13th Annual StArt Exhibition Highlights
Artwork by Local High School Students

BY STEPHEN E. LIPKEN

StArt: The 13th Annual Regional High Schools Student Art Exhibition held their Reception and Awards Ceremony in the OSilas Gallery, Concordia College, Bronxville on February 10, giving high school art students an opportunity to showcase their work in a professional gallery.

StArt 2019 includes artwork created by approximately 90 pupils representing 31 high schools throughout Westchester, Fairfield, Rockland, Orange counties and the Bronx.

“It is such a privilege for us at the OSilas Gallery to show pieces from so many young, inspiring student artists,” OSilas Gallery Executive Director Elizabeth Vranka stated. “It is so nice to see them all together, viewing each other’s work and getting inspiration from one another…”

Vranka awarded Certificates of Excellence to Lailah Bannister, School of the Holy Child; Katie Cole, Harrison High School; Olga Lew-Kiedrowska, Edgemont High School; Lili Perib, Hastings High School; Xiomara Par-do Reyes, Sacred Heart High School; Yahra Roman, Ossining High School and Kate Weber, Ardsley High School.

Reminiscent of Dutch Renaissance painter Hieronymus Bosch’s renderings of writhing arms and legs in heaven and hell, Pelham Memorial High School pupil Emilie Kelly’s watercolor, pen and marker drawing, “Limb Shack” represents, “limbs emerging from subway window.” Joining Kelly were fellow PMHS pupils Emily Nakayama, oil on canvas “Kyoko” and Morgan Sample’s “Izzy,” oil and cold wax.

Commenting on her whimsical work, “Making a Friend…Literally,” Emily Bui, Eastchester High School said that it depicted a lonely mouse...continued on page 4

Emilie Kelly, Pelham Memorial HS, 11th Grade, “Limb Shack,” watercolor, pen, marker

Emily Nakayama, Pelham Memorial HS, 11th Grade, “Kyoko,” oil on canvas
New Police Officers Inaugurated Amidst Thunderous Applause at Village Meeting

BY STEPHEN E. LIPKEN

Village of Pelham Mayor Michael Volpe administered the Oath of Office to new Police Officers Philip Belantoni; Robert DiNapoli and Vincent Ripulone, Jr., accompanied by thunderous applause from friends and family members at the January 9 Board of Trustees meeting.

Effective January 7, 2019, the officers were hired from Westchester County Civil Service Eligible List 69-547, PBA Collective Bargaining Agreement and Village of Pelham Employee Handbook at an annual salary of $57,718.

Police Chief Jason Pallett noted that annual training programs for officers include Active Shooter Training; DWI Recognition; Crisis Negotiation; Defensive Tactics; Domestic Violence and mental health awareness, offered by the Police Academy in September. Community outreach encompasses a neighborhood Community Policing Officer, Michael Sheehy and “Coffee with a Cop.”

Fire Chief James DiNapoli said that of 848 calls in 2018, 368 were Emergency Medical Calls plus 4 Narcan saves, rescues from opioid overdoses.

Deputy Mayor Adam Kagan asked DiNapoli if changes in building materials affected fire responses; DiNapoli replied that pressboard and laminated materials provide more strength but saturate burn in four minutes, due to their synthetic chemical structure.

In the Mayor’s Report, Volpe mentioned that Trustees Chance Mullen, Xaira Ferrara and he visited a Maplewood, New Jersey site to gain ideas for the Village’s Business District Floating Zone (BDFZ) mixed-use projects. A special workshop will be held in Village Hall on Thursday, January 17 at 7:30 p.m. to hear proposals from three potential developers.

A public hearing was opened, regarding putting on the ballot a proposition changing the election of Mayor and Trustees from March to November. Resident Shaun Breidbart averred that having federal and local elections concurrently would save money. Volpe answered that there is not that much expenditure, since the County runs their elections.

The Public Hearing will continue on Tuesday, January 22, when voting will occur.

Join NY Giant Zak DeOssie’s Team! Support Project Community: Nurses Inspired. Community Driven

BY JOE NUNZIATA

You may be familiar with this May’s Project Community: Color Run which educated teens about sexual assault.

Now, in addition to Project CHILDD which targets children three years old to 16, they have created Project Rewind I which teaches over 4,000 teens annually about the consequences of alcohol, and Project Rewind II which educates teens about sexual assault.

Funds are needed to pay for the professional instructors who conduct the comprehensive courses, and also for printing and marketing materials that help raise the awareness.

You may be familiar with this May’s Project Community: Color Run in Pelham, which helped recruit over 550 children and their parents to raise funds and awareness and take part in a fun community project. At this event, New York Giant Zak DeOssie was Honorary Chair. His enthusiasm, spirit, and genuine concern for Project Community’s mission added to the success of this “championship” event... his commitment continually encourages the nurses, social workers, team mentors, families, volunteers and donors of this remarkable organization.

Here is a summary of the unique programs of Project Community:

PROJECT CHILDD (Community Helping In-Diverse, Disabled, Disabled)

In Pelham - a volunteer, charitable organization to help the most vulnerable sector of our community: disabled children and their families. They created a visionary initiative called Project CHILDD which gave much needed respite to parents with disabled children by coordinating local Pelham families to host their children for the weekend at their homes. This program allowed them to grow and evolve into what it is today’s organization known as: Project Community (www.projectcommunitycares.org)

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Pelham Civic Association Expands Its Programs for 2019

BY JOE NUNZIATA, PELHAM CIVIC DIRECTOR OF COMMUNICATIONS

The Pelham Civic Association, founded in 1959, is one of New York State’s most active charitable, volunteer organizations. Its mission is to assist the Youth, the Elderly, the Mentally & Physically Challenged; to promote civic-minded involvement by the Association’s members; encourage community spirit and pride; and offer service, advice and support for a variety of community programs and other charitable causes. As it enters its 80th year, it proudly enhances its outreach to the community with broader programs, projects and events.

Career Workshops: In a joint venture with the Pelham Memorial High School Counseling Department, students are provided with presentations from working professionals from the community. This award-winning commitment is held in the High School’s Alumni Hall.

On January 11, a workshop entitled, “Careers in Law,” took place with additional workshops being planned for the remainder of the school year. Chair: Michael Clain, 914-738-2528 michael@clain.net

Membership Committee: Throughout the year, the Membership Committee organizes informal gatherings for potential members to attend, providing the opportunities to learn first-hand from Pelham Civic members the purpose, objectives, and volunteer programs and activities of the Pelham Civics.

“Meet & Greet” Thurs., Feb 7, 7 to 9 pm NYAC, Travers Island. Chair: Michael Ming, 914-714-9254; membership@pelhamcivics.org

Programs for the Elderly: We provide continued support for the senior citizens in our community throughout the year, with fun events and luncheons at the Doranco Town House. (Events TBD) Chair: Tim Case, 914-522-2052; tcase13@gmail.com

Community Awards: Each year, six Pelham Civic Association awards - value of $26,000 - go to students from Pelham who demonstrate civic leadership, volunteerism and charitable support.

Applications Due Wed. Apr. 24; Awards Assembly Wed. June 5, Middle School Gym. Chair: Darrell Walsh, 914-522-4710; communitywards@pelhamcivics.org

Memorial Day Parade: In addition to marching, we fund and help arrange for U.S. Servicemen and Women to participate in the parade, providing them with transportation, breakfast and lunch.

Mon. May 27, 9am, Breakfast-Town House; 11am Parade-Manor Club; Post Parade Lunch -Town H. Chair: Joe Hall, 914-738-5757; jthallpioli@optonline.net

Summer Olympics: Every June we run a highly popular outdoor “Sports Day” for all Pelham children, grades K through 5 at Glover Field. It’s a day of fun events, free T-shirts, medals, photos, food and refreshments.

Sat. June 1 Glover Field, 9am; Registration: 8am; Chair: Scott Brown 646-469-7548; sfbbg@gmail.com

Benefit Golf Outing: Our Annual Good Neighbor Benefit Golf Outing fuels our Good Neighbor Program. It is a full day of golf, fun, food and beverages -- concluding with cocktails, dinner and an exciting awards ceremony.

Tue. June 18, Pelham Country Club, Chair: Tim Case 914-522-2052; tcase13@gmail.com

Dinner-Dance Gala: Pelham’s social highlight of the year! Our annual Fall Gala raises funds for our programs, projects and events, and honors exemplary community volunteers as Persons of the Year.

Friday, Nov. 8 at Glen Island Harbour Club, New Rochelle. Chair: Michael Recca, 914-403-6923; michaelrecca@gmail.com

Half Marathon & 10K Fund Runs: These annual races – traditionally run on Thanksgiving Saturday throughout the two Villages of Pelham – provide families, enthusiasts and competitive runners from the NYC Metro Area, U.S. and overseas with highly organized racing formats. 100% of the net revenues support our core programs, with robust volunteer help throughout the two races.

Sat. Nov. 30, 8 to 11am, Town House. Chair: Todd Cross 917-734-3652; toddcross@pelhamcivics.org

Christmas Wrapping: Each year, members and their families gather at The Doranco Town House to wrap hundreds of Christmas gifts to be delivered to children and families in need.

Sat. Dec. 7, Town House
Chair: Nick Senerchia 914-447-5757; homeownerelectric67@gmail.com

Good Neighbor Program: Each Thanksgiving and Christmas, dinners are delivered to more than 100 area families as well as holiday presents to more than 150 Pelham children. Throughout the entire year, we quietly provide advice, support, and economic assistance to individuals and families with economic hardship.

Chair: Dr. Stanley Trochica, 914-997-7988; stanley.trochica@gmail.com; goodneighbors@pelhamcivics.org

Help a Child, Change a Life
Winner of the prestigious Thomas B. Fenlon Award, this visionary initiative assists Pelham’s four elementary schools, Middle School and High School students from financially struggling families by providing them with access to learning tools, skill enrichment and social support programs throughout the year.

Chair: Tom Imperato, 914-329-6927; toma@imperatofamily.com

Supporting the Mentally & Physically Challenged Special Needs: In addition to assisting in the creation of, and continual support of The Danny Fund program for children of catastrophic illnesses, we assist USA Hockey’s New York Rangers- a special needs program for kids and adults with disabilities; and Cerebral Palsy of Westchester.

Support of Community Programs: We actively support and co-sponsor many other organizations’ worthwhile community programs such as The Rotary Club of the Pelhams, Calvary Hospital, Pelham Together, Project Community, Pelham Booster Club, Pelham Little League… and others.

Pelham Civic Association meetings are held in The Doranco Town House’s main room. Membership Meetings are normally on the first Wednesday of every month. Board of Director Meetings on the first Tuesday. For further information, visit pelhamcivics.org, or contact Pelham Civic President Ken Shireffs at 914-980-3138, or kshireffs@ask-blakebell.com

2019 Town Board Organizational Meeting and Recreation Commission Member Sworn In

BY STEPHEN E. LIPKEN

Deputy Pelham Town Supervisor Daniel McLaughlin opened their 2019 Organizational Meeting on January 7, naming the re-appointed Town Government officials and swearing in new Recreation Commission member Aisling Bier, replacing Brenna Bennett. Other members are John Boyce; Mary E. Curto; Kevin Fee and Danny Green.

Reappointments included Thomas Kleinberger, Town Attorney; Nicholas A. Grecco, Town Engineer; Comptroller, Samantha Losurdo; Chief Constable Stewart Hanson; Lieutenant Steve Conte; Sergeants Joseph Bavosa, Anthony Camardella, Christopher Williams, Kai Yamamato. Appointed as Town Police Constables: Anthony Bonilla; Carlos Santos; Michael Farley; Nicholas Florio; Robert Iaboni; Jose LLamas; Nelson Moy; Harvin Platzner; Murad Rahem; Kirk Smith and Victor Torres.

Town Clerk Amy Riios appointed Francine Campion as Deputy Town Clerk; Receiver of Taxes Catherine Mazzaro appointed Darlene Paolercio as Deputy Receiver of Taxes. Supervisor Peter DiPaola re-appointed Ruthann DeSimone as Confidential Secretary and Blake Bell is Town Historian.

McLaughlin went on to say that any employee declining medical coverage by the Town is entitled to receive a $2,000 annual opt-out payment.

In the Flycar Report, Councilwoman Rae Szymanski said that the average November response time for backup vehicle was 8 minutes, 20 seconds; December: 8 minutes 53 seconds.

Bell relayed Deputy Receiver of Taxes Paolercio’s Monthly Statements. November 2018: Town/County Taxes, $3,248.71; School Taxes, $8,146.83; Credit Card Fee (Town and School), $95.31; Penalties and Interest, $6,937.10; Taxpayers Agreement, $6,405.31; Misc., $750; Pro-Ratas, $2,096.86; Total: $1,308,473.50.

Check sent to Chief Financial Officer (CFO) on 12/19/18 for Justice John DeChiaro: $16,313; check to CFO on 12/14/18 for Justice John Gardiner: $46,928.

Dear Pelham Parents and Community Members,

The Board of Education has embarked on the process of developing the District’s next Strategic Plan that will establish our goals and guide our work over the next 3-5 years. As we begin to build this plan, it is important that the Board hear directly from residents across the Pelham community.

We invite you to attend one of our open forums on Thursday, Jan. 31 from 8:45-9:45 am or from 7:30 pm in room 105E of the PMHS Library to share your ideas on the areas of focus and bodies of work that you believe will have the most impact for our students and our organization over the next few years. These forums will be moderated by Judith Wilson, the District’s strategic planning consultant.

Review the current Strategic Plan on pelhamschools.org/district/strategic-plan. Shortly, we will also be distributing online surveys that will provide another channel for feedback on our educational system. Your responses to the surveys will be important and greatly appreciated. Over the coming months, the data and information gleaned from surveys and other community engagement opportunities will be reviewed by Ms. Wilson, the Board’s Strategic Planning Committee, and the full Board of Education as we develop a road map to guide the Pelham Public Schools to even greater heights over the next several years.

Sincerely, Cheryl Champ, Ed. D.
Superintendent of Schools

Left to right: Councilman Tim Case, new Recreation Commission Member Aisling Bier; Deputy Town Supervisor Daniel McLaughlin

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UPCOMING

The Clay Art Center, 40 Beech Street, Port Chester, presents Family Wheel Nights for ages 9-99, from 6-8pm on January 26, February 23, March 31 and April 27. Register at 937-2047.

The Sheldrake Environmental Center, 685 Weaver Street, Larchmont, will host First Saturday Guided Mindfulness Walks on January 5 and February 2 at 10am led by Kripalu Certified Mindful Outdoor Guide, Cindy Olsen. Sign up at 834-1443.

Sunday Cinema at The Picture House Regional Film Center, 175 Wolfs Lane, Pelham includes the following: January 20 at 8pm – 50th Anniversary Screening of “Inquiring Nuns;” and January 27 at 8pm – “Science Fair.” Visit thepicturehouse.org or the box office for tickets and details.

NewYork-Presbyterian Lawrence Hospital, 55 Palmer Avenue, Bronxville will hold the following: Joint Replacement Seminar – Wednesdays, January 16, 23, 30 from 9:45 to 11:15am in the Hospital Lobby Conference Room (call 787-2119 to register); Aphasia Support Group Meeting – Wednesdays, January 16, 23, 30 from 2 to 3pm on the 1st floor, Rehab Department, Speech Office (call 787-3373 to register); Living with Cancer Support Group – Thursday, January 18 from 5 to 6:30pm in the Cancer Center Conference Room, Hospital’s 1st floor (call 644-8844, ext. 133 or email dvincent@gildasclubwestchester.org to register).

JANUARY

16
At 7pm, Stepinac High School launches its Lecture Series with Trevor Ragan, speaking on Growth Mindset focusing on helping students understand the values of effort, persistence and trying new learning approaches to enhance their talents and academic performance in the school’s Major Bowes Auditorium, 950 Mamaroneck Avenue, White Plains. Admission is free. For additional information, visit Stepinac.org

17
At 7:30pm, The Board of Trustees of the Village of Pelham have scheduled a public hearing in Village Hall, 195 Sparks Avenue, Pelham on a proposed Local Law that would amend the Code of the Village as follows: A local law to override the real property tax levy limit established in General Municipal Law §3-c. A copy of the proposed Local Law can be obtained at pelhamgov.com

18
The Village of Pelham Republican Committee will hold a caucus at 8pm at Pelham Village Hall, 195 Sparks Avenue. The purpose of the caucus is to select candidates for three Village Trustee positions, and for Mayor, at the Village election on March 19. Registered Republicans who reside in the Village of Pelham may participate and are encouraged to attend.

19
The Village of Pelham Democratic Committee will hold a caucus at 8pm at Pelham Town House, 20 Fifth Avenue. The purpose of the caucus is to select candidates for the Village Trustee positions, and for Mayor, at the Village election on March 19. Registered Democrats who reside in the Village of Pelham may participate and are encouraged to attend.

20
At 3pm, Asbury-Crestwood United Methodist Church, 167 Scarsdale Road, Tuckahoe presents the alumni of Asbury Summer Theatre in a program entitled “Broadway in Three-Quarter Time,” featuring solo and ensemble “waltzes” from some of the classic shows that AST presented during its 32-year history. Admission is free of charge but reservations are strongly recommended; by visiting MusicAtAsbury.com or call 914-779-3722 to reserve a general admission seat.

21
At 10am, The Sheldrake Environmental Center, 685 Weaver Street, Larchmont, will teach participants how to Make Your Own Terrarium, on Martin Luther King, Jr. Day, for ages 5 through adult. RSVP to 834-1443.

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25
The Pelham Manor Village Democratic Party will hold a caucus at 8pm in the Board Room at Pelham Manor Village Hall, 4 Penfield Place. The purpose of the caucus is to select candidates for two Village Trustee positions, and for Mayor, at the Village election on March 19. Registered Democrats who reside in the Village of Pelham Manor may participate and are encouraged to attend.

26
At 2pm, the Bronxville Public Library, 201 Pondfield Road, Bronxville presents “Recording Broadway: An Afternoon with Thomas Z. Shepard” lecture by the 12-time Grammy-winning producer of Broadway original-cast members. Visit bronxvillelibrary.org for details.

27
At 7:15pm, Sarah Lawrence College presents as part of their Differ in Dialogue series, “Behind Closed Doors: A Conversation with photographers Susan Meiselas, Joel Sternfield and writer/ethicist Eduardo Cadava. The program will be held at the Heimbold Visual Arts Center Donnleley Film Theatre, 1 Mead Way, Bronxville. RSVP by emailing collegeevents@sarahlawrence.edu.

28
The Pelham Manor Village Democratic Party will hold a caucus at 8pm at Pelham Manor Village Hall, 4 Penfield Place. The purpose of the caucus is to select candidates for two Village Trustee positions, and for Mayor, at the Village election on March 19. Registered Democrats who reside in the Village of Pelham Manor may participate and are encouraged to attend.

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FEBRUARY

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10
The Westchester Philharmonic features special guest Savion Glover at 3pm at a Friends and Family concert in the Concert Hall at The Performing Arts Center, Purchase College, 736 Anderson hill Road, Purchase. Call 251-6200 for tickets.

13
At 6pm, Archbishop Stepinac High School, 950 Mamaroneck Avenue, White Plains will showcase its acclaimed academic and extracurricular programs at its Open House. To register for the Open House, visit www.Stepinac.org. For more information: admissions@stepinac.org.
Junior Tszki (Peter) Wei was recently announced as the winner of the Acorda Scientific Excellence Award for his scientific research and was recently interviewed on The Lisa Wexler Radio Show broadcast on WGCH (AM 1490).

Peter’s work, “Conformational Plasticity of MitoFusins Govern Mitochondrial Fusion” involves investigating a regulatory problem in a cell’s mitochondria, which are known to generate power for a cell. The mitochondria frequently fuse and divide, and in some instances, this process of dividing and fusing is dysfunctional. Peter’s research looks to validate proposed models on how this malfunction occurs and ways to possible treat the condition.

Congratulations to Peter, his science research teachers Steve Beltecas and Joe DiBello, and the entire science research program on this outstanding achievement.

Read more about the Acorda award at acorda.com/about/scientific-award

Tszki (Peter) Wei Receives Acorda Scientific Excellence Award

The Pelham Public Schools recently announced that Julia S. Chung has been appointed as the next assistant superintendent for pupil personnel services, effective March 4, 2019.

Chung, currently the director of pupil personnel services for the Rye City School District, previously served as the department’s assistant director and was assistant principal of Rye High School for five years. Prior to joining the Rye City School District, she had a successful career as an assistant principal, teacher and math coach in Los Angeles California. She holds a M.A. in Educational Administration Leadership from California State University and a B.S. in Mathematics with Specialization in Statistics from the University of California, Irvine. Additionally, she is currently completing a doctorate in Educational Leadership at Manhattanville College.

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Chung, currently the director of pupil personnel services for the Rye City School District, previously served as the department’s assistant director and was assistant principal of Rye High School for five years. Prior to joining the Rye City School District, she had a successful career as an assistant principal, teacher and math coach in Los Angeles California. She holds a M.A. in Educational Administration Leadership from California State University and a B.S. in Mathematics with Specialization in Statistics from the University of California, Irvine. Additionally, she is currently completing a doctorate in Educational Leadership at Manhattanville College.

“Mrs. Chung’s appointment is the culmination of nearly a year-long search. This fall, the District retained Hazard, Young, and Attea to assist with the search. The firm held several focus groups with key constituents, including parents, special education staff, teachers, administrators and Board of Education members, which led to development of a leadership profile that guided the recruitment and screening process.

“It has been a privilege to meet with district and parent representatives, the Superintendent, and the Board who enthusiastically shared their expertise, pride, and commitment to the Pelham School community,” said Ms. Chung. “It is with the same humility, pride, and commitment that I embrace the opportunity to join the Pelham Public Schools.”

Interim Assistant Superintendent for Pupil Personnel Services Susan Lockhart will continue to lead the department until Chung assumes the position in March. Lockhart has also agreed to assist during the transition through the remainder of the school year.

The community is invited to meet Ms. Chung at 7:30 pm on Tuesday, February 12 in the PMHS Library.

Julia S. Chung Appointed as Next Assistant Superintendent for Pupil Personnel Services
13th Annual StArt Exhibition
Highlights Artwork by Local High School Students
continued from page 1

creating a “friend,” using sewing materials.

Discussing her acrylic, paint, pencil and pen painting, “Innovate the Original,” Bronxville High School 11th grader Ruby Howell remarked that she was inspired by YouTuber and video creator Casey Neistat, a guest speaker at her school. “I used magazine cutouts and created a collage, painted onto a larger board. Neistat makes ordinary things so inspiring,” Howell concluded.

Morgan Sample, Pelham Memorial HS 11th Grade, “Izzy,” oil, cold wax.

Students Hold Meet & Greet at Cantina Lobos

On January 7, editors and reporters for the student-run Pelham Examiners held an meet and greet at Cantina Lobos on Wolfs Lane. They gave a short presentation with a Q&A session afterward.

Pelham Rotary Scholars of the Month:
Simon Keough and Kristina Pompilio

PMHS seniors Simon Keough and Kristina Pompilio were honored as Marilyn Stefanoff Scholars of the Month by the Rotary Club of the Pelhams at its luncheon meeting on January 2.

Simon Keough was recognized for his honor roll achievements, including the Spanish Honor Roll. Keough’s sports activities have included Varsity soccer (captain), basketball and lacrosse. His community service has been with EcoPel and food pantries.

Kristina Pompilio is a member of the National Honor Society as well as the Math, Science, Latin and Social Studies honor societies. Her extracurricular activities include Women’s Empowerment Club, Latin Club, African Culture Club, Do Something Club and Physics Club. She is a competitive rock climber. Her community service has included academic tutoring and teaching rock climbing skills to children with special needs. Her volunteer work included assisting on the recent Eliot Engel and George Latimer political campaigns.

In addition to recognizing two PMHS students as Scholars of the Month during the school year, Rotary Club of the Pelhams awards a $10,000 scholarship to a graduating PMHS senior annually. Funds for the scholarship are collected from donations by community members and Rotarians. Tax deductible donations made payable to Pelham Rotary Charities Fund, with the memo “scholarship” may be mailed at any time of the year to: Rotary, PO Box 8073, Pelham, NY 10803.

Ronald A. Barnabei -- 1951-2019

Ronald A. Barnabei, a long time Pelham resident, passed away at his home in Fort Lauderdale, FL, on January 7, 2019. He was 68 years old. Ron was the eldest of two children. He is survived by his daughter, Laura Twomey, his son, Ron Barnabei, his three grandsons, Kevin and Darren Twomey and Jacob Barnabei, his son-in-law, Christopher Twomey, his daughter-in-law Kimberly Barnabei, his brother, Richard Barnabei, and his former spouse, Elena Barnabei.

Relatives and friends have been invited to Ron’s Life Celebration to be held on Saturday, January 19th at 11:30 am, at Alexander-Levitt Funerals and Cremations, 8135 West McNab Road, Tamarac, FL 33321.

In lieu of flowers, donations can be made in his memory to the American Diabetes Association, http://www.diabetes.org.
No. 1 Brokerage in Pelham

Source: HGMLS 1/1/2018 - 12/31/2018, all property types sold, total dollar volume sold by office, town of Pelham
Ann Auwarter  Carol Baccellieri  Carol Brown  Betty Bucher  J.D. Calder  Veronica Caminiti  Elaine Chang
Dian Chiamulera  Ginghi Clarke  Laura Clemente  Dominica Comfort  Maureen Cross  Richard Davidian  Sona Davidian
Geri Engstrom  Colleen Gallivan  Diana Gilbert
Jen Gilchrist  Dian Grandefeld  Mary Grimm  Ellen Hennessey  Loretta Illustrato  Bill Lawlor  Rosa Madiera
Barbara McCann  Deborah Melilken  Jeff Melilken  Jennifer Meyer  Mary Michailoff  Ellen Murphy  Julia Nelson
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Dian Chiamulera

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We Live Here, We Work Here, We Sell Here and Pelham is OUR Community!
Pelham Civics and PMHS present “Legal Careers” Workshop

BY JOE NUNZIATA

Now in its 3rd year, the Pelham Civic Association’s Career Workshop Series - in conjunction with Pelham Memorial High School Counseling Department - hosted a packed room of inquisitive high school students in Alumni Hall, interested in finding out more about the career paths in the legal profession. Pelham Civic Career Workshop Chair (and originator of the program) Michael Clain stated, "We are very fortunate to have talented volunteers who are professionals in the field to share their expertise and experience with the students". The panel of attorneys today included Todd Krause, Patent Litigation Partner, Desmarais LLP, Theresa Mohan, General Counsel, Exela Technologies, Janice Powers, Assistant Attorney General, Office of the New York State Attorney General, and Bob Tracy, Labor & Employment Partner, Gibney, Anthony & Flaherty LLP (also former President & Chairman of the Pelham Civics).

The Pelham Civics’ Career Awareness Program includes a series of panel discussions sponsored by The Pelham Civic Association and the PMHS Counseling Department, dedicated to helping students understand the range of career options available to them as they begin thinking about college and the world beyond Pelham. All the workshops take place at Alumni Hall, starting at 9 am and last about an hour. All PMHS students are encouraged to attend, regardless of grade. Because of limited space, only the first 75 students have the opportunity to attend. Additional workshops are currently being planned. When announced, we advise that you please see your guidance counselor if you are interested in attending.

For more information about the Pelham Civic Association and its Career Workshop Program, visit www.pelhamcivics.org.

Left to right: PMHS Counseling Dept. Director Eugene Farrell (standing); Dr. Todd Krause, Theresa Mohan, Janice Powers and Robert Tracy.

Thank you so much for your support, and your love!

The Junior League of Pelham is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.
Mount Sinai Doctors of Westchester: Exceptional Care in Pelham

The mission of Mount Sinai Doctors Westchester is to provide the residents of Pelham and the surrounding areas with exceptional medical care. Patients in the lower Westchester area can receive most of their care locally, including primary care, specialty care and diagnostic testing. For advanced care and complex cases, patients have access to sub-specialists, innovative treatments and ground breaking protocols available at Mount Sinai's eight hospitals.

Our board certified specialists are highly skilled in meeting a wide range of medical needs, including preventive care and minor illnesses, as well as serious and chronic conditions. Understanding the importance of open communication, our teams take the time to address all your questions and concerns, promptly share test results, and make sure you fully understand your condition and treatment options.

Meet Our Physicians...

**Dr. Erica Cardona** is a bilingual board certified Family Medicine physician with over 15 years of experience in providing both urgent and primary care for all age groups while serving as an innovative leader in her community. She started her medical career with acceptance to the highly competitive 7-year medical program at the Sophie Davis School of Biomedicine and received her medical degree from Albany Medical College. She completed residency training with the Mount Sinai Family Medicine program at Jamaica Hospital Medical Center, where she was Chief Resident and honored with Resident of the Year award from the program as well as resident teacher award from the Society of Teachers of Family Medicine.

Dr. Cardona went on to practice primary care OB/GYN and Family Medicine in Great Neck, NY and provided primary care to the under-served community at East New York, Brooklyn. Her treatment philosophy is simple “I emphasize a collaborative approach to patient care to best individualize patient care and goals of therapy. This empowers patients to take control of future health and manage chronic challenges”. Dr. Cardona joined Mount Sinai Health System in Westchester last year to provide primary care services in our Pelham office.

**Dr. Maryam Syed** is a board certified Family Medicine physician with over 5 years of experience providing primary care for all age groups. Prior to joining Mt. Sinai, Dr. Syed practiced the full spectrum of primary care in Binghamton, NY where she cared for the underserved population with special interest in addiction medicine. She was also involved in teaching residents and medical students and served as Clinical Assistant Professor of Family Medicine at Upstate Medical University.

Dr. Syed describes the field of Family Medicine as a discipline which looks to provide families with compassionate, patient centered medical care in order to treat and prevent illness. The focus of Dr. Syed’s practice is to equip the patient with the necessary knowledge, guidance and resources to help them take charge of their current and future health.

To make an appointment with Dr. Cardona or Dr. Syed or to learn more about Mount Sinai Doctors Westchester in Pelham, call (914) 813-3133.

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Dr. Kossowan and her team genuinely care about their patients and want them to have a wonderful orthodontic experience. Providing quality care to patients in Pelham and New York City.

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Dr. Kossowan is a Preferred Provider of Invisalign® clear aligners. This gives patients a variety of options for their treatment aside from traditional metal braces!

Dr. Kossowan has received special training to evaluate jaw joint issues and routinely prescribes treatment to relieve TMJ pain.

Dr. Kossowan is a Charter member of the American Lingual Orthodontic Association, providing lingual braces to patients since their inception.

Dr. Anne C. Kossowan is one of the most experienced and knowledgeable orthodontists in New York with years of education and hands-on training. You can count on your smile being taken care of when you come to Kossowan Orthodontics.

Dr. Kossowan will be speaking at the evening section of the Manor Club, located in Pelham Manor, on February 28, 2019, on Invisalign.

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From a leadership perspective, physician recruitment efforts.

Northern New York, bolstering into Western Connecticut and central New Jersey and the practice is considering expansion.

trials are slated to open in Connecticut, with the expectation to serve one million patients in 2019.

print and expects to serve one million patients in 42 tri-state locations and the needs of more than 80,000 patients in 2019.

As business continues, ENTA strives to exceed the needs of more than 80,000 patients in 42 tri-state locations. As business continues to grow, the company looks to expand its geographical footprint and expects to serve one million patients in 2019.

In 2019, several ENTA locations are slated to open in Connecticut, Western New York, and Northern New York, bolstering physician recruitment efforts. From a leadership perspective, ENTA most recently implemented a new senior management structure with the aim of aligning business operations with core growth strategies. CEO Robert Glazer, who has been with the practice since inception, also has plans for continued growth in existing regions.

The last five years has been a period of time where the practice has made significant financial investments in clinical and business technology and analytics,” said Glazer.

“By the same token, we have invested in upgrading personnel and developing training programs for the continued education of our physicians and staff. These investments have truly helped to throttle our growth, as physicians and patients recognize the commitment we have to quality healthcare and patient access. ENTA is now well-positioned for further expansion in the region. I’m proud of the brand we have developed and the accomplishments we have made in all of our 20 years.”

Robert Green, M.D., president of ENTA, added, “As one of the original partners at ENTA, I am extremely grateful for our staff and our doctors in helping to make this milestone anniversary possible. As we move forward, our strategic vision and our growth will continue to enhance our ability to provide our patients with the finest care, nose, throat, allergy and audiology care possible.”

ENTA boasts the largest pool of board-certified and fellowship-trained physicians in the country, many of whom have been voted “Top Doctor” by leading publications. In the last three years alone, ENTA has added more than 30 doctors to its roster of clinicians—a mix of residents, fellows and seasoned practitioners. Beyond work in clinical locations, its medical experts make local community and global contributions, including support of local events, causes and organizations, as well as promoting health awareness initiatives and participating in medical missions abroad.

State-of-the-art technology drives efficiencies and delivers unmatched care to patients at ENTA. From an advanced Electronic Medical Records system to a user-friendly patient portal and Phreesia digital check-in system, the practice embraces healthcare’s digital transformation. Additionally, to provide convenient, on-demand access to patients, ENTA offers same-day appointments, which patients are able to schedule via its online booking platform.

Clinical locations also accommodate evening and weekend hours for added convenience.

To learn more about ENTA, find a local office or book an appointment, download the “ENT and Allergy Associates” mobile app, visit entandallergy.com or call 1-855-ENTA-DOC.
Jaw Joint Issues and Pain

The temporomandibular joint (TMJ) is the joint that allows you to open and close your mouth. It is one of the most complex joints in the body. Improperly aligned teeth can cause stress on this joint not allowing it to function properly.

Symptoms of TMJ problems include: tenderness of the jaw muscles; headaches, earaches and pain and pressure behind the ears; a clicking or popping sound when you open or close your mouth; or jaws that get stuck.

Properly aligned teeth can help alleviate the stress on this joint. The office of Anne C Kossowan, D.D.S. give patients a splint which helps diagnose problems with the bite. A splint is a custom-made appliance that Dr. Kossowan recommends be fitted over the upper teeth to prevent them from grinding against the lower teeth and to relax the jaw muscles.

The office of Dr. Kossowan is currently treating patients exclusively for TMJ problems.

The Pelham office is located at 259 Wolfs Lane, Pelham. Call 738-7995 to learn more and visit, kossowanorthodontics.com

Healthy Recipe

Cauliflower-Quinoa Pizza

Directions:
1. Preheat oven to 475°.
3. In a food processor, add oatmeal, process till fine. Sift and return to processor, adding the cauliflower rice, quinoa, garlic, vegetable oil, onion, 1/2 cup of the chopped basil, Italian seasoning, red pepper, salt and pepper. With processor running, gradually pour in egg whites. Process until smooth. Reserve.
4. Line a 13x18 baking sheet with foil and coat with non-stick spray.
5. Avoiding the corners and sides, evenly spread cauliflower mixture on to baking sheet and poke mixture with a fork. Bake for 15 minutes on the lowest shelf.
6. Carefully flip baked crust onto a cooling rack. Place cooling rack with pizza back onto the baking sheet. The bottom of the pizza should now be the top. Return to oven for 10 minutes or until golden brown.
7. Toss tomatoes, mushrooms, red onion and peppers with Italian seasoning, zest of one lemon, juice and cooking spray. Roast until tomatoes are blistered. Reserve.
8. Top pizza with roasted vegetables and cheese. Return to the oven and bake for 5 minutes or until cheese is melted. Top with remaining 1/2 cup of basil and zest of remaining lemon.

Recipe Courtesy of Chef Tricia, ALDI Test Kitchen

Increase Your Daily Antioxidant Intake

It is thought that organic juices and juicing in general should be treated as a handy supplement to your daily diet, allowing you to increase antioxidant intake from an avalanche of vegetables that you wouldn't otherwise consume in one day.

Nutrient levels in the foods we eat and our increased stress levels contribute to the higher requirement of antioxidants our body’s need. The government’s ideal recommendations of daily fruit and vegetable intake are often impractical and this is where juicing comes in.

The interesting part about juicing is that people mistakenly think that all juices are created equal. Eight ounces of concentrated pasteurized orange juice is depleted of nutrients and enzymes, which is comparable to drinking sugared water and are simply a fast release of glucose into the blood stream.

Juice containing raw, cold, pressed vegetables and low sugar fruits such as kale, celery, spinach, pear, lemon and ginger as a start, provide a host of antioxidants without the insulin spike.

Gourmet Express in Pelham Manor has devoted an entire area of their store to Juices and Smoothies that both cleanse and allow you to meet your daily requirement of fruits and vegetables for your busy lifestyle. Let Sandy or one of his highly-trained staff assist you in choosing the best Health Shot, Detox Cleanse or Simple Juice today.

Gourmet Express is located at 924 West Street in Pelham Manor. Call 738-6569 or 738-6165 to learn more about their variety of juices and more.

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