



Mark Vergari/The Journal News

Mario Giuseppe LaPosta of Harrison, the pizzaiolo (pizza maker) at the Tarry Lodge in Port Chester, with a margherita pizza in front of the wood-fired pizza oven. LaPosta will compete in the World Pizza Championships on April 19-21 in Italy. Below, LaPosta prepares dough for a pizza.



Photos by Angela Gaul/The Journal News
Proprietor Pamela Schulz of True Food in Nyack. Below, the shop's North African vegetable curry, with brown rice and multi-grain bread.



True Food menu good for us and the Earth

Liz Johnson
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Pamela Schulz cooks locally grown, organic food because that's what people like to eat.

"They're treating their bodies better," she says.

But she eats organic food to show respect for the Earth. "I think it's important to consider eating organic because of the impact that chemical farming has on the Earth," she says. "It doesn't show respect for the gift it gives us."

And so at her restaurant, True Food, she respects the Earth's gifts in every way. She cooks with locally grown seasonal meats and vegetables, packages things in recycled unbleached brown paper and stocks only biodegradable bags (they look like plastic, but they're made from corn).

The restaurant is in a former gyro joint and it's still counter-service. You place your order and take your food to the wooden tables or to the lounge, home to a comfortable mid-century modern turquoise wood couch and orange rug. The menu is simple. Four hot entrees (\$8.99 a pound) keep hot on top of a steam table: one vegetarian, one chicken, one rice and beans and one frittata. (The frittata, no matter what the filling, is heavenly.)

"I try to focus on the vegetables in season. I let the flavors that are there speak for themselves," she says.

Details: 155 Main St., Nyack; 845-480-5710.

Where to get green eats

Eco-friendly staples are incredibly easy to find whether you're looking for ingredients for the perfect home-cooked meal, or quick dinner takeout. Throughout the month of April, the food section will steer you to local spots where food lovers can go green. This week, **True Food in Nyack**.

A passionate pizza man

Mario Giuseppe LaPosta loves his job, and he hopes his pies will win a world title in Italy



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Pizza is the first thing Mario Giuseppe LaPosta thinks about when he wakes up — and the last thing he thinks about before going to sleep — if he *can* sleep.

"Is it normal to not be able to sleep at night?" he laughs. "To be thinking about this all the time? It's a love affair. It's the love of my life."

LaPosta is the *pizzaiolo* (that's Italian for pizza maker) at Tarry Lodge in Port Chester, where the pizza has never been better. From the sinfully rich guanciale with egg and black truffle to the deceptively simple margherita — Tarry Lodge's pizza is the stuff of pizza dreams.

But are the pizzas the best in the world? That's a question LaPosta hopes to answer with a resounding yes. Next week, he's heading to Italy to

SEE LAPOSTA, 2B

More coverage

■ Advice from a six-time World Champ, **2B**

Bake and bond with your teenager

Culinary program promotes togetherness through cooking

Karen Maserjian Shan
For the Poughkeepsie Journal

Got a teen who likes to toast, roast, broil and bake? Sign up with your teenager for Parent and Teen Day at the Culinary Institute of America in Hyde Park.

"World famous chefs begin as kids in the kitchen," said Jay Blotcher, media relations, continuing edu-

cation for the culinary institute.

Chef David Kamen, a professor of culinary arts at the CIA, has been teaching food enthusiasts' programs at the school for 11 years.

"We're raising a generation or several generations of people who spend way too much time and money eating out of restaurants — and, unfortunately, fast food restaurants," Kamen said. "It's important that people understand where food comes from; it's important that people understand how food is created and what goes

SEE CIA, 3B



Keith Ferris/The Culinary Institute of America

Children learn about the basics of the kitchen through cooking classes offered through the Food Enthusiasts Programs for Kids.



Inside

■ If you are wallowing in Easter ham leftovers, here are some recipes to try, **6B**

■ In the mood for something new? Check out these area restaurants that just opened their doors, **3B**

■ A roundup of farmers markets in the Lower Hudson Valley, **3B**

Coming Thursday

FreshDirect, the online grocery store, begins delivering in a large part of southern Westchester today, including to offices. Karen Croke reports.

LIFE&STYLE

Open in Haverstraw

Antoine McGuire's, a bistro with French dishes and Irish pub food, opened last week in Haverstraw.

Get the scoop on food editor Liz Johnson's Small Bites blog.

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-Katie O, Age 49, **100 lbs Lighter!**

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Six-time champion has advice for contest

Liz Johnson
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Bruno DiFabio of Amore Pizza in Scarsdale.

There will be plenty of pizza makers worth their salt at the World Pizza Championships (Campionato Mondiale Della Pizza) in Salsomaggiore, Terme, Italy, this month, but one very formidable competitor comes from right here in Westchester.

Bruno DiFabio, owner of Amore Pizza in Scarsdale and three branches of Pinocchio Pizza, one in Pound Ridge and two in Connecticut, is the defending 2009 U.S. champion, a six-time World Pizza champion, and he just won the Best Traditional Pizza medal at the 2010 World Games at the Las Vegas Pizza Expo. He has 16 medals in all, and has appeared on such television shows as "Rachael Ray" and "The Today Show." As if that wasn't enough, Food & Wine magazine just named his restaurant on the West Coast, Tony's Pizza Napoletana, one of the best new Italian spots in the country.

Sounds like serious competition for Mario Giuseppe LaPosta of Tarry Lodge in Port Chester, who is going to the contest for the first time.

"I'm the most decorated pizza maker in New York," says DiFabio. "I'm going to destroy him."

He says that in a nice way.

"I'm not a cutthroat competitor," he says. "In Italy, the competitors are completely secretive and cutthroat. The competitors from the U.S. share ideas and give advice."

DiFabio says he's dedicated his life to the pizza industry. He's been making pizza for 30 years, and he's still learning. "I'm of the school that I'm a master, but also a student," he says.

He was certified a Grand Master Pizzaiolo by Graziano Bertuzzo of the Scuola Pizzaioli Italiani (Italian Pizza School), and then opened his own school in San Francisco called the International School of Pizza, which is ac-

credited by the Scuola Pizzaioli Italiani.

Here on the East Coast, he makes New York-style pizza. He uses what are called deck ovens — the brand is Baker's Pride, made in New Rochelle — and sells by the slice. But at Tony's, which he owns with his friend, Tony Gemignani, a winner of the Naples World Pizza Cup, the kitchen uses six different styles of ovens: wood-burning, 100-percent brick, a domed-gas brick, deck, coal-fired and electric (it's Cuppone, an Italian brand).

DiFabio says that there are hundreds of competitors at the three-day championships. "It's like running a marathon," he says. "You get a number and you get called to bake. You get points on speed, professionalism, cleanliness."

And when you present your pizza to a panel of judges, you have the chance to explain your technique. "I like to concentrate on the crust, the dough," he says. "In Italy, the fewer the toppings, the better — as long as they're high quality ingredients."

And that's the advice DiFabio would give to LaPosta.

"I would try to keep it simple, and make it more about the pizza crust than a barrage of toppings," he says. "And I would explain his technique to the judges. In Italy, the most important thing they talk about is digestibility."

DiFabio may say he's planning on "destroying" LaPosta, but he's still kind enough to offer more than advice. DiFabio has friends out there with a kitchen that they lend to DiFabio, and he says LaPosta can use it, too.

"If he wants to find me, I'm a pretty popular guy over there," he says. "He'll be able to pick me out in the crowd."

LAPOSTA: Pizza maker to compete in Italy

CONTINUED FROM 1B

compete in the World Pizza Championships (Campionato Mondiale Della Pizza) in Salsomaggiore, Terme, where he'll be judged for "overall best pizza" based on taste, presentation and speed.

"I'm very excited and at the same time very nervous," he says. "I think the expectations are high, but when I get there, reality might set in that I'm not that good. And that's why I'm going there. To find out."

A passionate artisan

It's a shame he's not being judged on passion. He'd take first prize in a heartbeat.

"I literally wake up every day and it's the first thing I think of. And it's the last thing I think of before I go to sleep at night," he says.

Andy Nusser, the chef-owner of Tarry Lodge, says LaPosta is passionate about pizza in a very "Italian way."

"It can be almost debilitating how passionate he is about it," laughs Nusser.

LaPosta, 26, lives in Harrison and has been obsessed since he was a child, growing up in Berlin, Conn. Perhaps it started on the family's yearly trips to Italy, where his father was born, and where he got to use his Italian, in which he's fluent.

"My whole family used to make fun of me," he says. "Anywhere I went, I'd always order pizza. That's all I'd ever eat. Pizza, pizza, pizza. It was my favorite thing in the world."

So he set about learning how to make it. His very first job was in a local pizzeria during high school, and, during college — he has a degree in hospitality and tourism from Central Connecticut State — he worked for three years at Bricco in West Hartford, Conn., which has a brick oven. (A brother-in-law, Cory Cannon, is the chef de cuisine there.)

Just two months after graduation, he headed to visit family in Calabria, and worked in a pizzeria for a month. When he wasn't working, he was eating.

"I would sit at the counter and watch these guys make pizza."

And after a lot of watching, he decided it was time to



Mark Vergari/The Journal News

A capricciosa pizza at Tarry Lodge, with prosciutto cotto, artichokes, olives, cremini and basil.

learn from the masters. His sister lives in Rome, so in March 2008 he moved there.

"It took me about a month to get a job," he says. "I'd call places and they'd hear my American accent and they'd hang up on me."

Another brother-in-law, who's Italian, called instead, pretending he was LaPosta. Finally, LaPosta was hired at La Caletta Fantasia Napoletana in Rome.

"I was a slave — I did anything they told me to," says LaPosta.

After a couple of months, another family connection helped him move on. An uncle introduced LaPosta to

Francesco San Pietro, the pizzaiolo at Pietra di Luna in Piedimonte, a World Championship winner himself.

"We instantly hit it off," says LaPosta. "This was a Wednesday, and he said if you're serious, and you want to learn, come back on Saturday night."

Later, San Pietro told LaPosta that he agreed to take him on — after working solo for 30 years — because of LaPosta's obvious passion. Still, San Pietro didn't give away all his secrets.

"He always talked to me, but he never taught me anything," says LaPosta. "He always said if you want to learn, you have to learn on your own. So I'm just taking in all this information and learning what he has to say. He's just amazing at what he does."

And, for two months, LaPosta never made a pizza — except for one, a takeout order, on his last day on the job.

"I was his oven guy," says LaPosta. "That's what I did in Italy: I was the oven guy. The pizzaiolo makes all the pizzas, you don't even get to touch them. You do exactly what he tells you to do."

Wisdom from a master

The theory was, if you can't work the oven, how are you going to learn to make the pizza? They talked a lot about dough, but San Pietro never showed LaPosta how to make it. Instead, he taught him how dough works.

"It changes every single day you make it," says LaPosta. "It's the climate, the temperature, the yeast, how much flour is in the dough. That's the biggest thing I learned, is that it's not exactly one recipe. He's been making pizza so long that he knew every single day what he had to do to make it perfect."

Perfect, to LaPosta, is a silky, fluffy, very soft dough that bakes so that it has a light crust and puffy edges, his goal for the competition.

"That's what it's going to come down to — is how good is your dough that day," he says.

LaPosta and Nusser developed the Tarry Lodge dough recipe together. When LaPosta was ready to return to the U.S. in August 2008, he Googled "wood burning pizza" and found that Nusser and Mario Batali were opening the Tarry Lodge. LaPosta called to inquire about a position. After a few e-mails and texts, he was hired.

"He is fabulous," says Nusser.

An oven of his own

Tarry Lodge uses the best imported Italian flour — Caputo 000 — and cooks its pizzas at 850 to 900 degrees in a custom-built, \$12,000 Mugnaini pizza oven over oak, cherry and beech woods.

On a recent weekday, LaPosta showed off the pizza-

On the Web

Mario Giuseppe LaPosta will blog about his experience in Italy on food editor Liz Johnson's "Small Bites" blog. He'll arrive April 15 in Italy, and the competition is April 19-21. Watch the blog for his updates, and to root him on: lizjohnson.lohudblogs.com.

Video: Watch a video of LaPosta making pizza at LoHud.com.

making skills he hopes will win him the prize.

He places a round disc of pizza dough down on the marble counter, and presses the edges with the tops of his fingers. The bouncy dough jumps to attention.

He stretches a little more by cupping the side of his palm alongside the edge of the dough. Then he kneads it with his fists, throws it in the air, and gently lays it back down on the marble. He ladles a cup or so of tomato sauce — "just good Italian tomatoes, puree and sea salt, that's it" — and, using the bottom of the ladle, spreads it in concentric circles.

For the contest, he's planning to make a margherita, and possibly a capricciosa, which is topped with prosciutto cotto, artichokes, olives and crimini, basil and olive oil. But once he's in Italy, his game plan might change.

"I don't know what kind of mixer it is, what the climate is, what kind of ingredients I'm going to be using," he says. "I'm going to have to go there and go shopping. I don't even know what kind of oven I'm going to be using. All these little things."

The pizzas, even at Tarry Lodge, don't always come out exactly the same, and that's part of the charm.

"Sometimes they're charred, sometimes the egg is too soft or too hard. You know what?" he says, shrugging. "That's pizza."

At the contest, though, he hopes that will be the pizza of his dreams.

PRIME TIME

Complete list-ings in Sunday's guide and online at www.LoHud.com/tvlistings

MOVIE

CHANNEL	8:00	8:30	9:00	9:30	10:00	10:30
2 WCBS	The New Adventures of Old Christine In the Airport. (N) (HD)	Accidentally on Purpose Face Off. Baby nurse fight. (TVPG) (N) (HD)	Criminal Minds The Fight. The team travels to San Francisco to investigate the murders of homeless men. (TV14) (N) (HD)	CSI: NY Rest in Peace. When a woman dies in an apparent suicide, Stella decides to pursue the case. (TV14) (N) (HD)		
4 WNBC	Minute to Win It Firefighter strives for grand prize; schoolteacher hopes to start scholarship. (TVPG) (N)	Law & Order: Special Victims Unit Turmoil. The State Bar gets involved in a case; Stabler's son gets in trouble. (TV14) (HD)	American Idol 1 of 9 Off. The nine finalists find out who is safe and who is going home. (TV G) (N) (HD)	FOX 5 News at 10 News events of the day, late breaking news and NYC area weather forecasts. (N)		
5 WNYW	Human Target Victoria. Chance protects royalty who chose to abdicate the throne for love. (TV14) (N) (HD)	Modern Family Not House. Dirty picture on computer. (TVPG) (HD)	The Middle Scratch. Social. Role playing; commercial shoot. (TVPG) (HD)	Modern Family Valentine. Role playing; comedy show. (TVPG) (HD)	Cougar Town Kid Goes Bad. Jules lonely. (TV14) (HD)	(01) Ugly Betty Presents Future. Betty considers unexpected offers; Wilhelmina has a new plan of attack. (TVPG) (N) (HD)
7 WABC	The Unit Into Hell, 1. Jonas' daughter kidnapped in Iraq. (TVPG) (HD)	America's Next Top Model Smile. Ross Mathews; garment district. (TV14) (N) (HD)	Fly Girls Rocking. (N) (HD)	High Society War On. Devorah's war. (N) (HD)	PIX News at Ten The WPIX Nightly News Team provides an up-to-the minute local newscast. (N)	The Wendy Williams Show From February: Jerry Springer; tween fashion show. (TVPG)
9 WWOR	The Buddha Experts explore Buddha's journey to discover the nature of human suffering. (TV G)	NOVA Edge of Space. The telescope. (TV G) (N)	NOVA Voyager (TV G)	Eat Out NY	And Chris at the Moon	Apollo 8: Christmas at the Moon
11 WPIX	Ask This Old House	This Old House (HD)	Music Voyager (TV G)	Eat Out NY	Under the Pink	In the Life (TVPG)
13 WNET	Globe Trekker Ice Trek Alps. A week of skiing. (TVPG) (HD)	Ghost Whisperer Deja Boo. (TVPG) (HD)	Ghost Whisperer Speed. (TVPG) (HD)	Corazón salvaje Amor y venganza. (TV14) (HD)	Don Francisco presenta (TVPG) (N)	¿Dónde está Elisa? (N) (HD)
25 WNYE	Hasta que el dinero nos separe (TVPG) (HD)	Perro amor (N) (HD)	Creflo Dollar	Paid Program	Exit Entertainment	Paid Program
31 WXPX	El clon Un amor que rompe barreras. (HD)	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)
47 WXTV	Paid Program	Paid Program	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)
48 RNN	Power in the Word	Korean-YTN News (N)	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)
55 WLNJ	Power in the Word	Korean-YTN News (N)	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)
63 WNBC	Power in the Word	Korean-YTN News (N)	Dr. Phil Fat Debate: 2. Obesity discussion. (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)	Judge Judy (TV G) (N)
CABLE	8:00	8:30	9:00	9:30	10:00	10:30
A&E	Dog Bounty (TVPG)	Dog Bounty (TVPG)	Dog Bounty (TVPG)	Dog Bounty Last Call.	Dog Bounty (N) (HD)	Billy the Exterminator
AMC	GoodFellas ★★★ (90) Robert De Niro, Ray Liotta. A young man grows up under the guidance of the New York Mafia, advancing from petty crimes to murders while gaining wealth and power as he is drawn into a corrupt world of increasing violence in which he must learn to fight for his life. (R)					
BET	Steve Harvey: Still Trippin' (08) One of the Original Kings of Comedy performs a stand-up routine. (NR)					The Family Crews
BRAV	Shear Genius Higher Hair. Classic Hollywood.	Shear Genius Bring It On. Portfolios created.	Shear Genius Bring It On. Portfolios created.	Shear Genius Bring It On. Portfolios created.	Shear Genius Who Will Prove. (TV14) (N)	
CNN	American Greed: Scams Funny Money.	American Greed: Scams Foreclosure. (N)	American Greed: Scams Foreclosure. (N)	American Greed: Scams Foreclosure. (N)	American Greed: Scams Foreclosure. (N)	
CNBC	Campbell Brown News and commentary. (N)	Larry King Live Interviews with celebrities. (N)	Larry King Live Interviews with celebrities. (N)	Larry King Live Interviews with celebrities. (N)	Anderson Cooper 360 Breaking news. (N)	
COM	Chappelle's Show	Chappelle's Show	Futurama (TVPG) (HD)	Futurama (TVPG) (HD)	South Park (TVMA) (N)	Ugly Americans (N)
DISC	Halloweentown High ★★ (04, Fantasy) Debbie Reynolds. (NR) (HD)	Good Luck Charlie	Good Luck Charlie	Good Luck Charlie	Phineas and Ferb	Hannah Montana
DOS	MythBusters Dive to Survive. Movie myths. (HD) MythBusters Spy Car. Car pursuit. (N) (HD)					Is It Possible? Dr. Electric. (TVPG) (N) (HD)
ESPN	NBA Basketball Utah Jazz at Houston Rockets from Toyota Center (Live) (HD)					NBA Basketball (HD)
ESPN2	(7:00) MLB Baseball New York Yankees at Boston Red Sox from Fenway Park (Live) (HD)					Baseball Tonight (HD)
FAM	Van Helsing ★★ (04, Thriller) Hugh Jackman. A noted evil-fighter comes to help a family's last member kill Count Dracula. (PG-13) (HD)					
FOXN	The O'Reilly Factor News talk. (N)	Hannity Conservative news. (N)	Hannity Conservative news. (N)	Hannity Conservative news. (N)	On the Record with Greta Van Susteren (N)	
FX	(7:00) Walk the Line ★★★ (05, Biography) Joaquin Phoenix. The life of Johnny Cash. (PG-13) (HD)					Walk the Line (PG-13)
HBO	(6:15) The Dark Knight ★★★ (08, Adventure) Christian Bale. Batman's new enemy. (PG-13)	How to Make It in America Truckin'. (HD)	How to Make It in America Truckin'. (HD)	How to Make It in America Truckin'. (HD)	The Pacific Part Four. The 1st Marine Division returns to duty. (TVMA) (HD)	
HIST	Gangland All Hell Breaks. In Miami, the Zoe Pound ran the streets. (TV14) (HD)	Gangland Beware of the Kansas City motorcycle gang examined. (TV14) (N) (HD)			Ax Men End of the Line. Dave's job; Shelby's record; new pilots. (TVPG) (HD)	
IFC	Lords of Dogtown ★★ (05, Drama) Emile Hirsch. Surfers perfect skateboarding stunts. (PG-13)				Wassup Rockers (06) Jonathan Velasquez. (R)	
LIFE	Grey's Anatomy Midnight Hour. Botched surgery rescue; sleepwalker. (TV14)	The Savages (07, Drama) Laura Linney. Two estranged siblings from an abusive home must make arrangements to put their elderly father in a nursing home, forcing them to face their troubled past. (R)				
MAX	(1:15) Trespass ★★ (92, Action) William Sadler. Two small town firefighters witness a brutal murder while searching a warehouse for a hidden treasure and run afoul of a gang of drug dealers. (R)				Orphan ★★★ (09, Horror) Vera Farmiga. A little girl is a sociopath. (R) (HD)	
MSG	(7:00) NBA Basketball New York Knicks vs Indiana Pacers (Live)				Knicks PostGame	The Lineup
MSGPL	(7:00) NHL Hockey Toronto Maple Leafs vs New York Rangers (Live)				Rangers PostGame	Baseball's FSN The Final Score
MSNBC	Countdown with Keith Olbermann (N) (HD)	The Rachel Maddow Show (N) (HD)			Countdown with Keith Olbermann (HD)	
MTV	(7:30) True Life	16 and Pregnant Leah. Unborn twins' lives are at risk. (TV14)			Real World Road Rules (TV14) (N)	
NICK	Malcolm in the Middle	Malcolm in the Middle (TVPG)	George Lopez (TVPG)	George Lopez (TVPG)	Everybody Hates (HD)	
SHO	Nurse Jackie Candyland. (TVMA)	United States of Tara Truth Hurts. (HD)	Penn and Teller: B.S.! Astrology. (HD)	Penn and Teller: B.S.! Astrology. (HD)	Fight Camp 360: Super Rambo (08, Action) Sylvester Stallone. (R)	
SNY	MLB Baseball Florida Marlins at New York Mets from Citi Field (Live)		Mets Post Game (HD)	Mets Post Game (HD)	SportsNITE (HD)	SportsNITE (HD)
SPIKE	UFC Unleashed Arlovski vs. Matyushienko.	UFC Unleashed (TV14) (N) (HD)			The Ultimate Fighter Suck It Up. (TV14) (N) (HD)	
STARZ	WALL-E (08, Science Fiction) Fred Willard.	(2) Year One ★★ (09, Comedy) Jack Black. Banished tribesmen later learn that their people have become enslaved. (PG-13)			Spartacus: Blood and Sand Old Wounds. Spartacus' friend dies; Magistrate lost. (TVMA)	
SYFY	Ghost Hunters Tombstone. Bird Cage theater.	Ghost Hunters Haunted Reform. (TVPG) (N)			Destination Truth Haunted Mining. (N) (HD)	
TBS	Meet the Browns	Meet the Browns	Meet the Browns	Meet the Browns	House of Payne (N)	House of Payne (N)
TCM	The Black Swan ★★★ (42, Adventure) Tyrone Power. A former pirate takes to the high seas to rescue a damsel in distress. (NR)	The Spanish Main ★★★ (45, Adventure) Paul Henreid. A captain and his crew escape their scheduled execution and take up piracy. (NR)				
TLC	TV Murders: Jasmine Fiore & Anne Pressly	Noir: Buried Alive Life on Fire. (HD)			Addicted Alissa. Heroin addict. (TV14) (HD)	
TMC	Stepfather II ★½ (89, Horror) Terry O'Quinn. A Psycho killer hunts suburbia for the perfect family, killing anyone in the way (R) (HD)	The Air I Breathe ★★★ (07) Kevin Bacon. The lives of four strangers are irreversibly intertwined by a series of events. (R) (HD)				
TNT	Bones Mummy Maze. Halloween killer. (HD)	The Fast and the Furious: Tokyo Drift ★★ (06, Action) Lucas Black. Dangerous racing. (PG-13)				
USA	Raymond (TVPG)	Raymond The Sitter.	Raymond (TVPG)	Raymond (TVPG)	1st Love, 2nd Chance John & Deanna. (N)	
USL	NCIS Hide and Seek. (TV14) (HD)	NCIS Broken Bird. Ducky stabbed. (TV14) (HD)			In Plain Sight Mary Met. Deanna's history. (N)	
VH1	The Greatest Songs of 90's. (TVPG)	The Greatest Songs of 90's. (TVPG)			The Greatest Songs of 90's. Count from 20 to 1.	
YES	(7:00) MLB Baseball New York Yankees at Boston Red Sox from Fenway Park (Live)				Yankees Post Game	

Key: Movies shaded. Ratings: no stars, unrated; ★ poor; ★★ fair; ★★★ good; ★★★★ excellent. (N) New show. FYI Television, Inc.

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