

May 2010

Inside

THE MAGAZINE FOR NEW CASTLE AND BEYOND

CHAPPAQUA

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**Headway Foundation's
Care for Kids with Cancer**

**"Social Media" Tips for
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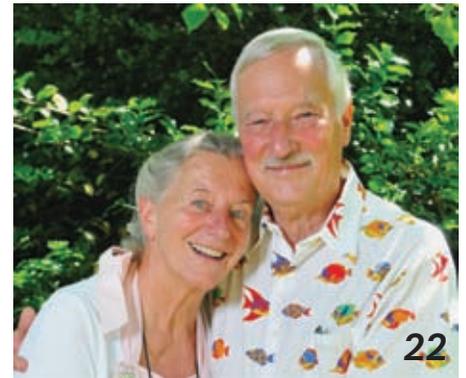
The mission of the Headway Foundation and understanding what motivates Chappaqua's Ed and Maya Manley.

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Janet Angier, founder and owner Music in Chappaqua

Photo by Danielle DeVito

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Amazing Mom



Below is my very own “amazing mom” announcement: a plan to introduce a new title, Single&Smart Magazine (and www.singleandsmart.com) into Westchester and Fairfield Counties. It is aimed, quite simply, at providing a regular flow of information of interest to single adults. I have been single for over three years now, and in adapting to a new lifestyle, I find myself devouring information I would come across that seemed relevant...on topics as diverse as negotiating in a divorce or managing my finances to battling loneliness, eating for one, getting along with your ex, keeping old friends, making new friends, or re-discovering and navigating, for better or for worse, the ups and downs of dating again after 20 years of marriage.

That kind of information seemed to come at me randomly from a variety of sources. I thought it might be useful to address a single adult population in a magazine and website tailored for singles and also provide a regional tie. Perhaps create a greater sense of community among singles. I'm excited about it, and welcome your thoughts and ideas at editor@singleandsmart.com.

To keep up with that news and with snippets of *Inside Chappaqua* news in general, I suggest becoming a fan of *Inside Chappaqua* on Facebook by going to <http://www.facebook.com/InsideChappaquaMagazine>.

You can also now access that link at www.insidechappaqua.com. I also occasionally “Tweet” on Twitter.com but I’m being told not nearly enough. Kris Ruby, whose tips on launching your career using Social Media, has been helping me along on that front and she’s come on board to help you too, beginning with her column on page 12. Another resident Social Media powerhouse, Nancy Shenker, recently introduced me to a new networking group in town called BIG that can also help moms at any stage of launching a new business or career. Lisa Ballou reports on page 8.

There are at least a few Amazing Mom stories that carry this issue. One is the tale of the Headway Foundation and the work of Ed and Maya Manley of Chappaqua in caring for children with cancer. It was brought to my attention by Todd Shapera, a talented Pocantico Hills photographer who volunteers for the foundation too. Pam Brown reports and Todd’s pictures tell the story amply. On page 28, Randy Stuart reflects on the unconditional love of mothers. And there’s the cover story. I don’t even know what to say about Janet Angier that Maggie Patrick-Sternin doesn’t in her profile of this very accomplished music educator. I hope her true grit story inspires you. Rock on, everyone.

Grace

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Teens and Texting Tutorial

BY JACKIE RIDER

Maybe you read a newspaper article about teen “sexting,” or sending sexually inappropriate photos or text messages via cell phone and wonder if you should worry that your own teen is involved. Probably not, according to a recent Chappaqua PTA presentation, “Teens & Technology: What Parents Need to Know.”

On the other hand, one in four American teens who drive say they have texted while driving, and half of all teens ages 12 to 17 say they’ve been a passenger while a driver has texted behind the wheel, reports Amanda Lenhart, senior research specialist at the Pew Research Center in Washington, D.C. A separate study [Virginia Tech Research Inst.], found that texting takes a driver’s focus away from the road for an average of 4.6 seconds, enough time to travel the length of a football field at 55 mph. Now there’s something to worry about.

Ms. Lenhart shared her findings from the Pew Internet & American Life Project’s research on teens, children and families, which she directs. Most of her words were reassuring to anxious parents. Only four percent of cell-owning teens ages 12-17 say they have sent sexually suggestive nude or nearly nude images or videos of themselves to someone else via text messaging; 15% say they have received such images of someone they know via text message, her study finds.

But conventional wisdom says and Ms. Lenhart’s research confirms that, as she said, “Teens are overwhelmingly online.” Sixty-five percent are online daily. “Teens consistently led the pack on internet adoption,” when compared with adults age 30 and older she added. And, while 81%



of teens go online for entertainment, half of middle schoolers and even more older teens go online for news and information. Ms. Lenhart wanted parents to know that teens often turn to the Internet for sensitive health information.

Social networks like Facebook are a critical part of teens lives, though less so for middle schoolers. Teens usually have more than one profile, but they have “gotten the message” about privacy settings, she said, and 60% have restricted information about themselves and access to their accounts.

Many parents worry about online predators, and Ms. Lenhart reported that online friendships with strangers do happen, but not much. Only about

7% report online contact with a stranger that made them uncomfortable. Rather, their online network replicates their existing social network at school. “They stay in touch with the friends they already have,” she said. Online bullying or harassment, however, is a bigger issue, she said, with 32% of surveyed teens reporting it.

Teens are not twittering, and blogging among that age group has flattened out or declined, but they are texting. “Their energy for social networking is going into their cell phones,” Ms. Lenhart said. Her research found that 75% of teens have cell phones and 66% text, while 83% of adults have cell phones and 59% text. (A Pew report specifically on cell phones will be coming out soon.) Here’s where her voice grew cautionary.

“Teens see what we adults do with our phones and how we interact with technology, whether we’re glued to our laptops as soon as we get home, and if we’re using our cell phones while driving,” she warned. Ms. Lenhart urged parents to monitor their children’s use of social technology with “involved respect.”

“Tell your kids that you’d like to see their profiles/pages/online activities and explain why. Ask them about what they’re doing online, who they’re talking to, and what engages them and listen to their response. It’s also important to allow teens more autonomy and privacy as they grow older—because some day very soon they’ll be navigating the online world without your guidance or intervention. And engage your kids to get them to teach you about the technologies they use and why they like them. All of this helps keep parents more up to date and gives kids a sense of accomplishment to be teaching their parents something.”

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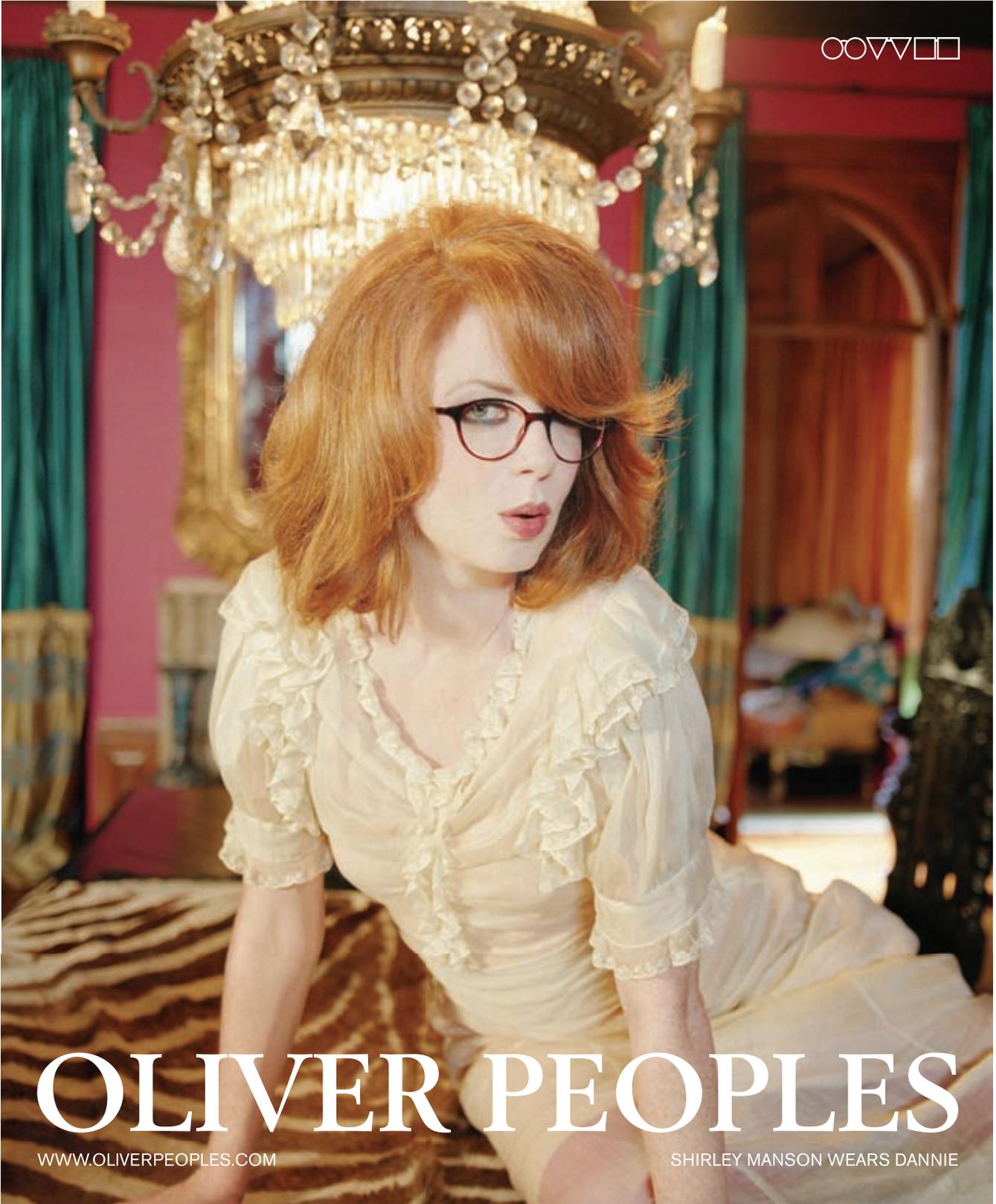
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Something BIG comes to Town

BY LISA BALLOU

Do you have a great concept, but have no idea how to turn it into a viable business? Have financial or family commitments prevented you from discovering your passion? Or, do you have no idea what you want to do next, but know you want to do something?

Wonder no more. BIG, a new organization in town, is a growing community of intelligent, creative and entrepreneurial women who want to share their business ideas and build upon their dreams. Maybe those dreams were put on the back burner because it wasn't the right time. For some, the passion of raising a family took precedence. Others went down career paths hoping to some day return to doing what it was they really dreamed about. And now, those dreams are re-emerging and they require the right environment to flourish. The right guidance and support can make all the difference in the world and BIG offers precisely this forum.

BIG was founded by Rebecca Hull and Tara Gilver of Bernardsville, NJ. It stands for Believe Inspire, Grow—goals which Tara and Rebecca hope to help others achieve. They have chapters all over New Jersey and are rapidly expanding into New York and Connecticut. These chapters are called Pods, a name the founders came up with because BIG is cohesive and when you travel in pods you stick together.

The first BIG meeting in Chappaqua took place on January 15th at Jennifer Fink's home. More than 20 women gathered in Jennifer's living room where they shared their career



At a first BIG gathering in Chappaqua were (L-R) Jackie Somers, Becky Hull, Tara Gilvar, Jennifer Fink, and Lisa Ballou.

highs and lows. “I was surrounded by lawyers, decorators, professional organizers, executives and stay-at-home moms. The stories were colorful, honest and easy to relate to,” explained Fink. “When everyone left, I felt truly inspired.”

For now Jennifer has taken on the role as “pod leader” which means she will organize the monthly BIG membership meetings in Chappaqua. “Being a member of BIG provides you with an instant family of dynamic women who will be there to motivate and support you as well as offer business ideas and solutions,” said Jennifer. “And who knows, you may even find your future boss or partner.”

Members are invited to attend monthly meetings, have access to five teleconference seminars a year as well as quarterly business plan teleconferences. They receive the monthly newsletter, have access to the membership directory, can network with one another and post businesses online.

The second meeting was held in February at Gail Patrick's Café in Chappaqua. More than 15 women

gathered to discuss “How to Build Your Business Confidence.” They covered everything from finding your passion to focusing on your goals and having discipline.

“The feedback has been really encouraging. Women are being motivated and finding the support they have been looking for,” said Fink.

For more information, please visit justthinkbig.us.

Nancy Shenker, CEO, the OnSwitch, Addresses Social Media at April BIG Gathering

Here were Shenker's comments to Inside Chappaqua as we were going to press: “Connecting with new people and finding common interests has been going on long before the social media era. We just have a new way to meet, share, and ultimately. Change is always frightening, but social media has resulted in business growth, awareness, and relationships for me. I help people overcome the fear and understand how to make these tools work for them.” Shenker also offered these additional tips:

- Don't dismiss social media until you've REALLY tried it. Stick with it!
- It's not a replacement for face-to-face; it's an expeditor.
- Learn the rules and mind your manners. Sharing, not selling, is what it's all about.
- Watch for location-based services. Where you are is becoming just as important as what you're doing. Great news for local businesses!

For additional information, go to www.mysocialmediainabox.com

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Moms Who Network:

How to Use Social Media to Jump Start your Career

BY KRISTEN RUBY

Do you recognize the need to establish a “personal brand” for your business in the virtual world of social media, yet have no idea how to do so?

In today’s world, Facebook is your new “virtual” living room. Facebook has changed the life of a typical suburban mother. For many mothers looking to jump-start their careers, social media can be a cost effective way to do so. Securing your personal brand via social networks is a phenomenal way to build your business, increase network connections and build buzz for your brand! Personal Branding and social media marketing involve a complete lifestyle change, as they put you in the habit of sharing information publicly as opposed to privately, which may seem overwhelming for many mothers at first.

Three Questions to Test your Personal Branding Acumen:

What social media industry groups are your colleagues and competitors a part of?

Are you aware of “Meetup” groups, conferences and industry events taking place in your field?

When you speak at an industry event, are you remembering to update your LinkedIn, Twitter & Facebook statuses? Are you sharing this information with others?

Branding is no longer only for business owners and corporations. Due to the rise of social media and the new world of PR, personal and corporate branding have become increasingly accessible and critical for individuals and companies looking to promote their brand. Branding tools allow you to inherently “celebrity” yourself and get your name out without involving the high cost of traditional Public Relations. Digital press kits have typically been created for compa-



nies, but with the advent of Personal Branding, you can create your own “press kits” to showcase your strengths and industry expertise. The media gatekeepers no longer exist. Branding is also critical for securing upcoming speaking engagements and establishing yourself as a thought leader and opinion leader in your industry.

Due to the rise of social media and the new world of PR, Personal Branding has become increasingly accessible and critical for anyone looking to promote their brand. Personal Branding has emerged as a direct result of the social media revolution and it is imperative to define who you are in social sites

KRISTEN RUBY is the President and Founder of Ruby Media Group LLC. Kristen is a Social Media Specialist, Blogger and Public Relations Consultant who utilizes various social media platforms including Facebook, Twitter and LinkedIn, to create online visibility for her clients and increase overall branding awareness. Recent speaking engagements have included leading the Columbia Business Alumni Club of NY workshop on Social Media, speaking at Microsoft on Personal Brand Authenticity and leading an International Jam Session for 85Broads (an exclusive Goldman Sachs group). For more information, contact Kristen at kristenr@rubymediagroup.com. Also, follow Kris’s blog at rubymediagroup.com or on Twitter @sparklingruby.

Ruby Media’s Personal Branding Tips for Jumpstarting any Career:

- Create a comprehensive LinkedIn profile
- Set up “Google” alerts for your name
- Buy the domain/URL for your full name
- Have a killer Executive Biography write-up in third person
- Secure a minimum of 5 recommendations on your LinkedIn profile
- Secure all usernames on social sites (knowem.com)
- Build your brand on Twitter
- Join relevant industry related groups in key social platforms
- Interact with other industry members
- Optimize all blog content for visibility
- Guest blog for brand diversification
- Lead a webinar to distinguish yourself as an expert
- Create a custom web site
- Use your social media network for lead generation
- Create press releases for speaking engagements

Social Integration is also an integral component of personal branding. After you have started tweeting on Twitter, posting photos from events on Facebook, blogging on wordpress and expanding your personal connections on LinkedIn, be sure to link all of your social networks to each other. Another tip is to make sure you have linked your online brand to your personal brand. Finally, social media is all about sharing useful content. By sharing relevant content, you are essentially branding yourself as an expert in your field. Always follow the motto: build relationships first, market second.



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Gelato Contest is a Treat for Guiding Eyes for the Blind

BY PAMELA BROWN

As a child, Carla Gambescia nurtured a love of dogs, yet never had the chance to own one. Today, this Chappaqua resident is making up for a lack of canine companionship by raising money for Guiding Eyes for the Blind (GEB), an internationally-accredited, non-profit guide dog school headquartered in Yorktown Heights.

Through her restaurant, Via Vanti!

Restaurant & Gelateria in Mount Kisco, Gambescia involved the community in the first annual Dogs in Party Hats Competition/Fundraiser. This amusing contest challenged people to create a gelato flavor (Italy's version of ice cream) based on their dog's appearance and personality. "They had to dress them up as their flavor in party hats and other fun doggie garb and submit a photo," she explained. An independent panel of local judges chose twelve winners to represent the restaurant's 2010 Party Dog Gelato "Flavors of the Month". The \$20 entry fee was donated to GEB.

Customers can browse Via Vanti!'s **Dogs in Party Hats Wall of Fame** featuring photographs of the winners, including Lime in the Coconut, Tutti Frutti Cutie, and Santa Paws Puppermint. Ten Special Recognition awards were also presented to noteworthy dogs, including a "Life Time Recognition" award for labrador who sired



July—Hot Chocolate Chili Pepper (Dark Chocolate with a hint of Chili Pepper)



February—Carnevale Caramel Teddy

dozens of puppies who when on to become guide dogs.

When a customer purchases any size or flavor of gelato and donates .25 cents, Via Vanti! matches it. Collector postcards and T-shirts with each dog's picture are also for sale. All profits benefit GEB.

Gambescia participates in other charity events, but GEB remains close at heart. "They're very well-managed and represent a noble cause. Guide dogs, in my opinion, are the highest

expression of dogs at their most faithful—man's best friend. Plus my childhood best friend was blind."

"A Lifetime of Support"

Founded in 1954 by Donald Kauth, GEB provides superbly-bred guide dogs to blind and visually-impaired men and women in the United States and the world. "Kauth often saw blind people turned away from other schools because they had additional disabilities. He felt everyone deserved the opportunity to work with a guide dog to enrich their lives by providing them with the freedom to travel safely, thereby assuring greater independence, dignity, and new horizons of opportunity," said Michelle Brier, Events and Marketing Manager. GEB has graduated over 7,000 guide dog teams. "All our services—the guide dog, room and board, travel expenses, and a lifetime of follow-up support—are provided absolutely free of charge." Brier said GEB is lucky to have the support of incredible people like Gambescia. "Even in this economy, she found a way to creatively support our organization."

Already, Gambescia is thinking about next year's Flavor of the Month contest which will kick off in May. "If you decide to enter, you'll be making a difference while tapping into your creativity and imagination, and that of your kids, too. so enter as a family project," she suggested.

To view pictures of the winning dogs, visit www.dogsinpartyhats.com. For more information on Guiding Eyes for the blind, visit www.guidingeyes.org. You can also learn about GEB's new Heeling Autism program that provides service dogs to children with autism.

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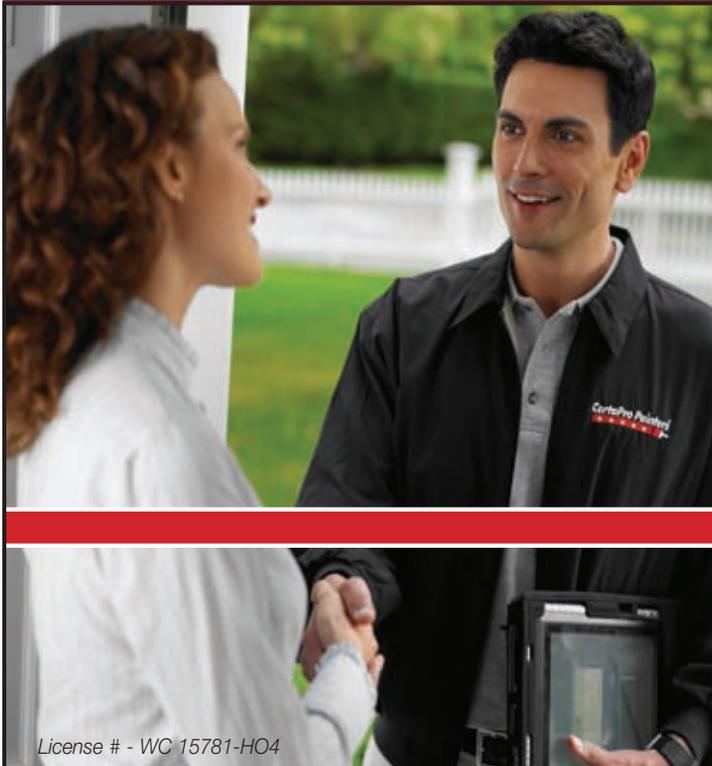


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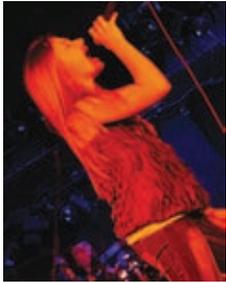
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NOTES FROM CHAPPAQUA ROCKS

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Janet Angier - Director



If your son or daughter lives and breathes rock 'n roll (as we do!) there's only one place for them to hone their skills and spend days—and nights—with kids who feel the

same way. Whether they spend the summer in a band at Chappaqua Rocks premier day camp, or jamming at home with friends, save the last week in August for Music in Chappaqua's one-of-a-kind sleep away camp. It's the antidote to rock fever!

This incredible camp, nestled within the beautiful Chestnut Lake Camp in Northern Pennsylvania, combines the ultimate rock 'n roll experience with traditional camp fun. Programs are led by professionals in the field who love to teach—and learn—from their students.

Personal attention is guaranteed as campers age 8 and up are placed in a band based on age, ability and experience. Every camper will have an opportunity to shine both as an individual and an ensemble member. They will choose or write the songs that they rehearse while the faculty band leader helps them develop the parts they will play. The program culminates in a live rock show for friends and family!

To complement the rock experience, the camp boasts an Olympic-size pool in addition to a lakefront with water activities. Climbing walls, Zip lines and hayrides are all part of the fun.

After the drumsticks and guitars are put away, there's a chance to sit around the campfire and enjoy delicious s'mores. Then they can close their eyes—and wake up in rock heaven!

To learn more about Music in Chappaqua's sleep away or day camp, or our outstanding music school, log on to www.musicinchappaqua.com or call us at (914) 238-3123. We'd love to hear from you.



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IN & AROUND TOWN

Celebrating Moms with Mr. Mom

BY SARAH ELLEN BERMAN

Who's really looking out for the moms in our community? A man, Bal Agrawal. When Agrawal became a single parent he found himself faced with the same challenges that many women face today. His experience led him to dedicate his lifework to providing women with the tools they need to deal with their busy lives. Agrawal founded LifeWorx, a business which has a vast roster of employees who assist clients in everything from nannies to personal assistants.

But Agrawal is not content with just supplying women with the necessary tools. He also wants to enable women to lead fulfilling lives. He talks extensively with his clients to "Understand their needs." His goal is to provide, "A solution rather than just a service." Empowering women is his *raison d'être*. To this end he has developed a philosophy of sorts. He advocates the following: "Find four hours for yourself during the week, lock out the chatter (i.e. don't be on Facebook or Twitter all day) and live in the moment.



Daniel Baitch

On May 7th, from 7 to 10 p.m., Agrawal will be hosting a free event entitled "Celebrating Moms." This evening will fete moms in a myriad of ways including an award to an outstanding mom. "We want to honor somebody in the community who has done great service to her own family and the community.

This year's honoree will be Carol Evans, CEO and President of Working Mother Media. In addition, LifeWorx will be donating services to a local woman in need. A woman who is having financial difficulties will be identified and LifeWorx will contribute the necessary services.

In the spirit of giving back, funds will be raised for a particularly appropriate cause: Go Red for Women, a subchapter of the American Heart Association.

As Agrawal noted, "More women die from heart attacks than any other cause." Register for the Celebrating Moms event at bal@lifeworx.com or call 458-9910.

SARAH ELLEN BERMAN is a mom who abides by Agrawal's philosophy.

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In The Loupe... Red Carpet Review

by Varda Singer

Springtime lifts our spirits with longer days and warmer weather. It is also the time when our calendars become filled with celebratory events. Our hectic daily lives allow us just enough time to get out of the house looking somewhat put together. So to dress and accessorize for the occasional formal event can be a bit overwhelming.

Coco Chanel, Jackie O., Grace Kelly were just a few of the classy and elegant women of recent generations. Their combination of intelligence, style and charisma was often more compelling than their merely being fashionable—or in fashion.

The media, specifically the Oscars, is a great vehicle for ideas on perfecting a look for an evening event. Half of the fun of the Oscars is watching the stars walk the red carpet in their designer gowns and jewelry. Most of us form our own best-dressed and worst dressed lists.

There was sparkle and more sparkle at the 2010 Oscars. This year was all about statement bracelets. Single or stacked, they gave a new meaning to arm candy. Earrings and rings played an important supporting role on the red carpet as well. The earring focus was on a “less is more” look to complement the statement dress. Timeless, elegant and classic are the perfect words to describe the look on the red carpet.

ICD strives to keep up to date on the latest trends in accessorizing your look for both casual and formal wear. One of our designer lines, Penny Preville can provide you with jewelry that is both classic and elegant (similar to that worn at the Oscars). In addition, if you are looking for a one of a kind piece, owner Varda Singer welcomes custom design or redesign requests. Feel free to stop by ICD to find the timeless piece of jewelry that will take you to your own red carpet event.

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SPECIAL EVENTS / HAPPENINGS

Healing Through Movement



Joy Puleo, the founder of Body Wise Connection in Chappaqua, was inspired to create a non-profit organization after listening to a dear friend talk about how her body had “abandoned” her during her battle with cancer. Joy knew that there were many moments in Sandy’s battle in which Pilates could have helped her to restore comfort, strength and physical self-confidence. Using modalities such as Pilates, Gyrotonic® and Yoga, the Body Wise Connection program is specifically geared to serve people who would not otherwise be able to afford its services, but who desperately need to be physically cared for and empowered. Women suffering from breast cancer receive 10 free one-on-one Pilates sessions with expert instructors. The program is currently funded by individual donations while the organization is waiting for IRS approval of its tax exempt status. For more info, contact asankin@bodywiseconnection.org

Unstoppable!

A World Cup Gymnastics girls’ team soared in the 2010 Spirit of America Invitational.

Hanna Salamida from Chappaqua once again took first place at the competition with an all around score of 36.20. She competed this year in Level 5 (11+). Salamida tied for first place on the bars with a score of 8.750 and came in second place on the Vault, Beam and Floor with scores of 9.050, 9.200 and 9.200 respectively.

Samantha Forster of Millwood also took first place all around in the Level 4 (Age 8) competition with a score of 36.800. In the Level 8 (Age 14) World Cup Gymnasts were unstoppable on Vault. Erica Barbag of Chappaqua took home the first place medal with a score of 9.050, Taryn Samet of Yorktown Heights took the second place medal with a score of 8.850 and Perri Goldstein of Chappaqua took third place with a score of 8.800.



2010 Literature To Life Awards

Chappaqua actor Curtis Nielsen (and treasurer of the Chappaqua Drama Group) will perform readings from Greg Mortenson’s “Three Cups of Tea” on Tuesday MAY 18, 2010 at The American Place Theatre’s 2010 Literature to Life Awards honoring author Greg Mortenson.

The May 18th kick-off event takes place at 6 pm at The New York Times Center 242 West 41st Street, NYC 10018. For more information/ticket prices, visit www.AmericanPlaceTheatre.org.

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JANET IN CHAPPAQUA

“Still Standing” and Better than Ever

BY MAGGIE PATRICK-STERMIN

PHOTOS BY DANIELLE DeVITO

Janet Angier’s life has been full of disappointment, near misses, and outright disaster. But you would never know it to speak with her.

When we first meet, the former fit model, an extremely youthful 44, looks lovely in a floaty blouse, platform black patent leather sandals and jeans. Her home is a neat contemporary tucked in the woods of Whipporwill—its peace and quiet elegance mirrors the ambiance at Music in Chappaqua on North Greeley Avenue, a sparkling, modern space. Each of four studios at the school has a beautiful Steinway grand piano and dark grey walls decorated with framed head-shots of its students. The studio for the rock workshops looks like a recording studio, with space enough for full band practice.

Janet has a keen understanding of what kids find “cool,” and has arranged for her young rock musicians to perform at clubs in New York City such as the Village’s famous Bitter End, and recently on March 20th at a benefit for Haiti at Crash Mansion, an Indie rock club on the Lower East Side. Loads of videos of the amazing young rockers can be seen on You Tube (search for “Chappaqua Rocks,” and be sure to check out Up 4 Grab’s fantastic rendition of Boston’s Peace of Mind at the Bitter End).

On the classical side, teacher Monica Ohuchi’s prodigious piano student Angela Sun, an 8th grader at the Robert E. Bell School, won the Music Teacher’s National Association State competition in New York, and went on to 2nd place in the Eastern Regional competition. Angela has even played in Carnegie Hall’s Weill Hall.

Janet grew up in a house full of musicians, was teaching piano lessons by the age of 14, and seriously studying the oboe. She clearly had musical talent, but she didn’t inherit it from the family surrounding her—



Michaela, Victoria, Ana, Janet and Mike inside their Chappaqua home.

she was adopted. She longed to know her birth parents, but was otherwise very happy and well-adjusted.

When it came time for college, she attended the New England Conservatory of Music in Boston. As a junior, she auditioned for a position in the Taiwan National Symphony in Taipei to find its principal oboist—a long shot for a 21-year-old American college student. She won and left the Conservatory for a new career in Taiwan with a life-long contract.

In her position, Janet performed at the opening concert of the 2070-seat gold and red Taiwan National Symphony concert hall. Her performance included enormous works such as Saint-Saëns Symphony No. 3, Ravel’s orchestration of Mussorgsky’s Pictures at an Exhibition and Beethoven’s Symphony #9. As principal oboist, she felt an enormous responsibility to practice each piece to perfection. And practice she did, mastering two or three hours of new music per week. Twelve-hour practice days were not unusual.

Janet returned to the U.S. in 1988, and continued to tour throughout Europe with various orchestras. But

by 1989, Janet’s constant practicing and playing triggered painful tendonitis in her extensor muscle, which runs along the top of the arm from the elbow to the wrist. She took some time off from the oboe, hoping to recover from her tendonitis. She also consulted another principal oboist who suffered from the same condition, and had devised a special stand for her oboe to rest on while she played.

Janet used the stand, but still did not get the relief she was hoping for. “It was a bit of a slow death,” says Janet. And a bitter pill to swallow—the career she had spent her life preparing for was over.

In 1993, Janet rented an apartment at the basement of 125 King Street, formerly the office of Dr. Roth, now the office of Drs. Lipari and Mangiamelli. She also founded a music school, Music in Chappaqua, where she taught piano.

Meanwhile, Janet had been diligently searching for more information about her family of origin. Canada protects the rights of birth parents very strictly, and it took 11 years to receive her birth information. As her oboe career fell apart, the topic

increasingly occupied Janet, and she was thrilled when she received the papers from the government agency. "I got to find out all this stuff that made me as welcome on the planet as everyone else. And that is what I needed."

But Janet also needed her birth parents' permission to contact them. Janet's birth mother was profoundly ambivalent, and first gave, then withdrew her permission, then gave it, and withdrew it again. Finally her birth mother decided she simply could not bear to speak to her. However, Janet's birth father did contact her, and they arranged to meet in Montreal. Her father, it turned out, is a very successful lawyer in Canada. On her mother's side, she came from four generations of lawyers, including one who was the Queen's Prosecutor—the equivalent of the Attorney General of the United States. Janet was in awe of her father, who urged her to pursue a career in law. The following February, she took the LSAT, and aced the exam, prompting multiple invitations from law schools to apply. When Janet broke the news to her family back home that she was



Lexi Childs, 15, performing at Crash Mansion, at Music in Chappaqua's March benefit for Haiti.

changing careers, giving up music, and going to law school, they were bewildered. Concerned that Janet was consumed with trying to please her birth father, they urged her to defer and reconsider. Incredibly, when she decided to defer, her birth father, citing the overwhelming emotions involved in the new relationship, cut off all contact with her.

In 1997, she got married, and bought a beautiful old Colonial at 225 Quaker Road. In the years following she had two daughters, Michaela, 12, and Victoria, 9. The girls both play violin, piano, and sing as well. Janet adored the house, and began to develop an elaborate, long-term renovation. Over the next 10 years, she cleared the hill behind the house of scrubby woods, built beautiful stone walls and designed a hillside garden. She built a garage and a cottage, which she planned to connect to the house. During the long renovation, Janet changed the path of the driveway so that it arched from the road toward the house. Under the driveway ran a stream, through a culvert (or tunnel) that had been built in the 1930s by the Army Corps of Engineers. The culvert was old, but seemed to function well.

Yet, all was not what it seemed, particularly in her marriage. The stress of the long renovation had taken its toll: Janet's marriage was dissolving. She and Paul agreed to separate, sell the house, and divorce.

The next months were the most challenging in Janet's life. In 2006,



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when the Town of New Castle began building sidewalks, some of the drainage in the area of Quaker Road was rerouted. This meant that substantially more runoff water would pass through the stream, and thus through the culvert beneath the driveway. The culvert couldn't handle an increased water flow. It collapsed, and so did Janet's driveway.

Thus began a months-long negotiation regarding the rebuilding of the culvert between all parties involved: Janet, the Town, the New York State Department of Transportation, and even the environmental watchdog Riverkeepers. When all was said and done, Janet had poured thousands upon thousands of dollars into the driveway—before the culvert had even been repaired. Yet she was determined to make the repairs necessary to sell the house and to close this painful chapter of her life.

In the spring of 2007, Janet's building plan was at last approved by the Town, the state, and Riverkeepers. She felt profoundly relieved. The market was good, and a good selling price seemed certain. In June of 2007, she invited contractors to bid on the

repair of the culvert. When the bid arrived in the mail, however, the news was shocking: the estimate was nearly \$300,000, more than she could have ever paid. Soon after that came September 2007, the crash of the stock market and, of course, the dramatic fall in housing prices.

The situation had essentially become impossible. She could not afford to repair the driveway to the standard required by the state and the Town. Without the repair, the house could not be sold. In the fall of 2008, she moved out, and began renting out the house. The future of the house remains uncertain to this day.

During all these challenges, as a testament to Janet's optimism and determination (as well as her outstanding staff), her career in music education continued to thrive. At Music in Chappaqua, 20 recitals each spring demonstrate the lyrical skills of about 200 music students. The innovative rock music program trains 50 students of electric guitar, bass, drums and vocals the delicate art of rocking the house. This summer, the school's camp is expected to enroll over 300 students.

There's a love story here too. After her divorce, Janet met Michael McTigue while getting fitted for ski boots at Hickory & Tweed; the two were immediately smitten. Today, the couple have a beautiful one year-old daughter, Anastasia. The older girls are thrilled with their younger sibling, and the blended family is doing beautifully.

Like many of us, Janet is somehow weathering the financial storms of the last few years. Life is certainly not perfect, but she counts her blessings and not her sorrows. She is, as she describes it, "Still standing! And happier than ever." A good lesson for all of us.

MAGGIE PATRICK-STERNIN has written for Inside Chappaqua since its first issue in 2003. She has worked in two art galleries in Westchester and will one day open her own art gallery and skate shop in downtown Chappaqua.

DANIELLE DEVITO is a Westchester County resident and professional photographer specializing in photojournalistic style portrait and event sessions throughout the county and New York City.

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Based in Chappaqua, the Making Headway Foundation was established in 1996 by Edward Manley and his wife, Maya, along with Clint Greenbaum, whose children underwent treatment for brain tumors. "Although we didn't know it at the time, we began to see symptoms that Cynthia had a brain tumor when she was nine," She was growing more slowly, was always thirsty, and wasn't gaining weight. It wasn't until she reached fourteen and the first CAT scans were available that we saw she had a brain tumor," said Manley. Cynthia underwent surgery, chemotherapy, and radiation, and is a survivor, but not without continuing medical issues.

Through their experiences, Manley and Greenbaum discovered traditional hospital-based medical programs failed to provide essential humanistic services enabling children to reintegrate physically and emotionally with his or her family, school, and peer groups. They felt these children needed more than the finest medical care. Thus, the foundation's mission is to counter fear and discomfort with laughter and love; to replace confusion and bewilderment with understanding; and to make headway through each impasse to a place where the joy of being a child and the joy of being a parent are nurtured and shared.

The late Dr. Fred Epstein, pediatric neurosurgeon and Dr. Jeffrey Allen, a pediatric neuro-oncologist, have been avid supporters, and in 1996 asked Making Headway to provide a child and family-friendly environment at the Hyman-Newman Institute for Neurology and Neurosurgery (INN) at Beth Israel Medical Center in New York City. At the same time, the foundation established an Ongoing Care Program to help families maintain continued access to support groups, counseling, educational consulting, and periodic bereavement groups.

BY PAMELA BROWN
PHOTOS BY TODD SHAPER



A young patient at NYU Langone Medical Center with an art project provided through the Making Headway Foundation.

In 2004, Making Headway began a partnership with NYU Langone Medical Center, working with its Stephen D. Hassenfeld Children's Center for Cancer and Blood Disorders. To make treatment visits more comfortable and engaging for children and parents, it provides funding for a range of services, including a wellness program coordinator, recreation therapist, and a clinical research manager. A professional clown, massage therapist, and yoga instructor add amusement and alleviate stress. Additionally, Making Headway provides beverages and snacks for children to enjoy while waiting for an appointment or to receive treatment.

Since its inception, the foundation has received an outpouring of support and encouragement from families, friends, contributors, and survivors. Through this collaborative effort, it has expanded and enhanced the quality-of-life services offered at the hospital and reaches more families in the community.

"For example, one of the psychologists we used made us aware of the learning difficulties all children experience from chemotherapy and radiation treatments," said Manley. "As a result, we added educational counseling to our array of services." In 2008, the Foundation also established an endowed professorship in pediatric

neuro-oncology at NYU. Dr. Allen is the first holder of this position.

Family Fun Day in Chappaqua

For the past 17 years, the Manleys have hosted Family Fun Day at their Chappaqua home. "We aim to provide families of children diagnosed with a brain or spinal cord tumor a day of excitement away from the hospital, and to let them know that there are others facing the same heartaches as they are," said Manley. Hundreds attend the event including volunteers and performers.

"The children love seeing their doctors in bathing suits at the pool!"

An accomplished Pocantico Hills-based photographer, Todd Shapera, is a familiar face at the event, running the photo booth. He comes not only to take photos, but as an incredibly valued volunteer. "He comes with cameras, computers, a printer and three trunks of fancy old costumes, dresses up the whole family, takes their picture, and at the end of the day hands them their finished photo," said Manley.

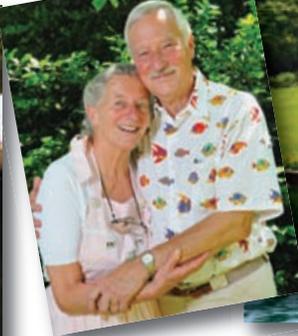
Recently, Shapera also volunteered to take inspiring images of cancer patients, their families, and the social service and medical staff at NYU Langone Medical Center.

"The Manleys are rare, angelic people. In an unassuming way, without fanfare, or drawing attention to themselves, they're dedicating their lives to helping patients, their families, and the medical community address a dreaded disease," said Shapera. "They're doing it with warmth, with love, and with professional skill to assure that their donors investments can have a profound impact."

Making Headway has become the Manley's life work. "It holds a special place in our hearts through the satisfaction we receive from seeing how we have helped countless families through their journey, from the positive feedback we receive, and the knowledge that we are making a difference in other people's lives."

To learn more about the Making Headway Foundation, visit www.makingheadway.org or call (914) 238-8384.

Worth a Thousand Words



Maya and Ed Manley transform their garden in Chappaqua, New York into a magical place each Father's Day, to bring happiness to children and families served by their Making Headway Foundation.

Performers help transform the Manley's Chappaqua garden into a magical place each Father's Day, to bring happiness to children and families served by the Making Headway Foundation.



A patient and therapy dog at at NYU Langone Medical Center, NYC. The dog and other vital social service programs for pediatric patients and their families are provided with support from Maya and Ed Manley's Making Headway Foundation.



TODD SHAPER is based in Pocantico Hills. His photography has been published globally. Todd combines elegant Bar Mitzvah, wedding, and portrait photography, with global documentary projects for foundations and publications. In a profile, Professional Photographer magazine wrote that Todd "is driven by a passion to capture the inner beauty and resilience of individuals just about everywhere on earth." See: www.ToddShapera.com. To sign up for his newsletter: email Todds@cloud9.net

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G O T T A H A V E A R T S

13 comes to the Westchester Broadway Theatre



The Lighthouse Youth Theatre presents 13 at the Westchester Broadway Theatre in Elmsford. Performances are Saturday, May 15th and 22nd, with a possible addition of June 12th. 12 noon lunch with a 1:30 pm performance time.

13 is a musical with music and lyrics by Jason Robert Brown and the book by Dan Elish and Robert Horn. The story concerns the life of Evan Goldman, a 13-year-old boy, who has to move with his newly divorced mother from New York City to Appleton, Indiana, during the year of his Bar Mitzvah. Evan agonizes about fitting in with the “cool” kids and getting them to come to his celebration, while finding himself torn between them and Patrice, his quirky and not so popular new friend. Like kids everywhere, they suddenly have to survive classes, navigate cliques, hang with the right crowd and be “cool.” In 100 song-filled minutes, 13 is their provoking, engaging story, told with contagious energy and humor with all-teen performers and a teen band.

The cast are all members of Protégé, the senior company of The Lighthouse Youth Theatre. Protégé is made up of the most talented and hard working teens who want to develop their skills in all aspects of the theatre. They are required to take acting, dance, music and other theatre-related classes to improve on all of their abilities. They are also responsible for being part of the production team, working on costumes, playbills, sets, props and all things theatre. It has been a great experience for the cast to learn also what it truly takes behind the scenes.

The Lighthouse Youth Theatre, located in Thornwood, was created in 2006 by artistic director John Fanelli. Fanelli's goal was to produce high caliber productions for children and teens in Westchester and the surrounding areas. LYT produces three full scale productions annually, and runs two performing arts camps.

Tickets for this production may be purchased on line at www.broadwaytheatre.com or calling the Westchester Broadway Theatre at 914-592-2222. For more information please call 914 741 4205



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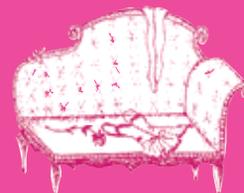
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On Mothers And Unconditional Love

BY RANDY STUART

There will be a prominent vacancy at our Mother's Day table this year. My father, husband of 61 years to my mother, died recently. With my brother, my only sibling, having left us 30 years ago, only two remain from our family of four to, um, celebrate.

Like many couples their age, my parents spent the vast majority of the past two decades together. But their level of sharing reached an even higher plane when my father's health hit the skids last year. My mother, whose sense of self was always extremely strong, came to revolve completely around him. All day and much of the night, every day and night, at three different hospitals for half a year. Making sure he got what he needed. Making sure he felt loved every moment. Worrying about things that might not even happen. Crying about things that probably would.

And then it was all gone in a flash in a single moment.

As I struggle to help my mother cope with our loss, and watch her suffer despite my best efforts, something hits me. Before my father's death, she had always put me before herself. But what registers now, three months after the fact, is that the depth, breadth and intensity of her love never wavered. She has still managed to put me before herself, regardless how devastating her new life is.

Around the time we had our first inklings that my father would never come home, I was blessed to have joined lives with another very special mother. A compassionate, smart, honorable, beautiful, sophisticated and successful lady who, in contrast to me, has had to do everything for herself. A mother who continually demonstrates pure love toward a challenged and challenging son who may never know how lucky he was to be born to her. A

woman who is forced to spend far more of her life in the crisis mode than a person should, yet always, always has the time and energy to look into my eyes and ask what she can do for me.

It would probably be normal for my mother to feel threatened by this potential interloper to my attention and affection, particularly at such a vulnerable time. Or resentful of the joy I've been able to mix into my mourning while she grieves around the clock. But she embraces her completely, tells me how happy she is for me and means it even as tears stream down her cheeks.

*"It is something
mothers are born for.
And give birth to."*

un·con·di·tion·al (n k n-d sh -n l).
adj. Without conditions or limitations; absolute

When I think about these two special mothers who make me feel so special, the only words that come to mind are Unconditional Love. It is something mothers are born for. And give birth to. I have put my heart and soul into showing my mother Unconditional Love, but I can't quite get there, can't quite give her what she needs to feel good. The way she made me feel good all the times my life was crumbling. Alas, Unconditional Love only works in one direction.

Mothers' love is unconditional by nature. We don't hatch from eggs and immediately begin swimming upstream against the forces of life, like fish. We're not even born in late spring, nurse for a few months, learn to hunt, forage and elude predators, and drop into the jaws of nature a year or two later, like

mammals in the wild. We need help, lots of it.

Getting higher organisms like us ready for our big solo gig is an all-consuming job—at least it should be—for a long, long time. And we have evolved to do this over millions of years, ever since it first became an adaptive advantage to guard a nest. And for those human mothers who don't have the capacity to drop a litter of twelve in one shot, the overlap of baby brothers and sisters stretches this period of total nurture yet further.

So the unconditional mode sets in (or should) at birth with us. And after enough years—maybe five or ten—even begins to define the great moms. At what age do daughters and sons become self-sufficient. 13? 18? 21? 35? Never? At what age should they become self-sufficient?

Some mothers choose to nurture their unconditional trait and carry it through to the end. Or perhaps it chooses them. Either way, these are the women I dedicate these words to. The Ritas and the Christines; the Gails and the Graces; the Elaines and the Jodis; the Deirdres and the Jills; the mothers of the pre-schoolers I work with in town. You, if you are a mother. Your mother, whether you are one or not.

And my message to everyone who has or has had a mother is Love her with all your heart and soul on this special day. Love her unconditionally for this one day, because the rest of the year Unconditional Love thrives only in the hallowed ground of motherhood.

And to honor your mother, help pass this love, help pass her magic seed, onto your children's children's children.

Happy Mother's Day.

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Why I Wear My Dog Tag Proudly...

BY MAGGIE MAE...WITH RONNI DIAMONDSTEIN

I'm a dog—a very special dog. I'm a black-and-white, Toy Parti Poodle. My name is Maggie Mae, and I am the *Inside Chappaqua* Roving Pup Reporter. With a nose for news, I will give you the dog's eye view of Chappaqua and beyond.

January 13, 2008 was my lucky day. I was 12-weeks-old and came to live in Chappaqua, a town I have grown to love. Next to eating, one of my favorite things is to walk around town. I have an elegant pink plaid leash that matches my collar.

Hanging from my collar is a metal tag that was put on by my veterinarian. It tells everyone that I got my rabies vaccination. One day my owner added another tag that makes a jingle-jangle when I walk. I didn't like the sound, so I decided to find out why I needed this other tag, which my owner calls a dog license.

On our next walk down town, I went straight to the source—New Castle Town Hall, where Town Clerk Jill Simon Shapiro works. I knew that was the place to sniff out the answer. She told me that the state and town laws require all dogs to be licensed. Wearing the tag was a good idea, she said, because dogs sometimes get lost and sent to a shelter. Without the new tag, that might happen to me. If I got lost, the tag would tell people who I am, and they would take me back to my home.

What Ms. Shapiro told me made me feel a lot better about the jingling tags. Then I told her that I have a microchip under the skin between my shoulder blades. "That's a good idea," she said. "If your collar came off and you got lost, people could still find where you lived and take you back to your owner." I felt safer than ever.

I have rules in my house, and there are other rules for dogs which are on the town's website <http://www.newcastle-ny.org/>. Our town has a Dog Control Officer named James Moore. He enforces the town and state dog codes and investigates complaints about dogs in town.

In my travels down the streets of Chappaqua I meet dogs every day. I wondered how many dogs lived in New Castle. "We have approximately 1,400 dogs licensed in our town," Ms. Shapiro told me. "That means there is one dog for every 4.5 tax parcels." I sure have a lot of other dogs to meet!

I asked her if she met them all when they came for their licenses. "Contrary to popular belief, people don't need



© Ronni Diamondstein

Getting the scoop at Town Hall, Maggie Mae meets with Jill Simon Shapiro, Town Clerk, and Town of New Castle Supervisor Barbara Gerrard.

to bring their dogs into Town Hall for their licenses," she said. "Just the paper work will do."

My visit to the Town Clerk was fun, and I learned a lot from her. When I see other dogs with their license tags it makes me happy to know they are loved by their owners, just as I am. As I hurried home, I wore my license with pride and wagged my tail at the jingle of the tags. Gee, I hope there is a treat waiting for me at home!

MAGGIE MAE lives in Chappaqua with her adoring owner RONNI DIAMONDSTEIN, who, when she isn't walking Maggie is

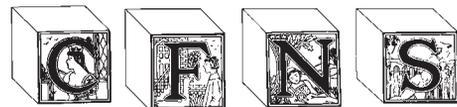
a freelance writer, PR consultant, award-winning photographer and a School Library Media Specialist and teacher who has worked in the US and abroad.

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On Mother's Day, **Jodi's Gym** will be offering a FREE morning of activities for members from 9:30-11. The idea is that Mom gets to sleep in, work out, take a walk, read a book, or whatever she would like while Dad and/or a caregiver brings the kids to Jodi's. This event is open to Jodi's Gym members and their families. Pre registration is required.

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Pick up something fab at Briarcliff's **MARCH Boutique**. Lynn suggests: Ginger Girl Jewelry, Light Blue Quartz, Smoky Quartz, and Citrine Pendant necklace, \$112, Earrings \$40; Handwoven Bracelets with Swarovski Crystals, beautiful shades of violet, olive and turquoise, \$165; or La Mer Watches Oversized vintage inspired watches in gold and silver, \$88

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James at **Tazza's Café** in Millwood and in Armonk, suggests: "Come in for baskets, brunch, platters and boxes of handmade fine chocolates."

"The best present for me would be a large gift certificate for a house renovation or cosmetic project," states Michel Gunn on behalf of **Total Turf Landscaping**. "Spring brings out the decorator in me and I always have things I can't afford to do but would like to do!"

The Graduating Time

BY RICK REYNOLDS

Any parent of a high school senior knows that strange time that occurs when, after giving them 17 of the best years of your life, it suddenly dawns on your teenager that you're history. After all, they've successfully stretched your rules and aged their teachers. They've thoroughly decaled your car and driven it to who-knows-where? They can microwave canned ravioli while globally Facebooking 200 of their BFFs. And they can text faster than you can speak—so why exactly do they need you? I asked my daughter the other day if she thought of me as nothing but an ATM with bad breath and she said, "Not any more: Mom gave me a debit card." Then, just when you think you've seen the depths of ungratefulness, they'll curl up next to you like puppies and want to be comforted.

If this weren't bad enough, there's the college visits, the applications, the FAFSA, the crying and whining, the "I can't believe I have to write

250 whole words on why I want a college education!" essays. Imagine; 250 words! My doctor writes more verbiage on my prescriptions. You'd think they were being asked to write the Magna Carta.

Then there's the histrionics: the wait and worry, the insecurity and sobbing, the indecision and fear—and that's just the parents. Meanwhile, your senior is off debiting her way out of angst and uncertainty partying with her fellow senior debtors. And because it's your money, there's no such thing as debtor's prison for these young, economic engines.

Finally, there's Mom. Moms don't like it when the objects of their motherhood leave the nest. What a mess, but more on that in a minute.

When I was a senior at Greeley and applying to colleges, things were different. Why, I can remember bucking up and putting my shoulder to the wheel and...okay,

truthfully, it was so long ago I can't really remember how it was, but I'm quite sure it was different. I don't remember actually filling out applications. Somebody must have. I do remember visiting a couple of colleges, but I didn't know their names until we got there. So I don't think I complained much about the process. I also don't think I was worried about leaving home—or even thought about it much—until my laundry became seriously fragrant after my first quarter on campus. Later, my parents and I both agreed: when I went to college, none of us ever looked back.

Now, people are much more into their feelings. My wife has started pinning up pictures of our daughter on any vertical surfaces not already covered by my diplomas. One minute my wife is pushing the kid out the door, and the next, she's certain there must be some clerical mistake about her being old enough for college. How could this babe who singlehandedly inflated the stock price of Spaghetti-O's be ready to leave the nest? she wants to know. And now, with only a few desperate months left, mom and daughter push off and pull back their love while I dodge the arrows and wait for it all to hit me.

Four college letters of acceptance have now come in. They appear to be legitimate—yep, their watermarks check out. So, I guess this is it—the whole shootin' match. Wow. Sure the girl used up all the hot water and had an Academy Award winning temper: it was starting to grow on me. I doubt she'll ever know how proud we are of her. At least one of us is ready to graduate.

Chappaqua alumnus and 35-year resident, humorist RICK REYNOLDS resides in southern New Hampshire with his wife, daughter and dog.

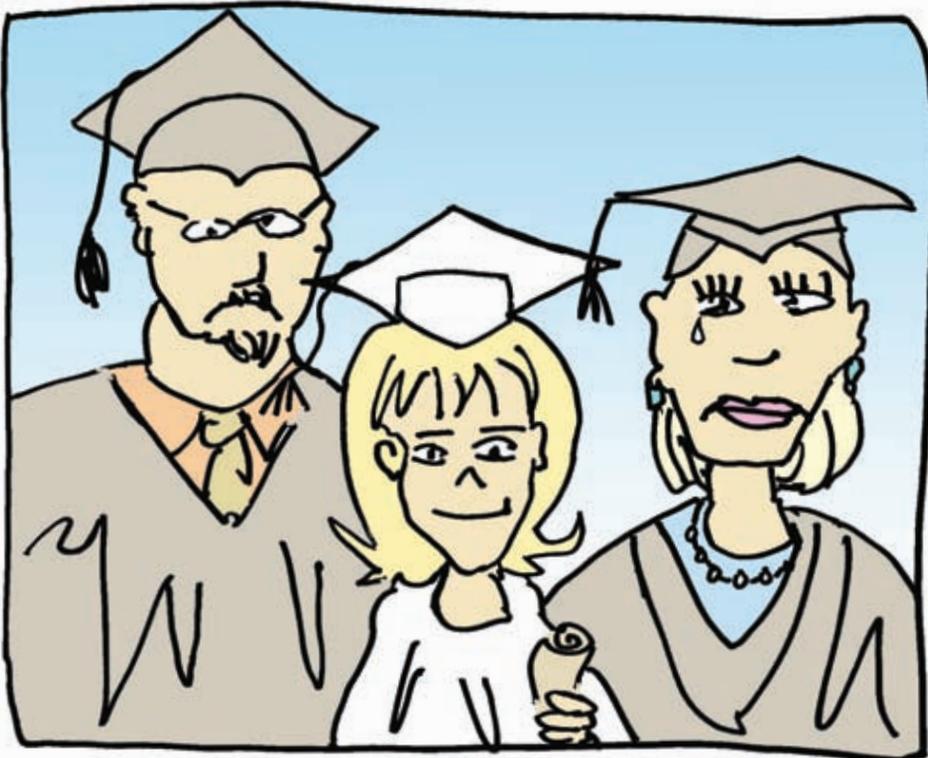


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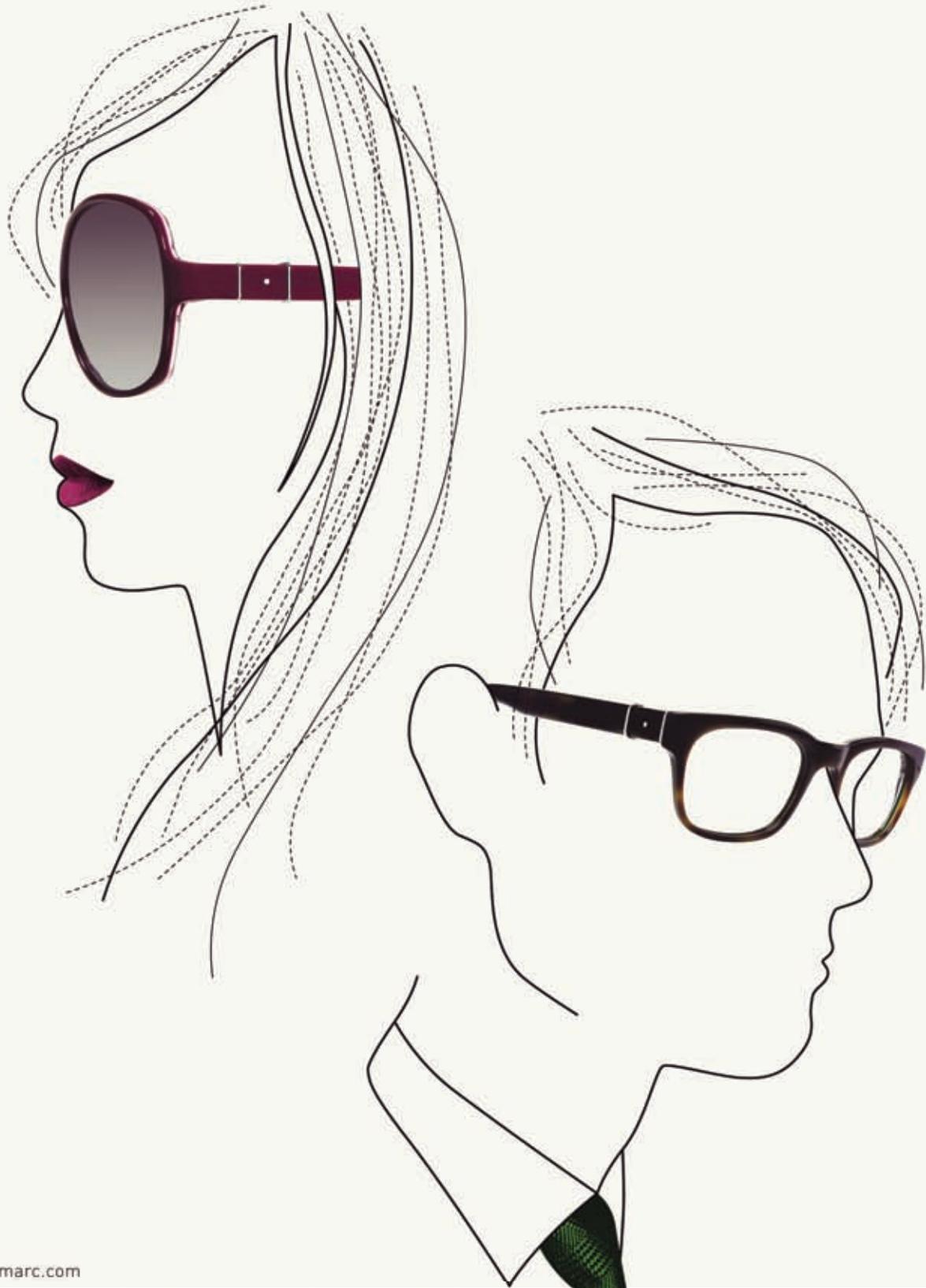
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