



Greenburgh Fifth-Graders Help Launch Eat Healthy NY

By Jon Craig

The Elmsford-based Food Bank of Westchester joined the Town of Greenburgh last week in launching a new initiative called Eat Healthy New York. The program, aimed at making good meal-planning fun, featured East Greenwich nutritional consultant and children's author Joy Feldman, who played a video of her book, "Is Your Hair Made of Donuts." Feldman, Town Supervisor Paul Feiner and others donned a decorative hat replete with sticky, gooey, sprinkled donuts to drive home the point that poor eating habits can undermine productive lives.

When asked if they'd ever eaten so much chocolate that it made them sick, many of the more than 100 students packing an auditorium at Richard J. Bailey School in Greenburgh shook their heads "no." But by the end of an hour-long assembly, they all were standing and smiling with their right hands raised in the air, taking a "healthy eating oath" led by Feiner. "I



Food Bank of Westchester with the Town of Greenburgh launched Eat Healthy New York at the Richard J. Bailey School in Greenburgh.

promise to eat well each day and each night, I know it's the key to growing up right!"

If your diet is filled with French fries, donuts, ice cream and junk food, Feiner explained, "You're going to be sick. If you're not healthy, you're not going to enjoy your life."

Calling obesity a national epidemic, Feldman said, "You are what you eat. We try to make learning about nutrition fun (and) make sure you check your hair for sprinkles."

Childhood obesity rates tripled in the past 30 years, a trend that means, for the first time in American history, children may face a shorter than expected lifespan than their parents. Thursday's events in Greenburgh and at the Boys & Girls Clubs of Mount Kisco were designed to encourage children to learn about healthy foods and become advocates for nutritious eating. The Food Bank's Kraft

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White Plains Schools Proposed 2014-15 Budget

By Pat Casey

White Plains acting Superintendent of Schools Timothy Connors presented his proposed 2014-15 school budget to the Board of Education at their regular meeting, Monday, March 10.

Nearing the \$200 million mark, this year's proposed budget at \$198.9 million is \$5.5 million greater than the \$193.4 million approved budget for 2013-14, a 2.8 percent increase.

While staying within the state mandated tax cap, the resulting tax levy for the average White Plains homeowner is \$16.90.

The proposed budget includes increased state aid of \$2,146,707 (representing 8.49 percent of the total budget and the highest state aid figure since 2008-09).

Other revenue increases include \$319,043 in PILOT (payment in lieu of taxes) payments, and an increase in real property rental of \$75,000.

Offset by a \$50,000 decrease in utility sales tax revenue, a \$75,000 reduction in Foster & STAR, a \$100,000 decrease in BOCES refund, and a one-year delay

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Harrison School Officials Pledge to Keep Budget Within Cap

By Jon Craig

Harrison school administrators and trustees predicted Wednesday that next year's school budget will grow by about nine-tenths of one percent, to an estimated \$105 million, and remain within the state-mandated cap.

While the proposed budget for 2014-2015 is still a work in progress, and exact totals, cuts and changes have not been detailed, Assistant Superintendent for Business Robert Salierno said officials are crafting a budget that would put the annual tax levy that must be approved May 20 by voters at about \$99.6 million,

or \$2.3 million above this past year.

That translates to an increase of 3.43 percent from this year's 96 million levy, well within a state-prescribed 4.28 percent ceiling, or cap, on any levy increase.

"That's our starting point," Salierno said.

While some costs have been brought under control, energy costs are rising nearly 17 percent, he said. Property tax challenges continue to come in and could result in new costs. The school district is not counting on receiving any state aid, having lost \$3.9 million in state subsidies

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Greenburgh Fifth-Graders Help Launch Eat Healthy NY

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Mobile Food Pantry delivered hundreds of pounds of bananas and apples to R.J. Bailey School.

Ellen Lynch, executive director of the Food Bank for Westchester said that partnering with the Town of Greenburgh to customize the successful Eat Healthy Rhode Island program in New York "is a fabulous and impactful way to reach



Joy Feldman, author of "Is Your Hair Made of Donuts," dons the donut hat.



"I promise to eat well each day and each night, I know it's the key to growing up right!" is the pledge of Eat Healthy New York.

children during National Nutrition Month."

The partnership is seeking a national audience for Eat Healthy Rhode Island, an initiative created by Feldman and sponsored by The Picture of Children's Health. "You guys are the very first ones to try Eat Healthy New York," Lynch said.

Lynch added, "We are continually working to find creative ways to leverage resources to reach more people with nutritious food and to educate our communities about the importance of nutrition."

Last year's All State Read in Rhode Island, an event featuring a variety of programs built around reading *Is Your Hair Made Out of Donuts?* engaged more than 75,000 students in more than 200 schools statewide. And the second-annual event, now known as Eat Healthy RI, promises to be even bigger. "We expect a total of more than 120,000 participants in 407 schools, community organizations, and businesses to hear, watch or listen to a variety of selected options and books, and participate in a wide range of activities designed to motivate kids to celebrate

good health and create a new culture of wellness," Feldman said.

"Our hope is that other school districts, community organizations and businesses will hear our message and want to become a part of this initiative," Feiner said.

After Thursday's assembly, Feldman's "donuts" book was read in the library and students received official Eat Healthy NY certificates. Similar readings were planned at the Lee F. Jackson School in Hartsdale and other area schools.

"We are at a juncture where we need to empower children to learn what healthy foods are and are not, and to help them become their own best advocates when asking for and receiving meals," Feldman said. "It is time for us and for our children to learn they are what they eat. The early years are crucial for children's health because young people have tremendous internal demands on their bodies for development. They are building a system and laying a foundation of health for a lifetime. And by implementing creative and educational healthy eating programs for children, nutrition education and other collaborative efforts we can effectively assist in reducing the staggering statistics in the current childhood obesity crisis."

White Plains Schools Proposed 2014-15 Budget

continued from page 1

of \$600,000 on the debt service fund, the overall revenue increase projected for the 2014-15 school year is \$1,808,750.

On the spending side, operations and maintenance (a portion of which is earmarked by a percentage of state aid) will increase 8.82 percent, or \$901,204, from \$10.22 million in 2013-14 to \$11.21 million in the proposed 2014-15 budget.

Employee benefits also increased from \$48.5 million in 2013-14 to \$51.5 million in 2014-15, a \$2.9 million difference at rate of change of 6.12 percent.

An employee health insurance increase to \$1.7 million and increasing TRS Pension costs to \$1.2 million are the two major budget increases in the proposed 2014-15 budget.

The White Plains School District



Timothy Connors is the temporary WPSD superintendent. He came out of retirement to help the district transition while it searched for a replacement for Superintendent Christopher Clouet who left the district for another job on June 30, 2013.

property tax levy with all calculations to keep within the mandated tax cap is \$167,031,030 at an assessed valuation of \$278,335,896.

The proposed tax rate is \$600.11 for 2014-15 (actual for 2013-14 was \$583.21), representing a dollar change of \$16.90 for the average property owner at change of 2.9 percent over last year's budget.

The next budget forum open to the general public will be held Wednesday, March 19 at 7:30 p.m. in Room B-1 at White Plains High School, North Street,

White Plains.

The Budget vote is scheduled for Tuesday, May 20 from 12 to 9 p.m. at the district's regular voting locations.

School Day Extended to Make Up for Snow Days

In related school news, to make up school days missed because of snow and ice storms, amounting to 900 hours, the district has worked out a schedule to extend the school day for 20 minutes beginning on Monday, March 24th rather than cut into spring and summer vacation time.

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State Assembly Members Lobby for Compassionate Care Act

Arguing Medical Marijuana Spares Patients' Pain, Saves Lives

By Jon Craig

If you support legalizing marijuana for medical uses, call your state senator. That was the message Friday from a dozen hospice patients and local Democratic members of the state Assembly who have passed legislation four times to allow prescription use of pot only to have the bills killed in the Senate.

At a press conference hosted by Assemblywoman Amy Paulin of Scarsdale at the White Plains offices of Hospice and Palliative Care of Westchester, elected officials were joined by about a dozen patients struggling with serious pain and illness. Some were restricted to wheelchairs, others accompanied their parents.

Assemblywoman Sandra Galef of Ossining said this year Assembly Bill 6357 is probably more likely to pass than it's ever been. The bill is currently before the Senate Health Committee. The legislation has been amended to make it harder to grow marijuana for illegal sale and use, Galef said. And Gov. Andrew Cuomo has issued an order allowing 20 hospitals in the state to move toward legal use of the drug for medical purposes, with related spending in his proposed state budget. "It will be in the budget discussion," Galef said. "Hopefully they will do the right



New York State Assembly members Sandra Galef, David Buchwald, Amy Paulin and Tom Abinanti speak out in favor of the medical use of marijuana for certain diseases.

thing. The benefits to those suffering who have not had success with other forms of pain management seem to me to greatly outweigh the risks, especially if we are diligent about how we administer access in our state. We hope to get it done in the next two weeks and then we can come back and celebrate."

Assemblyman David Buchwald of White Plains said the consequences of not legalizing marijuana for medical uses are far too great to ignore any longer. "People with debilitating and often terminal illnesses deserve compassion," Buchwald said.

And Assemblyman Tom Abinanti of Pleasantville said, "Hopefully we're going to get this resolved very soon."

At the press conference, Dalila Kessaci of Scarsdale was joined by her 3-year-old daughter, Mellina, who has a serious form of epilepsy that causes infantile spasms. "My daughter has as many as 100 life-threatening seizures a week," Kessaci said. "My entire family is living a nightmare that won't end. We fell helpless at her side and terrified for her life. She deserves a better quality of life. She has tried dozens of highly toxic medications that have failed to help. Please do not let my daughter suffer or die from her seizures. Medical cannabis could literally be the thing that saves her life. The Assembly has stepped up. Now it's time for the Senate to do the same."

A physician pointed out that cannabis has the ability to quell seizures. It is less toxic than some highly addictive prescribed painkillers, helps bolster immune functions, and is less toxic to the brain and liver than alcohol. And other prescription drugs are now the leading cause of accidental deaths nationwide, she said.

"The medical benefits that can be derived from marijuana are far too great to ignore any longer," Paulin said. "There are

so many people suffering from a variety of diseases where medical marijuana would make a huge difference in their quality of life. We need to pass this legislation to help the thousands of patients that need specific strains of marijuana, such as children with Dravet Syndrome."

Twenty states currently allow medical marijuana. Every state in the Northeast allows the use of medical marijuana except New York and Pennsylvania. A Quinnipiac poll last month found that 88 percent of New York voters supported the legalization of medical marijuana.

Maryanne Houser of Suffern was joined at Friday's news conference by her 9-year-old daughter, Amanda, who suffers from Dravet Syndrome, a rare form of epilepsy. Amanda suffers at least one seizure a month, has tried eight drugs and is now on three prescribed drugs. Some days she is "catatonic" and can't go to school, her mother said. And she's had to be given rectal Valium to avert seizures, "which makes her drunk."

While Amanda was too small to be seen by reporters and TV cameras from behind the press conference podium Friday, her words rang through loud and clear: "I want to be like the other kids and want to have real food and I want these seizures to stop," she said.



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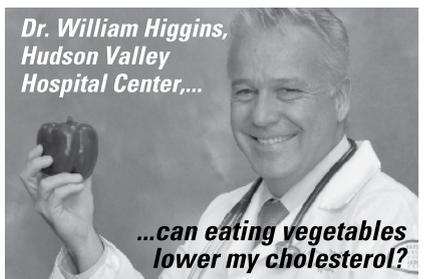
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27 Local Students Nominated to Nation's Service Academies



Congresswoman Nita Lowey (D-Harrison), is pictured with the 27 Westchester and Rockland County high school students and recent graduates she nominated for admission to the nation's Service Academies: the U.S. Military Academy (West Point), U.S. Naval Academy, U.S. Air Force Academy, and U.S. Merchant Marine Academy. The students were honored by Congresswoman Lowey and local veterans at the Congresswoman's annual Recognition Ceremony in the presence of their families and loved ones. Local Westchester students and their nominations include: Anthony Baker, of Hartsdale, Iona Preparatory School, United States Merchant Marine Academy; Dylan Eddy, graduated from Woodlands High School, currently at the United States Military Academy Prep School, nominated to United States Military Academy at West Point; Matthew Desjardin, Archbishop Stepinac High School, United States Merchant Marine Academy; Grant Giglio, graduated from Dobbs Ferry High School, currently a student at the United States Military Academy Prep School, nominated to United States Military Academy at West Point; Leher ("Nikki") Legha, graduated from Irvington High School, currently a student at Penn State University (Altoona), United States Naval Academy; Joseph ("JD") Barnett, Iona Preparatory School, United States Naval Academy; Maxwell Bentil, Fordham Preparatory School, United States Naval Academy; Steven Cho, Fordham Preparatory School, United States Merchant Marine Academy; James Doherty, Valhalla High School, United States Naval Academy; Eric Terminello, Archbishop Stepinac School, United States Air Force Academy.

County's Safer Communities Program to Add Youth Mental Health Training

Westchester County Executive Rob Astorino, along with the Department of Community Mental Health and Westchester Jewish Community Services,

approximately 20 percent of kids ages 13 to 18 either currently or at some point during their lives have had a seriously debilitating mental illness.

"The dilemma for adults is that we don't want to miss warning signs and at the same time we don't want to jump to wrong conclusions that could stigmatize youngsters. Youth Mental Health First Aid is designed to help on both fronts: teach adults how to recognize warning signs and then equally important equip them to come up with the right response," the statement said.

Youth Mental Health First Aid is a nationally recognized program that teaches participants to provide "first aid" to youth, ages 12 to 18, for a range of mental health challenges. The training will be available to adults throughout Westchester through a partnership between Westchester Jewish Community Services and the Department of Community Mental Health. The program is aimed at those who spend time with young people in schools, faith-based organizations, community groups, sports leagues, camps and recreation programs.

"We're very excited to roll this out in Westchester," said Alan Trager, CEO of Westchester Jewish Community Services, the agency that will provide the training. "This will empower people to identify and approach youth who may be struggling and to link them to the professional help or other supports they need before issues escalate."

At the presentation, the training was described and demonstrated. An adult, who graduated from the program, as well as a young person, who directly benefited from the program, shared their experiences. Program trainers also gave a brief demonstration of how the two-day, four-hour training sessions will be conducted. A booklet that highlights the approach of the Youth Mental Health First Aid program, in addition to statistics and useful resources, was distributed to attendees. To access the booklet online, visit <http://bit.ly/1fAeKi2>.



From left to right: Harrison Mayor Ron Belmont, Alan Trager, CEO of Westchester Jewish Community Services, County Executive Rob Astorino, Westchester County Legislator Michael Smith.

launched "Youth Mental Health First Aid," a new Safer Communities initiative, last week.

At a press conference at the County Center announcing the new program, Astorino said: "Youth Mental Health First Aid trains adults on how to detect warning signs that our kids could be at risk. If you see cuts or bruises, you don't have to be a doctor to know what to do. The same cannot be said for mental illnesses. This program helps teach parents, teachers, coaches, clergy – just ordinary people – what to be on the lookout for when it comes to mental illness and our kids."

"Safer Communities" is a Westchester initiative created in January 2013 to provide comprehensive response to the school shootings in Newtown, Conn., in 2012. To date there have been several meetings, forums and conferences between different agencies in the county to provide a safer environment for students in local schools and for the community at large.

A press statement prepared for the announcement explained that

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White Plains HS Choir Members Perform in Honor Choirs



White Plains High School Choir members (left to right) David Axelrod, Daniela Poppe, Max Golden, Maddy Gartenberg, and their teacher, Penelope Cruz (second from right) participated recently in the American Choral Directors Association (ACDA) Eastern Division Conference in Baltimore. The students were selected by audition to participate in the honor choirs, comprised of students from the entire Eastern Seaboard. Ms. Cruz served as the chair for all the honor choirs as well as President of NY ACDA.

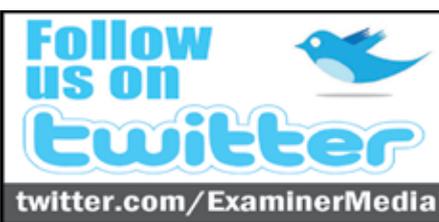
Stepinac High School to Present Mary Poppins

The Stepinac High School Drama Club is one of only six high schools in the nation to receive the pilot license from Walt Disney Theatricals to produce the

regional premiere of Mary Poppins.

The classical Disney story of the whimsical, proper, and high-spirited nanny consists of a cast of nearly 100 students including the stage crew. Christine Turturro of Croton-on-Hudson will play the leading female role as Mary Poppins, and John Guaragna of Yonkers will portray the leading male role, Bert. Additionally, two-time Helen Hayes Award winner Chris Guzman of White Plains will play George Banks and Amelia Sasson of Mt. Kisco will play Winifred Banks. And elementary school students, Avery Avellino of Cortlandt Manor and Dahlia White of Elmsford will play the spirited Banks' children, Michael and Jane. The rest of the cast includes students from nearby high schools.

Performances are scheduled for Friday, May 2, Saturday, May 3, Friday, May 9 and Saturday, May 10 at 7:30 p.m. and Sunday, May 11 at 2:00 p.m. Tickets are \$22 for adults and \$18 for senior citizens and children under 12 and can be purchased by calling 914-946-4800.



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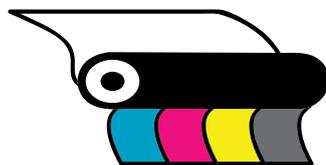


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The Landscape for Advanced Business Degrees Seems to Favor the Master of Science

By Pat Casey

It's pretty much common knowledge that in order to get ahead in almost any area of employment these days, a college degree is mandatory and that graduate degrees are what most job seekers need to give them the competitive advantage.

What's not so well known, but has become a national trend in past years according to a study conducted by the

"MBAs are great at helping you get a job, but the MS is great at helping you to do it."

Graduate Management Admission Council is that many students are beginning to focus on specialized Master of Science (MS) degrees rather than traditional MBAs. It's become almost a feud amongst college administrators.

Anthony Davidson, Dean of Manhattanville College's School of Graduate and Professional Studies (GPS), based in Harrison, is a proponent of the MS vs. MBA degree and has created an entire program of studies around the concept.

"MBAs are great at helping you get a job," Davidson says, "but the MS is great

at helping you to do it."

"MBAs provide general business knowledge on more rounded theoretical topics. The MS applies hands-on knowledge related to specific industries, such as an MS in Human Resources, Finance or Sports Business Management," Davidson added. "Employers are looking for managers who can hit the deck running, and that goes for small as well as large companies, Wall Street or Main Street."

Originally established as Adult and Continuing Education, GPS evolved in 1993 with the launch of the Masters of Science degree in Organizational Management and Human Resources Development. Today, under Davidson's direction, the school offers six Master's degrees, including, Business Leadership, Finance, Human Resource Management and Organizational Effectiveness, International Management, Marketing Communication Management and Sport Business Management.

Most of the students in the program, according to Davidson, are already working or they are past the phase of developing their careers. They need to develop good communication skills across many media.

"The finance curriculum has been fully embraced by the finance community," Davidson said, especially the sections on risk management.



Students pursuing the MS degree can attend classes during the evening and on weekends at the Manhattanville campus in Harrison.

Classes are taught by business professionals to give students exposure to an industry that you can't get from a textbook. Instructors are seasoned experts holding senior positions at major companies such as Morgan Stanley, Major League Baseball, Pitney Bowes, Verizon, ABC Sports, and Associated Press.

"Most of the students are between the ages of 25 to 38, are experiencing career challenges or want to change careers," Davidson explained. "People who graduated five to six years ago are coming back. Others who are more advanced in years may feel their skills are transferable

but they want hands-on training on how to leverage social media for a business advantage, for example.

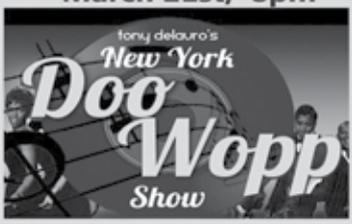
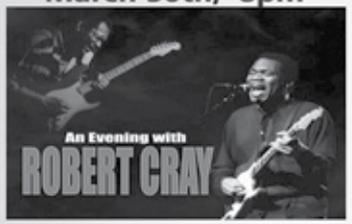
There is rolling admission, enabling prospective students to apply at any time. To accommodate the working student, courses are held during the evening and on Saturdays and Sundays for one week each month for three months, all year round. There are four terms in a year.

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White Plains Vapors

By Pat Casey

For smokers on the path to quitting, flavors like Andromeda Fresh Blueberries and Pomegranate, Astro Granny Smith Apple, and Pluto Watermelon, Honeydew, Cantaloupe with a finish of Bubble Gum by Space Jam Juice are on the e-cigarette e-liquids menu at White Plains Vapors



Carla and Michael stand in front of the "Quitter's Wall" at White Plains Vapors where customers have tacked their last pack of cigarettes.

along with Peaches and Sweet Cream, and coffee flavors and one specialty with a hint of strawberry fields.

The shop, located at 210 Mamaroneck Avenue, is owned and operated by Michael and Carla Bowers, a couple with

the mission to help their customers stop smoking.

There is a lounge area where customers can try different flavors, inhaling the smoke-free flavorful ingredients and investigating the different types of vapor pens on sale.

There is a definite "coolness" to the atmosphere at White Plains Vapors, where a continual stream of customers comes and goes, each at a different point along the path to putting tar and nicotine cigarettes in their past.

There seems to be no one particular type of patron. "We see elderly couples, attorneys, government officials, even members of the military come into the shop," Michael explained.

One such customer had investigated White Plains Vapors a little over three months ago at the suggestion of his girlfriend who had insisted he stop smoking. For years he had tried and could not do it. On the day The White Plains Examiner did the interview he was ordering his first supply of e-liquid refills without nicotine. He

claimed his addiction to cigarettes was gone and in its place he had a new hobby. "There's no smoking anymore," he said. "Now it's vaping."

The Bowers offer a starter kit that includes the vaping pen, which has a cylinder for the battery to heat a coil, which in turn heats the non-toxic glycol or glycerin solution in a vial that becomes the flavorful vapor. For the advanced hobbyist, pen components can be purchased separately – varying degrees of temperature and fluid amount create different intensities to accommodate different tastes and amount of vapor.

Refills and new vials or bottles can be purchased in 15 ml and 10 ml sizes. The flavors can be ordered with 24 mg to 0 mg of nicotine.

The couple also offers their own line of flavors – there are about 40 to 50 different choices – called Luci's Elixir, named for Carla's mother who died of cancer from inhaling second-hand smoke several years ago.

The Bowers currently live in New Jersey but are planning a move to White Plains to be near their four-month old business.

Michael, who was a smoker for 20 years, said he got the idea to open an e-cigarette

shop when he was in St. Louis. "The industry exploded out in California about two years ago. Like banks in White Plains there are about three different e-cigarette shops on every street." Michael said. "I looked around to see what was here, but there really was nothing," he said, adding that most shops in the e-cigarette business in the area offer only a very limited supply of flavors, nothing like the extensive collection he and Carla have developed.

Both Michael and Carla acknowledge the controversial nature of e-cigarettes. "It's about having a healthy choice," Carla said.

For customers with questions the Bowers suggest they check out The Consumer Advocates for Smoke-free Alternatives Association at CASSA.org where they can find information and research reports.

White Plains Vapors will only sell their e-cigarettes to people 18 and older and they make it very clear that vaping is not intended as a treatment for nicotine dependency.

To find out more visit wpvapors.com or call 914-358-9777. Carla and Michael are happy to explain how the technology works and the benefits, which include no teeth stains, no standing out in the cold and rain, savings of up to 80 percent on smoking costs, and vaping is permitted in most public environments.



Harrison School Officials Pledge to Keep Budget Within Cap

continued from page 1

in five years. There's been a 23 percent reduction in Harrison's annual state aid, "so it's significant," Salierno said.

"We're not going to do more with less. We're going to do less with less," said Superintendent of Schools Louis N. Wool.

"We tried to contract in a way that was least damaging. We are going to contract more substantially," Wool said. "We will see the need for more special education and still live within a budgetary constraint."

Wool said six teachers have accepted an offer to retire early for incentives, but "we're not ready to share publicly any personnel reorganization . . . We have carefully cut back on programs with a scalpel. Wool said while here have been many cuts to teaching assistant jobs since 2004, 17 full-time teaching jobs were added, driven by increases in student enrollment.

Harrison High School's ninth grade, for instance, is the largest it has been in 15 years, Wool said.

Wool said he's wary of Gov. Andrew Cuomo's push to consolidate services. While a collaboration of 23 districts including Harrison resulted in a savings, other consolidations, such as those involving school buses, have driven costs up.

"Forced consolidation can sometimes



Harrison Superintendent of Schools Louis N. Wool.

result in a higher cost, not a lower cost," Wool said. "Not all consolidation is a good consolidation."

"We've decided we're going to live within the tax cap," said Joan Tiburzi, a school board member.

The Board of Education's next meetings, at which the budget is expected to be discussed further, are at 7:15 p.m. this Wednesday, as well as on March 26, at Louis M. Klein Middle School. A public hearing on the budget is set for May 7 with the public vote on May 20.

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Forum Focuses on Ways to Tackle Growing Drug Epidemic

By Janine Bowen

With heroin use on the rise the past few years, Phoenix House partnered with Drug Crisis in Our Backyard last week to host a forum on how to tackle this disturbing trend.

"The USA is facing the worst drug epidemic in its history," Phoenix House CEO Howard Meitner said during the rehabilitation center's March 13 event in Shrub Oak. "In the next 12 months...it is possible that there will be more deaths in the country from drug overdoses than deaths at the height of the HIV/AIDS crisis."

The current crisis is the use of heroin and opioid pills, including Vicodin and Oxycodone. Abuse of opioids is currently the third leading killer in the country behind heart disease and cancer. Heroin overdoses are most common among the younger white population between the ages of 20 and 34, but older users actually have a higher overall death rate due to abuse of pain pills prescribed by doctors.

"We now have defacto legalization of heroin," said Dr. Andrew Kolodny, calling pills such as Vicodin "heroin pills."

Kolodny blamed the current opioid epidemic on the overprescribing of pain pills in situations where they are unwarranted. Kolodny wants to see more stringent restrictions enacted to prescribe the pills, which more than 60 percent

of patients admit to using for purposes other than pain.

"My son is dead due to a local trusted doctor who prescribed oxy to my son for back pain," said Carol Christiansen, who co-founded Drug Crisis in Our Backyard, a foundation that aims to raise awareness to the opioid epidemic. "From January 2011 to his death on June 9, 2012, this doctor continued to give my son 180 to 240 pills a month knowing that this amount is addictive. This has to stop."

Restricting opioid prescriptions would not only limit access to drug seekers, but would reduce the black market for the drugs, which can be sold for as much as \$30 per pill, Christiansen said.

Similar to Christiansen's son, filmmaker Greg Williams, who spoke at the forum, became addicted to pills after being prescribed oxycodone for back pain.

Williams' new film, "Anonymous People," focuses on the 23 million recovering addicts nationwide who often live in silence. He, along with the event's other panelists, want to get the public talking about addiction issues. Williams urged people to donate to addiction foundations the same way they may give to research for other diseases.

The goal is to remove the stigma surrounding addiction, so that those who suffer will not be embarrassed to seek

help.

David Sheff, whose new book, "Clean," attempts to explain the current drug crisis, reminded the audience that drug addiction can happen to anybody.

"We think about addicts. We have images of what they look like. We see them when we walk down the streets, in alleys...the isolated and the derelict, the homeless, in some cases, the psychotic; those are addicts, not our children. It could never happen to me, we think," said Sheff, whose son, Nick, suffered with addiction.

A large portion of the forum called for less emphasis on punishing addicts and more on helping to find treatment options. Instead of prosecuting addicts, panelists said that the underlying cause of the drug use must be addressed.

Almost two-thirds of patients treated at Phoenix House for drug addiction have a co-existing psychological disorder and turned to drugs in place of therapy. In addition, other factors, such as past trauma or even stress, which high school students stated as their number one reason for doing drugs, can lead to addiction.

Kolodny emphasized that addiction is a disease and that most people who become addicted to opioids are not simply using the drugs recreationally.

"Most people, once addicted, do not

take heroin or pain killers because they're having a ball," he said. "They're taking the pills and heroin, in many cases, just to try and feel normal."

Panelists at last week's forum not only want to encourage addicts to seek treatment, but to reform current treatment programs. Currently, 90 percent of drug rehabilitation programs do not rely on evidence-based treatment. Also, addiction treatment was not covered by most insurance companies prior to the Affordable Care Act.

One woman in the audience shared her story about how her son was denied inpatient detox by his insurance company four days before dying of an overdose in 2012. Denial of addiction treatment is a common occurrence, which actually violates the 2008 Mental Health and Addiction Equity Act.

The woman was far from the only one in attendance whose life was touched by drug abuse. To end the forum, Williams asked all of those who knew someone who suffered from addiction to stand up. Almost half of the people in attendance rose to their feet.



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From the Harrison Mayor and Town Hall, March 17, 2014



Ron Belmont,
Supervisor/Mayor of
Harrison

Spring Spruce Up weekend (March 22nd and 23rd) is fast approaching and I encourage all residents to come out in support of this very worthwhile community event. We will be cleaning our town parks, streams and roadways of garbage and debris. I welcome any suggested target areas and look forward to making Harrison shine as we head into spring. For more information, or to volunteer, please contact my office at 670-3009.

Once again, I had the pleasure of marching with the Harrison High School Band as they participated in NY City's annual St. Patrick's Day Parade. Although the weather was cold, the crowd's excitement and enthusiasm created a warm and welcoming atmosphere. This year's festivities included marching bands, pipe bands and bagpipes. Community organizations, cultural associations and political leaders also took part. This parade does a great job

in promoting civic pride in our NY metropolitan community. I am proud of our high school students for adding to this sentiment. They did an outstanding job, representing Harrison, and they should be commended.

There is exciting news coming from the Harrison Public Library. As the Harrison Public Library Foundation and the Town work on developing a new and improved space, our Library Director, Galina Chernykh, and her staff, have been creating ideas for new programming. The Library will be offering homebound services for residents who are unable to visit the Library due to disability. Patrons may call the Library to have books, audiobooks, or compact discs delivered to their home. Please contact the Librarian at 914-835-0324 if you would like to join this program or have any questions about this service.

Harrison Youth Council (HYC) dedicated to reducing childhood and adolescent use of alcohol, tobacco, drugs and other harmful substances, through prevention and counseling, recently appointed Lloyd Berrouet as a Youth and

Family Counselor. Ms. Berrouet brings a wealth of experience to this position and has been a practicing social worker in various local and regional settings. She will assist the Council in providing our community with individual, family and group counseling. For more information on Ms. Berrouet or the services offered through the Harrison Youth Council, call the HYC office at (914) 835-7500.

Last week, I attended the Youth Mental Health First Aid forum hosted by Westchester County Executive, Rob Astorino, the Department of Community Mental Health and Westchester Jewish Community Services. The forum covered a range of topics designed to help professionals, including teachers, school staff, coaches and mentors, to name a few, identify warning signs of a variety of mental health issues common among young people. Enhancing awareness, among these professionals, will hopefully connect young people to the appropriate health care professional and resolve issues before they reach harmful levels. It was a very informative program and I was glad I was able to attend.

Recently, I had the pleasure of attending the 4th annual Savor the Flavor, a fundraiser to benefit the Harrison High School marching band and performing arts programs. The evening combined great food with wonderful music and warm conversation. It was a pleasure to see familiar faces and meet new friends, all there to support a great cause. Proceeds from this event help to underwrite the costs and provide scholarships for the annual performing arts trip and performances for the 2014-2015 school year. Congratulations to the volunteers on a terrific event.

In closing, I would like to recognize the Harrison Tri-County 7th Grade Boys Basketball Team. They won in the semi-finals, against the Rivertowns, and advanced to the finals where they were defeated by Mt. Vernon. Congratulations to the entire team and Coach Lubowitz for a great season.

The next "Lunch with the Mayor" is on Friday, March 21st. I will be at the café at Life Time Fitness, located at 1 Westchester Park Drive in West Harrison. I will be at this location from 12:30 to 1:30 and look forward to meeting with residents and talking about issues facing our community.

Guest Column

Plunkett Grand Marshal for Sunday's St. Patrick's Parade, Third Annual Sound Shore Event in Mamaroneck

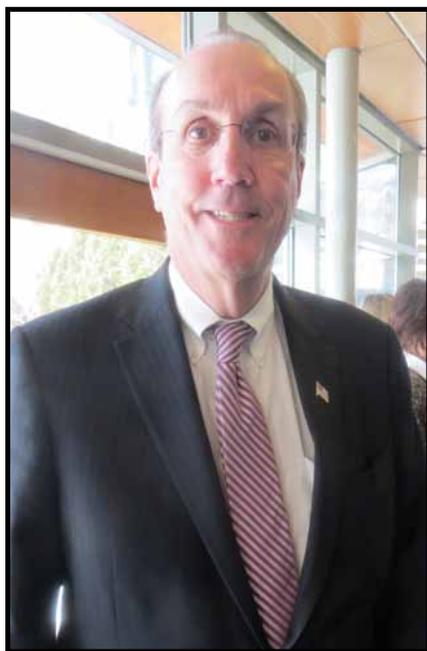
By Jon Craig

If you missed St. Patrick's Day parades in White Plains, New York City or elsewhere, there's still time to catch Sunday's third annual march through Mamaroneck on March 23.

Irish step dancers, bag pipes, nine marching bands and Deputy County Executive Kevin J. Plunkett of Tarrytown, the grand marshal, will proceed down Mamaroneck Avenue toward Harbor Island Park starting at 1:30 p.m.

(His boss, County Executive Rob Astorino, marched in parades in Mount Kisco and New York City.)

Plunkett started his career in the Westchester County District Attorney's office, including service as assistant district attorney in the Felony Trial Bureau. That was followed by more than 30 years in private law based in White Plains. Much of his law practice involved representing Westchester County municipalities as Village Attorney, Corporate Counsel or Special Counsel. He served on four Governor's Judicial Screening



Deputy Executive Westchester County Ken Plunkett will be the Grand Marshall in the Mamaroneck St. Patrick's Day parade on March 23.

Committees, as well as on numerous not-for-profit boards in areas such as the arts, conservation, environmental protection education and citizens with developmental disabilities.

Plunkett has served as chairman of the Greenway Conservancy for the Hudson River Valley and was a board member of the New York State Thruway Authority and the Taconic State Park, Recreation and Historic Preservation Commission. He also has been a member of the board of the Westchester ARC Foundation and the Board of Visitors of the Pace University School of Law. He has been a trustee of the Westchester Arts Council and Iona College and an advisory member of Teatown Lake Reservation. From 1971 to 1977, the Holy Cross graduate served in the U.S. Army National Guard.

Plunkett and his wife, Rosemary, have five children and several grandchildren.

Parade Committee Co-Chair Tania McMenam said, "After the terrible winter we have had, I hope everyone will want to get outdoors and enjoy the parade."

"We are very proud of how this event has grown in its first two years and brought together the Irish community from Pelham to Port Chester," McMenam said. "We welcome everyone to join us in Mamaroneck on the 23rd."

More than 40 local organizations are confirmed participants in this Sunday's parade including performers such as the Manhattan College Pipe Band, the PESW Pipes & Drums, NYPD Pipes & Drums, DSNY Pipes & Drums, Westchester Brassmen and the Westchester and District Pipes & Drums.

Other participants include State Senator George Latimer, the O'Rourke Irish Dancers, the state champion finalist Rye Neck High School football team, local fire departments, the Village of Mamaroneck and Town of Mamaroneck Trustees, the Anne Hendry School of Irish Dance, and many school and civic groups.

While striving to promote and celebrate Irish culture and heritage, the parade offers two \$2,500 college scholarships to local high school seniors.

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SMALL NEWS IS BIG NEWS

Making Medical Marijuana Legally Accessible

Local state representatives who are working to pass Assembly Bill 6357 that would legalize the use of marijuana for certain medical purposes, including for chronic pain maintenance and seizure relief, are to be applauded for their persistence and their flexibility to ensure provisions to make it more difficult for the illegal growth and sale of the substance, while at the same time trying to get it into the hands of those whose lives would be made so much better by its use.

The long-time association of marijuana with recreational use has unfortunately made it more difficult for the science community to give it serious consideration, although research grants and government support for rigorous scientific investigation into safe medical uses of the plant are on the rise.

The number of physicians expressing their support for use of cannabis to reduce the affects of chronic pain, its ability to soothe the brain to reduce seizures, and its role in calming patients with Post Traumatic Stress Disorder, has grown and an Internet search of educational and medical sites on the subject reveals new information coming forward regularly.

At the same time, the rise of Heroine use, and most notably in our own region, does give one pause when considering the legalization of any substance within the "drugs" domain. Much of the current problem has been related to misuse of prescription drugs, however, and does not necessarily relate to potential misuse of marijuana by hospice patients and those whose ailments cannot be relieved through the established medicine cabinet.

It seems there is a well-spring of support from the scientific and medical communities, so why is it so difficult for New York State Senators to pass legislation to get it into the hands of those professionals who can administer it to those who need it the most?

Gov. Andrew Cuomo has already proposed the establishment of 20 sanctioned hospitals that would administer and regulate its use. The State Assembly has moved the bill through urging compassion, but perhaps the decision is really within the realm of common sense. If something works, really works, and other more costly and perhaps more addictive and even more toxic prescriptions don't do the job, then what are we waiting for?

It seems the proof is out there that the benefits far outweigh the risks.

Obituaries

Walter Gutman

Walter H. Gutman died on March 13 in Rye Brook at the age of 93. He was born in Vienna, Austria on February 3, 1921. Former husband of the late Ruth Gutman, father of John and Steven Gutman, brother of Lyla Weiss and Peter Gutman. Survived by grandsons Alex, Sam, Andrew, and Daniel.

Walter was president and CEO of Lucky Star Undergarments founded by his father Theodore Guttmann. He was an avid skier until his late 80's and tennis player as a member of Fairview Country Club. Walter served in the United States Army as a member of the medical corps in the European-Mediterranean Theater from 1942 to the end of 1945.

Funeral service was held at Ballard-Durand Funeral Home, 2 Maple Avenue, White Plains, on Monday March 17. Interment followed the service at Ferncliff Cemetery in Hartsdale.

Donald Duryea

Donald Duryea, age 83, passed away on March 12. Donald was born on March 1, 1931 in Hartsdale to George and Hazel Foxwell Duryea. Donald served in the United States Air Force from 1950 to 1954. He was Radar mechanic specialist during the Korean conflict. After the service, Donald met and married Linda Fox in Scarsdale on March 10, 1962, where they lived for many years. Donald was the proprietor and mechanic for the Sunoco service station in Hartsdale. He liked to play golf and enjoyed bowling.

Donald was an avid sports fan, especially for the New York Yankees, and the New York Giants. He is survived by his wife Linda, two children, Diana Haggerty of Hopewell Junction and Debra Duryea of Poughquag NY, one sister Hazel and six grandchildren, Bridget, Maggie, Casey, Justin, Jessica, and Olivia.

Carrie Williams

Carrie Belle Williams passed away on March 7 at White Plains Hospital after a brief illness. She was born in Buckingham, Virginia on February 21, 1930. Carrie, her older sister, Mary, and their mother, Nannie, moved to White Plains before Carrie turned two. Carrie graduated from White Plains High School, and began work as a housekeeper for a number of families in Westchester. On August 15, 1953, Carrie married William "Hubert" Williams.

In 1963, the entire extended family moved to Chatterton Hill. Soon, they joined the Chatterton Hill Church, where Carrie became active in all aspects of church life - choir, Women's Group, tending the kitchen, catering, and watching over the church from across the street.

She is survived by her son, Gary; her sister, Mary Wallace; her nephew, Rick and his family.

Donations may be made to the American Cancer Society, P.O. Box 22718, Oklahoma City, OK 73123, or you may donate online at www.cancer.org.

JimmyLouise Billups

JimmyLouise Billups, the daughter of Lillia Hardy and James Billups, was born on April 30, 1944, in Harlan, Kentucky. After her family relocated to Indiana, JimmyLouise began her public school studies and graduated from Howe High School, in Indianapolis, Indiana. She continued her studies by receiving an

undergraduate degree in Education Sociology and Fine Arts from the City College of New York, and graduated from the City College of New York with a Master's degree in Education.

After receiving her school counselor license, JimmyLouise worked for the New York State and New York City Departments of Education for over 40 years, before retiring in 1996. She enjoyed teaching and counseling at Hostos Community College, The College of New Rochelle, the New York City Department of Education at Mid-Manhattan Adult Learning Center, and the Paul Robeson Middle School. She also enjoyed gardening, photography, reading, yoga, and holistic living.

A memorial service for JimmyLouise will be held on Saturday, April 26, 2014, from 12 to 2 p.m. location TBA. In lieu of flowers, donations may be made to the Greenburgh Public Library, c/o 300 Tarrytown Road, Elmsford, New York 10523, and G.O.O.D. for Girls, c/o 31 Manhattan Avenue, White Plains, New York 10607, in the name of JimmyLouise Billups.

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The White Plains Examiner requires that all letter writers provide their name, address and contact information.

Correction

In our featured Business of the Week story about Video SEO Pro in the March 11, 2014 issue, we incorrectly listed the company's web address. The correct URL is: www.MyVideoSEOpro.com.

Police Blotter

Greenburgh Police Department

Dunkin Donuts Burglary: On March 3, police responded to a call from Leticia Aguilar from the Dunkin Donuts located at 267 South Central Ave. reporting that a burglary had occurred overnight. Upon arriving at work at 5 a.m. she noticed that the cash drawer and cash safe were both missing. In addition, she noticed that the back door to the store had been pried open and that the basement rooms had been rummaged. Also, the burglar and fire alarms had both been disabled. Security cameras showed that two males wearing ski masks and dark clothing and carrying a pry bar entered the back door. One suspect took rolls of coins from a file cabinet while the other went downstairs to a secure room in the basement. Both suspects left through the back door and then resecured the door. About \$4,500 was stolen. The investigation is still pending.

Attempted Robbery: On March 4, Twins Deli owner Joe Spadafino reported an attempted burglary of his store at 263 South Central Ave. The break-in took place sometime between March 2 and March 4. Spadafino told police that he first noticed a possible break-in after he noticed that a fan grate at the rear of the building had been partly ripped from the wall, however police said it appeared that no entrance to the building had been gained. Spadafino reported that the phone service had been cut off but that his security company had not notified him of any burglary alerts. Police received surveillance video of the scene and told Spadafino that police personnel would return to photograph the damage.

Stolen Check: Police were called to the Chase Bank location at 324 Saw Mill River Road, Elmsford, on March 5 to respond to a larceny complaint from Nirav Patel. Patel reported that a black male was in the process of trying to cash a check stolen from Patel. Police called for backup and told the suspect to put up his hands. The suspect was identified as Najee von Forte. He was arrested and transported to police headquarters where he remained in custody. Patel told police that the check had been stolen from his car at either the V.I.P. Country Club, 600 Davenport Ave.

Home Rehab Assistance for White Plains Residents

The White Plains Neighborhood Housing Rehabilitation Program offers loans at below-market rates to income qualified property owners, who are White Plains residents. Program staff works with homeowners to assess the rehabilitation needs and to prepare improvement specifications and estimates. Only pre-qualified, licensed and insured contractors are eligible to submit bids. Priority is given to repairs that eliminate health or safety hazards such as heating, plumbing or electrical

work. Typical home repairs also include roofing, siding and window replacement, carpentry, masonry, drainage, etc.

Possession of Controlled Substance: On March 3, police were called to the vicinity of Citibank at 407 Tarrytown Road to see about a white female walking unsteadily in front of the bank. She then got into a grey Honda Civic and drove through the parking lot. Police stopped the vehicle at the entrance to the lot. The driver, Amy Rosenberg, told police that she had used methadone to treat her heroin addiction about an hour before. She was asked to exit the vehicle and did so as requested. She failed three tests performed at the scene including tests of her horizontal gaze and two balance tests. She was arrested and taken to the Greenburgh Police Headquarters for processing. Her car was impounded. At the station, a search turned up 12 glassine envelopes of a white powdered substance. The envelopes were kept as evidence and Rosenberg was given a return court date. She was released to her husband.

Burglary: Dominick Vaccaro called police on March 6 to report the burglary of his store "Dom's Pizza and Pasta Restaurant" located at 336 Saw Mill River Road. Vaccaro reported that at 9 a.m. he saw that the inside rear door had been taken off its hinges and that \$300 had been taken from the cash register. Police learned that there was surveillance footage of the area inside the store and asked Vaccaro for a copy of the film. Officers turned up no further information.

Possession of Marijuana: On March 6, police saw Travis Campbell walking in front of One Maple Street, property owned and managed by the Greenburgh Housing Authority. Police were aware that Campbell had been barred from the building and stopped him at the intersection of Warren Avenue and Beech Street. He was arrested and transported to headquarters. There a routine search turned up 26 grams of marijuana. He was booked on charges of third-degree criminal trespass and fifth-degree criminal possession of marijuana. He was released on \$100 bail and ordered to

return to court on March 14.

return to court on March 14.

White Plains Police Department

Broken glass: Michael R. Conklin, 23, of 1 David Lane, Apt. 1M, Yonkers, was charged with criminal mischief about 3:30 a.m. March 10. Arrest relates to a report of broken glass at Sunshine Pizzeria, 51 Mamaroneck Ave. called in by storeowner, Javier Taimoco. Complainant said male matching Conklin's description slammed door, breaking its window. Damage estimated at \$200.

Comforter theft: Traleana Malverty, 34, of 11 Madison Ave., Pleasantville, was charged with petit larceny at Macy's, 100 Main St., White Plains, about noon on March 9. Malverty was spotted by store security taking a Hotel Collection down comforter set valued at \$800 from a display. Police were told she exited store without paying. Bail set at \$500.

Disorderly conduct: Lucio Beletanga, 42, of 86 E. Post Road, White Plains, charged with disorderly conduct, harassment and loitering in a parking lot at 237 Martine Ave. Police were told Beletanga was acting belligerent near the parking garage and ShopRite about 6:30 p.m. on March 9. He allegedly called an Emergency Medical Services worker a foul name and began violently kicking EMS Supervisor Robert Fandella. He was issued a court appearance ticket.

Copper thefts: Police received a complaint of two men removing copper from a building at 121 Westmoreland Ave. about 7 p.m. March 9. Police found copper pipes wrapped in blankets when they arrived. A 49-year-old former employee from Mount Vernon was recognized by the complainant, but he fled on foot before driving north on the Bronx River Parkway. Police continue to investigate.

Bra theft: Audrey M. Kirkland, 53, of 305 Linden Road, Brooklyn, was charged with petit larceny at Sears, 100 Main St., about 3 p.m. March 8. Police said Kirkland stole 10 bras worth \$340, which she apparently tried to conceal in a white Macy's shopping bag. Bail was set at \$400.

Pants and top: Ziola Fabiola Velez Andrade, 66, of 20 5th St., #1, White Plains, was charged with petit larceny at 4:40 p.m. on March 8 at Macy's, 100 Main St. after taking three pairs of young men's pants and one woman's top. They were concealed in the dressing room, according to store security. The suspect was released on \$500 bail.

iPhone theft: A cellphone worth \$800 was reportedly stolen from a locked 2014 Mercedes Benz sometime between 6 p.m. and 7:50 p.m. on March 8 while parked in the garage at 237 Martine Ave., White Plains. Mindy S. Unger of 16 Cerf Lane, Mount Kisco, said she found the front passenger window of her car broken and the phone missing. The cost to repair the window was estimated at \$150.

Open container: Three men were arrested about 12:15 a.m. March 8 near 124 Mamaroneck Ave. Police said the men were consuming mixed alcohol in 16-ounce coffee cups. One of the men was additionally charged with criminal possession of a weapon, an expandable Billy club.

Resisting Arrest: A 25-year-old Cortlandt man was charged with resisting arrest and disorderly conduct about 2 a.m. March 9 after a fight with security outside the Black Bear Saloon, 166 Mamaroneck Ave.

Third-degree assault: Two 17-year-olds from the Bronx were charged at about 12:30 a.m. March 9 at 950 Mamaroneck Ave. The pair was accused of refusing to pay advance taxi fare of \$50 for a ride to the Bronx. The driver told police he was punched in the head and dragged onto the pavement. Bail was set at \$500 each.

Resisting arrest: Twenty-nine-year-old twin brothers were charged with resisting arrest and disorderly conduct at 8:20 p.m. March 8 outside of the Hudson Grille Bar, 165 Mamaroneck Ave.

Third-degree assault: A 25-year-old man from Norwalk, Conn., was charged at about 5 p.m. March 8 outside of Ron Black's bar after allegedly punching a 21-year-old Ardsley man in the face "for no reason," police were told.

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Why Spanking is Counterproductive

Many parents who spank their children are well intended. They believe that spanking will curb undesirable behaviors and increase desirable ones. Because their parents did it to them, they think it can't be that bad. They turned out OK, didn't they? The newest research, however, confirms what anti-spanking parents and professionals have long believed: spanking and other forms of corporal punishment are counterproductive. Rather than learning ways to correct their own behaviors, children who are punished physically tend to fear their punisher. They behave in the short term to avoid being spanked but the long-term consequences can be damaging.

Spanking leads to increased aggression and violence.

Children learn more from observing what we do than what we say. Children who are spanked learn that physical assaults are an acceptable way to handle conflict. Children who are spanked mistrust others' motives and come to expect aggression. They are more likely to attack before they have the opportunity of being attacked. In addition, studies show that adults who were subjected to corporal punishment as children and teenagers are more likely to hit their children and spouses.

Spanking produces worse behaviors.

Corporal punishment may lead to immediate compliance but it is

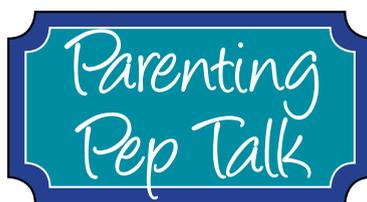
associated with less long-term compliance. In one study, 5-year-olds who were spanked were more likely to be defiant, have low frustration tolerance, demand immediate gratification, tantrum, and physically lash out against other people or animals.

Spanking takes a toll on mental health.

Children have an innate sense of fairness and being hit feels unfair and confusing, especially if there is a lapse in time between the act in question and its consequences. Young children who are punished for something they did earlier will not understand the connection. Their physical safety will feel compromised for no reason. A recent study that reviewed two decades of research confirmed that spanked children have decreased gray matter in their brains and have higher incidences of depression, anxiety, and drug use as they get older. Spanking makes a child feel weak and defenseless and lowers self-esteem. Even hand slapping has consequences. Because hands are a primary tool for toddler

more nurturing ones. Many children recall a feared spanking episode but can't remember what they did to deserve it. Spanking erodes trust. Children who fear their parents are less likely to come to them to discuss problems. Because spanking is not effective, children continue to misbehave and parents become frustrated and spank more. It's an unfortunate perpetuating cycle that disrupts the parent-child relationship and has long-lasting effects.

Spanking can be verbal and emotionally scarring.



By Dr. Jaime Fleckner Black

exploration, hand slapping tells children to retreat and miss out on beneficial learning experiences. In one study, babies whose parents used hand slapping as a mode of discipline were less skilled at exploring their environments months later.

Spanking devalues the parent-child relationship.

Children are more likely to recall traumatic experiences than nurturing ones even when they actually experienced

more nurturing ones. Many children recall a feared spanking episode but can't remember what they did to deserve it. Spanking erodes trust. Children who fear their parents are less likely to come to them to discuss problems. Because spanking is not effective, children continue to misbehave and parents become frustrated and spank more. It's an unfortunate perpetuating cycle that disrupts the parent-child relationship and has long-lasting effects.

Spanking can be verbal and emotionally scarring.

Don't forget that spanking can come in the form of verbal assaults. Threats to leave a child or attacks on a child's character can be just as if not more scarring than physical assaults.

Create better alternatives.

Parents should try to create an environment that deems spanking unnecessary. Positive communication can be a powerful tool that motivates children to behave in acceptable ways because it feels right. If you get angry and feel like you might spank your child, take a time out. Think of an alternative. Discipline will be more effective when children feel safe and when their bodies aren't pumping with adrenaline and fear.

Many studies support the deleterious effects of spanking, and none suggest that spanking can help parents raise conscientious, respectful, and fair children. There are better ways to correct undesirable behaviors using modeling and consistent communication.

Dr. Jaime Black is a licensed psychologist practicing in Westchester and New York City. Jaime works with high-functioning individuals on the autism spectrum, doing psychotherapy, conducting evaluations, and facilitating socialization groups including an improv social skills group. Visit www.spectrumservicesnyc.com, e-mail JaimeBlackPsyD@gmail.com or call (914)712-8208.

After a Lot of Promises, the Home Guru Finally Gets a New Home

Buyers are liars and sellers are storytellers is the first adage I heard when I got into real estate.

While I got the gist of what the second phrase meant, I couldn't quite grasp what agents meant when they called buyers liars. Then I caught on when I would hear such things as, "let me talk to my husband, I'll get right back to you."

In my own case, I have a completely different interpretation of the expression. I was a liar, but only to myself, in what I said I wanted as a buyer because what I ended up buying just last week is completely different.

After some years of promising--or threatening--to move from the home in which I have been ensconced for 43 years, The Home Guru is moving. After having utilized my beloved and historic Ebenezer White House for a broad range of articles as I prepared it for sale, the odd thing is that I'm not even selling it in order to move.

Besides being a realtor, I am the owner of Westchester's longest-running public relations firm, headquartered in these historic digs. When a new client came along to sign contracts, management fell in love with the house and decided it would be perfect as their new offices.

This offers me the opportunity to become a landlord of a professional

office building that can be expanded upon and maintained as a profit center for life. Of course there are responsibilities, but my investment in restoring and maintaining this property that I had always felt was above and beyond what I should spend to get a reasonable return has paid off for me and I'm thrilled.

Now let me tell you what I have in store for The Home Guru's new lifestyle, the one to which I will eventually retire, but I promise, not any time soon. It all started with the urging of Mrs. Home Guru, Margaret. Our property here is gorgeous but did require a lot of outside work, which when I was younger, was my domain and I loved it.

However, it became more challenging as I got busier and downright burdensome physically as I got older. I'm still in good shape but admit that my stamina has its limits compared to when I was in my thirties.



By Bill Primavera

I had always expected to downsize to a quaint cottage in the woods in some rarified elevation, perhaps with a small pond or on a lake. But my wife has always been more gregarious than I and she had other ideas. She first looked at attached townhouses, then condos, and finally convinced me to visit Trump Park in my hometown of Yorktown in Shrub Oak. Since first built in 2002, I had thought they were beautifully done, but I preferred a place where I could swing open my doors and walk directly into the great outdoors.

"If I wanted to live in a building that's like apartments in the city," I'd say, "I'd live in the city. I don't want to walk down a

hallway to get to my home."

But my wife was determined and told me to contact Nancy Kennedy, the exclusive agent at Houlihan Lawrence, for a showing.

From the first time I met Kennedy and experienced her skill, knowledge and manner with her clients, I thought if I were not me I'd want to be her. When she was walking us through the building to the unit Margaret had identified as perfect for us, a resident walking in the

opposite direction, a man about my age on his way to the gym with his duffel bag, leaned into her and whispered with a smile, "Did you tell them that really bad people live on this floor?"

It's amazing how one comment, that one small thing, can change the whole paradigm about where and how you want to live. This was the prelude to a kiss with my new life.

After more than 40 years of living in isolation, separated on an island of streets and trees from any other living soul, I wanted to know who this fellow was. I wanted to know where he came from and whether we could be friends. I wanted to go with him to the gym. I wanted to be close neighbors and friends. I wanted to belong.

Next week, I will tell you how my new lifestyle unfolded before me.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester www.PrimaveraPR.com, specializing in lifestyles, real estate and development. His real estate site is: www.PrimaveraRealEstate.com and his blog is: www.TheHomeGuru.com. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

Where to Dine After the Orchid Show at NYBG



By Morris Gut

A beautiful Technicolor harbinger of spring, the annual Orchid Show, themed 'Key West Contemporary', has premiered at the New York Botanical Garden in the Bronx and it will run thru April 21. I look forward to visiting NYBG, walking through the beautifully restored Enid Haupt Conservatory and beholding the seductive floral arrangements and dramatic plantings. (For additional info: www.nybg.org) And after taking in all that beauty, we do get hungry. So

prepare one of its famous Neapolitan pizzas, or the ultimate fresh Calzone (not on the menu). They are truly among the best! Open Tuesday through Sunday. Private party facilities. Free valet parking. www.mariosrestarthurave.com
Don Coqui, 565 City Island Ave., Bronx, 718-885-2222

Jimmy Rodriguez and his family have opened a sprawling new branch of their rhythmic Don Coqui on City Island and are now serving all day along with panoramic water views and a good dose of nightlife. At lunch

Mondays when patrons get three generous courses of food for this special price, including their popular appetizer platter for the whole table. Don Coqui is open for lunch and dinner seven days a week from noon. Starters: \$6 to \$19. Main courses: \$15 to \$34. Lunch: \$6 to \$28. Bar/lounge. Cocktail menu. Bottles. Live music, dancing. Take-out. On and off premise catering for all events. Major credit cards. Municipal and valet parking. Proper casual dress. Reservations accepted; advised for larger groups. Main Phone: 914-648-4848. Don Coqui, New Rochelle: 115 Cedar Street; White Plains, 107 Mamaroneck Ave. www.doncoqui.tv



Crosstown Diner, 2880 Bruckner Blvd. (at Tremont Ave.), Bronx, 718-597-3450

Peter and Billy Tsibidis, the father and son team operating the flashy 138-seat Crosstown Diner along busy Bruckner Blvd. for over 30 years, are always ready to tuck you into one of their booths and serve up big portions of classic diner food that runs the gamut from breakfast all day and night to slider combos to heaping bowls of pasta, seafood platters, steaks and chops. Great big fresh made cakes, pies and pastries pull at your palate in their display case as soon as you enter. It's a good, friendly hideaway. A safe haven for the whole family that will satiate your hunger while leaving some change in your wallet. If you are planning an event at home or at the office their delivery service will bring it all right to you. Catering too. It's easy and convenient. Open seven days a week day and night; 24 hours Thursday to Saturday. www.crosstowndiner.com

Siena's Trattoria, 708 Central Park Ave., Yonkers, 914-372-7888

Just off the Major Deegan north of Empire City at Cross County, this restaurant serves robust Italian classics with delightful signature twists. The owner has upgraded the décor and atmosphere in the bar/lounge and the



Mario's, Arthur Avenue, Bronx

cozy 45-seat dining room in the rear. Extraordinary house specialties coming out of this skillful kitchen are drawing a hungry crowd. Many of the ingredients that go into the menu are sourced from Arthur Ave. There are lighter offerings for the health conscious as well. Opening deals include Family Style Sundays from 1 to 9 p.m.; and a \$12.95 lunch served Monday through Saturday. The restaurant is open for lunch and dinner seven days a week from noon; Sundays from 3 p.m. Lunch: \$8.95 to \$15.95. Dinner starters: \$7.50 to \$13. Pastas from: \$15.95. Entrees: \$16.95 to \$29. Bar/lounge. Full take-out and catering. Major credit cards. Local delivery. Free and valet parking. Smart casual dress. Reservations accepted. www.sienasitalian.com

Spring Asian Cuisine, 545 Gramatan Ave., Mt. Vernon, 914-699-2828

Owner Charlie Kao serves a variety of creative fusion specialties from China, Japan, Thailand, Malaysia and Vietnam. Tasty selections from the menu include: Thai Tom Yam Soup; house Pu Pu Platter for two; Chicken or Beef with Satay Sauce; Taiwan style Crispy Jumbo Shrimp; Whole Flounder with vegetables; Vietnamese style Grilled Pork Chops; Malaysian Flat Rice Noodles; and Sesame Crusted Chilean Sea Bass with black bean sauce. Good Peking Duck too! Take out and catering. Local delivery. Full sushi bar. Open 7 days a week. Municipal parking. Open seven days. www.springasian.vpweb.com

Morris Gut is a restaurant consultant and former restaurant trade magazine editor. He has been tracking and writing about the food and dining scene in greater Westchester for over 25 years. He may be reached at: 914-235-6591. E-mail: gutreactions@optonline.net



The orchid show at NYBG

where do we dine nearby? Here are a few suggestions.

Mario's Restaurant, 2342 Arthur Ave., Bronx, 718-584-1188

Since 1919 five generations of the Migliucci family have worked the front and back-of-the-house making sure patrons are well served at this venerable Little Italy institution. Amiable Joe Migliucci, the current patriarch, is there with his wife Barbara, daughter Regina and sons Michael and Mario. Joe's mom, Mama Rose Migliucci, was considered 'the first lady of Arthur Avenue.' This restaurant has a long 95-year history full of colorful chapters. To many, the flavorful sauces and gravies produced in this kitchen are the stuff of Italian 'foodie heaven'. And for those in the know, the old world menu also holds many surprises both written and unwritten. For starters enjoy the palate pleasing lagniappe of marinated carrots, hot peppers and good crusty Arthur Avenue bread. Great starters include: Spiedini alla Romana, skewered deep-fried mozzarella sandwiches; Stuffed Artichoke; or the Pulpo Salad. Move on to such specialties as: Penne Rustica with sausage; stuffed Braciola Napolitana; Osso Buco the size of Mt. Vesuvius; or the traditional Tripe a la Livornese. Special Hint: If you insist, the house will

the house offers a selection of reasonably priced salads and sandwiches to go along with their regular menu of Puerto Rican and Latin specialties, including: Hearts of Romaine Caesar Salad; DC Triplets with pork, chicken and steak; Steak & Onion Sandwich; Roasted Pork Sandwich; and BBQ Chicken Sandwich. The nightlife schedule has also been updated. There is live Salsa entertainment and karaoke. Check ahead for details. Don't forget \$28



Appetizer Platter at Don Coqui

Ragtime Shines on Westchester Broadway Theatre Stage

By Colette Connolly

Standing Ovation Studios, under the direction of John Fanelli, has taken on its biggest production ever with the staging of "Ragtime the Musical," which opened at the Westchester Broadway Theatre Feb. 27.

The show, based on the 1975 E.L. Doctorow novel "Ragtime," is the quintessential immigrant story, beautifully retold on the Elmsford stage with the help of powerful voice and dance talent that matches anything you'll find on Broadway.

It tells the tale of three distinct socio-economic groups living in turn-of-the-century New York between 1904 and 1906 and their struggle to adapt. The story depicts characters living in very different places, New Rochelle, Harlem, and the immigrant melting pot of the Lower East Side.

"This is a very large piece of musical theater in so many ways," said Fanelli, who has spent the past 17 years directing, teaching and creating programs for young people in the theater arts.

"Between its powerful and varied musical score, large cast across three ethnic groups, set designs that include a working Model-T automobile and an intricate story anchored to historical events and figures of its time, we are raising the bar for our local audiences, which is both exciting and challenging."

The main characters include Tate



JOHN VECCHIOLA PHOTOS

The large ensemble cast of "Ragtime the Musical," now on stage at the Westchester Broadway Theatre through May 4.

(Joey Sanzaro), who plays the Latvian immigrant expecting to find riches in America, but then sees his dreams quickly dashed; Coalhouse Walker, Jr., (Fatye), a black Harlem piano player who is trying to fit into a society that is prejudiced against him, but still hoping to build a life with Sarah and their young son; and the upper class New Rochelle family, led by Mother and Father (Victoria Lazun and Craig Waletzko), who are fearful of the social change that is taking place around them.

The stage comes alive in the opening scene with the company's large cast making their introductions and performing the title song that is also the prologue. It is then that the audience gets a hint of what's to come in this large, sweeping show,



Coalhouse Walker, Jr. (Fatye) and Sarah (Brittany Johnson) are two of the impressive cast members who make "Ragtime the Musical" such an enjoyable theater experience.

a production that includes a cast of 40, including local, national and New York City talent.

Elements of early 20th century culture are woven throughout the musical, including the vaudeville theater scenes featuring the famous beauty Evelyn Nesbitt (Cali Laspina) and Henry Ford's assembly line, where the first cars are being produced.

Among the powerful voices that emanate from this grand production are Fayte, no stranger to WBT, having performed in "Big River," "Hairspray," "In The Heights" and other Fanelli-directed shows.

Other strong performances include Brittney Johnson (Sarah). Johnson has an outstanding voice, and coupled with

Fayte, their rendition of "The Wheels of a Dream" and "Sarah Brown Eyes" overflow with emotion.

Sanzaro, a Pleasantville native, delivers a fine performance as the immigrant Tateh, with a tenor voice that easily fills the stage. Sarah's friend, played by Raena White, also makes a formidable appearance, belting out "Till We Reach That Day" with force, before being accompanied by the show's other main characters.

A number of historical, bigger-than-life personalities are incorporated into the story making this a truly fascinating show. The anarchist Emma Goldman (Nadine Zahr); Henry Ford (Todd Allan Little); Harry Houdini (Joey Barreiro); J.P. Morgan (Steven Stein-Grainger); architect Stanford White (Evan Mayer); and African-American educator, author and orator Booker T. Washington (Antoine L. Smith) are all woven into the story.

Performances of "Ragtime the Musical" are Thursday through Sunday evenings as well as Thursday and Sunday matinees through May 4. A special ticket price of \$67 plus tax is offered for all performances, with additional discounts for seniors, children and groups. The price includes the show, a three-course meal and parking.

For tickets, call the Westchester Broadway Theatre at 914-592-2222 or visit www.RagtimeWestchester.com. The theater is located at 1 Broadway Plaza in Elmsford.

Westchester Jewish Film Festival Returns to the Burns This Week

By Neal Rentz

It is an event as welcome to many Westchester residents as the start of spring.

The annual Westchester Jewish Film Festival will begin this week at the Jacob Burns Film Center in Pleasantville. This year's festival, which will be held from March 19 through Apr. 10, has been expanded to feature 40 programs. The festival is programmed by Steve Apkon, Brian Ackerman and Karen Sloe Goodman.

Goodman said the large local Jewish community is one reason for the event's popularity.

"There are 250,000 Jews living in Westchester," she said. "It has a targeted audience."

But Goodman said enthusiasm for the annual series runs deeper than the Jewish community, with audiences growing significantly for the series over the last decade.

"The films are getting better and better," she said. "There are more and more to choose from."

Goodman said the programmers work for about nine months to organize the annual event, which includes attending film festivals and making the difficult selections.

The types of films and subject matter



JACOB BURNS FILM CENTER PHOTO

Jewish Film Festival: "For a Woman," directed by Diane Kurys, is the opening night film in the 2014 Westchester Jewish Film Festival. The series will be held from March 19 through Apr. 10 at the Jacob Burns

included in this year's series are varied. The common thread is each entry must be related to Jewish life, Goodman said.

The series also has a different feel than some of the Burns' other film series, modeling itself more like the large film festivals in New York and Toronto, she said.

The opening night feature, "For a Woman," by acclaimed director Diane Kurys, known for "Peppermint Soda" and "Entre Nous," is based on the director's family and is about a young writer's

search to learn about her parents' secret past during World War II. The film will also be shown on March 22 and Apr. 3. A reception will be held at the theater following its screening.

"Holy Ground: Woody Guthrie's Yiddish Connection," scheduled for Apr. 9, will be a multimedia presentation hosted by Guthrie's daughter, Nora.

On a lighter note, "When Jews Were Funny" is about the history of Jewish humor, which will be presented on March 28 and 30.

Following the March 30 screening, Emmy Award-winning actress and comedian Julie Gold will participate in a question-and-answer session.

The festival will present films about Jewish celebrities, including comedian and director David Steinberg ("Quality Balls: The David Steinberg Story" on March 20, followed by a Q&A with the comedian, and also on March 22 and 25); Marty Glickman, one of two Jewish sprinters blocked from competing in the

1936 Olympics in Hitler's Germany who went on to a legendary sports broadcasting career; ("Glickman" on March 23, followed by a reception with former NBA commissioner David Stern); and Marvin Hamlisch (featured in "Marvin Hamlisch: What He Did for Love" on April 7, followed by a Q&A, which includes a panel with Hamlisch's widow, Terre). The composer won a Pulitzer Prize, three Academy Awards, four Emmy Awards, four Grammy Awards and a Tony Award.

There will be several historical documentaries in the series, such as "Simon Schama—Story of the Jews" on Apr. 1 featuring three episodes of the BBC series and a question-and-answer session with Schama, a British historian and author; "Jews & Money," about the anti-Semitic kidnapping of a young Jewish man in France in 2006; and "The Sturgeon Queens," about the four generations that built Russ & Daughters, the Lower East Side lox and herring institution. "The Sturgeon Queens," will be the closing night event on Apr. 10 and will include "A Taste of Jewish New York" reception with the film's director Julie Cohen.

The Jacob Burns Film Center is located at 364 Manville Rd. in Pleasantville. For more information, call 914-747-5555 or visit www.burnsfilmcenter.org.



Happenings



We're happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event and include the words "Happenings Calendar Submission" in your email subject line. Entries should be sent to Pat Casey at pcasey@theexaminernews.com.

Tuesday, March 18

Job Club. Career counselors Ginny Ruder and Rose Macom will lead an ongoing weekly job club. The discussion topics may include writing resumes and cover letters, preparing for an interview, using the Internet and social media together with the Library's resources to conduct a job search and tips on developing a strong professional network. While it is recommended and encouraged that you attend the entire program, you are welcome to come when you are able. Each session will include time to ask questions and share ideas with the group and career counselor. 10:30 a.m. to 12 p.m., White Plains Public Library, 100 Martine Avenue, White Plains.

Tuesdays at Dorry's. Omar Lammie Program Manager at The LOFT: LGBT Community Center will talk about the current struggles of the LGBT community. Tuesdays@Dorry's is an informal gathering of people who share dinner while listening to and discussing issues of importance. No reservations are required. The public is welcome. Food ordering begins at 5:30 p.m. and the presentations are from 6 to 7 p.m. Dorry's Diner, 468 Mamaroneck Avenue, White Plains. Call 914-682-0005 for more information.

The Writers Gathering is a free and open group for all aspiring writers. Meet in the Local History Room of the library to discuss your work, share ideas, and help get your creative juices flowing. 7 p.m. No registration required; Greenburgh Public Library, 300 Tarrytown Road, Elmsford. Call 914-721-8235.

Wednesday, March 19

Noonday Getaway Concert. Katie Hyun, violin and Ani Kalayjian, cello, perform the Kodaly Duo for Violin and Cello and six of the Bach two-part inventions. 12:10 p.m. Free Admission. Grace Episcopal Church at the intersection of Mamaroneck Avenue and Main Street in White Plains.

Check Mates, A Chess Meet Up for Adults. Enjoy the game of chess? Looking for others to spend an afternoon contemplating moves on a chess board? Please join our meet ups on Wednesday afternoons for a casual, convivial game or two. For more information contact Kate at

721-8233. 2 to 4 p.m. Greenburgh Public Library, 300 Tarrytown Road, Elmsford. Call 914-721-8233

Friday, March 21

DeTox: Using Real Science for Real Outcomes. Spring is the time to find a better frame of mind and renew your energy. Join Dr. Rob Silverman, Chiropractor and Certified Nutrition Specialist, as he discusses ways to combat fatigue, depression, headaches, poor concentration, irritability, moodiness, sleep disturbances, memory difficulties, indigestion, chronic disease and weight gain. Learn to detox your body for the start of spring. 11 a.m.; Greenburgh Public Library, 300 Tarrytown Road, Elmsford. Call 914-721-8235.

Saturday, March 22

Financial Education Day. Workshops are offered by some of the Hudson Valley's leading financial experts to help participants get the most out of their money. Keynote speaker is CNBC senior commodities and personal finance correspondent Sharon Epperson. Westchester Community College's Gateway Center, 75 Grasslands Rd., Valhalla. 8:30 a.m. to 1 p.m. Free. Advance reservations strongly encouraged although walk-ins are welcome. Info: Contact Suzanne Matthews at 914-606-5627. Reservations: 914-606-6559 or visit www.mysunywcc.org/fed.

Wildlife Rehabilitator's Workshop. Led by licensed wildlife rehabilitators, this workshop will focus on the different aspects of working with wildlife, teach you how to respond appropriately and detail what's involved in becoming a wildlife rehabilitator in New York State. Bring lunch. Adults only. Teatown Lake Reservation, 1600 Spring Valley Rd., Ossining. 10 a.m. to 3 p.m. Members: \$20. Non-members: \$25. Pre-registration required. Info and pre-registration: 914-762-2912 ext. 110.

Spring Fling Fun. Explore our trails with a naturalist to see who's awake after a long winter's nap. Meet some live animals and learn how they welcome spring. Take home a craft to get spring started at your house. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 2 p.m. Members: \$5. Non-members: \$8. Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

Opening Reception for Mamaroneck Artists Guild's Road Show. As part of the continuing celebration of the guild's 60th anniversary, members will exhibit works in a variety of media. Through Apr. 19. Greenburgh Public Library's Howard and Ruth Jacobs Family Gallery,

300 Tarrytown Rd., Elmsford. 2 to 4 p.m. Free. Gallery hours are Monday, Thursday, Friday and Saturday from 10a.m. to 5:30 p.m.; Tuesday and Wednesday from 10 a.m. to 9 p.m. and Sunday from 1 to 5 p.m. Info: 914-834-1117 or visit www.mamaroneckartistsguild.org.

Evening Howl. Enjoy visiting the wolves during their favorite hour--dusk. Learn about the mythology, biology and ecology of wolves in North America while enjoying a wine and cheese spread. Guests will take a short sunset hike to howl with the Ambassador wolves. For adults 21 years old and up. Wolf Conservation Center, South Salem. 5 p.m. \$20. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Lagond's Live From the Haven Benefit Concert. Proceeds go toward Lagond Music School programs and facilities. Featuring The Head First Band playing southern rock n' roll and New Vinyl performing R&B, funk and Motown. Cash bar. Lagond Music School, 9 Haven St., Elmsford. 7:30 p.m. \$10. Info: 914-345-0512.

Sunday, March 23

Humanist Parenting. Author, editor, and 2008 Harvard Humanist of the Year Dale McGowan will be the guest speaker at the Ethical Culture Society of Westchester, 7 Saxon Wood Road (off Mamaroneck Avenue) in White Plains. The free program begins at 10:30 a.m., and childcare is available. McGowan, whose books include "Parenting Beyond Belief" and "Raising Freethinkers," teaches nonreligious parenting workshops across the U.S. and serves as executive director of Foundation Beyond Belief, a non-profit putting compassionate humanism to work for a better world. Ethical Culture is a liberal religious and educational fellowship without formal creed or dogma. The Westchester society recently celebrated its 50th anniversary in White Plains. For more information, contact ECSW at 914-948-1120 or visit its website at ethicalculturewestchester.org.

Legacy Series: Jewish Music in Westchester. This year's opera concert From the Met to Broadway features a gifted ensemble of Metropolitan Opera and Broadway singers, cantors, as well as rising music stars from around the world. Some of the Metropolitan Opera's present and former artists scheduled to perform include: Allan Glassman, Olga Makarina, Samuel Dylan Rosner and Jeanine Thames. In addition, Lori Phillips, Gary Simpson, Dina El, Rachel Weinstock, Rabbi Robbie Harris, Cantor Daniel

Mendelson, Cantor Fredda Rakusin Mendelson and Cantor Jacob Ben-Zion Mendelson will be performing. As always, the accomplished Linda Hall Gerson, Assistant Conductor at the Met, will serve as piano accompanist. Margaret Juntwait, an American radio broadcaster who has been the voice of the Metropolitan's Saturday afternoon broadcasts since 2004, will serve as mistress of ceremonies. 7p.m. Temple Israel Center of White Plains, 280 Old Mamaroneck Road, White Plains. Ticket prices are: \$40 to the general public, \$70 for couples and \$25 for students and seniors. Sponsors receive reserved seating, program listing and a pre-concert reception at 6:00 p.m. The post-concert dessert reception is open to the general public. For more information, to order tickets, or to become a sponsor, please call 914 948 2800, ext. 112. Visit the temple's website: www.templeisraelcenter.org.

Wednesday, March 26

Noonday Getaway Concert. 12:10 p.m. Virtuoso flutist Maron Anis Khoury has recently been appointed to the second flute position with the Metropolitan Opera Orchestra. He has performed under the direction of maestros Daniel Barenboim, Otto Werner Mueller, Christoph Eschenbach, and Michael Stern. With the Canadian pianist Bryan Wagorn, he will present a program which includes music of Charles-Marie Widor, the Sonata for Flute and Piano of Lowell Liebermann, and the Carmen Fantasy of Francois Borne. A Downtown Music debut. Free Admission. Grace Episcopal Church at the intersection of Mamaroneck Avenue and Main Street in White Plains.

Thursday, March 27

An Evening with Rumi. Rumi (1207-1273) was a poet, jurist, theologian, and Sufi mystic. Rumi believed passionately in the use of music, poetry and dance as a path for reaching God. For him, music helped devotees to focus their whole being on the divine and to do this so intensely that the soul was both destroyed and resurrected. It was from these ideas that the practice of whirling Dervishes developed into a ritual form called Sama, Sama represents a mystical journey of spiritual ascent through mind and love to the Perfect One. More than 800 years after his birth, he has been called the most popular poet in America today. 7:30 p.m., Memorial United Methodist Church, 250 Bryant Ave., White Plains. Sponsored by the Interfaith Connection and the Turkish Cultural Center of Westchester Turkish refreshments and conversation follow the event. \$15 at the door, \$10 in advance. Reserve by email to rsvp@tccwestchester.org. For information, call 914-418-5353.

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.....WHITE PLAINS EXAMINER SPORTS.....

Stepinac High School Kicks-off the 2014 Baseball Season

By Albert Coqueran

Pat Duffy began his 10th season as Head Baseball Coach at Stepinac High School, by playing St. Raymond's High School, in a pre-season game, at Stepinac, on Friday, March 14.

The Crusaders' first scrimmage of the 2014 season against Molly High School was canceled due to frigid conditions on Wednesday, March 12. Nonetheless, 42 degrees and sunshine was acceptable weather to take the field.

Fans gathered in the stands despite the 40-degree temperature, some fans were even looking over mounds of plowed snow to view the game. But the Multi-Surface Turf Field at Stepinac was in pristine shape for a March baseball game. This will be the third season that Stepinac will be playing on the Turf Field at home.

Duffy brings back Assistant Coach Keith Richardson for his 10th season and Mike Tirella will handle the duties of pitching coach for a second year.

Stepinac is looking to improve on their 18-12 record last season. The Crusaders were defeated by Molly High School in the Third Round of the CHSAA AA Division Playoffs last year.

St. Raymond's won the scrimmage game, 7-2, on Friday, as Ravens third baseman Willie De La Cruz slammed a Grand Slam over the left field fence off Crusaders lefty Patrick Heffernan in the third inning.

However, this opening season scrimmage was not about who won or lost, it was about both schools getting their teams on the field to start evaluating their players.

Stepinac brought four pitchers to the mound in the seven-inning pre-season game on Friday. The starter was junior right-hand pitcher Austin Mammola, who pitched two scoreless innings. Mammola is a finesse pitcher who attempts to hit his spots with a lot of different pitches, rather than trying to overpower hitters with his fastball.

Duffy brought in his lefty Heffernan to relieve Mammola in the third inning. Heffernan is a power pitcher, who transferred from Fordham Prep last year. He did not play last season, as he had to sit out a year according to CHSAA rules.

Heffernan gave up six runs in the scrimmage, including the Grand Slam to Del La Cruz, but his stuff looked great. Of course, a left handed pitcher added to Duffy's rotation this season would prove to be an important element. "Early to say on whether (Patrick) Heffernan will be in the rotation, but we like his stuff, he has electric stuff. If he could corral it, we like him," evaluated Duffy.

Also on display on the mound was junior right-hand pitcher Billy Bruschi. "Billy is a rookie just coming up to varsity.



ALBERT COQUERAN PHOTOS

The 2014 Archbishop Stepinac High School Baseball Team began their season with a pre-season game against St. Raymond's H.S. on Friday, March 14.

He was throwing just for contact and he did a really good job today," commented Duffy.

Stepinac's big-hitting first baseman senior Joe Signore, will also be the Crusaders' closer this season. He played six innings at first base and then closed the game as the pitcher in the seventh inning.

Leading the Crusaders pitching staff this season is their ace, senior right-hander Aidan Guinan, who did not see action in the first scrimmage of the season. Guinan, who hails from White Plains, has already been accepted to Stony Brook and Binghamton Universities and is waiting to hear from the University of Pennsylvania and the University of Virginia.

Regardless, what pitchers are in the Crusaders rotation this season, they will be managed on the field by catcher and field general Brandon Campos. Campos while only beginning his second season of varsity baseball, has already secured a four-year full athletic scholarship to Villanova University.

"Brandon Campos is an All-Star catcher who also puts the bat on the ball, runs well and he maintains good grades," complimented Duffy. "Brandon is very excited about his scholarship to Villanova and we are very proud of him as well," acknowledged the Crusaders Head Coach.

Brandon's father Richard Campos stood behind the backstop fence for the entire game on Friday. "This is one of the proudest moments of my life besides the day he was born," declared Brandon's father Richard, regarding his son's scholarship to Villanova.

"I love Pat Duffy. He was the right coach for him. He coached him and made him better than he was and better than he thought he could be," admired Richard Campos.

"Stepinac has been like a family to me. It is not just a school; it is a place you actually look forward to coming to on a daily basis," stated the Crusaders All-Star catcher Campos. "It feels good to know that I am going to Villanova next year.

there are three players competing for the second base starting position.

The Crusaders also have a secret weapon in the only sophomore on their roster, starting third baseman Richie Wells. He did not see action in the Crusaders' first scrimmage, as he is suffering from a hamstring injury. "Richie is an explosive player. He is a power hitting third baseman. We brought him up from the junior varsity because he is really a tool player," evaluated Duffy.

Duffy admits that his team is far from ready to begin regular season competition,



Crusaders junior pitcher Austin Mammola (left) got the start in the first pre-season game of the 2014 season. His battery mate was the Crusaders All-Star catcher and field general senior Brandon Campos (right), who has already accepted a four-year athletic scholarship to Villanova University.

This year we are going to have a solid team. We have good defense, good offense and great team chemistry. We are going too far, I can feel it," Campos said.

The Crusaders also have a potent bat in the lineup at clean-up with junior Carlos Farias. He will be their designated hitter and backup catcher this season. Junior Kylan Guerra will start at shortstop and

which will commence at North Rockland H.S. on Saturday, March 29. "We have a ways to go before the season starts but we are just happy to be out on the ball field," said the Stepinac Head Coach.

The Stepinac Baseball Teams Home Opener will be against Salesian High School, on Monday, March 31, at 4 p.m.



Stepinac shortstop junior Kylan Guerra (left) was not in time with the tag and St. Raymond's Adam Del La Cruz steals second base, as the 2014 Crusaders baseball season gets underway, on Friday March 14, at Stepinac High School.

.....**WHITE PLAINS EXAMINER SPORTS**.....

Woodlands Title Run Comes to an End in State Semifinal Loss to Bishop Kearney

By Skip Pearlman

The game started like so many games late this season did for the Falcons – they trailed 12-3 early on.

And just like they had been doing, the Falcons staged a run of their own and got right back in the game, trailing 20-19 in the second period.

But unlike other recent games where they've stumbled early then recovered, the Falcons weren't able to overcome a talented Bishop Kearney squad, as the Kings rode a strong second and third quarter to a 71-58 victory in the Class B state semifinal Friday morning at Hudson Valley Community College in Troy.

The loss brought the Falcons' title dreams to an end just one game short of the state championship game.

Woodlands coach Ty Postell believed his team would get it done.

"I wasn't worried at all early on," Postell said. "But we couldn't get in a rhythm. Sometimes when the lights get brighter, things get tougher, and us not being able to get into a defensive flow hurt us. There were too many tic tack calls."

The Falcons, who trailed 57-36 at the end of three, went on a furious run in the fourth, but it was too late.

"We went on a 15-3 run in the fourth and got it to 10, but we just ran out of time," he said. "We finally started to play Falcon ball.... if we just had another



SKIP PEARLMAN PHOTOS

The Woodlands girls basketball team's season came to an end in the state semifinals.

two minutes."

After Woodlands cut the early deficit to 20-19, the Kings went on a 20-7 run, and led 40-26 at the break.

"We ran into a team with a supporting cast that was stronger than our supporting cast," Postell said. "We executed, but our shots were not dropping, and we weren't in rebounding position (Woodlands was out-rebounded 38-23). We ran up against a complete team. They were the Class C

state champs last year. If we had played our game I think it could have been interesting, but we didn't get into the game until late in the third and fourth."

Imani Tilford had a strong game with 30 points, nine steals, seven rebounds and four assists, and seventh-grader Teisha Hyman added 20 points, nine rebounds, four assists and three steals.

The Kings got 19 points from Kharysma Bryant. Six-foot-two junior Princella

McCullough grabbed eight rebounds, and 6-1 Emanuella Edoaka added 11 rebounds.

The Falcons, who started the season at 1-6, closed it with an unlikely run at the state title and a 16-10 record.

"To be there was such a big experience for the seniors and the girls coming back," Postell said. "They're ready to come back right now – they're hungry. For the girls it was life changing. You put in the work, had the success, and went above and beyond. They'll hold on to those things when they look for a job... in life.

"This team has done a lot," Postell went on. "It was special this year. Imani became the most decorated athlete in our school's history. She went over 2,000 points, over 500 rebounds, 300 steals, close to 300 assists. She's meant everything to this program, and she's passed the torch to Teisha. And it's amazing, the rest of the team understands. They accept that she's young. They'll keep her level-headed."

Tilford was named to the All-Section 1 and All-League teams (for the second time), while Hyman earned All-Section Honorable Mention and All-League status.

Postell believes the team will be strong again next year.

"I think we'll be young again, but we'll have more experience," Postell said. "I look forward to a good start, and I think we'll be right there to defend everything we've created. We'll be fine next year."



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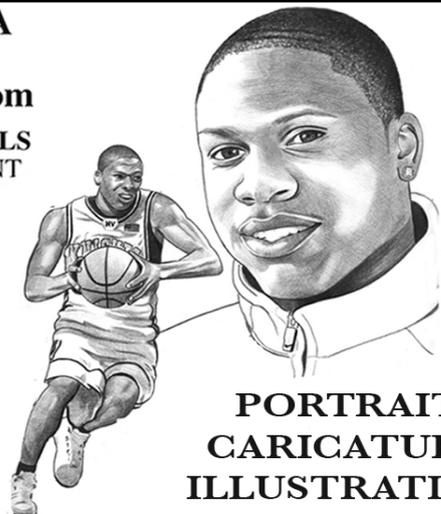
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.....WHITE PLAINS EXAMINER SPORTS.....

Falcons Boys Run Into Multi-pronged Monster in Olean, Fall 71-63

By Skip Pearlman

The Woodlands High boys basketball team ran into an opponent that presented major challenges inside and out in Section 6 champ Olean, and while the Falcons kept it close until the final moments, it was the Huskies who walked off with a 71-63 victory in the state Class B semifinal Friday evening at the Glens Falls Civic Center.

Olean went on to fall to Westhill, which finished with a perfect, 25-0 mark, in Saturday night's state championship game.

In Friday night's semifinal, the Falcons trailed 15-11 after one, but some sharp shooting in the second resulted in a 25-17 Woodlands run and a 36-32 halftime lead.

But the Huskies (21-3) had an answer. Olean dropped a 22-13 run of its own on the Falcons in the third, and carried a 54-49 advantage into the final eight minutes.

Giving the Falcons fits all game were Olean's 6-7, 220-pound center Sam Eckstrom, who finished with 30 points (including 20 in the second half) and 10 rebounds, and Nick Schmidt, who dropped in seven three-point bombs, and finished with 25 points.

Eckstrom and Schmidt did most of their damage in the second half, where Woodlands started to falter. The Falcons managed to cut a 10-point fourth-quarter lead to three (66-63) with 1:09 remaining, but a Schmidt three sliced through the net shortly after, and the Falcons would not score again.

"Their big guy (Eckstrom) was physical, he had an exceptional second half," Woodlands coach Bob Murphy said. "We had nothing to lean up against him. He played a lot better than we had anticipated. And, (in the second half) we



SKIP PEARLMAN PHOTOS

The Woodlands High boys basketball team hoists the gold ball after winning the sectional championship. The Falcons' season ended at the state semifinals after a loss to Olean of Section 6.

were't getting offense; we got a little flat. On top of that, Schmidt had a real good night hitting three's in the second half. Both of them were a big problem, but more so the big guy."

The Falcons' three-point shooting also became a problem as the game progressed. Woodlands hit 8-of-11 attempts in the first half for 72 percent, but then converted

just 4-of-21 chances from beyond the arc in the second half.

"Our three-point shooting just wasn't good in the second half," Murphy said. "They also went from a man defense to a zone, and we didn't attack the zone like we should have."

Woodlands, which reached the state final four for the first time since 1990, got

27 points and eight rebounds from junior captain Jamil Gambari. Junior forward Ross Joseph had 14, and junior forward Brandon Johnson contributed 11 points.

"Jamil carried us for most of the night," Murphy said. "Ross fouled out, but he played well."

Murphy points to Joseph as being a key to the Falcons' run at the state title. "Ross was big at the end of the season," the coach said. "Brandon and Jamil we know are going to score, but Ross took his game to another level, and that really kind of turned our season around, having that fourth guy who can score."

Woodlands closes what turned into a historic winter season with a 19-6 record.

"It was a great season for us," Murphy said. "I knew we could be good when we had five losses. We could have had wins in a few of those games, and then you start to think: 'Are we really as good as I thought?'"

"But to get to the state final four," Murphy added, "without a doubt that was satisfying. We'll try to build on it. We went a long way with what we had, and we'll only get better."

The Falcons lose starting guards Najee Khan, Abdoulaye Sow and reserve guard Emari Williams to graduation. But junior guard Pierre Lys played plenty down the stretch, and will return along with Gambari, Joseph and Johnson, a solid nucleus to build around.

"We'll lose two starters, but with Pierre we basically return four starters," Murphy said. "But we've still gotta get it done. We've got to remember what made us better. This was a great experience, and I think we'll be an outstanding basketball team."

White Plains' Steve Masiello Coached the MAAC Champions



ALBERT COQUERAN PHOTOS

White Plains' own Steve Masiello, the Head Coach of Manhattan College Men's Basketball with the MAAC Championship Trophy, at the NCAA Selection Party, on Sunday, in Riverdale. The Jaspers won the MAAC Championship by beating rival Iona College, 71-68, on Monday, March 10, in Springfield, Massachusetts.



As the NCAA Selection Party continued Head Coach Steve Masiello is congratulated by his players as the Jaspers get a 13th seed in the Midwest and will ironically face Head Coach Rick Pitino and his number four seeded Louisville Cardinals, in Orlando, Florida, on Thursday. Pitino is one of Masiello's mentors, as he played for Pitino at Kentucky University and was his assistant at Louisville for six years.

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