our November columns on leftovers. So, please be sure to reference her "Zero Waste Thanksgiving" article below. You won't want to miss her take on morning, midday and evening meals plus snacks and "sweet stuff" the day after Thanksgiving.

Here's my offering: an unusual, hearty, and comforting way to be sustainable — making use of those leftover turkey bones and turkey meats (both white and dark). It's Turkey Posole, a traditional savory Mexican hominy (hulled corn kernels) stew usually made with pork. But before you begin, it is well worth the small effort to make or augment your own broth for a richer, silkier and more flavorful soup base. This is true for any soup, in fact. You can buy turkey or chicken stock — and purchasing a higher quality brand helps — but taking the time to let it simmer with the turkey carcass/bones, chopped onion, carrots, celery, parsley and a few pepper corns, then strain, will make all the difference.

Turkey Posole

Ingredients:

Carcass/bones from one 13-pound+ turkey
1 medium onion, quartered
1 carrot, chopped
1 rib celery, chopped
2 bay leaves

3 tomatoes diced
1 bag frozen hominy
(or two 15 ounce cans hominy, strained)
4 garlic cloves finely chopped
1 large jalapeno
¼ cup coarsely chopped cilantro leaves
Salt

For serving: Avocado chunks, shredded Monterey Jack cheese, chopped fresh cilantro, tomatoes and scallions and warm corn tortillas.

In a large stockpot, cover the turkey carcass/bones, chopped onion, carrot, celery, parsley and bay leaf with 12 cups (or more) of water or broth, and bring to a moderately high heat. Simmer the turkey stock over moderate heat until the broth is flavorful — about 2 hours. Strain through a coarse sieve into a large heatproof bowl.

Return the broth to the stockpot. Add frozen hominy (or canned), tomatoes, garlic and jalapeno and cook over moderately high heat until the broth is reduced to 6 cups. Add the shredded turkey meat and chopped cilantro and simmer until the stew is heated through. Season the posole with salt, ladle into deep bowls and serve with avocado chunks, shredded Monterey Jack cheese, and fresh chopped, cilantro, tomatoes and scallions if desired. Warm tortillas are the perfect accompaniment.



Harvest on Hudson

The Zero Waste Thanksgiving

by Marcie Cuff

It's November, and if you're anything like me, you're already leafing through dog-eared pages of beloved holiday cookbooks. Thanksgiving is just a few weeks away, and I love everything about it—family gathered around the table, and turkey with all the fixings—gravy, cranberry sauce, potatoes, green beans, stuffing and pie. And more pie. In the end, we always have extras of everything at our house. In fact, Thanksgiving is probably the biggest "leftover" holiday of the year in the U.S.

This year, minimize your holiday waste and celebrate Thanksgiving all week. Don't limit yourself to turkey sandwiches and day-after turkey soup, though. The possibilities for your extras are endless! Of all the things that taste better the next day, Thanksgiving leftovers top the list. What's not to like about things smothered and baked in crispy leftover mashed potatoes? The wonderful thing about leftovers is that there are no rules. Leftovers are very forgiving, and nobody expects much from them.

Below are a few ideas—just outlines—of things cobbled together from Thanksgiving leftovers. No need to carefully arrange things. No need to be obsessive. Just relax and enjoy your Thanksgiving meal to the very last drop. Give new life to your leftovers and they will blend together into something infinitely greater than the sum of the parts. Plus, there is a little snowflake-

specialness to leftovers—no two finished products will ever be exactly alike.

Morning Meals

Cranberry Smoothie

Freeze leftover cranberry sauce in an ice cube tray. Combine 6 frozen cranberry cubes, 1 banana, 1/2 cup Greek yogurt, 1/2 cup milk, 1 Tbs hempseed, and 1/4 tsp ground cinnamon in blender. Blend until smooth.

Cranberry Parfait

Layer Greek yogurt and leftover cranberry sauce in a glass. Top with salted almonds and pumpkin seeds.

Snacks and Sides

Day-After Dip

Strain, rinse and puree a can of cannellini beans with one garlic clove. Combine with 1 cup leftover mashed sweet potatoes or squash. Serve with crackers.

Mashed Muffins

In bowl, mix 3 cups leftover mashed potatoes, one egg, 3/4 cup cheddar cheese, and 2 Tbs chopped chives. Divide mixture evenly into greased muffin tin. Bake 30 minutes at 375. Top with 1/4 cup cheddar cheese. Bake an additional 5 minutes. Transfer to serving dish and top with 1 Tbs chopped chives.

Stuffing Waffles

In large bowl, combine 4 cups leftover

stuffing with 2 eggs. Add 1/4 cup chicken broth. Scoop half of the stuffing mixture into prepared waffle maker, spreading it evenly. Heat until golden. Top with leftover cranberry sauce.

Midday to Evening Meals

Veggie Shepherd's Stuffing Pie

Mix 2 cups leftover stuffing and 4 Tbs vegetable broth in bowl. Press into bottom of deep-dish pie pan. Add 3 cups leftover Thanksgiving vegetables (cooked carrots, green beans, peas). Top everything with 3 cups of mashed potatoes. Bake at 400 for 25 minutes.

Cranberry Brie Quesadilla

Spread mustard on a flour tortilla. On one half, layer leftover turkey, cranberry sauce, brie cheese, salt and pepper. Fold in half and brush the top with olive oil. Bake at 425 for 10 minutes. Slice into wedges.

Curry Turkey Sandwich

Chop 1 cup leftover turkey and mix with 1 tsp curry powder and 2 Tbs mayonnaise. Layer on pumpernickel bread with stuffing.

Sweet Stuff

Cranberry Gelato

Freeze large metal bowl for 1 hour. Mix



2 cups leftover cranberry sauce, 1 cup heavy cream, 1 cup whole milk and 1/2 cup sugar in bowl. Transfer mixture into frozen bowl. Stir mixture every 45 minutes for two hours. Chill overnight. Serve with mint sprig.

Ice Cream Pie Sandwiches

Spread leftover pumpkin pie on graham crackers. Top with a scoop of vanilla ice cream. Top with another graham cracker.

Marcie Cuff lives in Irvington, works at the NY Botanical Garden, and is the author of "This Book Was a Tree" (Perigee Books). For more ideas like this, look for her book at any bookstore, or visit her blog Mossy at <http://mossymossy.com>.

COMMENTARY

The Lessons of Thanksgiving

Given the divisiveness sowed by this year's approaching presidential election, it may be beneficial to contemplate another occurrence this month — Thanksgiving, and several historical moments in its evolution as a national holiday.

The small gathering of Pilgrims in Plymouth, who celebrated and gave thanks in the fall of 1621 for their bountiful harvest, is often cited by historians as the origin of the Thanksgiving holiday. Less than half of the 102 Pilgrims, arriving on the Mayflower in December of the preceding year at Plymouth Rock, had survived the terrible winter. The surviving band of immigrants to their new land feasted for three days along with 91 native Americans. It has been said that without the welcome and help of the natives, "Indians" as we may know them, the remaining colonists in what is now Massachusetts, newcomers to this land, would not have survived that first winter.

Even for this event, along with the fowl caught by the colonists, the Indians offered provisions for the feast, including five

deer killed by their huntsmen. While other colonies, such as one in Jamestown, Virginia, did have conflicts with the natives, Plymouth could serve as an example of how people already living in a land might embrace those seeking respite upon landing on its shores.

As an unofficial festival, Thanksgiving was celebrated at different times by the various colonies until George Washington, in 1789, proclaimed November 27 of that year, a national day of thanksgiving. However, even after that, the states celebrated it on different days. In 1863, Abraham Lincoln directed the nation "to observe the last Thursday in November as a day of Thanksgiving..." for that year, but it was not designated an annual national holiday. Finally, in 1941, Congress, under President Franklin Roosevelt, established its annual celebration on the fourth Thursday in November.

Going back to George Washington, it is noteworthy to recall parts of his proclamation in which he wrote that Congress, "... requested me to recommend to the people

of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness."

Within the proclamation, Washington added, "And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations, and beseech Him to pardon our national and other transgressions; to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government

of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed."

Following this month's voting, we should all hope that those words offer guidance to every citizen no matter whom he or she supported in the presidential election. And given the work and sacrifices so many have made to maintain our liberties, all eligible citizens surely should exercise their right to vote.

Robert Kimmel
Chairman, Editorial Board



The first Thanksgiving

Irvington Traffic

Continued from page 9

Mountain Road; empty school buses careening through Sycamore Lane; the need for a stop sign on South Buckout (which residents have nicknamed "Buckshot" Street). The tenor of the comments was similar to that which accompanied the launch of the Slow Down campaign eighteen months earlier, only heightened with frustration fueled by higher expectations. Voicing a sentiment committee members were careful to avoid, Eckar Street resident Kathy Kaufman challenged Chief Cerone to say if he needed more resources to get the job done, or "otherwise I would ask for new leadership."

The chief remained silent during both the committee report and the public comment, but interviews with Mayor Brian Smith and committee members suggest that he feels he does not have the resources to enforce at the level citizens are demanding. Three officers have retired from the 23-officer force this year, and, while the department is in the process of hiring three to replace them, there is still no dedicated traffic enforcement of-

ficer, as neighboring Tarrytown has.

"That said," said Smith, "I am disappointed in seeing that the vast majority of speed enforcement has only occurred on Broadway. It does not pass the common sense test."

Members of the Traffic Calming Committee, as well as many residents, don't give much credence to the 'lack of resources' argument, believing that it is less a matter of manpower than of deployment priorities. "The [Oct. 13] meeting was like *deja vu* all over again, or as someone put it, like the movie *Groundhog Day*," said Erik Oley. "The data is especially disappointing to many of us who have been working for the last couple of years to try to make our streets safer. Our efforts will be in vain if there is no coordinated effort by the village and the Chief to control the speed of traffic on our streets. Unfortunately the data shows there is no plan."

Smith said he plans to become more involved "in laying out clear directives that include measurement of potential offenses using our recently purchased technology, and then detailing a response plan."

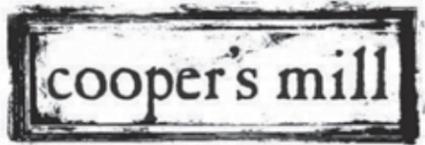
Giving Thanksgiving 2016

The 10th annual Giving Thanksgiving is coming up soon! Giving Thanksgiving helps the needy in 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. Thanksgiving was always a big holiday in our families. We want other people to experience what we have experienced on this holiday. Through the RSHM Life Center in Sleepy Hollow, food baskets are distributed to needy families. We are asking for a \$30 donation (or more if possible) to help pay for their holiday meal consisting of chicken, rice, beans, apple pie, apple cider, and fruit that each family will be receiving. All checks can be made out to the "Giving Thanksgiving" and we ask that all donations be mailed to or be dropped off at the RSHM Life Center (att: Sister Gardella), 32-34 Beekman Avenue, Sleepy Hollow, 10591 by Friday November 18th.

Ella Rose McGovern, Stella Vercesi, Bianca Vercesi, Jade Wagner, Emma Guarnieri, Katie Kudla, and Tess Kaplan



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Setting the Record Straight on the East Parcel in SH

To the Editor,

Thank you for the opportunity to respond to recently published comments regarding the redevelopment of the "East Parcel" of the former General Motors assembly plant in Sleepy Hollow.

As Lead Agency in this matter, the Sleepy Hollow Local Development Corporation (SHLDC) will include and respond to all public comments made or submitted during the Public Hearings as part of a Final Environmental Impact Statement (FEIS) on this project. That is the appropriate forum to analyze and discuss these matters in detail and we expect to publish that document within the next ninety days or so. However, we would like to share the following overview to better inform the public.

The Village of Sleepy Hollow established the SHLDC in 2014. An important aspect of the SHLDC mission is to accept title to lands conveyed to it by or through the Village, and develop those properties in accordance with Village wishes. The East Parcel was the first such property to be conveyed.

This property was part of a multi-year, environmental impact assessment review process conducted pursuant to the SEQRA, initiated by GM as it sought to redevelop the former assembly plant and adjacent parking lots. That SEQRA review resulted in the preparation of the Lighthouse Landing Findings Statement in 2007, but concluded with the issuance of legal decisions by Justice Hubert of the New York State Supreme Court (2010), followed by the subsequent issuance of the Lighthouse Landing Amended Findings Statement and a Special Permit (2011) by the Village of Sleepy Hollow Board of Trustees. That process also included re-

views by the Board of Trustees, the Village Planning Board, and the Village Waterfront Advisory Committee of the intended uses of the East Parcel for consistency with Village of Sleepy Hollow zoning code and, in particular, the Village's Local Waterfront Revitalization Program (LWRP). Together with the 2002 legal settlement of a prior lawsuit between the Village and GM requiring, among other things, that the Village abide by the site contamination mitigation measures set forth by the NYS Department of Environmental Conservation, these legal documents inform, and to some extent, define and limit subsequent steps in the redevelopment of the East Parcel property.

Despite the fact that current conceptual plans include few substantive changes to the original intended uses for the East Parcel, based on sound legal advice, the SHLDC took the conservative approach of initiating a subsequent SEQRA review in late 2015. We are presently in the middle of that process with the recent preparation of the East Parcel Redevelopment Draft Environmental Impact Statement (DEIS). It was the DEIS and subsequent public hearings that prompted Public Comments, some of which were shared with local press prior to SHLDC analysis and response.

We can assure the public that a more thorough analysis and discussion of all issues raised by these Public Comments will be included in the Final Environmental Impact Statement (FEIS), but there are two important misrepresentations of fact, which require an immediate response.

It has been argued that insufficient attention has been paid to the Pocantico River Estuary requirements found in the 2007 Findings. We can only assume that those making such arguments are unaware

that in 2010, Judge Hubert of the NYS Supreme Court ordered those requirements stricken from the Findings, holding that "they did not serve to mitigate any potentially adverse environmental impacts caused by the project." Still, it should be noted that the SHLDC commissioned extensive hydrological studies to better understand the flooding impact of the Pocantico River on the site, as well as to determine the accuracy of published FEMA flood maps. The results of those studies, which are included in the DEIS, informed our recommendations for location and site levels for proposed uses.

It has also been asserted that the project must turn over eight-plus acres to Historic Hudson Valley (HHV) for use as a "Tenant Farm" contemplated in the 2007 Findings Statement. It is worth noting that HHV, while submitting Public Comment for the record, made no such demand. Again, we can only assume that those making these assertions are unaware that in 2013, the NYSDEC Site Management Plan was issued and states that it will "not allow the Site to be used for planting fruit-bearing trees, raising livestock or producing animal products for human consumption." That de-

termination, along with changing program needs at HHV, led to a change in proposed use, increasing shared parking capacity on the East Parcel site, a permitted use and one being examined in the current review process.

The SEQRA process itself is not required to produce a final site plan for a given development- that will be governed by the review process to be completed by the Village Planning Board. Instead, it is intended to determine the maximum scope of the proposed redevelopment use; develop a conceptual plan for that use; identify potential significant adverse environmental impacts, if any, associated with the proposed redevelopment use; and identify mitigating measures that would reduce those potential impacts to the maximum extent practicable. The SHLDC is committed to accomplishing these objectives with complete transparency and fidelity to the law.

Board of Directors
Sleepy Hollow Local Development Corporation
 Sleepy Hollow, New York

Sensitivity of Article was Appreciated

To the Editor:

Thank you for the compelling and sensitively written article about the passing of Tyler Rosenberg. Barrett Seaman did a very good job of portraying the drama of the day, the heartache of Tyler's family and friends, and most of all the personality of this special young man. I didn't know Tyler or his family, but I was drawn in and brought to tears by the account of this tragedy.

My sympathies to the Rosenberg family. May your son rest in peace, and may you heal in time.

Tobie Stanger
 Irvington

ITAV Grateful for Support of Soup Soiree

To the Editor:

When a local volunteer organization works to serve the community, it needs the help and support of that community. From money to materials it needs the good will of those it serves and those who recognize the worth of its mission. At ITAV 10591, the backing of the community has been extraordinary. For over two years ITAV has been slowly but steadily working to provide services to seniors so they can maintain an independent life style. ITAV now provides a free ride service to its members, taking them to doctors appointments, food shopping, anywhere they have to go in Westchester County. Soon ITAV 10591 will offer a handyman service, offering someone to take care of those nagging chores that seniors may now find too difficult.

We at ITAV want to say that we couldn't

do any of this without the people Tarrytown and Sleepy Hollow and the whole 10591 area. The positive reactions and expressions of gratitude are what keep us going. We were especially pleased at the turnout for our annual *Soup Soiree*. The *Soup Soiree* is an event that combines social activity, fundraising and home cooking. This year dozens of people from around our town came together to enjoy music, good food and lots of laughs with their neighbors. We were overwhelmed.

We thank all those who supported us at the *Soup Soiree* and throughout the year and want to invite everyone else to join in. Whether it's with a few dollars or a few hours of your time, the seniors of our Villages benefit.

With sincere appreciation,
 ITAV Board of Directors

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SH Resident's Role in Conference on Women's Rights Part of New Documentary

by Linda Viertel

Twenty-one years ago, then First Lady Hillary Clinton stood at the podium at the 1995 Fourth World Conference on Women in Beijing and declared, "If there is a message that echoes forth from this conference, let it be that human rights are women's rights and women's rights are human rights, once and for all." Her statement was a clarion call that marshalled women's activism and energized the international women's rights movement.

But, this ground-breaking event would not have happened were it not for the organizational efforts of Sleepy Hollow resident Kristen Timothy Lankester, who coordinated China's hosting of more than 50,000 women and men from all over the world. In her role as the former United Nations Deputy Director of Women's Rights, Timothy Lankester was a pivotal force in organizing this massive and complicated event - the largest international conference on women's rights ever held.

Timothy Lankester's professional life at the U.N. was, as she says often, "A dream come true." As a Cheyenne, Wyoming high schooler, she won the Rocky Mountain regional contest for the best essay about the U.N. She then got on a bus with other regional winners and visited the U.N. - a further inspiration, she says. As a debater, her given topic happened to be "How to Strengthen the U.N.," and she won for the Rocky Mountain region once again.

Following her college education at Tufts University, she received her M.A. in African Studies at Makerere University in Kampala, Uganda. She joined the U.N. in 1970. Her first assignment was to train middle level employees in Asian and Latin American developing countries to focus on social projects that would benefit the people through infrastructure work, schools, nutrition and health programming. She recalls, "In the 70's many countries were following the lead of the western nations



Kirsten Timothy Lankester

by building up their military structure. The U.N. was devoting itself to social programs instead."

In the '80's she was a founding member and then president of The Association for Women in Development (AWID). This organization, still going strong, brought female scholars, professionals and international leaders together in order to increase interdependence amongst these three groups and pressure the United States Agency for International Development (USAID) to include more women in the projects the government was funding.

After her posting to Thailand in 1989-91, where her husband had also been assigned to head the Mekong River Basin Authority, they moved to Sleepy Hollow with their four-year-old daughter.

Starting in 1992, Timothy Lankester went to work planning the fourth international women's conference for which there was, in fact, a historical precedent. The United Nations had established the U.N. Commission on the Status of Women (UNCSW) in 1946 as a mechanism to promote, report on and monitor issues relating to the political, economic, civil,

social and educational rights of women. Three conferences were held subsequently: in Mexico City (1975- declared the International Year of Women), Copenhagen (1980), and Nairobi, Kenya (1985). At each of these conferences, programs of action were signed onto so that women in these countries would use those programs to lobby for girls' and women's issues.

"These action plans were critical empowerment tools," she said. "Traditionally, most U.N. meetings were attended only by men; now women had the opportunity to be active."

"There was a push to hold a conference in 1995," Timothy Lankester recalled, "but, where? One-half of the world's women live in China, and the country wanted to hold the Olympics - so this was a way for it to show the world 'we can do this.'"

It took her and her staff three years of preparation and the use of many resources at the UN: translators, interpreters, the press office, even security guards. "Bella Abzug said that China thought it was hosting a large swim meet initially," she said. "They didn't know we were going to have 50,000 people participate!"

All of this happened before the Internet, so forms were submitted and communication was done by facsimile. Faxes often arrived every 30 seconds from around the world. Chinese embassies often did not grant visas, and, when urged to process them, visas sometimes arrived on the day before or day of a participant's departure.

"There were constant struggles, at the conference to get so many different cul-

tures and countries to come up with common goals," Timothy Lankester explained, "Meetings often went until 2 a.m. to agree on crucial issues. But, once approved, the Beijing Platform for Action became the blueprint for women's groups around the world to bring about change for all levels in their own countries." The idea that women's rights are human rights then became incorporated into action for the first time.

Each year the Commission meets to review the Platform to see what countries have done and are doing to comply. "Before," Timothy Lankester said, "the dialogue had focused on women as victims. At Beijing, the discourse moved in a different direction: women became political actors, they have a say to fight for their own rights. This shift in discourse took a long time and was one of the great achievements as a result of Beijing."

"Traditionally, most U.N. meetings were attended only by men; now women had the opportunity to be active."

—Kirsten Timothy Lankester

"I never dreamt I would be able to work at the U.N." Timothy Lankester stated, but how fortunate for women all over the world that she did.

To view the documentary, *Once and for All*, for a behind the scenes look at the Fourth World Conference on Women held in Beijing, go to: <http://makers.com/once-and-for-all>.

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