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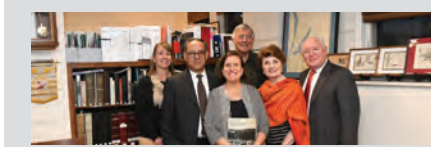
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inside briarcliff & ossining

THE MAGAZINE FOR BRIARCLIFF & BEYOND | THEINSIDEPRESS.COM
NOVEMBER 2019



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(L-R): Kathleen Zawacki, Arnold Feist, Carine Feist,
George Behling, Karen Smith and Charles Trainor
PHOTO BY DONNA MUELLER
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just between us

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Cozy at Home

I'm writing this on a grey, damp day in October, cozy in my loose 'at home' clothes. I guess the gloomier, chillier weather had to arrive sooner or later after one of the most spectacular Septembers on record. I was grateful for the extra stretch of summer, but equally so for the rains that help us transition through seasons, too. Mother Nature knows what she's doing if we don't mess with her too much! And as we head full full steam ahead into fall and winter temps, I do ponder the comforts of home, and feel ever grateful for my own. When it's grey, there are fewer temptations. I get more of



my 'serious' work done (like writing this column!). But I can also opt for lazy.

I might surf more, catch up on a grocery item list or other errands. If I'm feeling social, I'll check movie listings at

the Jacob Burns Film Center and inquire with a friend or two. But no matter what I do, I always feel that at home days maximizing your time solo or with family are every bit as precious as time out on the sunniest of days.

If you're reading your second edition of *Inside Briarcliff & Ossining* on a grey day too, I have some good news. I promise it will give you plenty of reasons to smile, whether it's Carine Feist's 'Friendsgiving Menu' or Peter Chatzky's 'etcetera' humor essay on 'Loving Briarcliff.'

Please enjoy our second edition which celebrates two town histories-aside from our cover story on the fabulous historical society in Briarcliff Manor, don't miss learning about the ambitious educational undertakings of the Sing Sing Prison Museum and also the inspiring vision of the Bethany Arts Center. We hope to continue trying to capture different slices of life and culture in the area... rain or shine. Happy Thanksgiving!

Grace

happenings

Festive Stroll of Holiday Homes



with Holbrook Cottage, a lifestyle shop located in Briarcliff Manor.

The Festive Stroll, founded 21 years ago by Sue Taub of Holbrook Cottage and of Briarcliff Manor, will feature decorating traditions from around the world that will be displayed in three Sleepy Hollow homes. In addition to the magnificent decorations, the Stroll will highlight the rich history of the Philipse Manor neighborhood.

Two of the classic homes, both built in the 1920's, will whisk strollers away to countries around the world through creative table settings, unique floral displays, and Christmas trees decorated in styles representing various cultures. Guests will travel from the British Isles, to Scandinavia, to Latin America, experiencing a rich tapestry of global Christmas traditions.

Thanksgiving will also be celebrated along the Stroll in a home that will become the true expression of a harvest bounty. Abundant displays of flowers and gourds will give visitors wonderful ideas to take home for their very own Thanksgiving celebrations the following Thursday!

Guests will also experience Hanukkah through children's eyes, in a whimsically decorated playroom featuring games and songs. The room will be punctuated with an eclectic display of menorahs, encompassing many styles and traditions.

On Friday, November 22, there will be a Festive Stroll Benefit Luncheon at the Sleepy Hollow Country Club, located in Scarborough, NY. Throughout the weekend, small festive touches will entice guests into the holiday spirit. Victorian carolers and a jovial holiday display will greet shoppers as they enter Holbrook Cottage to browse through the distinctive decorative items available for purchase. "The Stroll is an immersive holiday experience attracting revelers from as far as Eastern Connecticut and Southern New Jersey," said Festive Stroll committee chair Clorissa Gioscia of Briarcliff Manor. "This year promises to be bigger and better than ever."

All Festive Stroll proceeds will go to the Ossining Children's Center's Tuition Assistance Fund. OCC's tuition program provides quality educational child care to children here regardless of their families' incomes. Each year the Center enables more than 100 low- and moderate-income parents to maintain steady employment and to model a positive work ethic for their children. During their time at OCC children gain the skills and tools they need to succeed in school and in life. OCC instills a strong foundation enabling every child to reach their full potential. For more information about tour times and destinations and ticket purchase options for the Festive Stroll of Holiday Homes call the Ossining Children's Center at 941-0230, ext. 22. Also be sure to visit ossiningchildrenscenter.org

The Ossining Children's Center (OCC) will be the beneficiary of the Festive Stroll of Holiday Homes, Friday, November 22 and Saturday November 23, 2019. The event is produced in partnership

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Steve & Ingrid

CREATING The BETHANY ARTS COMMUNITY



BY RONNI DIAMONDSTEIN

It's all about "Community" for David Lyons, Executive Director and Founder of the Bethany Arts Community (BAC) in Ossining and he's quick to correct anyone who calls "Bethany" an arts center.

"In 2015 I was introduced to the property with a vision of creating an art community. And when I say community, that umbrella is very large. We have 44,000 square feet on 25 acres to work with from performance art, gallery exhibitions to children's camp and many things in between," says Lyons who grew up in Westchester and lives in Sleepy Hollow. Maryknoll Foreign Mission Sisters of St. Dominic, who originally owned the property referred to it as the Bethany Rest House. For Lyons, "Bethany," as he affectionately refers to BAC, is a canvas.

Inspired by Salem Artworks in Salem, New York, Lyons wanted to create a community of artists that not only interacts with each other but with the community as a whole, locally and globally. BAC is a place where all levels of artists can gather to help each other and each other's art flourish, and to enrich the creative process

BAC has been up and running since January 2018. Lyons says what makes BAC special is that they were able to take all the individual arts and bring them under one roof: theatre, gallery space, theatre space workshop and children's theatre. They host Theater O quite often. "We love working with them," says Lyons. "We've expanded everything we've done two fold since last year. We ran after school workshops and work closely with Ossining School District."

BAC has offered workshops in drawing, painting, mosaics, jewelry making and art history classes and hosted such talent as the Bill T. Jones/Arnie Zane Company, a prominent modern dance presence on



PHOTOS COURTESY OF THE BETHANY ARTS COMMUNITY

Balance Training

It may not receive much attention in the world of sports medicine and fitness, but balance should be a primary consideration when designing an exercise program. While balance is extremely important for senior citizens, all age groups can benefit from balance training.

Here's a test: stand on one foot and see how long you can balance. Now try it with your eyes closed. It becomes a much harder test. This is because balance is comprised of three systems: vestibular, proprioceptive and visual. Most people are overly reliant on their visual system. This is partly why the majority of falls occur in low light environments. When visual input decreases, it becomes much harder to balance.

Here's the good news - you can improve your balance. Start by simply standing on one leg. Then try it on foam or an unstable surface. At all times, have something nearby to hold onto for stability. For example, you might try standing next to a table or at the foot of your bed. Finally, try it with your eyes closed. As difficult as it is without visual input, your ability to balance can improve. It takes consistent effort; consider starting your practice at five minutes once a day.

For an advanced routine, try balancing on a foam pad while playing catch or bouncing a ball off a wall back to yourself.

Matthew Marucci, PT, MSPT, OCS, CSCS
New Castle Physical Therapy & Personal Training



New York City and global stages. Their summer camp programs were expanded by two additional weeks this year and BAC was able to offer 11 inner city children full summer camp scholarships.

In September, BAC launched their first signature residency program, a juried selection including 24 lead artists in residency. There were 56 artists and collaborators onsite at BAC over six weeks. The residency program is designed to attract artists at different stages of their careers from around the world.

"And there is always a communi-

ty giveback—a performance, a reading, a demonstration," says Lyons. "It is an important part and we weigh it heavily." During their time on site, these artists will develop new works while engaging with local artists and the whole community. BAC attracted artists in residence from around the world—as far as Thailand—as well as hyper local. They received an Arts Westchester Grant to support the residency program

This fall they will host the Hudson River Potters Fall Showcase from November 8-10, have an exhibit in the gallery. They also plan to hold a Winter Solstice Concert.

One idea on Lyon's plate: A "Seed to Belly" culinary education. "Everyone eats! I want the community to share a meal." The property has a half-mile trail, replanted orchard, and hives.

A short-term goal is to solidify and shore up the foundations. BAC won a NYSCA grant for infrastructure and they are in the middle of that now. Lyons wants to take what they have and expand it. "Community to me is the world, we started in the local community, the Village of Ossining. We hope to expand to Briarcliff, to Chappaqua, Mount Kisco in a much broader sense, so our community will grow."

While not an artist himself, Lyons passion for the arts is evident. "A lifetime of things got me started. My grandfather was a patron of the arts. Artists have always been very important to me for different reasons. Ultimately, the core of this and everything I do is for children."

Lyons is optimistic about the future. "The scope in which we are able to offer in one place makes us unique. We had listening sessions. I said, 'this is my vision, what do you need? There is plenty of art, plenty of artists and not enough space'."

He wants to enhance the mission statement and their aim is to inspire sharing, connection and collaboration in a culture designed for the benefit of the local community and beyond. "We're here, we've been growing organically, gaining notice in the world. My feeling is what can't we do?"

Bethany Arts Community is holding its second annual fundraiser "ART IS COMMUNITY" on November 15 at 7 p.m. Supporters will enjoy an evening of cocktails, food, performance, exhibit, silent auction and more.

For tickets go to
bethanyarts.org/calendar/artiscommunity/

Bethany Arts Community is located at 40 Somerstown Road,
Ossining, NY.

For more information go to bethanyarts.org

Ronni Diamondstein is a freelance writer, award-winning photographer, Chappaqua Library Board Trustee, and New Castle Community Media Center Board member who lives in Chappaqua with her dog Maggie Mae.

HOW WE TALK ABOUT INCARCERATION



Cell block

The Sing Sing Prison Museum Hopes to Impact the Conversation— and Ossining

BY JENNIFER SABIN

Here's what we don't talk about when we talk about incarceration: the women left behind when a husband, father or son is imprisoned. *The Wait Room*, a dance and acrobatic production held outside Sing Sing Prison in September, directed the audience's focus to those women who suffer the emotional, physical and economic burdens of the prison system, as well as the burden of shame. The production was poignant and effective: it was impossible to watch the dancers move and fly (with the help of harnesses) around the tilt-a-whirl stage without thinking more empathetically about the women whose loved ones reside up the hill at Sing Sing.



Powerhouse rendering

The *Wait Room*, a Flyaway Production out of San Francisco, was brought to Louis Engel Park on the Hudson River in Ossining by the future Sing Sing Prison Museum and the Bethany Arts Community. The production meshes seamlessly with the museum's broader mission. Opening in part in 2020, and in full in 2025, the museum will be devoted to telling the story of the institution and its evolution. It will highlight not only the stories of its brutal past and most infamous prisoners like Ethel and Julius Rosenberg, but of the ordinary prisoner and his family, and the rehabilitation

work occurring there in the 21st century. And the museum's installations will be designed to encourage visitors to thoughtfully 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 Brent Glass, Interim Executive Director of the museum.



PHOTOS ON THIS PAGE BY FRED ELMES

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." He also says the museum will include the engaging stories of the people who've worked there over the years.

The Wait Room is one example of how the Sing Sing Prison Museum is deftly utilizing art and storytelling to educate audiences. The dancers performed to music and voice recordings of women whose loved ones are or have been incarcerated. The Wait Room's choreographer, Jo Kreiter, is herself married to a man who was imprisoned for six years. Hearing the voices of marginalized women talk about the exorbitant expense of driving hours to visit someone in prison, the interminable wait in line to see them, being turned away because of an underwire bra or the wrong pants, all of it resonates because it becomes so personal as the backdrop



to mesmerizing dance performances. The dancers sometimes fly, but they are also tethered to the oversized chairs on the clock-faced stage.

In addition to personal stories like those in *The Wait Room*, Glass says the museum is meant to give visitors history and context about the American justice system as a whole, and how it's changed over time. What was a crime 100 years ago might not necessarily be a crime today. As a society, our concept of punishment has evolved over time.

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 the cultural mecca of 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 creators 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. Even young people on the outside will benefit: the museum has developed a curriculum on criminal justice for Ossining and Peekskill high school students.

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."

It's what we don't see that we can pretend isn't happening, and that's what art like *The Wait Room* examines. There has been a growing national conversation about the racial inequities of the prison system, and "Race" is the title of one of the production's dances. But there are other issues inherent in the system that place an incredible burden on the women who visit their loved ones in prison. The cost of driving eight hours roundtrip, or more likely taking an expensive bus to a prison visit.





PHOTOS ON THIS PAGE BY AUSTIN FORBORD

The wild markup on items inside the prison commissary. The shame when friends ask, why are you still married to that criminal? The difficulty of raising a child with an imprisoned father, of suddenly being a one parent, one income household. The often condescending and dismissive treatment of the women by the prison guards as if they too have committed a crime.

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: for example, they were invited to see *The Wait Room* free of charge.

The Wait Room ends with an ode to the women's love for their husbands, partners, sons and fathers, no matter the egregiousness of their crime or the injustice of their innocence. A lone dancer flies high like a trapeze artist above the stage and above the audience, free, for the moment, of the binds of prison. The dance is called, "This is a Love Story." It's difficult to imagine a story about imprisonment as a love story, but the story of prison is, after all, about people. The Sing Sing Museum will examine the history of violence and

crime, of justice and injustice, cruelty and redemption. It will also tell the story of men, women and children trying to survive in a system that flouts love but will never fully extinguish it.

More Facts about Sing Sing

- The 1,200 cells in the historic Cellblock built in 1825 were seven-feet long, six-and-a-half feet high, and three-feet, seven inches wide.
- In the 19th century, some prisoners were subjected to punishments like the "shower bath," similar to waterboarding.
- David Berkowitz, aka "the Son of Sam," was incarcerated at Sing Sing.
- Some Hollywood movies filmed scenes at Sing Sing including "Breakfast at Tiffany's."
- Julius and Ethel Rosenberg were executed at Sing Sing

Jennifer Sabin Poux is a prolific freelance journalist and writer who lives in Pocantico Hills. For nearly two decades, she wrote and produced for ABC News.



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Why Westchester Dancers Have Thrived at Logrea Dance Academy for More Than Three Decades

BY CHRISTINE PASQUERALE

A child's first foray into the world of dance is a big milestone. Choosing the right studio is an important decision, depending on what type of training they wish to receive. Logrea Dance Academy in Ossining teaches not only dance skills, but also skills that will help children as they navigate their way through life.

Founded in 1986 by Beth Fritz-Logrea and Jean Logrea, the academy provides training in ballet, tap, jazz and modern dance. The two came about opening the studio in a serendipitous way. While home in NYC on vacation from dancing with the Graz Opera House in Austria, they noticed the name of Jean's former ballet teacher on a building marquee. Stopping in to see her, she told the pair that a company and school in Westchester was in danger of closing unless it could find new directors. After much discussion, Beth and Jean decided to stay, become Artistic Directors of the Westchester Ballet Company (WBC) and open their own dance school - Logrea Dance Academy, which is the school of the WBC.

Classes Tailored to Each Student's Strengths

Logrea offers classes to students as young as 3, with its Pre-Ballet program. Students 8 years and older are offered a brief evaluation to ensure proper class

placement - with or without prior dance training. Private instruction is also available for new students so that they may be brought up to the level of their age group. As was the case for the daughter of Tara Bernzweig who said, "We had private lessons from Jean Logrea over the summer. He was kind enough to do this so she could catch up to girls closer to her age group. My daughter is now signed up for three classes this fall. Jean was amazingly patient and sees potential in her."

Having danced her whole life, Fritz-Logrea always strives to instill the love of dance in her students. "In dance, you have to express emotion through the body without words. You have to interpret and tell the story through the music and choreography alone. Our students carry this kind of creativity and imagination into their own lives, no matter what the forum," she states.

Training with Talented Faculty

The academy has a superb faculty of 19 including the Logrea's son Nick. In the spring, Logrea Dance Academy presents a series of performances at SUNY Purchase Performing Arts Center. In addition, WBC performances of the Nutcracker take place at the Westchester County Center each year (December 14 and 15, 2019). These in particular are a wonderful way to bring dance to children. "The audience is filled with many students who have never been exposed to the arts, or seen a live show before. You could hear a pin drop in the audience



filled with well over 1,500 students—they are so enthralled. Especially in this age of technology and social media, it's important to expose our children to the arts. Not just as participants, but as supporters and audience members. The impact of both is enormous," says Fritz-Logrea.

Studies have shown that dance lessons have a positive impact on many facets of a child's life including their confidence, discipline, creativity and development. As Fritz-Logrea says, "They acquire so many skills that greatly impact their academic school success—and make them into more well-rounded adults. As we tell our parents, whether your child wants a career in dance, or just wants to dance for the joy of it, he or she will learn life-skills at Logrea that will last a lifetime."

When speaking with Fritz-Logrea, you really feel that she and Jean share a passion of teaching dance to children and watching them succeed in dance and in life. As she reflects on the decision to open the academy on that day in 1986 she says, "That one moment totally changed our lives in extraordinary ways – and, hopefully, the lives of our many students, who have walked through our doors for the last 33 years."

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.



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LATINO U COLLEGE ACCESS: DREAMS COME TRUE

HELPING FIRST-GENERATION STUDENTS UNLOCK THEIR POTENTIAL

BY DEBRA HAND

“We’re trying to make the starting lines more equal; if it’s a race, not everyone is running with the same pair of sneakers.”

Shirley Acevedo Buontempo understands challenges faced by low-income students seeking higher education, but Latino U College Access (“LUCA”), her Westchester nonprofit, is committed to increasing enrollment and completion for Latino youth who are first in their family to attend college. Through educational programs, advocacy and collaboration with partner school districts, businesses and volunteers, LUCA opens doors previously unimaginable.

“Our first-generation scholars are more than just children: they’re translators, have an incredible amount of family obligation, and have maturity beyond their years,” said Buontempo, LUCA’s founder and CEO. But they lack knowledge about their options.

“When our first-gen scholars cry, they’re crying for what their parents and grandparents have sacrificed. We’re moved by them – their awesome sense of responsibility and recognition of how this next step can change their lives.”

A GLARING NEED, AND A VISION

Buontempo, Puerto Rico-born but Bronx-bred, was first in her own family to attend college: “as a first-gen married to a first-gen Italian-American, education opened doors to opportunity we never dreamed of.”

After working in marketing and advertising, Buontempo pursued a Masters in Public Administration at Pace University examining higher education challenges and success among Latinos, inspired to address both financial considerations and cultural ones like reluctance to stray far from home.

Buontempo obtained nonprofit designation in 2012, launching a pilot program - an English/Spanish information session on college options—at Fox Lane High School, but recognized a need for individualized attention.

With an educational consultant, she sought to identify “what resources do more affluent families have access to and how can we make that available to low income, underrepresented students?” The model for LUCA “college coaching” was born.

ELIGIBILITY & INTRODUCING THE BASICS

LUCA promptly expanded to three majority-Hispanic Westchester high schools: Ossining, White Plains and Sleepy Hollow. Juniors nominated by guidance counselors at partner schools must demonstrate academic potential (3.5 GPA with honors/AP courses), be first in their family to attend a U.S. college, and qualify for free or reduced lunch. This year, more than 100 students were nominated, 60 applied, and 40 chosen as LUCA’s Class of 2020, growing each year from only two in 2012.

LUCA scholars attend a weeklong July “College Knowledge” Orientation at Pace University, which provides classroom and computer lab space. Workshops expose them to online search tools, campus resources, financial aid, college lists, and the Common Application. Scholars also network with first-generation professionals from corporate partners like MasterCard and Morgan Stanley, and have access to free summer SAT preparation classes and essay brainstorming seminars.

COLLEGE COACHING: THE KEY TO SCHOLAR SUCCESS

LUCA’s small staff works virtually around the clock, but volunteers enable its outreach, with almost 100 community members trained to support administratively, at information sessions and supply drives, or with financial aid applications.

Noting vital collaboration between LUCA’s partner school districts, volunteers, libraries and corporate sponsors, Buontempo stressed “the power of partnership—engaging the entire community for the benefit of the children. Their success is our success.”

College coaches from Chappaqua, Armonk, Briarcliff and elsewhere develop close relationships with students, providing individualized attention to detail, personality and passion Buontempo envisioned. Supported by Deputy Director Diane Rosenthal and College Access Program Manager Emily Latainer, coaches get to know scholars over the summer, exposing them to colleges they've never heard of or thought were beyond their reach academically or financially. College lists are created, visits encouraged, and personal statements started. Coaches also organize the many pieces of the process, from Common Application accounts to standardized testing, interviews and college "fly-in" programs for students from low income, diverse backgrounds.

College coach Ellen Lynch loves having real impact on a young life: her 2019 scholar studies biochemistry at SUNY Stony Brook after a prestigious summer internship. "I can't begin to imagine the sense of helplessness many of these parents feel, especially where there's a language barrier. The fact that we can help ease that helplessness is an incredible thing," she said.

Thirty-one coaches delivered over 2,400 hours of support to the 36-student Class of 2019, now freshmen at colleges ranging from Ivies to SUNY institutions and everything in between. LUCA scholar/ Ossining High School graduate Ariana Cardenas, an aspiring forensic psychologist, is both grateful and cognizant of the responsibility to set an example for other first-gen students: "LUCA has created an amazing family and support system that I've created a bond with, especially my College Coach, which has helped my journey and determination to pursue the highest level of education I can."

Latainer adds that the "unwavering determination of our scholars and their families, and their desire to change the trajectory of their lives" inspires the entire team to work harder to create meaningful change for a deserving community.

FINANCIAL CONCERNS

College acceptance aside, tuition is an overwhelming concern for LUCA families. Trained volunteers assist with the formidable task of completing the complex Free Application for Federal Student Aid ("FAFSA") and related forms to increase aid and identify scholarship opportunities. In 2019, LUCA scholars received \$5.3 million in financial aid, the average annual out-of-pocket cost of college just over \$7,000.

"Students can't succeed until parents have buy-in; our goal is to get that buy-in, but fears set in, largely financial. Their child is entering a world they know nothing about," said Buontempo.

LUCA also offers free programming to the wider Latino community. More than 4,000 parents (many with incomes under \$35,000) and students have attended LUCA FAFSA Boot Camps and Spanish-language Community Information Sessions discussing college options, applications and financial aid.

FIRST GEN FORWARD: CONTINUING SUPPORT

LUCA's coaching program culminates in a Graduation Celebration attended by scholars, parents, staff, Board members, volunteers and dignitaries, this June including Guillermo Linares, President of the NYS Higher Education Services Corporation (himself first generation) and Westchester County Executive George Latimer. The palpable sense of pride was underscored by personal stories relayed by attendees.

But LUCA's job isn't over: it continues to support scholars until they graduate from college with full time jobs. LUCA's "First Gen Forward" College Success program launched in 2016 with a \$100,000 Impact 100 Westchester grant, since "65% of first-generation college students drop out because of a lack of social capital and knowledge," Buontempo said.

A seminar before freshman year addresses stress management, homesickness, grading, and "imposter syndrome," the cultural adjustment of a first-gen on campus.



"We check on them throughout the year, make sure they're still on track," she added, and will intervene if there are issues that parents aren't equipped to handle.

LUCA also assists with resume preparation, LinkedIn, and job searches, working with local businesses to identify paid internships: "corporate partners are always looking to expand diversity, and we have incredible talent among our scholars," Buontempo added. Scholars also graduate with an overwhelming desire to "pay it forward and uplift their community."

"'Lift while you climb' really resonates," she said.

INCREASING IMPACT ON AN UNDERSERVED POPULATION

To date, LUCA has "graduated" 136 scholars, 98% of whom are on track to complete college, defying national odds showing that 41% of Latino students attend 2-year community college, and more than half do not complete college. Conversely, 93% of LUCA scholars attend 4-year universities (60% private institutions), with 54% at "most selective to very selective" schools.

"We're trying to flip it on its head," Buontempo said.

LUCA has received local and national recognition, named 2019 Examples of Excelencia Finalist, and Buontempo presented with the Pace Opportunitas in Action Award and Univision Nueva York Angel del 41. She hopes to expand both scope and reach: four additional county schools have Latino populations exceeding

50%. LUCA is limited by capacity—management, training, and workshops—but buzz is building and "we're primed to jump. Our program model has established success and is achieving results beyond expectation."

The Board of Directors, a diverse group of mission-driven community members and professionals, has shifted its focus from "managerial" to fundraising. Chappaqua's Jane Matluck, a Board member and coach since 2013, is committed to introducing LUCA to more colleges, as diversity officers are generally receptive to community-based organizations. "What's special about our program is that volunteers are trained in-house and get ongoing support, developing relationships with students and other coaches," Matluck said. Lynch agreed, noting LUCA's exceptional job differentiating skill sets—from financial aid expertise to coach support—keeping volunteers engaged. Focused on growing capacity to help more students, LUCA also aspires to start working with scholars earlier to give them even more of a head start. LUCA credits its success, though, to the drive of its incredible scholars.

"Honoring their parents, and their parents' sacrifices, they recognize that the future of their family weighs on their shoulders," Buontempo emphasized. And with LUCA's help, their journeys can begin.

To donate, support LUCA's Dorm Supply drive, or learn about corporate partnerships or volunteer opportunities, latinou.org.

Debra Hand is a longtime Inside Press editor and contributor, and a second-year LUCA college coach.

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happenings

November

Briarcliff Manor Public Library (1 Library Road):

'From Dino to Doo Wop' The Musical History of the 50s, Saturday, November 2, 2-3:15 p.m. A live musical journey with 'Joey G.' For more information, contact Donna Pesce at dpesce@wlsmail.org or 914-941-7072

'Young Washington' Sunday, November 17 at 2 p.m. Talk by New York Times best-selling author Peter Stark at the Briarcliff Manor Scarborough Historical Society: How wilderness and war forged America's Founding Father. 1 Library Road, Briarcliff Manor, NY. Registration is recommended; seating is limited on a first come, first serve basis. Write to Karen Smith. mail@briarcliffhistory.org, 914, 941-4393, or Shirley Glick, sglick@wlsmail.org, 914 941-7072

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Sharing the Stories which Shaped Briarcliff Manor



The Briarcliff Historical Society Preserves Town Lore for all to Learn and Enjoy

BY DAVID PROPPER

The stories about Briarcliff Manor seem unlimited. The documentation about the village that was incorporated in 1902 appears endless. And all those tales and eye-catching information can be found within the Briarcliff Manor Scarborough Historical Society.

"I love stories and that's what this place is all about," historical society executive director Karen Smith said. "It's not much the dates—it's the stories."

The BMSHS's mission emphasizes local history, including promoting original research connected to Briarcliff Manor, gathering and preserving artifacts, books, manuscripts, papers, photos and materials related to the village and the greater region and marking local places of historic importance. It's a wealth of knowledge for people that want to learn more about the community they live in.

The historical society started in 1974 on the heels of the United States bicentennial when longtime resident William Sharman decided he wanted to spearhead one. Sharman, who is now deceased, grew up in Briarcliff and had all kinds of stories about the village and how it evolved through the years, Smith said.

There were about 30 founding members of the society, including Smith, who was neighbors with Sharman. Now, the society has about 230 members with most living in Briarcliff. Others are scattered around the country, but with some connection to the village.

What's in a Name

The name Briarcliff Manor comes from an Episcopal reverend whose summer estate was called Brier Cliff after his family home in Ireland, Smith said, citing the book *A Changing Landscape* by Mary Cheever. James Stillman, president of First National City Bank, named his property Briar Cliff Farm before Walter Law, the founder of the village, purchased 235 acres. Law's friend, business magnate Andrew Carnegie, gave Law the title "Laird of the Manor," which resulted in Briarcliff Manor, Smith said.

Smith, who previously worked in finance, got more heavily involved when she retired and wasn't commuting to New York City daily. She became Board of Trustees secretary, then co-president and is currently the executive director, a title she earned this year.

Smith shared that before the historical society became situated in the basement of the newly renovated library, the organization never had a real home base. Storage of historical papers and artifacts were placed in the wet basements and hot attics of BMSHS members' houses.

Occasionally, there were one or two places in the village where the historical society could make a display for a couple years, but it was only temporary, Smith said. Renting modest space in the library has been crucial for the historical society, she added. In fact, the BMSHS can be found on the bottom floor of the library.

Recognizing Heroes

Some of the work of the BMSHS has helped give recognition to people and places in the village that might have been forgotten or never discovered.

For instance, Smith inquired why a Korean War veteran, John Kelvin Koelsch, didn't have his name donned on a street sign in the village like many fallen war heroes. After she was left with an unsatisfactory answer, Smith and the BMSHS worked to bring his story to light.

Koelsch, who attended Scarborough School (now Clear View School) in the 1930s, was the first helicopter pilot to earn the Medal of Honor. He was posthumously honored after he died of illness in a prisoner of war camp in 1951.

Eventually a bronze plaque honoring Koelsch and detailing his inspiring heroism was placed in the Walter Memorial Park in 2016 by the village and the BMSHS.



Current Briarcliff Library



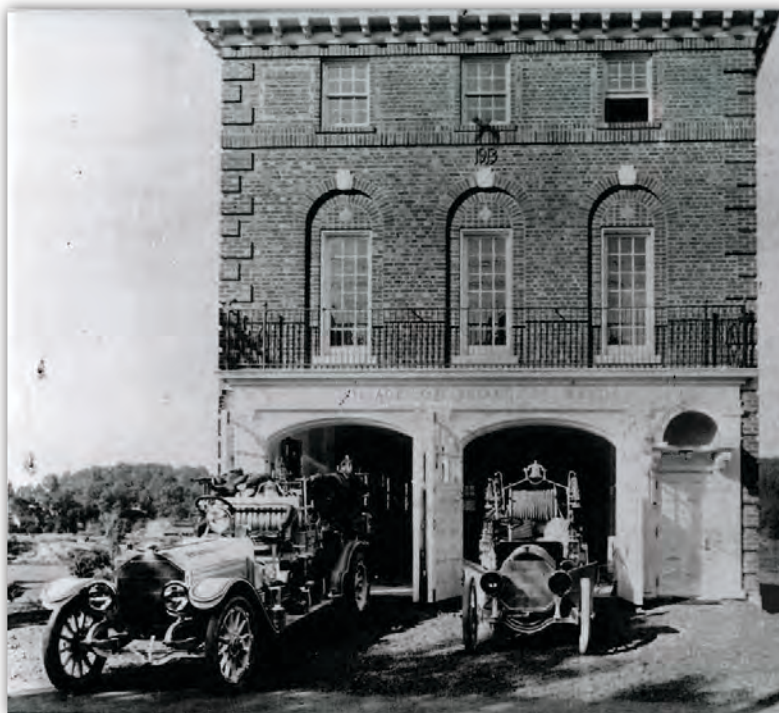
1906 Train Station built by Walter Law



1906 Early business in Briarcliff corner North State Road



Walter W. Law Briarcliff Founder



1913 Briarcliff Municipal Building



1930s Briarcliff Downtown



1908 Mrs. Dow's School



1909 BM School AKA The Alamo



1902 Briarcliff Lodge

"To have such an exemplary person to have lived here shouldn't be one that is missed," Smith said. "And he is not."

Efforts Toward a Permanent Charter

Pointing toward the future, the BMSHS wants to earn a charter from New York State, which it is currently lacking. There are certain requirements that need to be fulfilled, and while Briarcliff's historical society is as active as its peer organizations in the region, they are still working toward attaining a permanent charter.

"We've been in business for 45 years with a provisional charter," Smith said, adding in order to get that charter the state "really wants you to know where your stuff came from," which is tough to do. Smith said the historical society is going to get itself organized, go to the state capitol and make its case to the appropriate officials with hopes of getting that elusive charter.

Board president George Behling said the BMSHS acts as a treasure trove for residents whether it is someone looking at an old photo of their house and looking up a friend that they knew in the village. The goal is to always find items and documents that would intrigue people, he said.

"It's just a continuous thing as we try to educate the people as much as we can about the history of the village," Behling, who grew up in Briarcliff, said.

By attaining a charter, the BMSHS would reap more benefits, like the ability to apply for grants, and would hopefully help the historical society grow, Behling said.

Board trustee Charlie Trainor, who has lived in the village for 37 years, said he never knew so many cool facts and stories about Briarcliff until he got involved with the BMSHS a few years ago. Trainor said without Smith and the historical society, "you wouldn't understand how much went on here."

As an indispensable resource, the BMSHS continues to collect facts, figures, photos and most importantly, stories, that continue to shape the past and future of Briarcliff.

David Propper is a freelance writer who covers Westchester and Putnam counties. He resides in lower Westchester.



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The Joy of a "Friendsgiving" Holiday

Delicious Thanksgiving Menu Recipes with an International Flair



Our Friendsgiving menu chefs: (L-R) Ragini Amin, Peiling Liu, Cecilia Chong-Wheeler, Carine Feist and Kathy Pang Lee

BY CARINE FEIST

*W*e are looking forward to festive times with our friends and family while giving thanks for our blessings. If you're like me, you are thinking about shaking up the menu a bit with some international flavors. These delicious recipes are from a wonderful group of my friends whose daughters and nieces were swimming together on a synchronized swimming team. Their friendships grew as their swimming skills did. After several swam through college years, they have graduated and moved on but still enjoy getting together whenever they can.

In case you're wondering, "Where's the turkey?"—we've got a plan for that! Since most families know how to roast a turkey (call the Butterball hotline) and make cranberry sauce (or purchase Ocean Spray), we wanted to provide some wonderful meal accompaniments. The first recipe is Cecilia's Sticky Rice with Chinese Sausage is an incredibly delicious stuffing for your Thanksgiving turkey (or you can make it ahead to heat and serve as a side!).

My friends' favorite recipes also include Ragini's Indian Curry Puffs appetizer, and a scrumptious brunch recipe to serve your household guests—Peiling and Kathy's Taiwanese Scrambled Eggs and Tomatoes and also Shredded Potato Stir Fry, an Asian spin on home fries (and better than "diner-style" eggs and potatoes) and a steaming bowl of 1-2-3 Chicken.

The Recipes:

Sticky Rice with Chinese Sausage

4 flat scoops of short-grain sticky (sweet) rice if using a rice cooker, or 3 cups if cooking in a pot on the stove. Brown or white rice depending on your preference.
5 oz. tray of fresh shitake mushrooms (De-stemmed, wiped clean and sliced)
6-8 Chinese sausages
1 Tb. minced, peeled fresh ginger
½ cup thinly sliced scallion (white & pale green parts only)
¼ cup Chinese rice wine
2 Tb. soy sauce
1½ Tb. oyster sauce (omit oyster sauce and sausage for vegetarian version)
1½ tsp. sesame oil

Cook sticky rice in rice cooker (or in a pot according to package directions) the night before. Separate rice grains after cooking. Wash and chop mushrooms into coarse pieces. Quarter the sausages lengthwise and cut into ¼ inch pieces.

Heat a wok over medium heat, add the sausages, stir for one minute, add fresh ginger, sliced scallions, and mushrooms, stir-fry for another minute. Add cooked rice. Mix well. Add the mixture of rice wine, soy sauce, oyster sauce, sesame oil. Coat the rice and stir-fry to taste (may add more sauces as needed).

Scrambled Eggs and Tomatoes

(A national dish of China; simple to make.)

2 Tb. oil (canola or other vegetable oil)
3 ripe tomatoes, preferably peeled and cut into 1 inch chunks. (To peel the tomatoes, cut an "x" in the bottom and dip into boiling water for one minute)
6 eggs, with 2 Tb. water, whipped with a whisk
½ tsp salt
3 cloves garlic (optional)
1 Tb. ketchup (optional)
chopped scallion, cilantro or Thai basil to garnish (optional)

Heat 2 Tb. oil and, when hot, add in the eggs. Cook over medium heat stirring with a spatula until there is no more liquid, but do not overcook.

Remove the eggs from the pan and the add 1 tsp. of oil to the same pan and cook the tomato and garlic on medium heat until a little soft. Add the cooked egg, breaking up the egg with the spatula. Sprinkle the eggs with salt and pepper to taste and add spring onion and other garnishes as you'd like.

Note: Some families with children add a Tb. ketchup into the tomato mixture or add a pinch of sugar.

Shredded Potato Stir Fry

This is a super-fast way to cook and enjoy potatoes with a new texture that will surely surprise you! And it's vegan and gluten-free.

1 lb. russet potatoes (approx. 2 potatoes)
1 large carrot, peeled and shredded
1 large red bell pepper
¼ cup vegetable oil
4 dried red chiles (such as chile de arbol, stems discarded, or red bell pepper)
4 tsp. rice vinegar
1 tsp. toasted sesame oil
1 tsp. salt

Fill a medium-sized bowl with cold water. Peel the potatoes and carrot and give them a quick rinse under running water. Shred them with a mandolin or julienne along the length. The shreds should be long, thin matchsticks. Submerge the potatoes immediately in water to rinse off the excess surface starch. Usually 30 minutes is a good amount of time to soak them or overnight in the refrigerator if you want to prepare ingredients ahead of time.

Cut the bell pepper in half lengthwise and discard the stem, seeds, and ribs. Cut the pepper halves lengthwise into thin matchstick-like shreds. Ideally, they should be the same thickness as the potato shreds.

Lay out a clean cotton kitchen towel or several layers of paper towels on the counter, for drying the potatoes. Drain the potatoes in a colander and give them a quick rinse under cold running water. Give the colander a few shakes to get rid of excess water. Spread the shredded potatoes out on the towel and pat them completely dry.

Heat 2 Tb. oil in a wok or large skillet over medium-high heat. Once the oil appears to shimmer, drop in 2 of the chiles and stir them until they blacken and smell smoky, 5 to 10 seconds. Add half of the potatoes and half of the bell peppers to the smoky oil. Stir-fry them vigorously, without stopping, to briefly cook the shreds approx. 2 to 3 minutes, but still make sure they maintain their toothsome texture (do not overcook). Scrape everything into a serving bowl. Wipe out the pan with paper towels and repeat with the remaining oil, chiles, potatoes, carrots and bell peppers.

Add them to the batch in the bowl, stir in the vinegar, sesame oil, and salt, and serve warm or room temperature. Remove the chilies before serving.

1-2-3 Chicken (It's as easy as 1-2-3!)

2½ Tb. sesame oil
6 large cloves garlic, kept whole but smashed
1 large ginger root, sliced thinly
1½ lbs. boneless chicken thighs, trimmed and diced into 2-inch pieces
½ cup dark soy sauce (or regular if unable to get dark soy)
½ cup sake
¾ cup water
2 cups loosely packed Thai basil leaves

Place 2½ Tb. sesame oil in a large skillet and heat (medium high) until glistening. Add the garlic and ginger and cook until the edges of the ginger slices are slightly browned and golden; about 7 minutes. Keep tossing the garlic and ginger so they don't burn. When done, remove to a small bowl.

Add the chicken thigh chunks to the skillet then add the soy sauce, cooking wine, water, and basil leaves. Gently toss to coat the chicken and then turn the heat to medium low and cover the skillet and cook for 10 minutes. Then turn the chicken so the other sides of the chicken pieces cook in the sauce. Keep turning the chicken every 10 minutes until the meat is dark brown (about 35-40 minutes). Serve over rice with stir-fried greens, such as bok choy, spinach or pea shoots.

Indian Curry Puffs

(12 appetizer-sized puffs)

One package of puff pastry (frozen, store-bought is fine)
2-3 large red potatoes (boil until tender, remove peels and mash)
¼ cup olive oil
½ tsp. cumin seeds
1½ tsp. fennel seeds (crushed or use fennel powder)
1 carrot shredded
1 onion, minced finely
Bhaji Pav Masala (spice blend from an ethnic grocery or supermarket such as Whole Foods)
1 tsp. to 1 Tb. chile (your favorite jalapeno or if you like spicy, Thai chile peppers)
Cilantro ¼ cup minced finely (with stems)
Juice of half a lemon
1 tsp. salt (to taste)
1 tsp. sugar (to taste)

Warm the olive oil over medium heat and then add the seeds and toast for a few moments until fragrant. Add the shredded carrot and the onion and sauté for several minutes, then add the mashed potato and the spice blend. Add lemon juice and salt to taste. Refrigerate while you continue the next recipe step.

Meanwhile, unfold the puff pastry while frozen and shake off the excess flour. The pastry will break into three sheets; cut each piece in four. (a pizza cutter is perfect for this. Each full sheet makes 12 pieces. Put a scoop of filling into each rectangle. Fill generously, but not so much that the filling comes out of the sides when covered. Seal the edges well with your hands. Refrigerate at least several hours or overnight.

Bake on a cookie sheet in a preheated 350°F oven for 20-30 minutes until golden. You can freeze the uncooked puffs and bake later; just give them 10-15 more minutes of baking time. Serve hot from the oven.



Carine Feist has worked as a writer of science, health and nutrition articles, and as an Inside Press editorial staff member. Carine is an Epidemiologist, currently working in the Office of Medical Student Research at Albert Einstein College of Medicine and enjoys co-teaching the Culinary Nutrition elective to medical students.

WOOD BACKGROUND PHOTO BY LUKAS BLAZEK ON UNSPLASH

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Loving Briarcliff

BY PETER CHATZKY
Official Historian of Briarcliff Manor

For generations, my family has called Briarcliff Manor our home. Its six square miles—Briarcliff's, not our house's—are nestled between the Hudson and the Pocantico, earning Briarcliff the historic title "a Village between Two Rivers."



In 1902, my great grandfather on my mother's side*, Walter Law, helped incorporate the Village. In exchange, residents named a park for him and put in a swimming pool, some tennis courts, and a Pavilion. Papa

Wally famously concocted the original recipe for the grilled hamburger served at Squire's restaurant*, repeatedly named the best burger by a competing glossy magazine and, to provide locals a dining alternative, oversaw* the conversion of the original Briarcliff Firehouse to the Patio Restaurant. The original fire bell still sits atop the building.

Ironically, two well-known Briarcliff landmarks—Club Fit and the Edith Macy's Conference Center and Girl Scout Emporium—are not located in Briarcliff at all. (The first is in the Town of Ossining, and the latter in Mount Pleasant, or maybe Ossining—who can tell?) No one seems to know where the village actually starts or ends, or how you get here, partly because the Metro North station is called Scarborough instead of Briarcliff. For bragging rights, though, Briarcliff offers valet service for nearly unlimited train station parking and, on Friday evenings, fancily clad volunteers welcome home commuters with cocktails, mini crab cakes, and cheese straws.*

Speaking of volunteers, the Village runs on the benevolence of its residents. The impressive Briarcliff Manor Fire Department and Ambulance Department are both sup-



ported by generous residents who give their time and energy to keeping us safe. Elected government and appointed committees, the School Board, the Sustainability folks, and most the coaches and referees of more than 172* sports programs are all local moms, dads, or near-adult children. Rotary International was first launched in Briarcliff,* and now holds weekly meetings at our Village Hall, a building that was the original headquarters for Ohio Art Company, the company that first sold the Etch A Sketch.*

Two major golf courses, Sleepy Hollow Country Club and a second one named for Melania Trump, provide members with exclusive access to facilities for golf, tennis, fine dining and the chance to hobnob with page one celebrities. Annual dues are waived for local seniors.* Call the clubs directly for details.

In keeping with Westchester tradition, the public schools are, of course, among the best in the country, according to both US News and World Report and most the parents of all the school-aged children who live here.

Perhaps the Village's best kept secrets are our miles of wooden trails and parklands, with a scenic picnic site abutting the Hudson River, and trails winding through Pocantico, and the Hudson reservoir. Hikers can choose the shortish Kate Kennard Trail—named for a former mayor's daughter even though the Julia Chatzky Trail would have been a better name—or follow the Old

Croton Aqueduct Trail, or wander the 70-acre Pocantico Park, the Village's largest park abutting the Pocantico River. And, of course, the Westchester County Bike Trail runs through Briarcliff, with easy access behind the Village Library, which also provides complimentary refreshments and spa facilities for tired cyclists.*

Despite all these amenities, Briarcliff seems designed to deter visitors. Sure, we have plenty of nail salons and a Japanese restaurant that sells awesome French macaron (no asterisk), but the roads are purposefully windy and romantically lit, and we encourage deer and wildlife to dart out in front of speeding cars. As with many Westchester communities, drivers here know that the double yellow lines are more of a suggestion than a rule.*

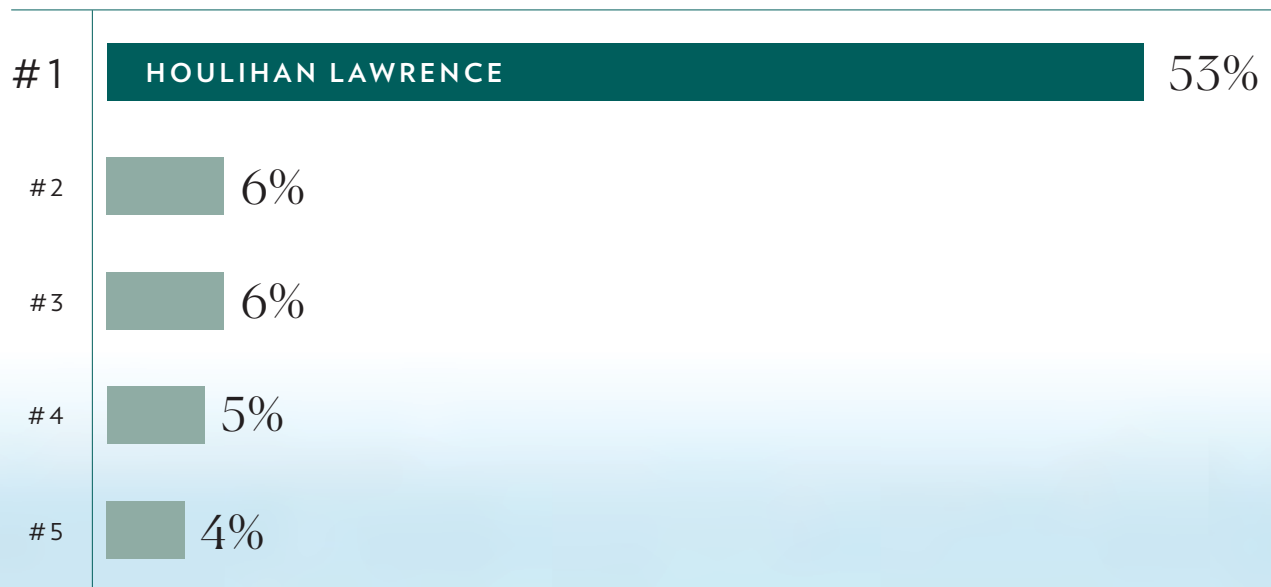
Come visit us! We are open around the clock, and locals are eager to make new friends, or welcome weary travelers from far away places like Pleasantville, Chappaqua, or even Mount Kisco. Risk the trip down Pleasantville Road construction. You'll be happy you did.

Peter Chatzky is not actually the Official Historian of Briarcliff Manor, although he did somehow twice manage to hold elected positions on the Briarcliff Manor Board of Trustees, once as Mayor and once as Deputy Mayor. Some of his facts may be slightly exaggerated, and we have marked them with an asterisk.



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