

door, *air-conditioned* facility. Climb the walls and work up a sweat—but afterward, cool off in comfort instead of wilting in the blazing sun.

▪ **WESTCHESTER SKATING ACADEMY** What's cooler than being cool? Ice cold! Okay, that was a bad OutKast reference. But seriously, if the heat is just that unbearable, there aren't too many cooler spots than an ice rink, specifically the Westchester Skating Academy (91 Fairview Park Dr, Elmsford 914-347-8232; westchester.pucksystems.com). The prices, starting at \$10.25 for a public skate session, are hot, but the place is cool.

▪ **GRINTON I WILL LIBRARY** I know what you're thinking: Why is a library on this list? Well, in addition to offering a place to cool down, libraries are, well, just *cool*. Part of the Yonkers Public Libraries, the Grinton I Will Library (1500 Central Ave, Yonkers, 914) 337-1500; ypl.org) has a 325-seat theater/auditorium for kids' programs, in addition to lots and lots of cool books.

▪ **WILLSON'S WAVES** Part of Willson's Woods Park (E Lincoln Ave, Mount Vernon, 914-813-6990; westchestergov.com/parks/parkslocations02/WillsonsWoods.htm), Willson's Waves is the county's first-ever wave pool, with three-foot waves, an 18-foot water slide, a spray deck, and a water playground full of fountains.

// JG

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Mount Pleasant (including Pleasantville) and New York State all have switched to microGreen filters for government vehicles. So, too, has Pace University, the Tarrytown School District, Robison Oil, and countless taxi and limousine companies. "In addition, we are working with five of the top fifteen largest commercial fleets in the U.S.," says Flamenbaum. He adds that even if just "every vehicle in the U.S. were to convert to the microGreen filter, we could reduce annual motor-oil use by four-hundred-twenty million gallons." ↻

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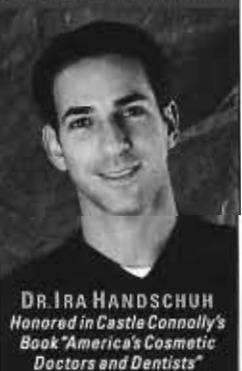
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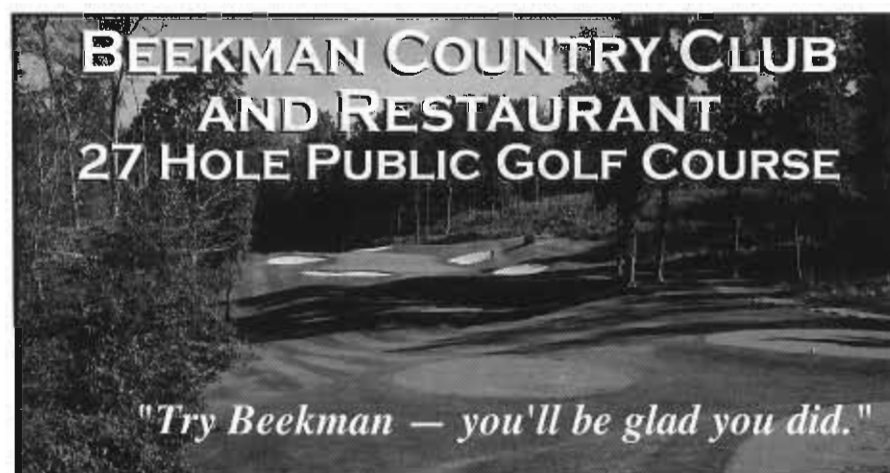
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Talk of the County

(continued from previous page)

You can purchase a filter for your car online (microgreenfilter.com). With microGreen filters, you can expect, the company says, a 65-percent reduction in oil maintenance costs, a 70-percent reduction in oil use, a 50-percent reduction in filter use, and the potential for up to a 5-percent improvement in fuel economy.

// RS

Hip-Hop Hoopla

Where to pop 'n' lock in Westchester

Hip-hop—yes, it is all the rage. Just ask any young dancer. But where can you learn to pop 'n' lock, Harlem shake, and do the Crip Walk in Westchester? Almost every local dance studio offers hip-hop classes—but which is the best? Sleepy Hollow Performing Artists, according to the scores of dancers we spoke to. Here we take a spin with Debralyn Press, the artistic director at Sleepy Hollow, who has trained with the Boston Ballet and at the Tisch School at NYU.

Q: Describe hip-hop dance.

A: I used to dance with rock 'n' roll bands in the eighties; that was 'hip-hop,' but it was really jazz dance. It is a very American dance form, but today it's become a mix of African jazz, contemporary dance, ballet, and Brazilian martial arts.

Q: Describe a typical hip-hop class.

A: First we stretch, then do isolation exercises, then crunches and push-ups. Then for forty-five minutes to one hour it's choreography. We sweat a lot. Hip-hop is a real cardio experience. And as for what to wear? I let my students wear sneakers and baggy clothes. Many wear hats.

Q: Do hip-hop dancers need to be technically trained?

A: I'm a big believer in technique—especially if you want to dance professionally. Hip-hop is now a necessity if you want to work professionally. Look at *In the Heights* and *Rent*; there's a lot of hip-hop on Broadway and in professional venues.

Q: Has hip-hop attracted more guys to dance?

A: Absolutely. I have a whole bunch of males at my studio. I brought them in with break-dance, but eventually they learned that their break-dancing and hip-hop would get better with jazz and ballet. Hip-hop opens doors for males because it can be a more macho style.

Q: What do you think about the hip-hop programs here in Westchester?

A: Too often, it's not real hip-hop. I see ballet dancers shaking their butts a little bit. Someone may have all the training in the