



Battle of the Bravest: White Plains vs. Westchester Firefighters



ALBERT COQUERAN PHOTOS

The 19th Annual Charity Cup Hockey Game between White Plains Firefighters and Westchester Firefighters called "The Battle of the Bravest" was held at Ebersole Skating Rink, on March 29th. Besides the game between the White Plains Fire Dept. vs. the combined Westchester area firefighters, there was a 50/50 drawing, raffles for prizes and event logo T-shirts sold. All proceeds benefited the Ronald McDonald House of the Greater Hudson Valley at the Westchester Medical Center. The White Plains Bravest won the game 9-5. Inset photo: The game began with a ceremonial puck drop, as four-year-old Braeden Fish (center) was escorted onto the ice by his mother Lynn and father Brain (left) to drop the puck. The Fish Family resided at the Ronald McDonald House of the Greater Hudson Valley, while their daughter Brielle was suffering from a serious illness. The Fish's daughter Brielle sadly passed away on July 7, 2013.

Harrison Heralds Spring with Loads of Roadwork; Town/Village Board Asked to Hire Seasonal Staff

By Jon Craig

It may not feel like spring, but in Harrison, the hills of North Street have been alive in recent weeks with town construction crews replacing water main valves and Con Edison crews repairing a gas leak.

Con Ed workers also were busy this week along Harrison's Westchester Avenue where a weekend windstorm knocked down trees and power lines.

The Harrison Town and Village Boards, meanwhile, planned a flurry of seasonal hiring at Tuesday's regular meeting. Seven part-time jobs for highway, parks

and sanitation crews were up for a vote. Supervisor/Mayor Ron Belmont said he expected many of the jobs to be "rehires" filled by returning workers. The hiring request, already included in the budget, was made by Department of Public Works Commissioner Anthony P. Robinson.

While the orange cone hazards and traffic delays may be an annoyance to motorists along a two-mile stretch of Route 127 (North Street), Belmont said that critical infrastructure improvements have been made in recent weeks. The work on water mains reduced pressure to about 38 fire hydrants, and temporarily

continued on page 5

Fairview Fire Chief Apologizes for Ethnic Slur; Greenburgh Supervisor Calls Gesture 'Insufficient'

By Jon Craig

An ongoing feud over financing the Fairview Fire District degraded last week with the disclosure that Fire Chief Anthony LoGiudice used a vulgar anti-Semitic slur against Greenburgh Town Supervisor Paul Feiner.

On Friday, LoGiudice offered a written apology to Feiner, and a charitable donation to make up for calling Feiner a "a c..ksucking Jew bastard." The slur was made public in depositions taken in an age discrimination lawsuit filed against the Fairview Fire Department.

Feiner called LoGiudice's gestures "a

positive step. However, in my opinion this is insufficient."

Feiner, who said he was "hurt and offended" by the slur, suggested that LoGiudice visit the Holocaust Museum in New York City, with a holocaust survivor, "so he will have a better understanding of the impact his words have had on the Jewish community and the entire community and our concerns about anti-Semitism, bigotry and hatred.

In his letter to Feiner, LoGiudice apologized "for offending you and others with my careless and hurtful words. I said what I said without thought and without

continued on page 5



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Picky Eater vs. Problem Feeder

The toddler and preschool years are often synonymous with the term “picky eating,” which is a normal and temporary part of childhood development. In fact, ninety percent of picky eaters are between the ages of 2 and 5 years. Although in many cases picky eating is the problem, it is important to understand the difference between a picky eater and a problem feeder in order to implement appropriate strategies that reduce mealtime frustration and help your child get the nourishment his or her body needs. Marie Roth, registered dietitian for Blythedale and Kohl’s **Eat Well, Be Well** Nutrition Program, offers us some of the discerning characteristics between picky eating and feeding problems, as well as some tips for how to address these issues.

Characteristics of a Picky Eater	Characteristics of a Problem Feeder
<ul style="list-style-type: none"> Eats fewer than 30 foods 	<ul style="list-style-type: none"> Eats fewer than 20 foods
<ul style="list-style-type: none"> Eats at least one food from almost every type of food texture 	<ul style="list-style-type: none"> Refuses to eat foods from entire categories of textures
<ul style="list-style-type: none"> Will eat the same favorite food every day, but will eventually burn out and stop eating the food. But, will eat the favorite food again after about a 2-week break 	<ul style="list-style-type: none"> Eats fewer foods over time. Foods lost to burn out are not accepted back after a 2-week break
<ul style="list-style-type: none"> Flexible about brands or preparations of accepted foods 	<ul style="list-style-type: none"> Inflexible about particular foods, brands, preparation methods, shapes, ect.
<ul style="list-style-type: none"> Tolerate new foods on their plate and are willing to touch or taste the food 	<ul style="list-style-type: none"> Won’t tolerate a new food on the plate, and are unwilling to touch or taste the food
<ul style="list-style-type: none"> Willing to eat/try a new food after approximately 10 or more exposures 	<ul style="list-style-type: none"> Cry and throw tantrums when offered a new food; unwilling to try a new food after the typical 10 or more exposures

Tips for Parents of Picky Eaters

- Offer a variety of nutritious foods at each meal
- Expect your child to eat the foods you eat; avoid making separate meals or “kid-friendly” foods
- Serve meals and snack at approximately the same time each day, and prevent between meal grazing. Your child should come to the table hungry.
- Create a pleasant meal time experience
- Limit juice to 4 to 6 ounces daily, and offer only water between meals
- Recognize that appetite fluctuates with growth and activity. Allow your child to use his or her own internal cues for when and how much to eat

Tips for Parents of Problem Feeders

Your child will need a comprehensive and multidisciplinary evaluation to identify the cause(s) of the feeding problem, which may be related to a medical condition, oral-motor issues, nutritional problems, sensory integration dysfunctions, or environmental and behavioral factors. Feeding therapy is often required to resolve the feeding problem and help the child accept additional foods into the diet.



These materials are part of Blythedale Children’s Hospital and Kohl’s **Eat Well, Be Well** Nutrition Outreach Program. For more nutrition information or to learn more about our program, please visit: www.blythedale.org/kohls.



The Salvation Army 26th Annual Community Service Awards

By Albert Coqueran

On Thursday March 27, The Salvation Army presented their 2014 Community Service Awards at The Salvation Army 26th Annual Community Service Awards Breakfast at the Crown Plaza Hotel, White Plains.

The Salvation Army 2014 Honorees for Community Service were Stepinac High School Athletic Director and Head Football Coach Michael O'Donnell and the Hospice & Palliative Care of Westchester.



ALBERT COQUERAN PHOTOS

City of White Plains Mayor Thomas Roach attended The 26th Annual Salvation Army Community Service Awards Breakfast, at the Crown Plaza Hotel, on Thursday, March 27. Mayor Roach (left) presented Mary Spengler, the Executive Director of the Hospice & Palliative Care of Westchester with a Proclamation declaring Thursday, March 27, as "Hospice & Palliative Care Day" in White Plains.

O'Donnell was presented the Salvation Army Community Service Award for his 34 years of service to the student/athletes at Stepinac High School. O'Donnell has served as Stepinac Head Football Coach for 27 years and simultaneously as Stepinac's Athletic Director for seven years.

"The Salvation Army is a great organization and the people in the White Plains chapter are very good people," acknowledged O'Donnell. "I have been involved with them concerning many different things over the years. It is not to think that they see me as a person in the community deserving this award," said O'Donnell.

Also, distinguished for their Community Service by The Salvation Army was the Hospice & Palliative Care of Westchester. Mary Spengler, the Executive Director of Hospice & Palliative Care of Westchester accepted the Community Service Award on behalf of HPCW.

"I think to be recognized for the work that we do in the community is wonderful. It is work that is done by an extraordinary group of people



Stepinac High School Athletic Director and Head Football Coach Mike O'Donnell (center) was presented the 2014 Salvation Army Community Service Award by Lieutenants Lorena and Alexis Castillo from the White Plains Corps, at The Salvation Army 26th Annual Community Service Awards Breakfast, at the Crown Plaza Hotel, on Thursday, March 27.

who work for us. The staff is just truly exceptional in every way and it is their Honor as far as I am concerned," stated Spengler.

Hospice & Palliative Care of Westchester, which is located at 311 North Street in White Plains, is a not-for-profit organization that has provided caring services in patient's homes, skilled nursing facilities and assisted living facilities since 1992.

HPCW also provides care to children.

In 2012 they expanded the pediatric palliative care program and created Comfort Crew, whose staff works alongside a child's physician to create and individual plan of care.

Besides the Salvation Army Community Service Awards, O'Donnell and Hospice & Palliative Care of Westchester were also presented Proclamations from Westchester County and the City of White Plains proclaiming Thursday, March 27, as "Michael O'Donnell Day" and "Hospice & Palliative Care of Westchester Day" in Westchester County and in the City of White Plains.

Deputy County Executive Kevin Plunkett presented the Westchester County Proclamations and the City of White Plains Proclamations was presented by Mayor Thomas Roach. Other dignitaries in attendance included, Common Council President John Martin, Councilwoman Beth Smayda, Westchester County Legislator Benjamin Boykin and General Secretary of The Salvation Army of Greater New York James Betts.

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White Plains Earth Week Sustain White Plains

Now - April 27

The city is embarking on a coordinated recycling effort to collect shoes for the charity, **Soles 4 Souls**.

Drop-off locations include:

White Plains Public Library, 100 Martine Avenue

White Plains Youth Bureau, 11 Amherst Place

White Plains City Hall, 255 Main Street

White Plains Recycling: Take it or Leave it Shed, 87 Gedney Way

White Plains Recreation and Parks, 85 Gedney Way

All Public City Schools, except Ridgeway Elementary School

Ebersole Skating Rink* at Delfino Park, 110 Lake Street.

*Final collection takes place here on Sunday, April 27.

Tuesday, April 22

Press Conference: Earth Day Kick-off City Hall Steps at 4 pm

Join Mayor Thomas M. Roach on Earth Day as he announces our 4th annual Earth Week *Sustain White Plains* event.

April 23 - April 26

- Open to the public at **Reckson Metro Center, 360 Hamilton Avenue**, internationally renowned **3D chalk artist Anthony Cappetto** will be creating a work focused on the appreciation for our natural resources (M-F: business hours).
- Shop at the **Rising Star Sidewalk Sale** where downtown businesses offer their products and services at discounted prices.

Our Biggest Event of Earth Week!

Saturday, April 26 - Sustain White Plains Mamaroneck Avenue and Main Street

10 am - Free film screening of **DisneyNature's Bears** at City Center 15: Cinema De Lux, 19 Mamaroneck Ave. *Limited seating is available. Please arrive early to ensure entry.*

Noon until 4 pm - Just steps outside of the movie theater, **Sustain White Plains is a large street fair** featuring environmentally conscious exhibitors, fun activities for children, electric vehicles, animals for adoption and much more.

Other exciting happenings at the event include:

- **3D chalk art unveiling** - *Bring your cameras!*
- **Sustainable food from local vendors, including Starbucks** - *Bring your own tumbler!*
 - **Live music and entertainment**
 - **A fashion show using recycled materials**
- **The biggest collection of the City-wide Soles 4 Souls effort.**

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Fairview Fire Chief Apologizes for Ethnic Slur; Greenburgh Supervisor Calls Gesture 'Insufficient'—
continued from page 1



Paul Feiner, Greenburgh Town Supervisor

Jewish faith were reading those words, I was horrified.”

The letter included a \$750 personal check to the Myrna R. Youdelman Community Farm to place a bench in her memory on the Woodlands campus as a gesture “that would present new

thinking of the pain that it would bring to this community. When I read my words. . . and realized that young people, friends, colleagues and neighbors of the

within the town’s three fire districts. Fairview Fire District is costlier than the Greenville Fire District, with a budget of \$11 million and Hartsdale with a budget of \$8 million. The fire district tax bills are separate from the town budget. A meeting of the Fairview Board of Fire Commissioners is scheduled for April 10 to resume discussion about the deputy chief job.

As supervisor of Westchester County’s largest town, which has about 88,000 residents, Feiner makes \$140,000 annually. He noted that the New York City fire commissioner is paid \$205,180-a-year.

LoGiudice’s remarks were referenced in depositions in a federal age discrimination lawsuit filed by volunteer firefighter David Hecht, a 45-year-old Greenburgh resident who was turned down, twice, for paid job openings in the Fairview Fire Department. One of those jobs was given to a 19-year-old. Hecht’s maternal grandmother is Jewish. Deputy Chief Howard Reiss, who is Jewish, also gave a sworn statement about LoGiudice’s slurs against Feiner, who is the town’s



The Fairview Fire House sits quietly in a residential neighborhood.

beginnings, figuratively and literally for all of us.”

“Using a slur to express anger is never appropriate in any context, even if uttered privately,” LoGiudice continued in his letter to Feiner. “As a public official, I owe a special duty to the people I serve and to those who report to me to conduct myself accordingly. Slurs are hateful and ugly and have no place in the firehouse or anywhere else.”

LoGiudice is paid about \$220,000 annually to oversee a \$12.5 million budget that includes 45 professional firefighters and 18 volunteers. The fire chief and Feiner disagree over whether Fairview should promote one of its four captains to deputy chief, at an annual cost of about \$160,000. Feiner also has suggested consolidating jobs and duties

first Jewish supervisor. About 9,000 town residents are Jewish.

Former Fairview firefighter Darryl Leak, who retired last year after 20 years in the fire department, gave a sworn statement that LoGiudice often called Feiner “a c.ksucking Jew bastard” over the course of many years. Leak said the remarks weren’t made in anger. Feiner contacted Evan Bernstein, regional director of the Anti-Defamation League, who criticized the remarks and “inadequate and defensive” statements posted publicly by the Board of Fire Commissioners.

Fire Commissioner Michael Cotter, who was present for Leak’s deposition along with Fire Commission Chair Vikki Simmons, called for a broader investigation.

All Shook Up in Elmsford



Alexander Hamilton High School in Elmsford was “All Shook Up” this weekend when large audiences came to see the three performances of the spring musical production.

Harrison Heralds Spring with Loads of Roadwork; Town/Village Board Asked to Hire Seasonal Staff—

continued from page 1

took another 25 fire hydrants out of service.

Meanwhile, at the urging of Congresswoman Nita Lowey, Con Edison crews were reportedly trying to locate and fix a gas leak near Wendover Road and North Street. Lowey’s request, on behalf of a Harrison resident, was prompted by the recent gas explosion that leveled several buildings in East Harlem.

“While utilities must prioritize the greatest threats to our communities, the goal must be to eliminate and prevent any

dangers to the health and safety of local residents quickly,” Lowey wrote in a letter to John McAvoy, president and chief executive officer for Con Edison.

Finally, Belmont planned to announce the return of a Warner Bros. Productions’ television crew on Monday April 7 to resume filming the HBO TV series “The Leftovers.” Exterior scenes are planned outside the Harrison Public Library and in Ma Riis Park. The HBO crew filmed a holiday scene outside Harrison Police Headquarters last month.



Standing L to R: Matthew Fiorillo, Roy Watkins, Stephen Mentovay
Seated L to R: Jenna Triano, Marisol Fuentes

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Pleasantville, NY

It's a Bird, It's a Plane. No, it's a Greenburgh Bumble Bee; Harrison Student Advances in Geographic Bee

By Jon Craig

Greenburgh Central Schools may be spawning a future TV news anchor, Internet inventor or national superstar.

That's what Town Supervisor Paul Feiner wondered aloud Wednesday before honoring this year's batch of spelling bee finalists at a meeting of the Town Board.

"We're going to meet some of the most brilliant students in the whole country," Feiner said.

Feiner, who served as a judge during the school district's second annual spelling bee, called the youngsters "a real pride of the town. I didn't know they would be as smart as they were."

"They handled themselves with a lot of class, even the ones who lost," Feiner said. "So much dignity. They have the potential to be really great."

To the delight of parents and teachers in the Town Hall audience, Feiner noted that NBC Today Show Host Matt Lauer attended Woodlands High School and that Facebook founder Mark Zuckerberg grew up in Dobbs Ferry and attended Ardsley High School. (Lauer graduated from Greenwich High School in Connecticut and Zuckerberg from Phillips Exeter Academy.)

Harshita Shet, 10, was the overall winner. She'll advance to the Scripps National Spelling Bee on May 25-31 in Washington, D.C., accompanied by Marguerite Clarkson, her principal at Richard J. Bailey Elementary School. Harshita told the Examiner that the toughest word she had to spell was incorruptible. She was joined at Wednesday's ceremony by her parents, Kiran and Manju Shet. She credited her 15-year-old brother, Harshel, with helping her prepare for the local spelling finals. He's a freshman at Stepinac High School. Feiner said that since she's only a fourth-grader, Harshita may get several shots at winning a national spelling title.

"The odds of you being a national champion are very, very good," Feiner said. Harshita she'd like to become a

teacher or lawyer someday. Feiner told her: "I hope to watch you on national TV become the best speller in the United States."

At Harrison Central Schools, Jonathan Sullivan, a seventh-grade student at Louis M. Klein Middle School, advanced to the New York Geographic Bee Semifinals this Friday (April 4) at the New York State Museum in Albany.

The 12 Harrison finalists to compete in this year's local geographic bee were Sullivan, Melia Aholoe, Lianne Davidoff, Dylan Fitzgerald, Sara Garcia, Ciara Gougherty, Austin Mueller, Isabel O'Connell, Christian Pizzutello, Cassidy Urban, Jan Carlo Yepes Perafin and Conor Kelley.

According to school officials, after numerous rounds of suspenseful competition, only Sullivan and Mueller were left standing. Sullivan correctly identified the Chesapeake Bay as the location that the Potomac River empties to win Harrison's bee.

Full Greenburgh spelling bee results below:

Honey Bees (Kindergarten - 1st Grade)
1st Place: Giannalyn Menucci, wants to become a teacher.

2nd Place: Cameron Hendrickson "She has a winning smile," Feiner said.

3rd Place: Ethan Locke, wants to be a veterinarian when he grows up.

Worker Bees (2nd-3rd Grade)

1st Place: Trevor Miekle "You have to study hard and do your best and be confident that you can do it," he said.

2nd Place: Amariah Leckie "I study a lot and I study hard," she said.

3rd Place: Taylor Hendrickson wants to become an artist.

Bumble Bees (4th-8th Grade)

1st Place: Harshita Shet (She advances to the Scripps National Spelling Bee)

2nd Place: Katie Eng wants to become a doctor.

3rd Place: Shrudhii Kundu "I want to thank everyone who supported me," he said.

Joshua Colas, Youngest African American Chess Master in History

On Tuesday, March 25th, the New York State Senate passed a resolution, sponsored by Senator Andrea Stewart-Cousins (D-Yonkers), to honor White Plains resident, Joshua Colas. Colas, who was in the Senate Chamber with his father

In August 2012, Colas was listed in the National Chess Rankings as the top rated 13-year old-chess player in the United States. He also is the reigning High School Chess Champion in New York City and New York State, winning



Caption: L to r New York State Senator Andrea Stewart-Cousins, Joshua Colas, and Guy Colas.

Guy Colas as the resolution passed, earned the title of Chess Master in December 2010, becoming the youngest African American Chess Master in history at the age of eleven.

"As the youngest African American Chess Master in history and a six-time National Champion, Joshua Colas is an outstanding representative for the youth of New York State and a cherished member of the White Plains community. Today we honor his hard work and commitment to his dream," said Stewart-Cousins.

Since Joshua Colas took up the game in 2005 at just seven years old, he has won six national championships, most recently the National Scholastic Chess Championship 10th Grade Division in December 2013. He has been selected to be part of the All-American Scholastic Chess Team every year since he won the National High School Speed Chess Championship in 2009.

both championships in 2013 when he was only a high school freshman. Globally, he has represented the United States at the World Chess Championships in Greece, Brazil, Slovenia, and the United Arab Emirates, and has recorded more than 1,000 rated wins.

Colas' goals remain as high as his win count. He has won a full four-year college scholarship to the top chess college in the U.S., Webster University in St. Louis. He aspires to become the first-ever American-born African American Chess Grandmaster. Colas one day hopes to write a book to inspire other children to play the game.

"Joshua's accomplishments would be impressive at any age and he is a true example of what young people can achieve with hard work and dedication. His family and community deserve praise as well for their support and encouragement of him," concluded Stewart-Cousins.

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Lawmakers Pledge to Address Seniors' Needs at Annual Event

By Janine Bowen

Dozens of senior citizens and caregivers across Westchester converged in White Plains March 21st to speak to local legislators and advocate for improvement of services and policy changes to help the county's elderly.

The annual Legislative Speak-Out and Breakfast at the County Center, organized by the Westchester County Department of Senior Programs and Services, gave residents the opportunity to directly address lawmakers.

Several legislators explained that the event was intended to find a way for them to work together to solve problems facing the senior population.

"We should all be supporting what's good for our seniors, what's good for the future, what's good for the economy and what creates jobs. That's what this is all about," said Rep. Nita Lowey (D-Harrison).

"We're not being political because I want to help every senior citizen, no matter what party," said County Legislator Bernice Spreckman (R-Yonkers).

Lowey, the top Democrat on the House Appropriations Committee, vowed to protect Social Security and Medicare and allocate \$1 billion to the National Institutes of Health to fund research on Alzheimer's and other maladies that often afflict the elderly.



JANINE BOWEN PHOTO

County and state legislators join Rep. Nita Lowey for senior event where dozens of speakers raised issues to be focused on to help the elderly.

Among the concerns voiced during the three-hour event was the cost of living in Westchester on a fixed income, with many saying that older residents are being priced out of the area.

Residents noted that energy costs are on the rise, with Con Edison raising rates from eight cents to 17 cents per kilowatt-hour this year. They also worry that the Social Security cost of living increases fail to keep pace with expenses, including increases in school taxes.

The cost of living in Westchester is also a reason for fewer caregivers, as a large portion of 20- to 34-year-olds leave the county, leaving many older parents and grandparents without the ability to rely on their grown children for assistance.

Speakers called for more affordable housing and housing for seniors. They noted that suicide rates among residents over the age of 60 have increased because of financial hardships and fewer caregivers.

Others appealed for improved public transportation, noting that many elderly residents are homebound because there is no way for them to travel. It is particularly more difficult in winter when snow and ice can prevent them from reaching bus stops.

There was a request for legislators to streamline the application process for Paribus, a service that picks seniors up at their home, providing them with easier access to transportation.

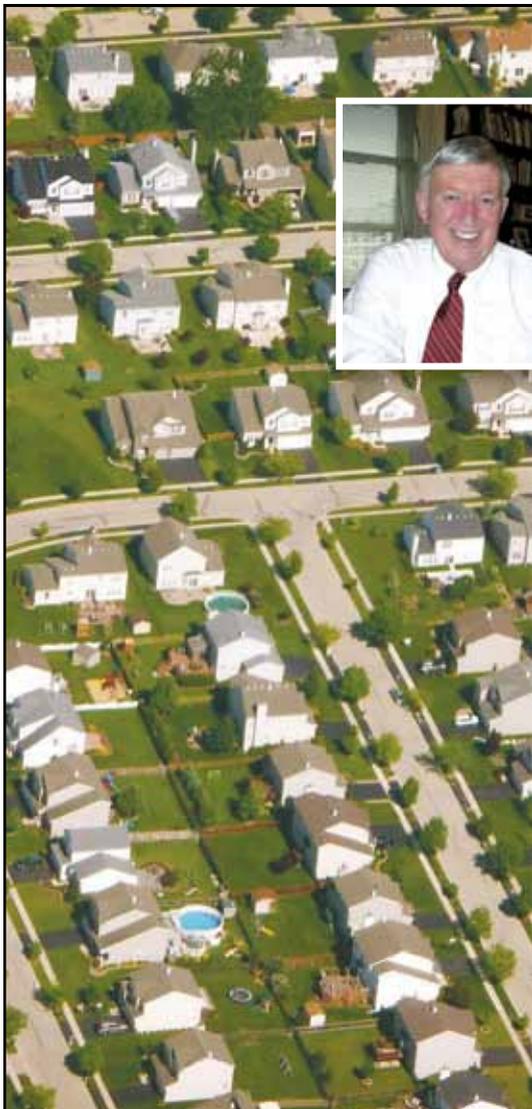
Representatives of several local advocacy groups spoke at the forum, requesting more funding to keep senior recreation and advocacy centers open. Several local lawyers requested more funding to help protect and fight for seniors who are victims of elder abuse, including scams.

Susan Parlato, an attorney for Pace University Women's Justice Center, said 15 percent of Westchester seniors suffer from elder abuse; half are victimized by financial scams by somebody they know.

Nearly a dozen elected officials attended the event and many more sent representatives. All assured residents that their concerns would be taken into consideration for inclusion in this year's budget.

State Sen. Andrea Stewart-Cousins (D-Yonkers) noted that every level of government is paying attention to the needs of senior citizens who are a vital part of the local community.

"As government we need to make sure certain things happen," Stewart-Cousins said. "We need to make sure you have health (care) and viable housing options. Our society is really enriched when we have the respect that we need to have for our seniors. We stand on the shoulders of those that have come before us and paved the way."



KENNETH T. JACKSON presents

The Ideal Suburb: THE EVOLUTION OF WESTCHESTER COUNTY IN THE 20TH CENTURY

Monday, April 7, 2014

Lecture: 6:30 p.m.–8:00 p.m.

Doors open at 6:00 p.m.

In honor of Pace Pleasantville's 50th anniversary, urban historian and Columbia University Professor **Kenneth T. Jackson** will join the Pace Community for an informative and memorable lecture on the growth and history of Westchester County and Pace's role in that history.

Pace University

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Seating is limited. RSVP to events@pace.edu no later than April 3.



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In Downtown White Plains, You Can 'Train Like a Pro' at ML Strength

By Jon Craig

When you stroll into the former Key Bank Building at 188 East Post Road, you'll be pummeled by loud music, bright lights, smiling faces and plenty of cheers and pep talks. Everyone inside is there on a mission: they want to get fit and have fun at the same time. They treat every minute of their hour-long workout sessions like they count. And what they learn during the week is put to the test on Saturdays when ML Strength classes break up into teams and compete for prizes.

"People really want to be part of a team," said Dana Cavalea, owner and founder of ML Strength, which opened in White Plains in the fall of 2011.

Cavalea should know. He's the former strength and conditioning director for the New York Yankees. "This model is consistent with the way pro athletes train," he said. "It's all positive. It's about fun."

Cavalea explained that most people who try out his ML Strength classes are eager to come back for more. But if someone signs up for a class and doesn't show up, "we'll call them to see what's up. It's about accountability."

The workout space replicates a professional sports environment. Participants rotate from one workout station to another while being challenged by performance coaches. The routines are changed up regularly and they simulate

movements of players in football, lacrosse, soccer and hockey. Certified physical therapists are available for those making a comeback from an injury.

During a recent session, Chris Kiebit, the head performance coach, was leading a class of 15 people ranging in age from 25 to 55. "Hold, hold, hold," Kiebit shouted during one routine. The sweat was flowing, but no one was slacking or giving up. Everyone seemed satisfied despite the grueling tasks and circuits Kiebit threw their way. A sign above their heads read "Train Like a Pro," and all of them acted like they were doing their part.

Popular among professional and student athletes, the state-of-the-art performance training center is now catering to adults 40 and over who want to be in the best shape of their lives. Two programs that have recently gained momentum among this age group are Adult Pro Training and Adult Training Camps.

The Adult Pro Training program enables individuals to focus on their own customized workout plans and specific goals, yet train with a small group and a professional coach. "We've found that people enjoy the social interaction and help motivate one another," Cavalea said.

Participants initially undergo a comprehensive evaluation, which covers posture, movement efficiency and physical performance, and then typically train two to three times per week for an hour or more, sometimes with the same group or other times with different people, depending upon schedules. Regular assessments are conducted to evaluate progress.

The Adult Training Camps are hour-long fitness classes that incorporate team-based activities reflective of ML Strength's theme, "train like a pro." With a maximum of 15

hour session covering the principles of core, dynamic movement, combat, agility, endurance and sport. Prizes are awarded.

It's not unusual to see baby boomers taking fitness to new levels. Warren Sherman was able to avoid shoulder surgery after rehab followed by training and conditioning at ML Strength. "And my legs have never been stronger and my stamina is better." Sharon Callahan, from Tarrytown, who has been working out at ML Strength for over a year, says she loves the enthusiasm and creativity of the coaches who push her to the next level. "Even if you don't want to work out, they push you," she said.



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participants, the classes combine strength, power, endurance, agility, weight loss and stability training using bands, balls and kettlebells plus body weight exercise. All fitness levels are welcome. Classes meet three times a day beginning as early as 5:30 a.m. and the last class meets at 8 p.m.

ML Strength recently began weekly team challenges for adults every Saturday at 9:30 a.m. The Red Team and the Black Team square off in the "football mirror drill," "the bear crawl," "tug of war," "the inch worm relay" and more during a one-

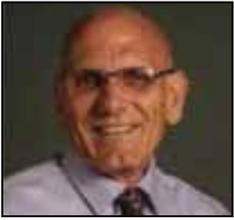
Unlike conventional gyms, there are no rows of bikes or mirror-lined walls. Instead, a turf floor and workout stations with cutting-edge equipment create an atmosphere similar to a pro team's training facility. In addition to Cavalea, there is a staff of professionals to help people reach their goals while incorporating lifestyle enhancements, nutritional advice and systems of accountability to stay on course. Massage and physical therapy are also available. For more details, call 914-437-8484 or visit www.mlstrength.com.

IN A WORLD OF **SOUND BITES** YOU COULD USE MORE **TO CHEW ON.**

Each week, you can see in-depth interviews with leaders who make a difference. Tune into **Examiner News Talk**, produced by the editors of The Examiner at our PCTV studio in Pleasantville and appearing on Cablevision 76, Verizon 36, and on pctv76.org. It's one way we give the **public access** to the whole story. And time to digest it all.

It's all about you. 

From the Harrison Mayor and Town Hall, March 31, 2014



Ron Belmont,
Supervisor/Mayor of
Harrison

I would like to take this time to acknowledge Harrison Avenue School's recent accomplishment. Last November, HAS was recognized as a National Blue Ribbon School by United States

Department of Education Secretary, Arne Duncan. Congratulations to Principal Valerie Hymes, and the HAS faculty, students and staff for this impressive achievement. I was honored to attend the community-wide celebration, for this highly distinctive award, and am very proud of the education offered in our community.

The Friends of the Purchase Free Library are sponsoring an author meet-and-greet at the Purchase Library. On Thursday, April 3, at 1 p.m., Nancy DeRosa, local author of "A Penny's Worth," will share and discuss her writing experiences and give advice on the creative writing process. I encourage residents to attend this very worthwhile

event.

Ten, 8th grade boys from National Junior Honor Society have created a 5k Fun Run for pancreatic cancer, to take place on Sunday, April 27th. Residents, and their family and friends, are invited to join this very worthwhile fundraiser. The run begins at 9 a.m. at the Park Lane Clubhouse in West Harrison. After the run, there will be a free brunch for participants, and a silent auction. I look forward to being there and participating in this wonderful event. To sign up for the run visit www.active.com/west-harrison-ny/running/distance-running-races/stonewall-circle-5k-fun-run-to-help-fight-pancreatic-cancer-2014.

The Harrison Fire Department will open its doors to area residents so they can learn about what it takes to volunteer with the Fire Department as part of the fourth annual RecruitNY statewide initiative. The Harrison Fire Department will be sponsoring an open house, showcasing the duties and responsibilities of a volunteer firefighter.

Recently, many fire departments

have found it challenging to recruit and retain volunteers. Like most volunteer fire departments, the Harrison Fire Department needs to fortify its emergency responder crews so it can continue to provide an optimum level of protection. On Saturday, April 26th, from 10 a.m. to 2 p.m. (rain date-April 27th), the Harrison Fire Department, located at 206 Harrison Ave, will host a recruitment drive in an effort to raise public awareness about the need for volunteers. Throughout

the day, the Harrison Fire Department will conduct tours of the station and firefighter apparatus, allow visitors to try on firefighter gear and provide activities and stations, throughout the firehouse, for visitors. Following the open house, the Department is hosting a pasta dinner, from 6 p.m. to midnight, to benefit the Department's scholarship fund. Donations are as follows: \$20 per person, \$15 seniors, \$10 children under 12, children 5 and under free.

Recently, I had the pleasure of attending a panel discussion and buffet hosted by our local News 12 news station. Janine Rose, Scott McGee Chelsea Edwards and

Lisa Salvadorini were on hand and gave a very informative presentation to local officials and municipal leaders. It was pleasure meeting the staff, news anchors and local leaders as we discussed current events in Westchester County.

In closing, I would like to bring your attention to some upcoming spring Recreation Department activities. April 14th to 18th, the Rec. Department will be running a mini-camp, for 1st through 4th grade students, from 9 a.m. to 3 p.m., at the Sollazzo Center. The registration deadline is April 7th. On Saturday, April 12th from 11 a.m. to 1 p.m., there will be egg hunts, rides and an opportunity to meet Peter Cottontail at Passidomo Park in West Harrison. For more information, on both events, call the Sollazzo Center at 670-3179 or the Mintzer Center at 949-5265.

The next "Lunch with the Mayor" is on Friday, April 11th. I will be at Sofia's, located at 212 Harrison Avenue in 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.

Simply Legal: Five Things You Need to Know if You Have an Auto Accident

By Robert Spinak, Esq.

With over 15,000 auto accidents a day in the United States, injuring more than 3 million people a year, it's surprising that so few individuals know what to do if they have a car crash. Sure, most people know enough to get information from any other person involved and to call their insurance company to report the incident. However, other important steps are often left out, severely limiting any claim for damage or injury. Getting the right information from the other party and what and when to report to your insurance company is commonly botched.

It's not complicated," and can usually be broken down into five easy steps that can save you a lot of aggravation in pursuing any claim or protecting your interests.

- **Gather Information.** Sounds simple, but you must get the right information from the other driver. From the other Driver's License get the state issuing the license, license number, expiration date and any restrictions. From the Vehicle Registration, get the state issuing the registration, expiration date, and the full name and address of registrant. From the Insurance Documents get the date of issuance and expiration, name, address and phone number of insurance company, and the phone number and name of the agent. From the Vehicle get the license plate number and date next inspection is due. And, importantly, record the names, addresses and phone numbers of any other people in your vehicle and/or

the other vehicle and/or witnesses. Also, if at all possible take photos of the cars involved and the conditions that caused the accident, including any traffic signals

"If damage is more than \$500 or there is any personal injury, it is mandatory that you report the accident to police."

and/or signs in the immediate area.

- **Report Accident to Authorities via 911 (if appropriate).** If damage is more than \$500 or there is any personal injury, especially if you or anyone else involved has aches, pains or visible bruising or head trauma, it is mandatory that you report the accident to police and have an accident report filed.

- **Medical Precautions.** If you have any aches, pains or bruises, go to a hospital or your regular physician as soon as possible. Remember that some of the worst consequences of an auto accident don't show up for hours or a day or two after the accident. Also, it is important that anyone involved who experienced any head trauma with or without aches, pains or bruising should be seen by a medical person as soon as possible.

- **Insurance Matters.** Call your agent

as soon as possible and certainly within 24 hours, providing the information requested. If it's after hours and you cannot reach your agent, call the insurance company directly, but even if you call the insurance company directly, also contact your agent at the earliest time possible.

- **Legal Advice.** Call a lawyer. You don't know if you'll need one or not and recollections are best soon after the accident rather than later.

Keep this article in your glove compartment as a handy guide in case you have an accident.

Robert Spinak Esq. maintains a law office in White Plains. He can be reached at 914-358-9647 (office) or 914-708-9848 (cell).

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Column**

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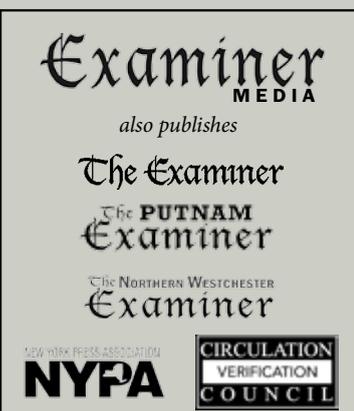
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SMALL NEWS IS BIG NEWS

Is it the Weather or Have People Become a Little Crazy Lately?

It is April 1st and no fooling around, we have had our share of tough weather – been stuck indoors waiting out snow storms, fending off extremely cold temperatures, and just this past weekend, wading through the rain and drizzle.

Spring had sprung, in name only, a little over a week ago, as we were teased with a few warm days and some sun.

There might be a severe case of cabin fever in the general population with a few extreme flare-ups as witnessed by recent headlines of racist comments against African Americans on the ball courts and now anti Semitic rhetoric at town meetings.

Even if the offenses were uttered under the breath or thought to be secret, they

indicate some bad feelings out there that the general population may have thought were part of the past.

Apparently not, and apparently something is unnerving people so much that thoughts well-hidden are rising to the surface.

Severe weather can be irritating, especially if you are not used to it – but not an excuse for bad behavior. Not an excuse to act like April fools.

In the northern European countries spring celebrations usually focus on May 1st, interestingly a month later than our anticipated spring welcome here in the States.

At some of these celebrations, almost always outside, people let loose, shaking

off the repression of winter blues. It seems those northern Europeans have found a way to carry themselves through the worst of it and then let go when the sun shines.

The rest of the world, experiencing a little more weather equilibrium, is not practiced in the art of getting through the ice storms.

Either way, there's some serious nonsense going on here in the Hudson Valley. We can't always have what we want when we want it and we have to share.

Like it or not, we live in a diverse community, so let's embrace spring, put this foolish behavior behind us, and start living like reasonable people in our communities.

New Textile Recycling Program at the Gedney Yard Recycling Center

The City of White Plains encourages residents to consider donation at the end of any garment's useful life. However, for those items too worn to donate, recycling is now available at the Gedney Yard Recycling Center. This is a great final alternative to landfill.

If you have single socks, old clothes, sheets, drapes and bedding that are too worn to give to charity, instead of throwing these items in the

garbage, you can now recycle them.

The EPA estimates that more than 85 percent of the over 13 million tons of textiles discarded in the U.S. annually ends up in the trash. An urban area with a population of 50,000, such as White Plains, annually pays for the handling and disposal of approximately 3,000 tons of textiles. With this in mind, the City of White Plains is implementing an easy way to remove textiles from the

waste stream.

On Tuesday, April 1st, the city will receive delivery of two textile-recycling containers at the Gedney Yard.

The following items will be accepted: All types of used clothing, footwear, household textiles, sheets, drapes, pillows, handbags, belts, soft toys.

Please make sure all items are clean and dry.

Obituaries

Ross Marsico

Ross Marsico, a West Harrison resident, died March 29 at the age of 90. He was born in White Plains on October 14, 1923 to the late Michael and Josephine Marsico.

Ross served in the U.S. Army from 1943-1946. On November 3, 1946 he married Louise DePaso at Mt. Carmel Church in White Plains.

Ross was a Police Officer for the Harrison Police Dept., retiring in 1983. He was the Financial Secretary for the American Legion Post # 135 White Plains. A member of the Joseph Grillo Veterans and the Moose Lodge, both in W. Harrison and a Member of the W. Harrison Volunteer Fire Dept. for over 50 years. Ross was also an avid golfer.

He is survived by his children, Karen Marsico, Marilyn Marsico and Cindy Marsico, all of W. Harrison and his grandchild, Loni Marsico. He is also survived by his brothers, Rocco Marsico, Mike DeMarsico and his sister Adeline Pineau, many nieces, nephews, great nieces and nephews and great great nieces and nephews. He is predeceased by his wife Louise, his son Ross Marsico Jr. and 5 sisters and 2 brothers.

In lieu of flowers please make donations to St. Jude Children's Research Hospital, PO Box 1000 Dept. 142 Memphis TN, 38101.

John N. Galassi

John N. Galassi of West Harrison died March 28 at White Plains hospital. John was born in White Plains on January

18, 1938 to John and Louise (Legutko) Galassi.

John worked many various jobs throughout his life, however one of his favorites was working at Old Oaks Country Club. Affectionately known as "Radar" Johnny spent many years on the golf course. He is survived by his two brothers Joseph and Thomas Galassi, a sister Mary Joan Bologna and many nieces and nephews.

Rose Cacciato

Rose Cacciato (nee Petruzzellis) of White Plains died on March 27 at the age of 92. She was born on February 28, 1922 in NYC to Julius and Mary Petruzzellis. Beloved wife of the late Guy Cacciato, loving mother of Guy (Donna) and Rick (Laura). Also survived by her sister Angela (Jon) and brother Anthony (Lisa); grandchildren Christopher (Rachel), Melanie (Marc), Richard and Jessica; great-granddaughters Madison, Lilah and Sydney; and numerous nieces and nephews. Pre-deceased by brothers Joseph, Phillip and John.

Mary Axthelm

Mary Annette Axthelm (nee Marie Grimm) passed away March 26. She was born in Brooklyn on April 17, 1915 to Pauline Charlotte (nee Wright) and Henry Peter Grimm. She married Everett Wm. Axthelm on December 6, 1947. They lived in Richmond Hill, Long Island, before moving to White Plains in 1958. She was active in PTA activities. She was

a member of St. Bartholomew's Episcopal Church since 1958 and served as Corresponding Secretary for the Women of St. Bartholomew's for many years. She was also a member of the Woman's Club of White Plains and served on its Board of Directors. She was also a member of the B. Altman & Co. Fashion Advisory Board. She was predeceased by her husband, Everett Wm. Axthelm, her son David Wayne Axthelm and her sister Charlotte Grimm Widlake. She is survived by her son Paul Everett Axthelm of Syracuse. She is buried at the family plot in White Plains Rural Cemetery. Donations if desired may be sent to the Meals on Wheels of White Plains.

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks.

Email letters to
pcasey@theexaminernews.com.
The White Plains Examiner requires that all letter writers provide their name, address and contact information.

Police Blotter

Greenburgh Police Department

Hotel Intruder: On March 25, police were called to the La Quinta Hotel at 540 Saw Mill River Road, Elmsford to check out a report of a male chasing a person through the hotel. As police were checking the original report, they saw a male matching the suspect's description in a parked vehicle in the rear lot. After checking the license plate, police found the driver, Deshawn Legrier, had two license suspensions and one revocation. Legrier, whose address was not listed, was issued a summons.

Hit and Run: Police and emergency personnel were called to assist Tina M. Rivera, 55, at the scene of a traffic accident at the intersection of Old Saw Mill River Road and Saw Mill River Road on March 17. Rivera complained of pain in her face and she was transported to the hospital. A witness, Camille Cruzado, told police that she saw a male driving a sedan hit Rivera's car on the side and then flee the scene heading south on Saw Mill River Road. At the hospital, Rivera told police that her vehicle was hit while she was stopped in traffic at Saw Mill River Road and Old Saw Mill River Road. Matthew Gordineer, no age or address listed, was arrested in relation to the hit and run accident, processed at police headquarters. He was issued an appearance ticket.

Burglary in Progress: On March 17, Erin Jacobsen, 31, told police that she and her friend, Aviva Gaskill, arrived at her apartment at 111 East Hartsdale Ave. to find that the premises had been ransacked. As she walked through the apartment, Jacobsen's friend saw an unknown male walking through the front door. Gaskill screamed upon seeing him, alerting Jacobsen. She ran after the suspect and saw him run down the staircase. The two women described the suspect as a light-skinned male, about 5'10" wearing a tan Carhartt jacket and blue jeans. His image was captured by the building's surveillance camera. Police responded by setting up a perimeter with patrols and a search of the building and the surrounding area without results.

Burglary: Donna Kozupsky, 53, of 160 East Hartsdale Ave., Hartsdale, reported that her apartment was ransacked on March 17. When she returned home she found that the front door was not completely closed and entered to find her apartment ransacked. It appeared that the intruder had entered the apartment through the front door without force. During a canvass of the building, another resident told police he heard someone turning the door handle to his apartment sometime between 2 a.m. and 2:30 a.m. He opened his front door but saw no one. He did not report the incident at the time.

Petty Larceny: An employee at the

Westchester Wine Warehouse at 53 Tarrytown Road in White Plains called police about 5:30 p.m. on March 17 to report a shoplifting incident. Rashon Miller told police he saw the suspect, Lucio Beletanga, hide a bottle of gin inside his jacket and leave the store without paying. He was apprehended by Miller and Rudi Pali. The suspect was in custody when police arrived. Beletanga, no age or address listed, was taken to police headquarters, where he was booked and released on \$20 bail. Beletanga told police that he had been consuming alcohol all day so upon his release, police took him to White Plains Hospital without incident.

Drug Possession: On March 20, Arthur Nichols was seen walking from the rear of 9 Maple St. in the area of the Greenburgh Housing Authority. When Nichols saw the police officer in the Oak Street area, he changed direction and walked back toward the Maple Street side of the complex. The officer stopped him at 33 Oak St. and asked him to take his hands out of his jacket pocket. He did so and produced two small plastic bags of what appeared to be marijuana. Nichols was transported to police headquarters to be processed. He was released on an appearance ticket.

Drug Possession: A parked car with its headlights on drew the attention of a patrol officer on March 21 about 3 p.m. in the area of 630 White Plains Road. As the patrol headed toward the black 2014 Kia, its driver switched off the lights. As an officer approached the car, he smelled marijuana and when the driver, Waiik Collier-Perrin, no age or address listed, rolled down the window, the officer saw a small black plastic bag on the floor at the driver's feet. The driver then attempted to push the bag under the driver's seat. Upon questioning, Collier-Perrin opened it to show that it contained several smaller bags. The officer asked the driver to step out of the car and escorted him to the rear of the vehicle. Collier-Perrin then reached into the left side of his jeans and pulled out another small plastic bag containing marijuana. Collier-Perrin was arrested. His passenger was released without charges. Collier Perrin was released on \$100 bail and an appearance ticket for March 28.

Burglary: Steven Pires, 52, owner of S&J Tow located at 245 South Central Ave., Hartsdale, reported a break-in. Sometime during the night of March 20, the premises were breached through the rear of the building through seven to ten cinder blocks. Pires told police that tools, jewelry, code scanner equipment and approximately \$1,000 cash had been taken. The Gulf Station connected to S&J Towing was also burgled. The intruders gained entry to the gas station through an unlocked door to the towing company. The owner, Faisal Akram, told police that

a safe containing \$711 cash and several other items were missing. Police learned that several nearby businesses including Snap-Fit had surveillance cameras. Police planned to review the surveillance footage.

Drug Possession: On March 21, police stopped Travis Campbell walking south on Warren Avenue. Campbell was in the area despite a bar-out order prohibiting him from entering or staying on Greenburgh Housing Authority property, so police attempted to stop and arrest him. He fled and began running east on Oak Street. The officers told him to stop, but he ignored them. While they were chasing him, an officer saw Campbell throw a small white napkin to the ground. At 25 Oak St., Campbell tripped and fell but continued to struggle against arrest even after he was down. The white napkin that Campbell had thrown turned out to contain eight small plastic twists containing a white, powdery substance. In addition, a customary search revealed that Campbell was also in possession of 20 small clear plastic bags containing a green leafy substance that appeared to be marijuana. Campbell was taken to police headquarters and charged with possession of a controlled substance and resisting arrest. He was held pending arraignment. During the struggle with police, Campbell suffered some lacerations to his right hand, which were treated.

Possession of Marijuana: On March 22, Atanu Bhattacharjee was spotted sitting in his vehicle in a parking lot at 100 Manhattan Ave., White Plains, rolling what looked like a marijuana cigarette. Further investigation determined that it was indeed a joint. Police also found a small zip lock bag containing what appeared to be marijuana in the central console compartment of the car. Bhattacharjee, address unknown, was issued an appearance ticket and released.

Criminal Mischief: On March 18 about 6:44 p.m., police responded to 80 East Hartsdale Ave., Hartsdale, for a report of a bomb threat written in the building stairwell. Michael Dobular of apartment 208 reported that he observed a bomb threat written in stairwell "A", between the 2nd and 3rd floors. Police noted that written on a cable box on the landing between floors, in what appeared to be black marker, were the words: "at 7:04 p.m. the building will be bombed your welcome." While canvassing the building, police also noticed the words "KKK anti Jew" in stairwell "B" on the second floor. Police noted that Nazi swastikas were reported drawn on a wall within the apartment building the day before.

Harrison Police Department

Illegal Occupant: About 6 p.m. on March 23, police responded to a "burglary in progress" at 141 Halstead Ave. The

apartment's occupant said there was someone in his shower with the water running. Police found Bristy Vasquez, 21, of Mexico. The apartment occupant said Vasquez had stolen his wallet and cash from the apartment while he was walking his dog the day before. During the earlier incident, police were called, the wallet was returned but no charges were pressed against Vasquez. When asked by police why she returned there, Vasquez said she "wanted to burn down the apartment and kill the mother f...ker." Her bail was set at \$10,000 and an order of protection was filed against her.

Criminal Impersonation: About 5 p.m. March 21, police pulled over a 25-year-old Brooklyn man driving with a cracked windshield and expired inspection along Mamaroneck Avenue near the I-95 ramp. The police officer detected a strong odor of burned marijuana. The driver identified himself as 23-year-old Angelo Lamicella, who is 5' 11" on his license. Police estimated the driver to be about 5' 8" tall. When the driver got out of the car, police found a plastic bag containing what appeared to be marijuana in the driver side door map pocket. He was asked to write his name and date of birth down, and again, the man wrote "Angelo." When police asked the car's passenger for the driver's name, she stated: "Frankie." The driver then admitted he did not have a driver's license and that Angelo was his younger brother. He was charged with criminal impersonation and unlawful possession of marijuana. The car was impounded and Frank A. Lamicella was released on \$100 bail pending a court appearance.

Driving While Intoxicated: Mildred Labrusciano, 56, of 60 Temple St., Harrison, was charged with DWI after police found her car with both passenger side tires parked on the curb about 10 p.m. on March 21 along Temple Street. Police smelled a strong odor of alcohol on the driver's breath. Labrusciano failed several sobriety tests, police said. A blood alcohol test was measured at .08 percent. She is due to appear in court on May 6.

Leaving the Scene of an Accident: Viviana A. Posada, 28, of 47 Souard St., Harrison, was charged about 7 a.m. on March 22 after police followed a trail of fluid from an accident scene to Posada's residence. The airbag had been deployed on the Acura. When police arrived, Posada said she thinks she had fallen asleep and hit a parked vehicle. She told police she did not see anyone at the scene, got nervous and drove home. She had scrapes on her left forearm but declined medical attention. She was charged with leaving the scene of a motor vehicle accident without reporting personal injury. She's due to appear in court on April 22.

New Leadership for Armonk's Breezemont Day Camp But Traditions Remain

By Martin Wilbur

There are plenty of obstacles for a child to overcome throughout the school year. There may be challenges academically or socially, and even if not particularly serious, they can take its toll and chip away at a child's self-esteem.

Come summer, however, a day camp should be an oasis to allow children to be children, and provide them with a wealth of opportunities to have fun, grow and help them reach their potential.

At Breezemont Day Camp in Armonk, that's what new part-owner and Camp Director Gordon Josey and staff plan to make sure happens this summer when roughly 300 campers between 3 and 14 years old set foot on the 15 beautiful acres off Cox Avenue. Its grounds might make you believe for a moment you're at a sleep away camp in the Adirondacks.

Breezemont will carry on in 2014 with much of the same approach that has attracted thousands of children and their families to the grounds for more than three-quarters of a century. Josey and his team succeed former longtime owner and director J.R. Tesone, who passed away in February.

Despite the upheaval--Tesone started as a counselor at the camp nearly 50 years ago and had run Breezemont since 1986--returning campers and their families as well as newbies will find a lot to be excited about. Josey said the location,

easily reachable from almost anywhere in Westchester, and its woodsy surroundings keeps youngsters coming back for more. Most of the children live within 25 to 30 minutes of the site, although some come as far away as Manhattan, he said.

"We want to keep the same values, the same traditions but want to have improved facilities, improved training to help our young families," said Josey, a native of Scotland who spent the summer in 1990 as a camp counselor in the United States on an exchange program and fell in love with camps. He also operates a traditional summer sleep away camp in West Virginia and specialty camps in Manhattan and Spain.

Like any day camp, Breezemont's bread and butter is its activities. From the time a child leaves home in the morning he or she is continuously engaged. Even on the bus heading to camp in the morning, there is the "bus bag" where counselors have a bag of tricks and other activities.

Once at the site, campers swim twice a day, weather permitting. There's a full range of sports, including tennis, baseball, basketball, soccer, softball, boating and fishing, Josey said.

Then there are a host of artistic activities, such as arts and crafts, music, theater and jewelry making. There are also some fun academic-type activities--nature and science and a "book nook," the camp's electronic library--for children to



participate in.

Children are split into small groups of no more than about a dozen and are overseen by four or five staff members. For three- and four-year-olds, the groups have boys and girls but after that the children are separated by gender.

Josey said Breezemont takes its daily responsibility of supervising children from 9:30 a.m. to 4 p.m. seriously. Much of its roughly 100-member staff are comprised of adults. While there are some high school and college students who serve as counselors, they are overseen by the group leaders, who are all teachers during the school year, and senior counselors, younger adults who are out of college with the majority of them working in education.

Then there are the activity specialists who lead the wide range of sports and arts programs. Most are physical education teachers or art or theater majors who enjoy spending their summers in a fun atmosphere helping children.

No one sits in an office, but Josey said he is easily reachable for parents who have questions or problems.

"I think the hardest job you'll ever have is being a camp counselor," Josey said. "I say that because you learn so much more as a counselor for the summer. Come to camp, you really learn. It's hard work, it's taxing, it's responsibility, timekeeping, problem solving."

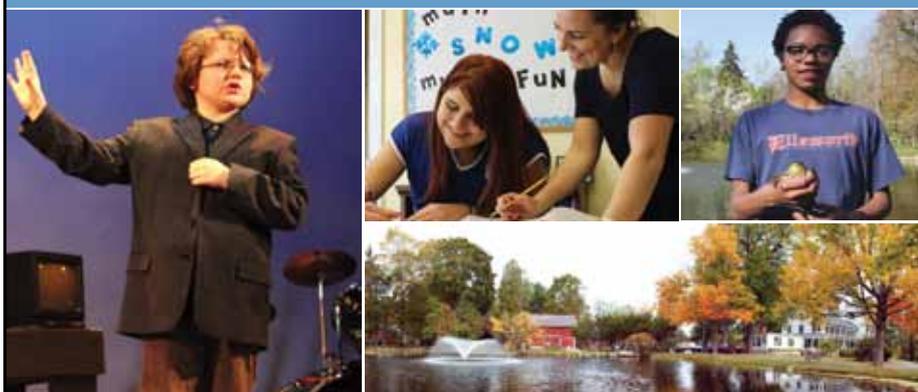
Families can choose to enroll their children from four to eight weeks, he said. The most common sign-up period is seven weeks, since many families often go on vacation for a week.

Breezemont also makes sure to be family friendly, Josey said. A nice touch is its Thursday night barbecues where parents are invited to return with their children, enjoy the surroundings, meet the staff and other parents and sit around a campfire. There is also a family day on July 4.

For families whose parents work there is an extended day program, starting at 8 a.m. and remaining open until 6 p.m.

For more information about Breezemont Day Camp, call 914-367-1936, email info@breezemont.com or visit www.breezemont.com.

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Got Grit?

Parenting Pep Talk



By Dr. Jaime Fleckner Black

Grit is the new buzzword in education thanks to the award-winning work done by psychologist and former 7th grade math teacher Angela Duckworth. Duckworth began studying grit -- defined as persistence, determination, and resilience, or the quality of being able to sustain and work hard at passions -- after an interesting trend emerged while teaching math. She noticed that IQ had very little to do with success in her class. Duckworth began to research who is successful and why in a variety of settings

“IQ, physical health, and emotional intelligence have less to do with success than grit.”

with a variety of age groups. She found that IQ, physical health, and emotional intelligence had less to do with success than grit. Being able to learn quickly and easily is not the most important ability. Living life like it's a marathon and not a sprint will lead to success, she says.

More and more schools are working

on increasing students' grittiness. The Obama administration is also on board and stated in the 2013 Department of Education report that children are learning to “do school” at the expense of life skills. One school in Long Beach, California strives to create classroom environments where struggle and risk-taking are more important than getting the right answers. Jason Baehr, who runs the school, sees “kids learning to be grittier all the time.”

Lenox Academy in Brooklyn, New York also aims to increase grit by sending the message that failure is a normal part of learning. They point out mistakes made by successful individuals like Steve Jobs who failed at some endeavors along the way. Tom Hoerr, leader of the New City School in St. Louis, Missouri says: “If our kids have graduated from here with nothing but success, then we have failed

them, because they haven't learned how to respond to frustration and failure.”

Little is known about how to build grit but work is being done to find out. Carol Dweck, psychologist and motivation researcher has long touted the benefits of focusing on improvements rather than on being “smart.” She talks about having a growth mindset -- the belief that the ability to learn can change with effort. Growth mindset training enhances motivation

and achievement and involves teaching children about the stages of memory, how the brain works, and strategies for applying growth mindset at school and at home. When children understand that the brain is a muscle that is capable of growth and change they are more likely to persevere.

Critics of grit as a goal fear that the concept will take attention away from

other changes that need to be made in the schools, such as ensuring effective teaching. They also point out that students can be gritty in some things but not others. Duckworth agrees that passion is a necessary part of the equation and that schools, teachers, and parents all have to help kids cultivate their passions and sustain hard work. Talent alone does not make you gritty. Sadly many talented individuals will never see what they are truly capable of. It's challenging to figure out exactly how to make children passionate about topics that are not inherently stimulating or to even motivate a talented individual to practice, practice, practice. But that doesn't mean that we shouldn't try. As Duckworth has said, “We need to be grittier about getting our kids grittier.”

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.

You May Not Believe This Personal Story, But I Swear It's True

This column comes with an advance warning: You may not believe it, but it's true.

It involves a feng shui seminar the Home Guru Team sponsored last week for my fellow associates at William Raveis Real Estate to celebrate my birthday. I had recently met a fascinating feng shui practitioner named Deanna Trust whom



The Home Guru's work/sleep space: the color teal, a seascape, crystals and St. Joseph.

I invited to join the team in order to offer her services to listing clients over a certain price point.

Midway through the two-hour presentation, my mouth was open, my eyes open even wider, as I realized that, unwittingly, I had created a set of conditions within my home that has revolutionized my life within the past three years.

Not that long ago I was down on my luck, deeply in debt and seemed to have few options open to me. Having been the owner of a highly successful lifestyles

public relations agency in the 1980s and 1990s, I was forced after 9/11 to take a nine-to-five nonprofit job that I found less than gratifying while doing odd freelance PR and editorial jobs to make extra money. The only bright spot was, at that time, my part-time entry into real estate.

To take my mind off things, I decided to convert what was my daughter's large bedroom into my workspace. Looking for a theme but not wanting to spend much money, I remembered that I had a collection of nautical prints and oil paintings in the attic that my wife and I had inherited from our adopted Aunt Pearl. I had never really been attracted to seascapes but I thought they looked more masculine than the needlepoint and flowery wallpaper in the room. I asked my regular painter, Joe Pascarelli, to strip the wallpaper and to paint the walls a color that would pick up the primary tone of the nautical theme, a medium teal, a color that normally I would never choose.

Then, I moved my collection of about 200 crystals from a guest room to the shelves of my new room. Because I've always had a statue of my patron saint, Joseph, accompany me wherever I sleep, I took him along for good measure.



By Bill Primavera

As soon as I occupied my new space, unexpected things started to happen, but I didn't make a connection. Home Guru readers started calling, saying that they felt they already knew me through my column and wanted to list their homes with me. My real estate business doubled in one year, then it doubled again the next. The same thing happened in my PR business. I made new friends. New investment opportunities came my way unsolicited. The press reported more on my activities. So I thought, hey, I'm just on a lucky streak--

until the moment in the middle of Trust's lesson when she said: “In feng shui, we work with five elements that operate in harmony in nature: among them is wood, the element that feeds fame and success . . . and water feeds wood . . . so a good color to paint a room where we spend most of our work or sleep time would be a water color, either green or teal, and it would be good to have images of water in evidence.”

My mind started racing as she continued: “To energize our intentions, we might also add a crystal or two and, for good measure, maybe an image of the patron saint of the home and productivity, St. Joseph.”

By this time, I was in a near state of apoplexy. I raised my hand and told my story to the group. Trust didn't seem surprised while my fellow associates may have felt that I was just adding drama. But I swore to all, it was the truth. And it was all done unwittingly.

“You just made your intentions known to the universe and the universe responded,” Deanna explained in a matter-of-fact way, adding that my bedroom was in the fame/wealth quadrant of my bagua, whatever that is. But who cares about the details when all the basic elements are in alignment and working without my having consciously planned it?

As readers may know, I'm in the process of moving to a new home. Can you guess how I'm planning to decorate my work/sleep space?

If you want to talk with feng shui specialist Deanna Trust for a consultation, call her directly at 973-366-3570. But fair warning: you may find yourself in some future situation that people won't believe.

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.

ATTENTION SINGLE FAMILY HOMEOWNERS ...

Was your home damaged by Superstorm Sandy, Hurricane Irene or Tropical Storm Lee?



- Do you need help in repairing or rebuilding your home?
- Are you still, or were you, displaced from your home for any amount of time?
- Have you paid for costs to repair your home?
- Do you need help with paying your mortgage?

If you are a **single family homeowner** and you answered **YES** to any of the above questions, you may be eligible for financial assistance through the NY Rising Housing Recovery Program.

The deadline for applications is April 11, 2014*

Please join us at one of our storm recovery outreach events. Learn about our programs for single family homeowners. **Eligible homeowners will be able to apply at these events.**

April 5 • 10:00 a.m. - 4:00 p.m

Broome/Tioga: Our Savior Lutheran Church-Lutheran Fellowship Hall, 731 Hooper Road, Endwell

Essex: Jay Community Center Gym/Auditorium, 11 School Lane, Au Sable Forks

Montgomery: Hamilton Fulton Montgomery BOCES, 2755 NY 67, Johnstown

Saratoga/Waterford: Waterford Senior Center-Civic Center, 35 Third St., Waterford

Schenectady: Schenectady Community College-Lally Mohawk Room, 78 Washington Ave., Schenectady

Sullivan: SUNY Sullivan-Student Union Center, 112 College Rd., Loch Sheldrake

April 9

Storm Recovery Outreach Events will be held in Dutchess and Rockland/Westchester counties.

Please visit our website at <http://stormrecovery.ny.gov> for location information.

If you can't attend one of our community meetings, you can still apply online at: <http://stormrecovery.ny.gov> or call the STORM RECOVERY HOT LINE at 1-855-NYS-SANDY (1-855-697-7263).

You may still be eligible even if you've received assistance from FEMA, SBA or your Home Owner's insurance.

Types of Assistance Available:

- Repair
- Reconstruction
- Reimbursement
- Elevation
- Interim Mortgage Assistance
- Buyouts & Acquisitions

* Only new applications for single family homeowners will close on April 11th. Applications for Interim Mortgage Assistance (IMA) for homeowners who have submitted a NY Rising Housing Recovery Program application by April 11th will still be accepted. In addition, NY Rising will accept applications for condominiums and cooperatives as well as rental properties. Coop/condo and rental property applications will be available soon.



info@stormrecovery.ny.gov | www.stormrecovery.ny.gov/community-reconstruction-program
Twitter: #NYRising @NYStormRecovery | Facebook: NYStorm Recovery



WHITE PLAINS AFTER DARK

HAPPY HOUR

Beechmont Tavern – 3-7PM,

Weekdays ½ appetizer specials, drink specials, WINGS!

Black Bear Saloon – 4-7PM,

Weekdays All drink ½ off, \$5 appetizers
Bob Hyland's Sports Page Pub –
4-7PM, Weekdays \$1 off all drinks

City Limits – 9PM, Daily

\$4 wines and draft beers, \$7 cocktails,
25% off appetizers!

Brazen Fox – 4-8PM, Weekdays

\$4 drafts, \$5 martinis, \$5 cocktails, \$5
wines, \$15 samplers

Elements – 4-8PM, Daily

\$3 and \$4 drafts, \$5 wine and well
drinks, \$6 select martinis, \$8 mojitos

Executive Billiards – Happy Hour,

3-7PM, Mon-Thurs

\$10 per hour per table, \$3 beers

Lazy Boy Saloon – 4-7PM, Weekdays

Beer and drink discounts

Porter House – 12-8PM, Mon-Sat

\$3 and \$4 drafts, \$5 martinis and
cocktails, ½ off appetizers at the bar

Ron Black's Beer Hall – 4-8PM,

Weekdays \$4 and \$6 beers pints, \$5
wines, appetizer specials

Sam's of Gedney Way – 4 to 8PM

Weekdays \$4 drafts, \$5 select wines, \$6
select cocktails, Half off appetizer

menu at the bar.

Wicked Wolf Tavern – 4-7 PM,

Weekdays ½ off all drinks, \$5
appetizers

Vintage – 11AM-7PM

Live bands, \$4 drink specials

TUESDAY, April 1

The Brazen Fox 10-11PM Bonus

Night

Black Bear Saloon Tijuana Tuesdays

& Karaoke \$2 Coronas and Tequila
shots

Elements Jazz Tuesdays – Benno

Marmur Jazz Trio; 6:30-9:30PM

Lazy Lounge Bar Trivia – 9PM

Ron Black's Beer Hall

Battle of the Brains Trivia – 8PM \$100
for the winner!

Wicked Wolf Tavern

Tijuana Tuesdays \$2 Coronas, \$2
Tequila Shots, \$2 Tacos

WEDNESDAY, April 2

Black Bear Saloon Trivia starts at

8:30PM; \$5 Bomb shots, \$4 Pinnacle
Drinks, \$3 Domestic Drafts, \$2 SoCo
Lime shots, \$1 tacos

Bob Hyland's Sports Page Pub

Trivia Night – 7:30PM sign up, 8PM
start

Brazen Fox Ladies Night 5-11PM. A

portion of all proceeds is donated to
the Breast Cancer Foundation.

Dunne's Pub Music Seisun – 7:30-

10:30PM Traditional Irish music with
Brian Conway and friends!

Executive Billiards Ladies' Night

\$10 Ladies play all night, \$4 tropical
ball drinks

Lazy Lounge JAM SESSION 9PM-

1AM Featuring: Curtis Winchester,
Gil Parris & Special Guests! Great
Beer, Wine and Food Specials all night!

Ron Black's Beer Hall Beer-BQ 4-

10PM; featuring special beer of the
night.

Wicked Wolf Tavern Acoustic

Wednesdays featuring Dan Barrios
9PM

Vintage Team Trivia – 7:30PM with

Quiz Master Dan Doherty

THURSDAY, April 3

Black Bear Saloon Relapse Thursdays;

\$2 Bud Lights and \$2 Fireball shots all
night long!

Brazen Fox Suds for Scrubs – 9PM

Show your Medical ID for \$5 drafts!

Dunne's Pub Oktoberfest every third

Thursday

Ron Black's Beer Hall DJ Bingo

7:30PM

Vintage Dance Time Entertainment
Night Behind the Scenes for the whole
family; 6:30PM start; door pries for first
100 kids

FRIDAY, April 4

The Brazen Fox DJ party After 11 PM

Lazy Boy Saloon MIKE BRAM

- Soulful Rock and Blues ... an
authentic Rocker!

Porter House Live DJ – 11PM

Vintage Alan Cave & Melodi 10PM

SATURDAY, April 5

The Brazen Fox DJ Party After 11 PM

Lazy Lounge Live DJ!

Porter House Live DJ – 11PM

SUNDAY, April 6

Elements Paint Nite 5-7PM;

Fernando will teach you how to create
a masterpiece; food and drink specials

Lazy Lounge Live DJ!

Wicked Wolf Tavern Sunday Funday

\$3 drinks every weekend.

MONDAY, April 7

Wicked Wolf Tavern Flip n Sip

Mondays – flip a coin for a fee drink

Black Bear Saloon Monday One Day

\$1 Menu; starts 8:30PM

Know the perfect place to go for a night out this week? Submit event to pcasey@theexaminernews.com

Give the Gift of a Holiday Dinner for a Sick Child

"Thank you, Friends of Karen, for brightening our Easter spirits with all the much needed help and support you provide to my family."

Helen, an 8-year-old battling Non-Hodgkin's Lymphoma, wrote that to Friends of Karen, a local children's charity. Easter and Passover are a great time for families to get together, but when parents are overwhelmed with caring for a child with cancer or another life-threatening illness, they often have to miss out on festive occasions -- a holiday is just another day in the hospital full of worries and fears.

Friends of Karen wants to make

sure that families get to celebrate with a special holiday meal. Their Easter/Passover Supermarket Gift Card appeal helps solve the problem, ensuring the families get a reprieve from hospital cafeterias or fast-food in between doctor visits and medical treatments.

Next time you go shopping at A&P, Pathmark, Shoprite, or Stop and Shop, pick up a grocery gift card so that a struggling family can enjoy a special holiday meal together. Call Denise Tredwell at 914-617-4052 to participate, or you can make a secure donation at www.FriendsOfKaren.org, click on the purple "Click Here To Donate Now"

button, and select "Easter / Passover" from the dropdown menu.

Friends of Karen is the only organization in the New York Tri-state area that provides vital, practical and comprehensive support, at no cost, to families caring for a child with a life-threatening illness, from diagnosis through treatment.

In 1978, 16-year-old Karen MacInnes was terminally ill with a rare genetic disorder, Lafora's disease. Her parents desperately wanted her to be able to spend her last months at home with friends and family. Despite the prohibitive costs of Karen's care, they brought her home from

the hospital. Sheila Petersen, a family friend, appealed to the community and began a fundraising campaign to help pay the mounting bills for Karen's care and comfort at home. At the end of Karen's life, her family expressed their wish that Sheila continue helping to make life easier for other catastrophically ill children and their families. Thus, the organization that bears Karen's name was born.

Friends of Karen's services help free them of everyday needs and concerns, so they have more time to love. For more information, visit www.FriendsOfKaren.org or call 914-617-4040.

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EVENTS

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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, April 1

Tuesdays at Dorry's. Ed Stotsky has a longstanding interest in his Jewish faith and its relationship with other faiths. He has been teaching Judaica as a Hebrew School teacher at local Temples for 11 years. For 20 years, he has lectured on Moses' Tabernacle to adults and young people in Westchester. He and his Catholic wife have shared holidays and experiences in Church and Temple for almost 40 years. Ed will bring to us his explorations about the differences in people's relationships with prayer and God depending on whether they use imagery or lack of imagery. He will include Judeo/Christian beliefs but will encourage people with other perspectives to join in this discussion. 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.

Wednesday, April 2

Noonday Getaway Concert. A prizewinner in many international competitions, 25-year-old cellist Dmitry Volkov is one of the brightest talents to emerge from Russia today. With pianist Svetlana Gorokhovich, he will perform a Sonata by Dmitri Shostakovich, three Fantasie Stucke of Robert Schumann, and conclude with the Grand Tango of Astor Piazzolla. A Downtown Music debut. 12:10 p.m. Free Admission. Grace Episcopal Church at the intersection of Mamaroneck Avenue and Main Street in White Plains.

Poetry Slam And Open Mic. White Plains Public Library's exciting "1st Wednesday" series continues with Open Mic, SLAM competition and featured poet Tatyana Brown, a traveling performer, educator, organizer, and activist who ranked fourth at the 2011 Individual World Poetry Slam. To take part in the open mic or slam, please register at 6:30 pm. Slammers should bring one original poem of up to 3 minutes. Registration closes promptly at 7 p.m., and the program starts shortly thereafter. Co-hosted by local poet and slammaster Eric ZORK Alan. Refreshments are served and all are welcome! Questions? Contact

program librarian Miriam Varian by phone (422-6980) or e-mail (mvarian@whiteplainslibrary.org). WPPL is located at 100 Martine Avenue, White Plains.

Civil War Series. The Daniel E. Sickles Civil War Roundtable in association with The White Plains Historical Society presents: "A Rehabilitation of General George G. Meade, the Forgotten Victor of Gettysburg" with Colonel Kevin W. Farrell, Ph.D., U.S. Army, Ret. The Purdy House: 60 Park Ave. White Plains at 7:30 p.m. For further information contact: 914-949-4679 or Program@CivilWarNY150.org

Thursday, April 3

Palliative Care and End-of-Life Conference. "The Art and Science of Palliative Care: Where Medicine, Market and Meaning Meet" is the theme for the sixth annual interdisciplinary and interfaith conference about palliative and end-of-life care that will take place Thursday and Friday, April 3 and 4. The April 3 program will be held at Fordham University, 400 Westchester Ave., West Harrison, from 11:30 a.m. to 6 p.m. The April 4 session will be at the Westchester County Center, 198 Central Ave., White Plains, from 8 a.m. to 4:15 p.m. The conference is free, but there is a \$5 fee for parking at the County Center. Only online registration will be accepted. To sign up for one day or both, visit www.cpcwestchester.org.

Friday, April 4

Photography Competition. Digital Black and White and Prints. Westchester Photographic Society's Prints and Digital Black and White competition. Prints in Color, Black and White and Open Mind (imaginative manipulation of an original image) are rated by a professional judge. The evening is motivating for both club members and the guests. WPS welcomes all photographers, whether budding or professional, to become members. Mutual support for the enhancement of our craft is our specialty. 8pm, Westchester Photographic Society, Tech Bldg., WCC, No charge. Guests are welcome, 914-827-5353 www.wpsphoto.org

Saturday, April 5

Artist's Talk on Russia. 4 p.m. Blue Door Gallery, 13 Riverdale Avenue, Yonkers

Emerging Young Leaders Youth Summit. 9:30 to 11:30 am, at Eastview Middle School, White Plains for students in the 6th - 8th grades. The event is intended to equip, excite, and connect youth to subjects and careers in STEM (Science, Technology, Engineering, and Math). The theme for the youth

summit is, "Meeting the Challenges of Your Future." The summit will include workshops and forums with a large focus on STEM topics for students and their parents, as well as workshops specifically for parents providing information on educational expectations as their children prepare for high school. The EYL Youth Summit is free to all registered participants and students must be in middle school to register. Online registration is available at <http://piosummit2014.eventbrite.com>. The registration deadline is March 31, 2014. For additional information email: piosummit2014@gmail.com or contact Raymond Tribble, White Plains Youth Bureau, 914-422-1378 orrttribble@whiteplainsny.gov.

Celebrate Hans Christian Andersen.

The life of fabulist Hans Christian Andersen will be celebrated from 2 to 4 p.m. at the Center for Literacy Enrichment (78 North Broadway, White Plains). Children of all ages are invited to meet "Mr. Andersen" who wrote such fairy tales as The Ugly Duckling, The Little Mermaid and The Red Shoes. This free event will feature readings of Andersen's works and fun activities planned by Pace University School of Education students. For more information, contact mdelany@pace.edu or 422-4135 or go to www.thecenterforliteracy.com.

Hudson Chorale Hosts Emily Dickinson.

Hudson Chorale invites you to its 2014 benefit event, a concert staging of My Business Is to Sing! by local playwright Barbara Dana at 7:30 pm at the Chappaqua Library Theater, 195 South Greeley Avenue, Chappaqua. You won't want to miss this opportunity to become more acquainted with one of America's most beloved poets. This new play, which explores the life, letters, and poems of Emily Dickinson, is directed by Anthony Arkin and features mezzo-soprano Kathleen Shimeta and Tony Award nominee Amelia Campbell as Emily. The music is by Martin Hennessy with additional song settings by Aaron Copland, Drew Hemenger, Michael Conley and others. Proceeds from the event benefit Hudson Chorale, the area's largest not-for-profit community chorus which provides outstanding choral concerts in conveniently located central Westchester venues. Tickets for the play and the reception which follows are \$60 and can be purchased by phone or at the door. For tickets or more information, call 914-332-0133. Visit the chorus online at www.hudsonchorale.org.

Sunday, April 6

Clay Art Center Summer Camp Open House. 1 to 4 p.m. Free and open to families considering a creative art experience for their campers this summer.

Clay Art Center's summer camp features 28 exciting weekly, themed camps for ages 6-15. Younger students ages 6-9 choose from exciting camps themes including "Colossal Coliseum," "Minecraft in Clay" and "Monsters, Myths, and Magic". Older students age 10 and up use the potter's wheel as a tool to create unique functional and sculptural pieces of art during camps like "Reinventing the Wheel" and "Wheel Throwing Boot Camp." Clay Art Center is located at 40 Beech Street in Port Chester; www.clayartcenter.org.

26th Anniversary Concerto Celebration.

Downtown Music continues its collaboration with the young winners of the New York International Piano Competition. Yen Yu Chen, and Kate Liu join us for a program which includes the Beethoven Piano Concerto No. 5 and the Chopin Piano Concerto No. 1. They will be accompanied by Downtown Sinfonietta, which features members of the Metropolitan Opera Orchestra, playing from unique 19th and 21st century arrangements of the score. Yen Yu Chen & Kate Liu, Piano, Downtown Sinfonietta, Vincent Lioni, Conductor. 4 p.m. Grace Episcopal Church at the intersection of Main Street and Mamaroneck Avenue in White Plains. Adults: \$25, Seniors: (65+) \$15, Students: \$10, Children age 5-12 with parent: \$5.

New Westchester Symphony Orchestra Spring Concert.

Audition-free community orchestra plays Bach, Brahms, Mahler, Mozart and more; 3 to 4 p.m. Rochambeau School, 228 Fisher Ave, White Plains. Price: \$10 online/\$13 phone/\$15 door. For more information: call 914-623-8075 or visit www.newsymphony.org.

Tuesday, April 8

Tuesdays at Dorry's. Beth Kava has been involved in the world of public education for more than four decades, beginning as a social studies teacher in the Bronx, then a District Coordinator in the White Plains Schools and now a professor in the School of Education at Pace University in Pleasantville. Everyone in our society has a profound investment in the success of public education and her talk will involve participants in a consideration of the goals of public education in American society today, of what it means to be a good teacher in a good school and of the challenging contemporary issues in the world of education. 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.w

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

White Plains Tigers Open 2014 Baseball Season with a Comeback Win

By Albert Coqueran

If the White Plains High School Baseball Team's 2014 Home Opener was any indication of what the season will bring, then Tigers Head Coach Marcel Galligani is in for a nerve testing ordeal this year.

The Tigers began their quest to defend their 2013 League Championship with their Home Opener against Dobbs Ferry High School on Friday. The Tigers finished the season last year with a 17-5 overall record and 6-2 in Section 1-AA. They were defeated in the Section 1 Quarterfinals last year by RC Ketchum High School.

Tigers' pitcher Michael Myllek got the start in the Home Opener versus Dobbs Ferry. However, the junior lasted only one and two-thirds innings in his first start on the varsity team.

Myllek's uneventful start on Opening Day could have been the means to a disappointing result for the Tigers.



ALBERT COQUERAN PHOTOS

White Plains senior Sean Nicholson moved from shortstop to relief pitcher in the second inning and shutdown the Eagles to secure the victory for the Tigers.



Tigers Head Coach Marcel Galligani rallies his troops in the fourth inning with Dobbs Ferry leading 4-0. The Tigers came back with three runs in the fifth and seventh innings to beat the Eagles 6-5.

However, Tigers relief pitcher Sean Nicholson and slugger Cameron Crabbe put on their black and orange capes and saved the day.

Nicholson started the game at shortstop, but relieved Myllek after he relinquished four runs, three earned on four hits and two walks. Nicholson held the Eagles at bay for the next five innings while the Tigers rallied and scored three runs in both the fifth and seventh innings to win the game, 6-5. Nonetheless, the Tigers comeback win was anything but a smooth path to victory.

Nicholson took the mound in the second inning and literally brought the Eagles offense to a grinding halt, after they had scored four times in the first two innings off Myllek.

Nicholson retired 10 consecutive batters from the start of the third inning to the first out of the sixth inning, before giving up a walk and a single in the sixth. "I came

in for Mike because he was struggling, my fast ball and curve ball were working and I knew I had to throw strikes," commented Nicholson.

The Tigers defense saved Nicholson from adding another run to his ERA, in the sixth inning when they orchestrated a brilliant, 4-6-3 double play. Second baseman Ben Ringel threw to shortstop Michael Ainsworth who fired to first baseman Phil Tortoriello for the inning ending double play. The defensive gem also ultimately saved the game.

Dobbs Ferry starting pitcher junior Neil Abbatiello faired well on the mound for the Eagles. Besides a Ringel double in the third inning, a Ricardo Mendez single in the fourth and allowing two walks, he mastered the Tigers batters efficiently for four innings.

But after Abbatiello started the fifth inning with two strikeouts, Ringel slammed his second double of the game; Nicholson bunted for a hit and up came

Crabbe or "The Mayor" as Galligani nicknamed him. "You can count on 'The Mayor' when the lights come on 'The Mayor' comes to play baseball," smiled Galligani.

Crabbe certainly did come to play. He slugged a two-run double scoring Ringel and pinch-runner Andres Torres who ran for Nicholson. Then Crabbe scored on a throwing error and while executing a two-out rally, the Tigers were back in the game down 4-3.

Eagles Head Coach Frank Adamo gave his starter Abbatiello some relief when he brought in third baseman Dan Riefenhauser to pitch in the sixth inning. However, this was just what Galligani was waiting for and part of his game strategy. "I told my players before the game let's just get to their bullpen," revealed Galligani.

The Tigers jumped on Riefenhauser quickly, when Tortoriello walked and Mendez doubled to left-centerfield for his second hit in the game. Nonetheless, a Tigers' scoring opportunity to tie the game was thwarted when designated hitter Anthony DeMaria missed the ball while attempting to lay down a squeeze bunt, causing pinch-runner Grant Rubin to get tagged out in a rundown between third base and home.

The Tigers had runners on second and third base with no outs and failed to score in the bottom of the sixth inning. "Obviously, I was disappointed (with the squeeze play), because you expect these players to be able to do their job and that is stuff we work on everyday," stated a

disgruntled Galligani.

But the 2014 Tigers, as their 2013 League Champion predecessors also displayed, demonstrated resiliency. Nicholson began the seventh inning by giving up only his second hit in the game, a single to Eagles Austin Glickstern, who eventually scored on a wild pitch extending the Eagles lead to 5-3, going into the bottom of the last inning.

Riefenhauser walked the number nine batter for the Tigers, Andy Iglesias who led off the inning. Then with Ringel at bat with a 2-1 count, Adamo elects to relieve Riefenhauser and bring in leftfielder Chris Cipriano to pitch.

Ringel with already two doubles on his game resume, singled and the Tigers had the tying run on second base. Nicholson bunted again for a single and the bases were loaded with the winning run on first base with nobody out.

And who bats after Nicholson, of course "The Mayor" Crabbe, who launches a two run single, scoring Iglesias and Ringel to tie the score 5-5. "Coach just wanted me to sit back and wait for my pitch. I did not think he (Cipriano) could throw his fastball by me, so I just waited and got that pitch and hit it," stated Crabbe, who has accepted a four-year athletic scholarship to Concordia College.

Then as circumstances evolved in this game of wits, Tigers ace pitcher Lukas Repetti was at bat after coming into the game for Tortoriello in the top half of the inning. Repetti always the gamer, laid down a well placed bunt and Cipriano fielding the ball off the mound threw the ball away. Nicholson crossed the plate and the Tigers won 6-5.

Not only did Nicholson thrive on the mound he also did it with the bat. The senior shortstop/pitcher had two hits and scored two runs, including the winning run of the game for the Tigers.



Tigers senior centerfielder Cameron Crabbe slugged a two-run single in the bottom of the seventh inning to score the tying runs. Crabbe also had a two-run double in the fifth inning when the Tigers rallied with two outs to score three runs. Crabbe had a four-RBI game against the Eagles in the Tigers 6-5 win.

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

Harrison Boys Run Past Irvington, 10-5, in Lacrosse Season Opener

By Skip Pearlman

The Harrison High boy's lacrosse team opened its season last Wednesday, posting a 10-5 victory over Irvington in a game played at Harrison High School.

The game was even at 3-3 at halftime,



Kyle Davidoff of Harrison (12) brings ball across midfield in win last week.



Harrison's Jake Marino (22) launches a shot against Irvington.



Harrison's Owen Van Tongren (right) and Michael McLaughlin (14) celebrate goal in win over Irvington.

before the Huskies came out of the break on fire, and rattled in five unanswered goals in the third to take control of the game.

"We got off to a slow start," Huskies coach Jay Rabinowitz said. "The weather (very cold and windy) didn't help. There

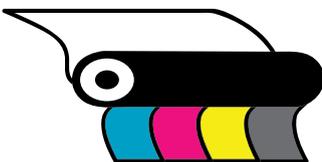
were a lot of nerves and I think we played a little tight. But at halftime we talked about having fun, and they came out and scored five unanswered in the third, and we started to get more kids in there.

"The guys were motivated and loose in the second half," Rabinowitz added. "Steven Forrest, our goalie, took away some things in the third, and Jake Marino scored a couple of goals that gave the team

two goals and one assist, and Kyle Davidoff and Matt McLaughlin each had a goal.

Forrest had 12 saves in net for Harrison (1-0).

"Jake played well, especially in the



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-White Plains Examiner



Dillon Morley of Irvington shoots on Harrison keeper Graham Goldheim.

confidence. We moved the ball well in the second half. I was impressed with our resilience. We were composed, and not anxious."

Marino led the Huskies with four goals, Charlie Van Tongren scored twice and added two assists, Owen Van Tongren had

second half," Rabinowitz said. "Charlie Van Tongren and Noah Mittman had a strong game on faceoffs, and Sal Lomedico, our junior defenseman, had a great game for us."

The Huskies were set to take on Clarkstown South Wednesday on the road, with faceoff scheduled for 5 p.m.

SKIP PEARLMAN PHOTOS



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