briarcliff, ossining & pleasantville

Springing into Action: Appreciating our local firehouses
Come celebrate five great years helping Westchester residents through hardships!

SAVE THE DATE!
Friday, May 15th / 7-11pm The Briarcliff Manor

$125 INCLUDES: buffet dinner, beer & wine, deserts, music, raffles and silent auction items.
$100 Early Bird Special buy tickets by April 7th

TICKETS: www.gullottahouse.org or 914-525-0744

GULLOTTA HOUSE is an all-volunteer 501 c3 Non Profit aiding residents of Westchester County who face financial or other hardships by providing food vouchers, scholarships to aid with the payment for education, outings and community entertainment events, holiday assistance and by aiding community organizations and programs by providing additional assistance to their clients and participants.

www.gullottahouse.org / 914.525.0744
in the know

2 Neighbors Helping Neighbors
BY STACEY PFEFFER

inside thoughts

4 Why Our Family Loves Living in Briarcliff Manor
BY CARINE FEIST

features

18 Sing Sing Prison Museum
BY JENNIFER SABIN POUX

20 All in a Dog Day’s Work
BY ROBIN CHWATKO

26 Pollinator Pathway Gardens
Gain Local Support
BY MISSY FABEL

30 A New Steeple Chase
at a Local Historic Church
BY VICKI DE VRIES

good neighbors

11 What Makes Your Neighborhood Special
BY CHRISTINE PASQUERALLE

happenings

19 • Inaugural Poverty Symposium
• A Tree Grows in Pleasantville Fundraiser

sponsor wisdom

19 5 Tips for the Sandwich Generation
BY RICHARD BLOOM

24 My Fitness Journey at Life Time: Part 2
BY STACEY PFEFFER

etcetera

32 The Art of Being Neighborly
on My Cul-de-Sac
BY DAN LEVITZ

Publisher Pride

We are officially in our 17th year, and I couldn’t be prouder of this company launched in 2003, and especially of our team whose mission is to create features which shine a light on all the wonderful, big hearted people living here and all the fun and vital happenings in this area—and also to give our sponsors an effective place to share their news too!

We have two terrific new additions to our team: Robin Chwatko, as advertising manager, and Sherry Topel, who is managing accounts, too.

If we missed your story or sponsorship ‘in print,’ remember to contact me about our online edition, insidepress.com, for possible publication and/or advertising options, too. In the meantime, I invite you to enjoy just one of 11 springtime ‘Inside Press’ editions—Inside Chappaqua & Millwood, Inside Armonk and the new Inside Briarcliff/Ossining/Pleasantville Magazine (which we are calling ‘BOP’ Magazine) that we produce. We love sharing the joys of your hometown and supporting local efforts to protect our precious environment. I love hearing from readers, too. Drop me a note anytime: grace@insidepress.com

Enjoy!

Grace
Neighbors Helping Neighbors

I’ve been thinking about Mrs. Dobrowski a lot as I work on this issue of the magazine. A widow, she lived across the street from me at my childhood home in Queens. On sunny days, she’d sit on the porch in her housedress reading the newspaper. On cloudy days, she watched TV. If I peered out through my window, I could make out the glare of the TV, bunny ear antennae perched on top. She would feed the neighborhood stray cats too and leave out a bowl of milk for them.

Later as I became a latchkey kid when my mom returned to work, my mom asked her to keep an eye out for me to make sure I was safely inside after school. She did. I could see her looking out her window as she took this duty very seriously. In return, my dad helped her shovel her walkway when it snowed or other simple home maintenance problems. In essence, she was a good neighbor and we looked out for each other. Mrs. Dobrowski walked that delicate balance of being friendly and helpful without ever being intrusive or nosy.

A central focus of this issue was what makes your neighborhood special? Our talented writer Christine Pasqueralle interviewed several families from various sections of town and the bottom line is that our neighborhoods are special because of the people who live in them who foster a sense of community. We plan on continuing this in future issues so be on the lookout for it and perhaps you’ll spot a neighbor or two.

Several area residents are also profiled in this issue. From the residents lovingly planting beautiful native gardens to increase pollination in our community to volunteers spending countless hours accompanying their therapy dogs to help out senior citizens or stressed out students, I’d be thrilled to have any of these residents as neighbors.

Warmly,

STACEY

P.S. I’d be remiss if I didn’t give a shout out to local nonprofit (914) Cares for organizing the inaugural Westchester Poverty Symposium held last month that I attended. The half-day symposium put a spotlight on poverty in Westchester County and explored strategies and partnerships to disrupt the cycle of poverty that exists throughout. Again, another prime example of neighbors helping neighbors. See Happenings on page 19.
Westchester Table Tennis Center
175 Tompkins Ave., Pleasantville
914-741-0738
www.westchestertabletennis.com

$6,000 prize tournament every month
Training for kids and adults
All skill levels welcome
Party space for corporate and social events
Putting Down Roots: Why Our Family Loves Living in Briarcliff Manor

BY CARINE FEIST

Not everyone can say that they have been part of a community for three generations. My family has. My parents moved to Briarcliff and raised me and my brother and sister here. My siblings and I attended Briarcliff schools all the way through Briarcliff High School. My father was a composer and songwriter. The elementary school delighted in producing his musicals and including his songs in their holiday concerts.

One of my father’s heroes was Walter William Law, the founder of our village, and as Law said, “Only the best is good enough for Briarcliff”, which my father later put to music. That song was incorporated into the village’s 2002 centennial celebration titled Briarcliff Manor: The First 100 Years–The Centennial Variety Show. My father was the show’s musical director and composer. It was a massive collaboration of the residents and was a wonderful production. Check it out on YouTube at tiny.cc/briarcliffcentennial.

Because of my connection to the people of Briarcliff, and because I wanted my children to be close to my parents, my husband and I bought a house in Briarcliff and our children, Nathan, Elissa and Michael, attended Briarcliff public schools. The schools provided an excellent education and they each attended the college of their choice.

My family has found Briarcliff to be a caring community—helping each other during difficult times and sharing many wonderful memories. In return, we have done all we can to contribute to the village and give back to the community through volunteering for the Briarcliff Manor Scarborough Historical Society, Boy Scout Troop 18 and the local Girl Scout troop.

Giving Back to the Community: A Family Affair

Our involvement with the high school’s exemplary three-year science research program while our sons were in the program not only helped shape their college plans, but as a result, my career trajectory pivoted to science research. I now work in the Medical Student Research Department at the Albert Einstein College of Medicine. I am also a fundraiser and judge for the Westchester Science and Engineering Fair (WESEF). The Briarcliff High School science research program faculty helped inspire me to participate in WESEF and I find the role so rewarding. Wikipedia articles! Great reading and photography, although I may be slightly biased.)

I have magnificent memories of being a scout here myself and sharing special scouting events with our daughter Elissa. My mother, Claire, and I were both girl scout leaders. Both sons were scouts in Briarcliff Troop 18 and some of our best memories were my years as an assistant scout leader camping with the troop.

The Perks of Living Here

What I’ve shared with you so far is a slice of what our family personally has been thankful for in our village—the excellent educational system, the opportunities for our children in sports and the arts, and the many options for interesting courses available in the school district for students who want to be challenged. We are also blessed with a wonderful park/swimming pool complex, a beautiful library and community center which offers unique programs for town residents. We are especially thankful for the caring and competent police, fire, and ambulance crews who are there in a heartbeat whenever we need assistance. My family is so grateful to be living in this small, but very special village along the banks of the majestic Hudson and I feel fortunate that my parents put down roots here.

Briarcliff Manor resident Carine Feist administers Medical Student Research at Albert Einstein College of Medicine. She is also a chef-instructor to the medical school students. Carine received a master’s degree in Epidemiology (MPH) from New York Medical College.
New Castle Physical Therapy & Personal Training is dedicated to providing quality healthcare in a professional and compassionate manner. We schedule one client per hour to ensure superior service and optimal results. The clinic has a welcoming atmosphere with state of the art equipment. Our experienced and knowledgeable staff is committed to helping you achieve your rehabilitation and fitness goals.

www.newcastlept.net

Angela Matos PT, DPT, LMT
Laura Marucci PT, MSPT, OCS
Matt Marucci PT, MSPT, OCS, CSCS
Caron DuBois PT, MSPT
Brian Kiger PT, MSPT

16 Schuman Road
Millwood, NY 10546
914.488.5440

HSS Rehabilitation Network Participating Location
Hospital for Special Surgery
While we sleep soundly in the night, pagers go off and rouse the best and bravest amongst us. Answering the call of the horn, whether at 3 a.m. or 3 p.m., our volunteer firefighters step away from their daily lives to help their fellow citizens.

“I don’t think I’ve ever encountered someone on an emergency call that wasn’t happy to see us,” says Briarcliff Volunteer Fire Department First Assistant Chief Vincent Caruso, a 13-year member of the Briarcliff Fire Department. “It’s a great feeling when people see you and feel that help is here.”

Driven to Serve the Community

The Briarcliff Fire Department, The Ossining Fire Department, and The Pleasantville Fire Department are all 100% volunteer. For some members, it’s in their blood and they are following in the footsteps of fathers and grandfathers.

“It’s our family tradition,” says Ossining Firefighter Rob Reaman of Rescue 14. “My grandfather was an ex-captain out of Chappaqua out of The J.I.D. [Bristol Engine Company], my uncle was an ex-captain out of Columbia Hose [Company] in Sleepy Hollow, my mom was president of Rescue 14 in Ossining, my father pretty much served everything and was in Cataract Hose [Company] for 28 years on Waller Avenue and then came back to Rescue 14 for about seven years now.”

Pleasantville Fire Chief Stephane Zapletal always had an interest in the fire department and joined as a teenager 19 years ago. “I’m a first generation firefighter but my wife’s family has four generations of firefighters and she’s the captain of the Pleasantville Ambulance Corps.”

Some members join after serving in a junior firefighter program during high school and others decide later in life that they want to give back to the community in this way.

Briarcliff’s Chief Caruso began his career working on the Volunteer Ambulance in high school. Finding it to be both noble and exciting work, he joined the Briarcliff Fire Department ambulance in 2006. “I planned on just riding as an EMT but soon found that I can be a fireman too. I did the training, got bit by the fire bug, worked my way up and it’s been a pleasure leading the group.”

Briarcliff’s Second Assistant Chief Arie Uytterlinde joined eleven years ago. After participating in a new employee orientation at Montefiore Medical Center geared towards caregivers, he was struck by the value of what these caregivers were delivering to patients. “As a corporate employee, this appealed to me and I wanted to contribute and have a positive impact on people’s lives. I saw signs up for volunteers just at the right time and decided to join. It’s really been a life changing experience.”

Pleasantville Fire Commissioner Dan Cultice joined in his forties. “I have a business in town and I wanted to give back to the community. It’s been very rewarding.”

The Challenge of Recruitment

All three departments struggle with the need for more volunteers. These departments were started when this area consisted of a primarily blue-collar population. This meant people stayed locally for work and were thus far more available to respond to calls than they are today. “With a good deal of our residents commuting to work in the city and not getting back until the evening, it can take double the number of members to cover the same amount of calls as it took when residents worked locally,” says Uytterlinde. “We need more members to ensure adequate coverage.”

“Anyone, no matter where you are, if you’re interested, go out and find your local fire department or EMS,” implores Caruso. “I don’t care where you live—I guarantee they need volunteers.”

“We will welcome and train anybody,” says Cultice. “I’m proud of our diversity. It’s a real melting pot. We have financial analysts from Wall Street, creative directors, architects, and blue-collar workers. We have men and women. It doesn’t matter if you don’t traditionally work with your hands.”
Love at the Engine Company

BY ELLA ILAN

W

When Debra Johnson ("Debbie") walked into the Briarcliff Volunteer Fire Department with her friend Rachel Leihbacher in August 1982 intending to join as the first female members, William Johnson ("Bill") didn’t think much of it. They sat down next to him and he talked to them. Soon, chaos ensued amongst members determined to keep these women out of the all-male company. Two men quit because of the perceived intrusion but the women underwent training and quickly proved to be valuable members of the department, running into burning buildings and taking every call they could.

Bill and Debbie became great friends going on calls together and seeing each other at meetings and drills. “I would look forward to seeing her on those calls,” remembers Bill. “By the annual dinner dance in May of 1983, we were dating. We married seven years later.”

Both born and bred in Briarcliff, they only got to know each other when they both joined the fire department. For Bill, a Westchester County police detective, serving the community was in his blood. Both his father Arthur Johnson Jr. and grandfather Arthur Johnson were Briarcliff police chiefs and firefighters. His grandfather’s brother Buck Johnson was the fire chief and his grandfather’s brother Charles Johnson was killed in the line of duty with the Briarcliff police department in 1927.

“My husband is the most amazing man in my life and such a rock star,” says Debbie. “He’s by my side for everything we’ve endured and he’s always doing for me.”

Debbie recently retired from nursing after 36 years at Northern Westchester Hospital, but remains an active volunteer in addition to her private duty nursing work. “I just love making a difference. The fire department gives me a sense of accomplishment and I love going to car accidents and helping the victims out.”

They often respond to calls together. When their two kids were young, they would swap off or Debbie’s mother would watch the kids. One of Bill’s worst experiences was responding to an accident in the middle of the night while Debbie was working at the hospital and discovering that it was Debbie’s brother, badly injured, in the accident. He remembers showing up at the hospital to tell Debbie.

The couple has seen a lot of tragedy together, particularly in car accidents, and it helps that they can talk about it with each other.

These days, Bill keeps an extra eye out for Debbie when they’re at the scene of an accident. “Responding to auto accidents is not safe. EMS has been hit on calls because of distracted driving,” he says.

It’s pretty clear to me, however, that he always has his eye on his beloved.

Ella Ilan loved meeting the warmhearted Bill and Debbie Johnson. She imagines that anyone that has ever been helped by these Briarcliff volunteer firefighters has felt that they were in competent and caring hands.
were called to investigate a self-combusting package. A package that had been received a week earlier and had been sitting on a living room floor started smoking. The homeowner brought it outside where it proceeded to catch fire. Although firefighters expected to find a battery or explosive within the package, it merely contained a purse. The Cause and Origin team reconstructed the scene and determined that sunlight coming through a window was concentrated by a snow globe that had been moved near the package onto a small piece of the box. This burned a hole through the box, caught the paper packaging inside the box on fire, and then proceeded to burn from inside the box out.

Zapletal recalls a fire where the hose supplying water was laid across the road and a car ran over it, bursting the hose and causing the water pressure to rip the hood off the car.

Relating some of his more enjoyable memories, Cultice recounts what it’s like to be one of the moms and dads running into the high school as a firefighter when an alarm goes off in one of the chemistry classes. “It’s always memorable when you see people in the community,” he says.

A Continuing Legacy

Each of the fire departments has a true appreciation for its history.

The Ossining Fire Department’s history stretches back farthest. As Westchester County’s first volunteer fire company, Washington Engine company was organized in Sing Sing in 1812. They purchased a gooseneck hand engine originally owned by the first organized fire company of New York City known as Engine No. 1. Today, the department boasts nine companies that operate six Engines, two Ladders, one Rescue Truck, one R.I.T. Truck, and one Spill Response Trailer. These nine companies were gradually added over the years to keep up with the growing population.

The Pleasantville Fire Department celebrated their 125th anniversary last year with a big party. When William H. Jahne organized the Pleasantville fire department in 1894, there were no streets, paved roads, municipal water, or sewer. The members used buckets of water to extinguish fires. Today, Pleasantville has four senior companies, a junior corps, and an auxiliary.

Just a few years later, in 1901, Frederick Messinger and a group of 13 other local men founded Briarcliff Steamer Company No.1. Briarcliff Steamer Company is no longer in existence, but there are currently three active companies; Briarcliff Fire Engine Company, Briarcliff Fire Hook and Ladder Company, and Scarborough Engine Company, which was formed to improve fire protection in the west part of the village.

As a nod to their storied history, Briarcliff is one of the only departments in the area that runs white apparatus, as opposed to red. The trucks are white to memorialize the white horse-drawn dairy carts donated by Walter Law, the “Laird of Briarcliff Manor,” who owned a large portion of this area, to be used as fire apparatus.

Proudly affixed to the Briarcliff fire trucks are the antique bells that are handed down from truck to truck. Ensuring that the legacy lives on, every time they buy a new truck, the department makes sure to specify a custom mount to hold a 100-year old bell.

Neighboring Departments Support Each Other

“We have a great relationship with our surrounding volunteer departments,” says Cultice. “If there is a large incident, we will ask other departments to join us. We will provide back up to our neighboring departments at a fire or go to their firehouse in case they get another call. We work together, train together and invite them to our firehouse for large events. I’m very proud of that kind of organization and camaraderie.”

For more information or to volunteer, please head to the fire department’s websites. For Briarcliff, go to www.bmfd.org For Ossining, go to www.ossiningfire.org For Pleasantville, go to www.pleasantvilletfire.org

Ella Ilan is a local resident and frequent contributor to Inside Press publications. She thanks our firefighters for their service.
From Northern to Southern Westchester, The Kori Sassower Team has you covered.

We live, love and breathe Westchester. Contact us to discuss how we can help you with your real estate needs.

Kori Sassower
Lic. Assoc. R.E. Broker in NY + CT
kori.sassower@compass.com
M: 914.727.0169   O: 914.223.7623

MODERN TRADITION KITCHEN & BATH
moderntraditionkb.com | 914-579-2040 | moderntraditionkb@gmail.com
649 Commerce Street - Thornwood NY 10594

KORI SASSOWER TEAM IS A TEAM OF REAL ESTATE AGENTS AFFILIATED WITH COMPASS. COMPASS IS A LICENSED REAL ESTATE BROKER AND ABIDES BY EQUAL HOUSING OPPORTUNITY LAWS.
“This summer
I’m going to learn to be strong!”

at World Cup Gymnastics’ SUMMER CAMP

Allow your child to discover his or her inner champion by giving them a summer camp they will flip for!

Call 914-238-4967
170 Joan Corwin Way · Chappaqua · NY · www.worldcupgymnastics.com

Superior Gymnastics Training by USAG Certified Instructors
Skills Training on All Olympic Events
Traditional Camp Activities Including Weekly Field Trips
Arts & Crafts, Cooking and Games
State-Of-The-Art, 19,000 Square Foot Complex
Fully Air-Conditioned

REGISTER TODAY!

Brand New Construction
Village of Pleasantville
4 BEDROOMS | 3.5 BATHS | 4,500 SF | .56 ACRES

- Colonial Farmhouse
- Custom mill work throughout
- Oversized deck

- White cabinetry
- Quartz countertops
- Two car garage

A must see! Contact me for more info.

Grace LoBello
Licensed Real Estate Salesperson
914.525.1658 | Grace.Lobello@raveis.com | GraceLoBello.com

387 Main Street, Armonk, NY 10504

ATC SUMMER CAMPS
3 FUN & INSTRUCTIVE PROGRAMS

JUN 22–AUG 21 BOYS & GIRLS AGES 5–17

- Multi-Sport
- Tennis
- Mad Science

546 Bedford Road, Armonk • 914.273.8124 • www.armonktennis.com

Your Pleasantville | Westchester Connection
Spotlight on: 22 Robbins Road, Pleasantville, NY

Brand New Construction
Village of Pleasantville
4 BEDROOMS | 3.5 BATHS | 4,500 SF | .56 ACRES

- Colonial Farmhouse
- Custom mill work throughout
- Oversized deck

- White cabinetry
- Quartz countertops
- Two car garage

A must see! Contact me for more info.

Grace LoBello
Licensed Real Estate Salesperson
914.525.1658 | Grace.Lobello@raveis.com | GraceLoBello.com

387 Main Street, Armonk, NY 10504

“This summer
I’m going to learn to be strong!”

at World Cup Gymnastics’ SUMMER CAMP

Allow your child to discover his or her inner champion by giving them a summer camp they will flip for!

Call 914-238-4967
170 Joan Corwin Way · Chappaqua · NY · www.worldcupgymnastics.com

Superior Gymnastics Training by USAG Certified Instructors
Skills Training on All Olympic Events
Traditional Camp Activities Including Weekly Field Trips
Arts & Crafts, Cooking and Games
State-Of-The-Art, 19,000 Square Foot Complex
Fully Air-Conditioned

REGISTER TODAY!
What Makes Your Neighborhood Special

Editor’s Note: Good neighbors are invaluable and make our communities a special place to live. They are there for you in a pinch when you run out of butter or need your plants watered. They offer camaraderie while waiting for the school bus and they help each other out when times get tough.

We wanted to profile distinct areas of Briarcliff Manor, Ossining and Pleasantville to capture the flavor of each neighborhood. One thing stands out in each of these profiles – a passion for the place these families call home.

It’s the people who ultimately make a neighborhood great.

“When we got married in 2008 we did not consider any other towns when looking for our first place together. The sense of community and positive experience we had growing up in Briarcliff is exactly what we wished for our own children,” - Cari

“I met so many wonderful families just because we don’t have any buses. This is a walking community, we were forced to make new friends at school pick-up, the library, the playground.” - Jenn

“Within 24 hours every surrounding neighbor had come over to introduce themselves and to bring us gifts.” - Alissa

“Moving to Neighborhood Park allowed our kids to remain in the Ossining Schools and we also gained the benefit of access to the Briarcliff Recreation Department.” - Amy

Christine Pasqueralle is a freelance writer, wife and mom of two. Based in Hawthorne, Christine enjoys yoga, the arts and exploring NYC and the surrounding areas.
Returning to Raise a Family in the Tree Streets of Briarcliff Manor

Briarcliff natives and high school sweethearts, Cari DeRose, an auditor and Cesare DeRose, owner of Tegra, a building maintenance supply company, live in the Tree Streets section of Briarcliff Manor with daughters Sabrina, age 9 and Juliana, age 5. Having both grown up in the area, settling there with their young family was a no-brainer. “When we got married in 2008 we did not consider any other towns when looking for our first place together. The sense of community and positive experience we had growing up in Briarcliff is exactly what we wished for our own children,” said Cari.

The Tree Streets were named by Walter W. Law, who founded Briarcliff Manor in the 1890’s. He wanted to name the streets after the species of trees planted in the surrounding areas such as Elm, Pine, Oak and Linden. Cari grew up in the Tree Streets and her parents still live in her childhood home. The DeRoses purchased their home three years ago and love their neighborhood. The area is very safe for kids to go out and play. As Cari says, “Since there are only two access points into the Tree Streets (Ash and Larch), there is not a lot of “thru traffic.” This allows the kids to bike and walk around a little bit more freely.”

Living in the Tree Streets provides many opportunities for neighbors to gather. On Halloween, the DeRoses saw over 400 trick-or-treaters come to their home. There’s also an annual adults-only block party held each fall.

As Cari says, “We love being a part of the Briarcliff community.” The family enjoys many local events including Family Fun Night, Santa Express, which is hosted by the Briarcliff Manor Fire Department, the Chamber of Commerce Summer Concert Series and the Halloween window painting, which takes place in town each year.

Pleasantville: A Close-Knit Community with Walkability

It can be said that residents of Pleasantville “bleed green” (the school district’s official color). Many in the community don’t just consider themselves residents, but members of a tight-knit community that is always there to help one another. The Gorsuch family has called Pleasantville home since 2008. Abe, a private financial advisor for a large bank, Jenn, co-owner of Go Take a Hike Dog Walking with fellow Pleasantville mom, Beth D’Alessandro, Elizabeth, age 15 and Jack, age 12 love living in Pleasantville.

The family moved from the Upper West Side citing the great schools and quick city commute and soon embraced everything Pleasantville had to offer. It was hard to adjust with both parents working full-time in Manhattan, but as Jenn said, the community made it so much easier. “I met so many wonderful families just because we don’t have any buses. This is a walking community, we were forced to make new friends at school pick-up, the library, the playground. Lifelong friendships were made and I then knew we had the ideal community to raise a family in.”

The Pleasantville community comes together both in happy times and times of tragedy. After a recent loss in the community, Jack said to Jenn, “Mom, we did not have to know the family to be sad, this is Pleasantville, we are family.” Jenn continues, “We don’t just support each other during a tragedy, we are there to celebrate each other, coach each other, parent together.” One event the family participates in each year is Break the Hold’s Into the Light Walk, which aims to break the stigma on mental illness and honor the memory of Pleasantville’s own Brian T. Halloran.

The Gorsuch family enjoys walking to most places in town. Some favorite spots include the farmers market, Jacob Burns Film Center, Arc Stages and countless restaurants such as Bistro 146. There are many community events throughout the year such as the Halloween Ragamuffin Parade, Pleasantville Day, and the fire department parade.

As Jenn says, “There is nothing like this village. I am truly blessed and so lucky to be part of it and my family is too. You can see as people come back to raise their own families here after growing up here. We are a special mix of people.”
Dream Agents Open Dream Homes
Contact me to make it happen!

Barbara Peterson
Licensed Real Estate Salesperson
914-373-1409
Barbara.Peterson@CBMoves.com

One Washington Avenue Pleasantville, NY 10570 914-769-2950
Good Neighbors

Ossining: River Views
Plus A Warm Welcome Make Newcomers Feel at Home

In 1813 Ossining became the first incorporated village in Westchester to be state chartered. Originally named Sing Sing, the village changed its name to Ossining in 1901 for obvious reasons. Recent transplants to the area, the Stoever/Pfaff family has only lived there for six months but has already found plenty things to love about it. Alissa Stoever, Assistant Principal at Chappaqua’s Westorchard Elementary School, Nick Pfaff co-owner of Pro-Acitivity (a NJ-based Health and Wellness company) and Blair Pfaff, age 6 enjoy their new neighborhood.

The family moved from Glen Rock, NJ, a very close-knit community. After commuting for over ten years, they were eager to find someplace with the same feel yet closer to Alissa’s job. “We chose the area to be close to Westorchard and also have easy highway access for my husband for when he did need to go into the office. 9A, the Taconic, etc. are all less than ten minutes from our house,” says Alissa.

Their new neighborhood feels like a community within Ossining. It’s quiet and spaced-out but always with an opportunity to connect and socialize. As Alissa says, “The neighborhood is set on a hill and our house is at the very top. When we came for the Open House we were driving back down and noticed a spectacular view of the Hudson River. That was the “cherry on top!” We called our agent and put an offer in before we even made it back to Route 133!” The Stoever/Pfaffs love the waterfront and parks that line it. In summer, they are able to bike along the river and explore local trails. Another favorite is the Ossining Library. “My daughter and I visit weekly and take full advantage of the cozy spaces for reading,” says Alissa.

The neighborhood embraced the family when they moved in. “Within 24 hours every surrounding neighbor had come over to introduce themselves and to bring us gifts. We were so touched by their generosity and kindness but also struck by their genuine appreciation and pride in the neighborhood.” The family is also realizing what a big deal Halloween is there. A neighbor hosted a pre-trick-or-treating party and as Alissa said, “I far underestimated the candy purchasing for our own house and will definitely need to at least triple it next year!”

Neighborhood Park in Briarcliff:
Perfect for Families and Pups

The Neighborhood Park area of Briarcliff Manor is perfect for families with growing children. The park itself was dedicated to the Village of Briarcliff Manor in 1954 and covers five acres of land featuring a baseball field, basketball court and playground. Many streets around the area are named for soldiers that served in combat, such as Schrade Road. The Wichman family calls Neighborhood Park home.

Amy, assistant to a high school Athletic Director, Steve, who works in sales, Zachary, age 16 and Madeline age 14 have lived in Neighborhood Park five years this April. The family moved from an Ossining townhouse because they were looking for more space and a neighborhood with a suburban feel. “Moving to Neighborhood Park allowed our kids to remain in the Ossining Schools and we also gained the benefit of access to the Briarcliff Recreation Department. My children utilized the Briarcliff Camps for the first few years we lived here. They had many friends in the neighborhood, both in Briarcliff and Ossining and were able to safely walk or ride bikes to see them,” says Amy.

Living in the neighborhood means close access to the park. The Wichman children can safely walk there with friends as well as to the local shops. “Now that our children are older, when they have friends over, they often walk to the shops, specifically, Euro Pizza and Starbucks,” says Amy. The neighborhood is the perfect place for families with pets too. The Wichmans have a puppy and they love walking her around the neighborhood. As Amy says, “Almost everybody seems to have a dog.”

In addition to the safe community feel of the area, Neighborhood Park also celebrates various events throughout the year. One family holds an annual Halloween party for the neighborhood children. As the years go by, the adults now gather while the kids trick-or-treat on their own. The Briarcliff Manor Community Day event is also an important part of the village. Says Amy, “The kids have a blast and we get to run into many friends and acquaintances.” Definitely a great way to meet new neighbors while catching up with old friends.
HILLARY LANDAU
#1 AGENT IN BRIARCLIFF MANOR

SUSAN STRAWGATE CODE
#1 HOULIHAN LAWRENCE AGENT IN PLEASANTVILLE

JANET BRAND
#1 HOULIHAN LAWRENCE AGENT IN OSSINING

Associate Real Estate Broker
M 914.907.2444
hlandau@houlihanlawrence.com

Associate Real Estate Broker
M 914.715.4121
SCode@houlihanlawrence.com

Associate Real Estate Broker
M 914.391.1409
JBrand@houlihanlawrence.com

After serving Chappaqua from 1996-2006, GIONA’S KITCHEN has reopened in Thornwood!

We specialize in vegan, vegetarian, gluten free family meals and catering. Enjoy our convenient takeout or dining area!

Curb Side Pickup, Delivery, Catering and Prepared Meals
914-495-3720 or 914-495-3721 • www.gionascatering.com

Tell us You Saw it Inside BOP
HISTORIC "ROSE LODGE" ESTATE
Ossining - Historic Westchester estate, once home to the Van Cortlandt family. Beautifully sequestered on 17.9 acres encompassing a stream-fed private lake, pool, and guest house. Peaceful and serene.
WEB# BG1564566 - Susan Code - $2,000,000

BRIARCLIFF ESTATES
Briarcliff Manor - A new seven lot sub-division with a variety of open floor plan designs. Customizable homes with gorgeous acres of green space.
WEB# BG1555988 - Susan Code - $1,975,000

MAGNIFICENT COLONIAL
Briarcliff Manor - Enter the circular driveway to this magnificent Colonial located in a desirable estate area. Exquisitely restored and extensively renovated.
WEB# BG1595915 - Suzan Zeolla - $1,400,000

CUSTOM LUXURY
Chappaqua - Eleven custom homes to-be-built in a new sub-division. Surrounded and protected by a green belt of land in beautiful Chappaqua.
WEB# BG1587212 - Mary Ann Tighe - $1,122,000

AMAZING VIEW
Ossining - Enjoy breathtaking Hudson River views from balcony, living room and both bedrooms of this lovely Kemeys Cove Townhouse.
WEB# BG1580354 - Nancy Beard - $399,000

MOVE RIGHT IN
Ossining - Spectacular contemporary Colonial with seasonal river views and picturesque sunsets. Lovely open layout perfect for entertaining.
WEB# BG1595860 - Mary Ann Tighe - $695,000

GREAT ENTERTAINMENT HOME
Mohican Lake - Premium 2600 square foot Raised Ranch features five bedrooms, level fenced yard and in-ground pool. Great location.
WEB# BG1574655 - Janet Brand - $599,000
Thank You For Making Us Your Number 1 Choice.

SCARBOROUGH GLEN
Briarcliff Manor - Spacious & bright three-bedroom Townhouse with beautiful views of the woods. Features a two-car garage & many upgrades.
WEB# BGI59672I - Suzan Zzolla - $799,000

ROSECLIFF COLONIAL
Briarcliff Manor - Beautifully updated three-bedroom home in gated community. Enjoy care-free living and fabulous community amenities.
WEB# BGI535549 - Susan Code - $925,000

STUNNING NEW CONSTRUCTION
Chappaqua - Exquisite new five bedroom Farmhouse-style Colonial. Superbly crafted with a timeless design and the finest upgrades and amenities. Enjoy the finest in luxury living.
WEB# BGI571326 - Sharon Bodnar - $2,295,000

STUNNING TUDOR
Ossining - Beautiful maintained Tudor built by master craftsmen who took pride in every detail. Bright and light throughout.
WEB# BGI595549 - Janet Brand - $849,000

SPACIOUS NEW HOME
Ossining - New Construction. Hawkes Crossing is an exciting development of 16 single-family homes with entry level pricing. Still time to customize.
WEB# BGI582269 - Mary Ann Tighe - $589,900

CLASSIC BEAUTY
Ossining - Young Center Hall Colonial graciously set on cul-de-sac with two-story entry, nine foot ceilings and hardwood floors throughout.
WEB# BGI579912 - Susan Code - $720,000

RIVER VIEWS
Ossining - Gated community. Club House with exercise room, heated pool. Fully renovated unit with Northern River Views.
WEB# BGI57822I - Bernice Masse - $299,000

I n 1929, the New York Yankees played an exhibition game in an unusual location. It wasn’t a major league stadium or even a famous park. And Babe Ruth, Lou Gehrig and their teammates weren’t playing a team known for its athletic prowess.

That game on September 5th was between the Yankees and the Ossining Orioles. The venue? Sing Sing Prison. The Orioles were the best team in the Mutual Welfare League, a.k.a. a prison team.

The Yankees toured the prison before playing in their iconic pinstripes. One man who was incarcerated at Sing Sing was too ill to watch the game, so Ruth autographed his cell wall. Apparently, the Yankees signed a number of baseballs and handed them out. One ball from that momentous game, signed by Ruth and Gehrig, was acquired by Sing Sing Prison Museum just before this past New Year at an auction in Seattle.

Brent Glass is the Interim Director of the museum which will open in part in late 2020. He says that ball, which will be on exhibit along with its history, is significant to the museum because it connects several prison stories.

The ball will “help us tell the story of one approach...to try to encourage men who are incarcerated to partake in recreation, and to become integrated in society when they leave.”

It also helps tell the stories of Sing Sing in popular culture.

Glass says Warden Lewis E. Lawes, who was in charge of Sing Sing at the time of the game, implemented a progressive theory about the importance of rehabilitating the men under his watch in part by making life more interesting for them and giving them recreational and athletic opportunities. He was also connected to Hollywood; Lawes had written several screenplays including, “Over the Wall,” about a man incarcerated at Sing Sing of course.

Over the prison walls is where three Ruth homeruns landed that day in 1929. The Orioles wore hand-me-down NY Giants uniforms to face their professional opponents, but that didn’t help. No surprise—the game was a rout. The Yankees won 17-3. And they gave the men of Sing Sing a great show.

The baseball signed by Babe Ruth and Lou Gehrig during a game between the Yankees and the inmates. The ball was recently acquired for the museum.

PHOTO CREDIT: MBA AUCTIONS
5 Tips for the Sandwich Generation
Juggling the Needs of Your Kids and Your Parents Without Losing Your Balance

BY RICHARD BLOOM

In today's fast-paced world, life can be hectic—especially if you’re among the growing number of adults caught in the middle known as the sandwich generation. According to the T. Rowe Price 2019 Parents, Kids & Money Survey, more than one in three parents with kids between the ages of 8 and 14 is also caring for an aging family member. Of those, nearly 70% have an aging parent or relative living under the same roof.1 Being a dual caregiver can cause emotional stress and even financial strain, but planning ahead and seeking out the support you need can help you find—and maintain—your balance.

Here are some tips for living—and thriving in—the sandwich life.

1. Simplify where possible.
Simplifying your finances is a good first step in knowing exactly where you stand in terms of being able to afford your own retirement and still support your kids and parents. Many of us have our money spread across multiple bank accounts, brokerage accounts and even retirement accounts. Consolidating these accounts may make it easier for you to manage your financial life, removing a layer of stress and potentially making your assets work more efficiently, guided by a cohesive investment strategy.

2. Break the ice on family finances.
In many families, money is a taboo topic. But as your parents age and your children grow up—and sometimes boomerang back to the nest—having frank conversations about the family finances is a must. Take the brave step of asking your parents about their finances and how they would like their affairs to be handled if they are no longer able to make important decisions about their money or health. And talk to your children about your expectations when it comes to what they will pay for and what you expect them to pitch in. This is especially important if your grown-up children move back in with you.

3. Don't be afraid to delegate.
You don't need to shoulder all of the responsibility alone. Whether it's finding a reliable babysitter for your kids, a trusted caregiver for your aging family member or someone to help around the house, delegating to others can help to ease the load. Talk to you kids about chipping in with household chores, or share caregiving responsibilities with a sibling. If you need outside help, ask family members and neighbors for recommendations or referrals. There are also websites and agencies that can help you with finding good care.

4. Explore all your options.
In addition to parental leave benefits, an increasing number of employers are offering caregiver support as part of their benefits package. You may also be able to talk to your employer about flexible work arrangements.

According to the Home Care Association of America and the Global Coalition on Aging, 70% of adults over age 65 will require assistance with their daily activities at some point.2 Nursing home stays or in-home care can be expensive, and another option to consider is long-term care insurance.

5. Take care of yourself.
You want to give your all to the people who rely on you. But, remember, in order to provide the best possible care for your kids and your parents, you need to be at your best. That means carving out time to recharge your physical, emotional and mental batteries so you can make the time you give to your family more meaningful and effective. Just as flight attendants remind you to put on your oxygen mask first in the event of a loss in cabin pressure, prioritizing yourself is sometimes part of maximizing your ability to help those around you.

Whatever challenges you face, working with a Financial Advisor who understands your circumstances and priorities can help you formulate a plan that is designed to safeguard not just your finances, but also your family.

FOOTNOTES

DISCLOSURES
Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor, Richard Bloom in a Financial Advisor in 1250 Avenue of the Americas, New York, NY 10020 or Morgan Stanley Smith Barney LLC (“Morgan Stanley”). He can be reached by email at Richard.Bloom@morganstanley.com or by telephone at (212) 893-7979.

This article has been prepared for informational purposes only. The information and data in the article has been obtained from sources outside of Morgan Stanley. Morgan Stanley makes no representation or warranty as to the accuracy or completeness of the information or data from sources outside of Morgan Stanley. It does not provide individually tailored investment advice and has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies and/or investments discussed in this article may not be suitable for all investors. Morgan Stanley recommends that investors independently evaluate particular investments and/or strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor’s individual financial circumstances and objectives.

Morgan Stanley Smith Barney LLC (“Morgan Stanley”), its affiliates and Morgan Stanley Financial Advisors and Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning and their attorney for matters involving trust and estate planning, charitable giving, philanthropic planning, and other legal matters.

Richard Bloom may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration, http://brokercheck.finra.org/Search/Search.aspx.

Richard Bloom may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration.

MARCH 2020 | INSIDE BRIARCLIFF/OSSINING/PLEASANTVILLE | 19
It’s almost time for Armonk resident Tobie Di Pietro’s shift at The Bristal Assisted Living Facility. He stretches and gets into his uniform. As he enters the building, it’s clear that he’s a valued member of the Bristal family- he is greeted with excitement from both residents and staff alike, a small crowd has formed awaiting his arrival. Ready to get to work, he enthusiastically makes himself comfortable, curling up in the lap of one of the eager residents. Tobie is a therapy dog - an 8-year-old Havanese whose job is as simple as it is important- to bring joy, comfort and calm to the people he meets.

It is well-known (and scientifically proven) that interaction with pets has significant benefits to the psychological and physiological well-being of their human counterparts. Animals, and dogs especially, are said to reduce anxiety and stress, lower blood pressure, build confidence and encourage communication. As Tobie moves from lap to lap - 27 in all - his impact is clear. Residents regale Tobie and his human partner Karen with stories of their own dogs, their grandchildren, their ailments, and even gossip about fellow residents. Smiles spread across faces as Tobie gently snuggles, stiffened hands relax with every stroke of his soft fur.
SCHNAUZER SOOTHERS STRESSED AREA STUDENTS

When Alexa Krugel was a sophomore at Horace Greeley High School, she started to feel the stress of the high-pressure, high-achieving environment. She soon came to realize that there was a lack of student-run organizations or initiatives to help alleviate this stress and address mental health issues and the stigmas that come with them. She took it upon herself to create such an outlet for her peers and called it the Mental Wellness Club. The club meets regularly throughout the school year, but around the time of midterms and final exams, they partner with the PTA for “Stress Less Week”.

Open to all students, the week focuses on distracting, stress-reducing, mindful activities to allow them to decompress, including yoga, meditation, exercise and, of course, therapy dogs.

Enter a 92-pound giant schnauzer named Maus and his owner, Christine Meyer, who were participants since the club’s inception. Dogs are actually Christine’s business, as she is the owner of Wags N’ Whiskers, a pet groomer and supply store in Chappaqua, a town staple since 1991.

“Maus’s presence was commanding, truly remarkable”, said Christine. “Physically he was just such a striking dog, people were drawn to him and had questions—what kind of dog he was, how his eyebrows grew so long—he was magnetic. He looked intimidating, but he was just a big mush.” Certified as a therapy dog at age 6, Christine says that he had no idea how large he was, and practically demanded attention,

Karen, Tobie’s owner, is a first-time dog owner and lifelong volunteer. She contends that the level of giving she experiences through Tobie is unmatched. “Sharing this with Tobie is truly something special, magical even,” she says. “Volunteering together leaves me on Cloud Nine - we connect with people on so many levels, it’s like Tobie seems to know what each person needs.”

This is even more evident in the “Reflections” wing, home to residents in the memory care program at the Bristal. “It’s incredible that the minute they see Tobie, they can recall the name of a childhood dog, or a story about a pet they used to have,” says Karen.

Maytha Ramirez, Director of Recreation at the Bristal, agrees. “It is so important in this community to have that positivity, energy and stimulation- the dynamic changes completely when Tobie enters the room. He gets them talking and brings so much happiness into their lives and their routine.”

In addition to the Bristal, Tobie and Karen volunteer at several county libraries, corporations including Pepsi and Amscan, and women’s shelters. “Tobie is my boyfriend,” exclaims one resident, pulling Tobie closer. She winks and whispers, “He really just comes here for me.”
Aidan Hackett loved writing this piece as he truly believes in the healing power of the paw. He lives in Chappaqua with his family, and he enjoys spending time with his dog, Freedom. Freedom is a giant schnauzer and has been a Certified Therapy Dog. Aidan reflects on the positive experience and indelible impact Freedom had on him and his family, and what a positive addition she was to the program she started. “Freedom brought so much joy—she was happy, she was comforting, and everyone loved her. She was a familiar face—people developed close relationships with her. Every time she came to the school our worries melted away for a moment.”

Therapy dogs may be trained by just about anyone, but must meet set standards and be tested to be certified and registered and actively participate in a program. Freedom recently made her first trip to hospice, visiting a woman who had not spoken or communicated in days. Yet, the minute Freedom entered the room, her eyes lit up, and she was even able to pet her once Freedom every so gingerly offered her sweet, furry paw.

Sometimes, it seems, you just need a helping paw.

Robin Chwatko loved writing this piece as she truly believes in the healing power of the paw. She lives in Chappaqua with her son, her cat Winnie, and her dogs Ollie and Ruby.

You can’t help but grin when you meet Skye—a 3 year old sheepadoodle (Old English Sheepdog/Poodle mix) who is a 60 pound shaggy pooch of kindness, calm and love. Under all that fluff seems to be a knowing smile that, no matter what your mood, she has the power to brighten your day.

Skye’s owner Lynda Shenkman has had and loved many dogs. But the moment she met mellow, sweet Skye, she knew she was destined for therapy work. The mark of a therapy dog is its stable temperaments and friendly, easy-going personality—basically Skye in a nutshell.

“We started our training with Skye early, when she was just over a year old,” says Shenkman. “It was clear right away that this was her calling, she knew right away what she needed to do. The minute she puts on her vest and bandana, she knows it’s time to work.”

Therapy dogs may be trained by just about anyone, but must meet set standards and be tested to be certified and registered and actively participate in a program.

Skye works primarily on college campuses and libraries—where kids build confidence and be tested to be certified and registered and actively participate in a program.
Hollis Laidlaw & Simon

The law firm of Shamberg Marwell Hollis Andreycak & Laidlaw, P.C. is pleased to announce that we have changed our name to Hollis Laidlaw & Simon P.C.

We look forward to continuing to provide the highest level of excellence in our core areas of practice.

- Litigation
- Dispute Resolution
- Zoning & Planning
- Corporate
- Employment
- Real Estate
- Trusts & Estates
- Guardianship
- Special Needs Planning
- Elder Law/Medicaid Planning

55 Smith Avenue, Mount Kisco, NY 10549
(914) 666-5600 | hollislaidlaw.com

Your real estate success is my success.

#1 AGENT IN THE HOULIHAN LAWRENCE BRIARCLIFF MANOR BROKERAGE

Suzan Zeolla
Associate Real Estate Broker
M 914.557.1885
szoella@houlihanlawrence.com
suzanzeolla.houlihanlawrence.com

BRIARCLIFF MANOR BROKERAGE
1145 PLEASANTVILLE ROAD
HOULIHAN LAWRENCE

Creating Summer Memories Since 1956

25 Meter Pool
Diving Well
Kiddie Pool
Swimming Lessons
Swim & Dive Team
BBQ Area

4 Har-Tru Tennis Courts
Platform Tennis Court
Tennis Lessons
Basketball Court
Concession Stand
WiFi

2020 Season Special: Initiation Fee is Waived, a $500 Savings!! Easy Payment Plans Available if you sign up today!

www.Torview.com

Your real estate success is my success.

Suzan Zeolla
Associate Real Estate Broker
M 914.557.1885
szoella@houlihanlawrence.com
suzanzeolla.houlihanlawrence.com

BRIARCLIFF MANOR BROKERAGE
1145 PLEASANTVILLE ROAD
HOULIHAN LAWRENCE

Creating Summer Memories Since 1956

25 Meter Pool
Diving Well
Kiddie Pool
Swimming Lessons
Swim & Dive Team
BBQ Area

4 Har-Tru Tennis Courts
Platform Tennis Court
Tennis Lessons
Basketball Court
Concession Stand
WiFi

2020 Season Special: Initiation Fee is Waived, a $500 Savings!! Easy Payment Plans Available if you sign up today!

www.Torview.com
Lessons from My Fitness Journey at Life Time: Part 2

BY STACEY PFEFFER

For those of you who are regular readers of this magazine, you’ll recall the first part of this series ran in the last edition. As we go to press, I am at the end of my 90-day complimentary membership at Life Time. While I haven’t made radical transformations, I have made significant progress with my fitness goals and learned about common misconceptions that were holding me back from achieving my goals.

As an editor, there is a lot of thought that goes into every word that shows up on these pages. I chose the word “journey” for this series in the headline because fitness truly is a journey. There are “ups” and “downs” and twists and turns. Even in a short window of 90 days, I’ve had setbacks but overall, I am more fit than I was when I started. My skeletal muscle mass has increased and my body fat percentage has reduced by almost 2 percent. Although the scale hovers around the same weight, there is no doubt that my body composition has changed. Here’s five things I attribute these results to:

1. Don’t skimp on calories. I undergo a resting metabolic assessment which provides me with a lot of data points. First of all, for my activity level I am undereating. I’d say I eat roughly 1,200 calories daily but my personal trainer, Nick Cerone explains that this is essentially helping my body hold onto fat aka those stubborn five pounds that we all want to shed. He wants me to increase my calories to almost 2,000. I am dumbfounded and think that this is going to backfire but I put my trust into him and wait to see what happens.

2. Pass the protein, please. In order to increase skeletal muscle mass, Cerone explains that I need to eat close to 100 grams of protein a day. Again, I am skeptical and frankly mystified as to how I am going to achieve this. He suggests I keep a food diary to track my protein intake (and calories) on myfitnesspal.com which is free for this purpose. I’ve had to rethink a lot about food. So now instead of reaching for Special K cereal and a banana for breakfast, I’m more apt to have Greek yogurt and berries plus granola or an omelet. It is all about nutrient-dense foods that will fuel my workouts. This has been by far the hardest part for me and most days I do not reach my protein goals but it is something I continually strive for.

3. Aim for full-body strength training moves for efficiency. Cerone likes to have me do moves such as lunges with overhead press using free weights or goblet squats with a dumbbell instead of moves that work on a single area like tricep dips. “Doing a full body exercise makes the workout more efficient and increases the amount of muscle tissue used at one time which increases calorie expenditure. This ultimately leads to more weight loss,” Cerone explains.

4. Get out of your comfort zone and mix up your fitness routine. For years, I have tried yoga with no success but during my onboarding session I am urged to try ROOT or SOL especially since I need to improve my flexibility which is key for runners. During these cold winter months, I love the fact that they offer hot yoga. I take a class with Stacy Bergman and she says something that really resonates with me- “be thankful for the almosts.” She explains you may be struggling with a move or position but have gratitude that you are trying and getting there slowly. She also explains at the beginning of class that as soon as we get on the mat, we are in a judgment-free zone. I like that as I feel pretty foolish and clumsy doing simple moves like tree. I am definitely incorporating yoga at least once a week into my fitness routine.

5. There will be setbacks and obstacles. That’s all part of the journey. Just as I was hoping to kick my fitness routine into high gear as 2020 started, everyone in my family, including me was sick. I didn’t do a bit of exercise for ten days which for me hasn’t happened since giving birth. I can’t beat myself up over this. I know obstacles are just around the corner whether it be caring for a loved one or battling weight gain in middle age, they will happen. So, I slowly eased my way back to the gym and continued on my journey one lunge at a time.

Stacey Pfeffer is the editor of all three Inside Press publications.
**Adults, Teens, Pre-Teens**

**ACT NOW!**

ENROLL IN THE HUDSON VALLEY’S WORLD-CLASS STUDIO FOR ACTING

**Howard Meyer’s Acting Program**

Convenient Weekday Evening Classes Offered Year-Round

Visit HMActing.org or Call (914) 286-7680

or Contact AxialTheatre@gmail.com

---

**SUSAN STRAWGATE CODE**

#1 HOULIHAN LAWRENCE AGENT IN PLEASANTVILLE

CONSISTENT TOP PRODUCER IN OSSINING & BRIARCLIFF

**Susan Strawgate Code**

Associate Real Estate Broker

M 914.715.4121

SCode@houlihanlawrence.com

susancode.houlihanlawrence.com

IN 2019, VOTED ONE OF “AMERICA’S BEST” BY REAL TRENDS AND “FIVE STAR REALTOR” BY BUYERS & SELLERS

HOULIHAN LAWRENCE

BRIARCLIFF MANOR BROKERAGE • 1145 PLEASANTVILLE ROAD

**Aura Boutique Salon**

191 King Street

Chappaqua NY

914 469.5553

gailmarieskincare@gmail.com

Open:

TUESDAY - SATURDAY

Call for an Appointment !

gailmariebrowstudio.com

---

**Gail Marie’s**

**BROW STUDIO**

Aura Boutique Salon

191 King Street

Chappaqua NY

914 469.5553

gailmarieskincare@gmail.com

Open:

TUESDAY - SATURDAY

Call for an Appointment !

gailmariebrowstudio.com

---

**LE JARDIN DU ROI**

BAR & RESTAURANT

OPEN EVERY DAY FOR BREAKFAST AT 8AM

SERVING BREAKFAST, LUNCH AND DINNER

7 DAYS A WEEK

95 KING STREET | CHAPPAQUA, NY 10514

TEL: 914-238-1368

LEJARDINCHAPPAQUA.COM

---

**Gullotta House**

**NONPROFIT OF THE NIGHT**

Friday, March 13th - 7pm

Westchester County Center

COME CELEBRATE NY KNICKS LEGENDS NIGHT WESTCHESTER KNICKS VERSUS THE CANTON CHARGE!

GREAT FAN EXPERIENCES!

ANTHEM BUDDIES, RAIN TUNNEL AND POST-GAME FREE THROWS WITH PRIZES

GREAT AUCTION ITEMS!

L J SIGNED LEGENDS JERSEY, GAME-WORN BLACK HISTORY NIGHT & LOONEY TUNES JERSEYS, BERNARD KING BOOK

NONPROFIT OF THE NIGHT SIGNED BALL FOR FAN OF THE GAME

First 220 kids under 18 FREE!

One paid adult ticket includes up to 3 kids FREE w/ food & drink for kids.

$17 EACH ADULT TICKET

$25 VIP LOUNGE TICKETS AVAILABLE

INCLUDES ALL-YOU-CAN-EAT BUFFET, SOFT DRINKS & DESSERT

GET TICKETS AT WWW.GULLOTTAHOUSE.ORG

INFO- CONTACT MATT: 914-525-0744 OR GULLOTTAHOUSE@GMAIL.COM

---

**ADVERTISE HERE!**

Inquire: advertising@insidepress.com

For more information, rates and advertising calendar, go to

www.theinsidepress.com
Just last year at a meeting of the Earthwatch Institute, a prominent environmental non-profit, scientists declared the bee to be the most important living being on the planet. This notion was shared by Albert Einstein more than a century ago who boldly stated that “if bees disappear, humans would have four years to live.” Yet bees are at risk of extinction. In fact, in some regions of the world, they have disappeared up to 90 percent.

While that news is sobering, local residents and county-wide initiatives are doing their part to keep bees and other pollinators happily buzzing in the communities of Northern Westchester.

Bees, butterflies, birds and even bats are all pollinators that play a vital role in the transfer of pollen from one plant to another, enabling fertilization and the production of fruit and seeds. More than 30% of our food grows as a result of pollinators. Yet, the habitat loss of native plants and widespread use of pesticides and herbicides are causing worldwide decline of pollinators.

The History Behind the First Pollinator Pathway

Sarah Bergman started the very first Pollinator Pathway in Seattle more than a decade ago as part of a social and ecological project to combat the decline in pollinators. In an effort to connect two green spaces more than a mile apart, Ms. Bergman went door to door to the homeowners in-between to create a mile long 12-foot-wide corridor of pollinator friendly gardens, a literal “pathway” to sustain pollinators with pesticide-free habitat and nutrition.

With increasing public awareness of the decline of pollinators, particularly native bees, Bergman’s idea caught on. In 2018, Norwalk, Wilton and Ridgefield together with Hudson to Housatonic Regional Conservation Partnership (H2H) set up the first Pollinator Pathways in Connecticut. Westchester followed their lead and New Castle Pollinator Pathway Coalition (NCCPC) is among the more than 16 municipalities, organizations and hundreds of individuals joining Pollinator Pathways in Westchester.

Pollinator Pathways in New Castle

The New Castle Pollinator Pathway Coalition (NCCPC) is a volunteer effort consisting of individuals and organizations that support pollinators by connecting properties and green spaces to create a more hospitable environment for bees, butterflies, birds and other wildlife.

Pollinator Pathway signs have been popping up in New Castle on resident’s mailboxes and downtown near the train station in recent months. These signs mark just some of the properties that are part of the NCCPC.

According to New Castle resident Victoria Alzapiedi, founder of New Castle Healthy Yards and co-chair of NCCPC, more than 130 public and private properties are already on the Pathway and the list is growing. “I’m so excited that there are so many property owners in our community signing on to the New Castle Pollinator Pathway. Not using pesticides and other lawn chemicals and adding native plants - including specific host and nectar plants for each species of butterfly, moth, and bee - will attract these important insects to your yard and provide...
pollinator pathway sign on route 120
PHOTO CREDIT: MISSY FABEL

How to Join the Pollinator Pathway Initiative
● Include native plants on your property for all seasons
● Avoid using pesticides and herbicides
● Consider leaving some bare ground for nesting native bees and leaving some autumn leaves for overwintering eggs and pupae of pollinating insects
● If you reside in New Castle, register at: www.pollinator-pathway.org/new-castle

Our mission includes educating people about ways to help the planet,” says Phina Geiger, president of the Pleasantville Garden Club, whose members planted a demonstration garden next to a playground in Mt. Pleasant this past spring. “Many of the plants we used were ones from our yards, tried and true locally sourced native plants that people may not know about, but can come and see and be inspired to use in their own yards. The Pleasantville Garden club is also partnering with their Parks & Recreation department to promote Pollinator Pathways in other areas of town, she added.

A bee on wild sweet William
PHOTO CREDIT: MISSY FABEL

Why are Pollinators Under Threat?
● Habitat loss due to urban development and agriculture
● Widespread application of pesticides
● Climate change

Plans to add native and pollinator friendly plants are also in the works in Armonk. This spring, the North Castle Public Library
is adding native trees, shrubs and perennials to its foundation planting as part of the New York Library Association (NYLA) state-wide Sustainable Library Certification Program. “We wanted to enhance the landscaping in front of our library,” says Edie Martimucci, Director of North Castle Public Library, “and using native plants just makes sense from an environmental and sustainability standpoint.”

**Tips for Creating a Pollinator Friendly Garden**

Whether you live in an apartment with a balcony, a typical suburban home, a large estate or are a commercial business in town, everyone can participate in Pollinator Pathway by avoiding the use of pesticides and choosing native plants. Nature preserves, such as Glazier Arboretum in New Castle, Eugene and Agnes Meyer Preserve in North Castle, town and county parks, schools, typical backyards and front yards, even window boxes can help support pollinators.

“It’s simple, really,” declares Filipine de Hoogland of Westchester Pollinators. “Many people already have native trees and shrubs in their yards with natural pesticide free areas. If we connect our pollinator friendly yards, we can construct pathways. Pathways create safe territory for our pollinators and other wildlife to survive.” She also suggests informing your landscaping company about the steps you are planning to take to create a pollinator friendly yard, so they can help you achieve your goals.

**Year-Round Needs for Pollinators**

Pollinators need nectar and pollen in all seasons. Native spring flowering trees and shrubs are an important nectar and pollen source early in the season as well as common native plants often considered “weeds,” such as the common violet. Violets provide nectar as well as leafy greens for the recently hatched butterfly larvae of the Great Spangled Fritillary. Consider leaving violets and other wildflowers in your lawn in spring.

Aster and goldenrod are vital sources of both nectar and pollen in the fall. White wood aster naturally colonizes the woodland edges common in suburban landscapes and can easily be encouraged to spread. Leaving some leaf litter in your garden or natural area also helps support pollinators by providing cover for overwintering insects.

**Local Pollinator Events On the Horizon**

Look for NCPPC and Westchester Pollinator events this spring and summer, including activities to celebrate the 50th anniversary of Earth Day as well as national Pollinator Week, June 22-28. In addition, mark your calendar for The Chappaqua Garden Club’s Mother’s Day weekend plant sale from May 7-10. The sale offers hundreds of native plants including specific pollinator friendly plant combination kits for sun, shade, wet and dry areas, according to Chappaqua Garden Club co-president Melanie Smith. For more information, visit chappaquagardenclub.com

For more information on Pollinator Pathways and how to start one in your town, visit pollinator-pathway.org.

**Missy is a native plant landscape designer and consultant, teacher, writer and naturalist in Chappaqua. She is a Steering Committee member of the Native Plant Center at Westchester Community College, a member of the Town of New Castle Conservation Board and co-chair of the NCPCC.**
A New Cultural Institution

When we think about Westchester’s many cultural institutions, Sing Sing Prison does not come to mind. It doesn’t make any Hudson Valley must-see lists, yet. But that will change in this next decade, with the creation of the Sing Sing Prison Museum, opening in full in 2025. The museum’s founders are on a mission to make the museum one of Westchester’s great cultural tourism destinations.

You might go for the history, or you might go to gain a greater understanding of America’s prison complex. You might be interested in the more macabre aspects of the fabled penitentiary. Or you might go for the baseball.

The Sing Sing museum will be devoted to telling stories like the Yankees game, as well as the full story of the institution and its evolution. It will highlight stories of its brutal past and most infamous prisoners like Ethel and Julius Rosenberg, and those of the ordinary men incarcerated there, as well as their families, and the rehabilitation work occurring there in the 21st century. And the museum’s installations will be designed to encourage visitors to examine the greater social justice issues of the prison system.

“That’s one of our major goals for the museum is to challenge people to reimagine the criminal justice system and to take action to create a more just society,” says Glass.

Glass, who is also Director Emeritus of Smithsonian’s National Museum of American History, says all stakeholders will be included in the creation of the museum. “We want to tell the story of how incarceration has affected everyone at Sing Sing. We want to talk to the men who are incarcerated. What stories do they think are important to tell? We want to talk to people who have been victims of crimes. We don’t want to leave their stories out.” And he says the museum will include the stories of the people who have worked there over the years.

Why build a museum at Sing Sing now? Glass says, “Every chapter in criminal justice history has a few pages written at Sing Sing.” Unlike a popular museum like Alcatraz, Sing Sing is still operating. And he adds that its proximity to New York City and historic sites in the Hudson Valley makes it a perfect location. It will also bring tourism and millions of tourist dollars to Ossining. The museum founders estimate that 260 jobs in the museum and the wider community will be created, as well as 100 construction jobs.

The Sing Sing Prison Museum will open a preview center in 2020 at the Powerhouse on the prison campus. The Powerhouse provided electricity to the prison from the 1930’s to the 1960’s and will be repurposed with the construction of exhibition spaces, classrooms and a theater, as well as space for re-entry programs to help released prisoners acclimate to society.

When the full museum opens in 2025, Glass says visitors will be able to enter the historic cellblock. “We would break into the prison in effect through a secure corridor that would connect the Powerhouse to the historic cellblock which is about 100 yards south of the Powerhouse. The historic cellblock, built in 1825, would be the centerpiece of the visitor experience because it is an extraordinary ruin that nobody gets to see at this point.”

Sing Sing has a notorious past—including 614 executions in the 20th century—but it is working to bring a sense of humanity to its prisoners through a variety of arts and educational programs. Rehabilitation Through the Arts provides year-round theater workshops and performance to the prisoners of Sing Sing. They also run workshops in dance, visual arts, music and creative writing. Hudson Link for Higher Education provides college educational opportunities to prisoners through private funding. The correctional facility has a garden and a professional master gardener, Douglass DeCandia, who works with the prisoners. There are also programs for the families of prisoners.

Perhaps some of the families of early twentieth century prisoners might still have their signed baseballs from the 1929 game against the Yankees. Glass is hoping the museum might be able to acquire a few more. In the meantime, this one will be on view at Sing Sing’s new museum later this year, a wonderful testament to the idea that people who are incarcerated benefit from the occasional diversion and a reminder of what’s possible on the outside.

Jennifer Sabin Poux is a freelance journalist and writer who lives in Pocantico Hills. For nearly two decades, she wrote and produced for ABC News. She has written on politics for the Huffington Post, and her short stories, essays and articles can be found in Fiction, Kitchen Sink Publishing and The Hook.
Remember when ISIS fighters totally destroyed centuries-old religious sites sacred to the Buddhists and other groups a few years ago? Many people had a sense of outrage that any group would have the arrogance to destroy what others considered holy.

That’s why when I heard about a majestic church building — First Baptist Church — in need of repair here in Ossining, I wanted to investigate what had happened to it. My second thought was “Perchance, I can aid in its efforts to raise funds for a restoration project.” And, fortunately, the damage done to First Baptist Church, which celebrates its 230th “birthday” this year, is the result of wear-and-tear over decades, not terrorists.

Situated in the strategic area “where Ossining was first established,” First Baptist Church is the second building to stand in the triangle of land buttressing South Highland Avenue, Main Street and Church Street.

The Historic Roots of the Church

The church’s origins date back to Captain Elijah Hunter, a Revolutionary War “aide-de-camp” to George Washington, who employed him as a spy against the British forces. Hunter, who also became a church deacon, opened his home to services for a Baptist church group in April of 1786, in the area of Broad Avenue [formerly called Hunter Lane]. By October 11 of that year, there were fourteen members. Months later, the congregation had grown to 30 members who continued to meet in homes. In 1811, the educationally minded group started the first Sunday School in the Village of Ossining.

On April 15, 1815, the church incorporated as “The First Baptist Church, Village of Sing Sing, Town of Mt. Pleasant, NY.” A laudable fact is that the church was integrated with blacks and whites worshipping together. According to the church’s website in the early years, slaves and their masters attended services. Both were considered full members of the congregation, and treated equally in the church.” Then, in 1890, when entreated to help establish a “black Baptist church” in the area, First Baptist Church lent its full support to what soon became Star of Bethlehem Church on Spring Street.

On June 3, 1874, the current brick building on Church Street was dedicated. Its cost back then was $75,000, mere pennies by today’s standards ($1.59 million), but a small fortune for that day. The congregation had grown to 197 members.

Surviving the Centuries

Over the past 146 years, the current Gothic Revival-style building with its uniquely designed quatrefoils and design elements (built by J. Walsh) has withstood the architectural assault of time. Its original spire from 1874 was blown off during a severe storm twenty years later. In its place a more impressive steeple was installed consisting of a main spire with four smaller spires flanking it on all four corners.

Over the years, various repairs have been made on the church building, as one would expect. Repairing the three-story stained glass window earlier in this millennium was a major undertaking costing thousands of dollars partially paid for by a grant, according to then restoration chair Marcia McCraw.

Bart Sellazzo, a long-time Ossining resident and church member, has gotten used to the idea of things needing repair. As the official bell-ringer, he rings the steeple bell every Sunday at the beginning of the church service. One day, as Bart was ringing the bell, the rope holding the four-foot bell broke. He didn’t describe it as such, but it was probably a miracle of sorts that the bell didn’t crash through the floor of the steeple.

Then, there was the damage caused by the pigeons that had encamped inside the steeple. Bart recalls the day he and church attendee Bill Gallagher went to investigate the problem with the squawking birds. As they assumed, the pigeons had made a mess of the steeple by leaving excrement on the floor. When Bart and Bill climbed the ladders to reach the steeple, they had even more to deal with—deceased birds.

When the current steeple damage was brought to light by a passerby on March 13, 2014, Bart, a painter by trade, was at a job in Connecticut. “You’ve got a problem down here” was the message from former Ossining fire chief Matt Scarduzio, who had contacted Bart about the imminent
Bart was not able to rush back from his job, so he contacted Hazel Davis, the church moderator responsible for handling such things as agendas for meetings. Davis rushed over to the building on Church Street and was shocked by the scene before her.

“By the time I got there, the road was blocked,” said Davis. “Fire trucks and police were there, and people from Channel 12... After all was said and done, we contacted the architect who had helped with our window restoration, and he recommended a structural engineer firm whom we contacted.” The firm soon evaluated the steeple damage, and an official fundraising effort was launched.

So, What’s All the New Fuss About?

Ossining has many wonderful old buildings, but not all of them qualify to be placed on the National Register for Historic Places of the United States. First Baptist Church, however, qualifies as a bona-fide “member” with its handsome Gothic design, stained-glass windows, high-vaulted ceilings, fine interior woodwork, and other architectural attributes.

First Baptist Church also represents 230 years of history and interaction with the Ossining community. From its earliest inception under the guiding hand of Elijah Hunter to the creation of its sister church, Star of Bethlehem, along with the community health organization Open Door, (which started in the church basement), First Baptist Church has made a significant contribution to the local community.

The verbal estimate that the firm gave back in 2014, to repair the steeple was close to $300,000. Today, the cost will likely be 20% to 25% higher, if not more. The entire restoration project has expanded to include repairing the spire, painting the entire building and doing pointing work on the brick. So, the expected costs hovers around one million dollars.

The cost seems higher than one might expect, but Davis explains the cost is partly due to very stringent requirements mandated by the United States Department of the Interior. For example, to maintain its historic status, First Baptist Church is required to ensure that the content balance in the mortar for its brick is the same as that of the original mortar.

Davis still serves as the Steeple Restoration Chair for the committee to oversee the project. Fundraising efforts have been made over the past six years, including starting a GoFundMe account. An application for a grant was submitted in 2019, but it was turned down. As a result of that rejection, fundraising efforts have accelerated.

Still, with a fundraising goal of at least a million dollars, reaching it seems a long way off. Which is why Courtney is making a heart-felt plea to all local history buffs, architecture fans, traditionalists, and members of faith communities: “While the future mission of the church always includes spreading the love of God, human compassion, visiting the sick, showing brother and sisterly love, helping strangers, hospitality, good works and the Great Commission from Matthew 28:19 -20, First Baptist Church also has become very much aware that the goal is not only mission, but mission and maintenance.”

“It’s a truism, but every organization needs to have a combination of both mission and maintenance,” adds Courtney. “Otherwise, an organization’s mission is likely to suffer.” Mission aside, who can argue with his points that “preservation of this historical church is vital to retaining our community’s heritage, which is also part of our nation’s history” or that “being able to see something of our past helps us to better engage with our present, thereby giving us a brighter hope for the future and the next generation”?

In our time, when attending a religious establishment might seem, alas, less vital than it had been in former years, one might well ask, “Why should we protect old buildings?” Perhaps one of the best reasons, along with being a great fundraising appeal, comes from Martin Fox, an art historian, in his response to the www.quora.com question “Should we look after old buildings?” Fox noted: “Some old buildings are extraordinary works of architecture that couldn’t be remade today.... Other buildings are by influential architects and are worth preserving for their aesthetic and historical value.”

Clearly, First Baptist Church of Ossining qualifies on both the aesthetic and the historical levels. Its steeple restoration project includes repairing the spire and repainting the church. But it represents so much more than that.

Community members may donate directly to First Baptist Church of Ossining (1 Church Street, Ossining, NY 10562) or via their website at www.historicfirstbaptist.org or via GoFundMe at www.gofundme.com/f/fbc-ossining.

Vicki de Vries is a local freelance writer and editor with a penchant for history and art.
It’s a week before the big day and our family has convened to strategize a significant plan of action. This approach must be executed with meticulous detail so that the inevitable impending onslaught will be met with precision. A disciplined chain of command will ensure that whatever blueprint we settle upon will come from the top. Which is most definitely not me.

My wife, Laurie, has decided, as The Decider, that the candy should be put into easy to distribute, pre-packed little bags with plump pumpkins on them. While this laborious option will guarantee fairness and efficiency (and trackable statistical data my wise-guy son adds) I tend to lean towards the more chaotic and subjective. Why not greet each kid, assess quality of costume (along with their trick or treat statement) and then distribute loose candy based upon this information? With 200 to 300 trick or treaters expected you can see why I am not The Decider. Welcome to life on my cul-de-sac.

When we moved to our Northern Westchester digs everything seemed new and a bit odd but exciting too. In the city we’d walk the kids to school every morning and it was a sweet ritual. Leaving that and other distinct urban scenarios behind made me hesitant to embrace the move to this beautiful bucolic suburb. However, almost immediately, it was clear that the more rural versions of our established routines were equally wonderful. In this case, we’d lose the family time spent walking to school as, now, the bus-stop is literally in front of our house. This simple fact of geography led to very fast friendships for the kids, as well as parents, who would all gather on a near daily basis. It would be impossible not to notice that we’d absolutely landed in a neighborhood.

Some of the bus-stop relationships evolved into friendships that still remain. Others were fleeting and on occasion a little contentious but that’s just the way life is with people interacting daily, sometimes before coffee. What became intriguing to me over time was the evolution of the bus stop. You’d see your kids eventually age out along with their peers followed by new kids which were often younger siblings you might know. At one point a whole new crop of kids populates the space by the house and, not being connected to it other than seeing it from the window, you realize that that particular aspect of living in the cul-de-sac always continues. Just as sweet as ever but no longer a direct part of our lives.

It may be a personal flaw but I’m very quick to base opinions upon my initial impression of people. Fair or not, neighbors show themselves one way or another and, unwittingly, I reach a conclusion about who they are which will never change unless they prove otherwise. I know this is absurd and not particularly neighborly but here we are. Shortly after we landed in our house a neighbor said hello and within 10 seconds told me I needed a new roof on my house. Probably a wonderful person but, for me, he’ll always be that guy who was critical of our new abode when I was at the height of emotional vulnerability homeowner-wise.

Along those lines, when the kids were young, there was a mother at the bus stop with a child the same age as my son. She wasn’t particularly friendly, even a bit abrupt, and I rashly concluded she was just kind of a hard case. Our kids became friends and I got to know her a little better and, of course, she turned out to be a very kind person. It turned out this single mom had serious health issues and I always felt terrible about my initial shallow rush to judgement. One December she came by to ask me to tune an electric guitar she’d bought for her daughter. I happily did so and she gave me a warm and spontaneous hug. I watched her walk away, guitar in hand, in light December snow headed up towards her house at the end of the cul-de-sac. The neighborhood is quite simply a community of folks living in close proximity and all that that entails.

Dan Levitz is an art dealer and writer and has lived in Chappaqua for more than 15 years.

Dan Levitz is an art dealer and writer and has lived in Chappaqua for more than 15 years.

Dan Levitz is an art dealer and writer and has lived in Chappaqua for more than 15 years.

Dan Levitz is an art dealer and writer and has lived in Chappaqua for more than 15 years.

Dan Levitz is an art dealer and writer and has lived in Chappaqua for more than 15 years.
“The Westchester Bank’s part of our family and it’s refreshing to get that kind of attention.”

JOE QUARTARARO
Proprietor
Le Jardin Du Roi

Joe Quartararo
Proprietor
Le Jardin Du Roi

John Tolomer
President & CEO
The Westchester Bank

Customer Satisfaction Always Tops Our Menu!

The Westchester Bank
Banking Made Personal

MT. KISCO
51 S. Moger Ave.
(914) 752-4262

OSSINING
240 S. Highland Ave.
(914) 502-4421

THORNWOOD
994 Broadway
(914) 984-5446

TheWestchesterBank.com
Camps (Pre-K - High School)

10% Discount ends March 30th

White Plains & Chappaqua
Story Book Camp

White Plains & Ossining
Dance Camp

White Plains
Choreography Camp
Hip Hop Camp
Dance Intensive
Musical Theater Kids
Musical Theater Intensive
Adaptive Dance

White Plains ♦ Chappaqua ♦ Ossining (NEW)

steffinossen.org | (914) 328-1900