

Choicest Entrees During HVRW



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The **WHITE PLAINS** Examiner

Local Boys Lead Way in Regional Game



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FREE

Covering White Plains, Greenburgh and Harrison

October 25 - October 31, 2016

SMALL NEWS IS BIG NEWS

Volume 6, Issue 271

Good Week for Stepinac - O'D Honored, Senior Day and OT Win!



ALBERT COQUERAN PHOTO

The Crusaders celebrated "Senior Day" with a 27-20 overtime win against St. Peter's High School. Stepinac honored their 22 graduating seniors and their parents in a pregame ceremony, on Saturday, Oct. 22, at Stepinac High School. **See story on Page 15.**

DeKalb Residential Project To Get Property Add

By Pat Casey

During the October meeting of the White Plains Planning Board, the board agreed to recommend to the White Plains Common Council a change to the city's map to allot 4,300 square feet of property at One DeKalb to the developer.

The land, according to William Null, representing the landowner (One DeKalb LLC), is no longer part of the public right of way and would be made into publicly accessible open space. Chess tables, a public amphitheater, seating and shade areas have been built in to the design of the park, which would be 7,000 square feet.

The board also agreed to recommend a Special Permit be granted for the height of the residential building at the same location to increase to six floors. Two levels of parking would be located below the four levels of 77 multi-family residential units.

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Regional Leaders Slam Coast Guard Plan to Anchor Barges on Hudson

By Rick Pezzulo

Regional elected, environmental and business leaders banded together Wednesday night to condemn a proposal by the United States Coast Guard to create 10 new anchorage sites with dozens of commercial barges along the Hudson River from Yonkers to Kingston.

At a standing-room only hearing attended by approximately 100 at Croton Village Hall, which was sponsored by state senators Terrence Murphy (R/Yorktown), Sue Serino (R/Hyde Park) and David Carlucci (D/Clarkstown), who collectively represent about 900,000 constituents, officials took turns criticiz-

ing the Coast Guard for unveiling a plan that would encompass more than 2,000 acres of the river without first informing affected municipalities.

"Tonight is all about transparency," said Murphy, who noted the Coast Guard was invited to attend the hearing but declined. "The reality is this was flying under the table. It was going low. The Coast Guard's proposal raises concerns on many levels. Many towns along the Hudson have spent millions of dollars in revitalizing their waterfronts. And needless to say, the presence of unattended barges filled with oil poses a security risk."

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Greenburgh Considering Senior Housing Redevelopment

According to Greenburgh Town Supervisor, Paul Feiner, the Greenburgh Housing Authority, along with a co-applicant, recently submitted a petition to create a new zoning district in the Town, which could facilitate the redevelopment of existing senior housing on Manhattan Avenue.

The proposal includes a new senior housing building and provides more affordable housing options for seniors with senior-oriented amenities at the location.

The new zoning district (M-SH, Multi-family Senior Housing) would be added to the Town's Zoning Map and Zoning

Ordinance. If the M-SH District is added to the Zoning Map and Zoning Ordinance, the petitioner seeks to have a property located at Parcel ID: 7.410-228-9 (48, 50, 54, 56 and 58 Manhattan Avenue - P.O. White Plains), which contains 30 existing senior housing units, rezoned to the M-SH District for the purposes of permitting a proposal for an 82-unit senior housing (age 62-plus) development.

The subject property consists of approximately 113,691 sq. ft. (2.61 acres) and is situated on the west side of Manhattan Avenue at the intersection of Manhattan Avenue and Florence Avenue. The

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Regional Leaders Slam Coast Guard Plan to Anchor Barges on Hudson

continued from page 1

There is currently only one anchorage ground for vessels along a 100-mile stretch in the Hudson River from New York City to Albany. The Coast Guard, which has noted the plan is only in an exploratory phase, has publicly stated the proposal was initiated by the Maritime Association of the Port of NY/NJ Tug and Barge Committee, the Hudson River Port Pilot's Association, and the American Waterways Operators.

The largest anchorage site of the 10 proposed would accommodate up to 16 vessels, stretching about 715 acres from the Greenwood Station in Yonkers to the Dobbs Ferry Train Station. Two sites are located in the Town of Cortlandt.

"It seems like we're always fighting something," said Cortlandt Supervisor

Linda Puglisi. "They didn't ask any of us for input. That in itself is outrageous. Decades of work has gone into cleaning up the Hudson River. We can't go backwards. I know we will prevail."

In August, a new organization of municipal officials called the Hudson River Waterfront Alliance was announced in Yonkers. An online petition on www.change.org was also launched by the alliance.

"The river belongs to all of us. It's not a parking lot," Yonkers City Council President Liam McLaughlin remarked at the hearing. "This part of the river is an urban river, not an industrial river."

Westchester County Executive Rob Astorino maintained the anchorages would be "a soft target" for potential terrorist ac-

tivity in an area that already includes the Indian Point nuclear power plants and several bridges.

"We have a problem with the size and scope of this," Astorino said. "They list this as long-term, which could be anywhere from 30 days to in perpetuity. That's not just stopping by. It's moving in. Having barges moored along the Hudson and having the responsibility of more soft targets would create another layer of national security."

Ned Sullivan, president of Scenic Hudson, noted his group has created 60 parks and preserves along the Hudson and they would all be put at risk by the presence of the anchorages.

"The Hudson will be a super highway for fossil fuels. It's really crazy and some-

thing we're adamantly opposed to," Sullivan said. "We will all be working together to defeat this."

The lone supporter of the Coast Guard's proposal was Edward Kelly, executive director of the Maritime Association of the Port of New York and New Jersey, who spent nearly a half-hour explaining the merits of how the anchorages would "enhance the safety, security and environmental stewardship of the vessels and the waterways in which they operate."

The Coast Guard is planning to hold its own hearings in the spring. The public comment period for the project has been extended to December 6.

**SMALL NEWS
IS BIG NEWS**

DeKalb Residential Project To Get Property Add

continued from page 1

The roof would include a walkable green roof area and vegetable garden for residents.

Impressed with the overall design of the development, the board agreed to suggest the project move forward.

At the same meeting, the Planning Board discussed a request by the Common Council to provide annual reports regarding development projects within the city and their compliance with rec-



Architect's rendering of the proposed public open space at One DeKalb.



Architect's rendering of One DeKalb residential project looking up Maple Avenue

ommendations made by the city's Comprehensive Plan. The board is expected to complete the report by November 2016.

Members discussed taking separate sections for review as a step one initiative to be followed by a more formal analysis of the need for an overhaul of the existing Comprehensive Plan.

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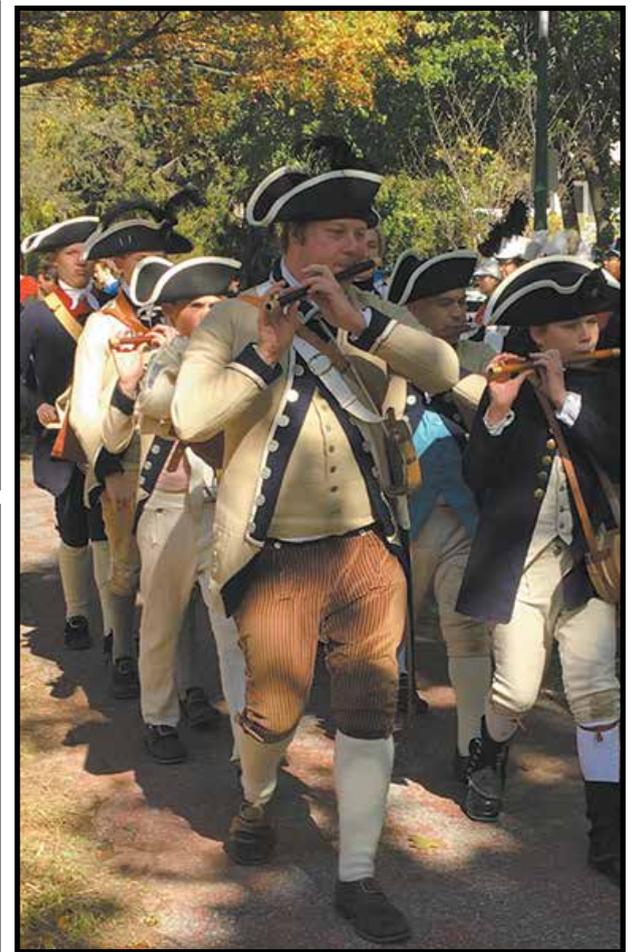
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White Plains Historical Society Commemorates the Battle of White Plains

The Jacob Purdy House at 60 Park Ave. in White Plains and the historic White Plains Battle Park were the site of a Revolutionary War reenactment of the Battle of White Plains, said to have been a major event in turning the outcome of the war away from the British. The event, sponsored by the White Plains Historical Society, honored those Patriots who fought in the Battle. The day featured a Revolutionary War encampment and Colonial craft re-enactors. There was a flag-raising ceremony, musket fire and refreshments. It was a fun day for the young and old alike.



HOWARD WALDMAN PHOTOS



Greenburgh Considering Senior Housing Redevelopment

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property is presently located in the UR Urban Renewal [Residential C – Housing for the Elderly] District and is designated on the tax map of the Town of Greenburgh as Parcel ID: 7.410-228-9.

The Greenburgh Housing Authority is developing temporary relocation plans for residents, should the project be approved and constructed. The project has been referred to the Greenburgh Planning Board for analysis and compliance with the Comprehensive Plan.

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ALL SOULS DAY

Light of Remembrance Mass



PLEASE SAVE THE DATE
November 2, 2016 7:00 p.m.
10th Annual
Light of Remembrance Mass

The Staff at Ballard-Durand Funeral Home joyously announces its 10th Anniversary of the Light of Remembrance Mass on the Commemoration of All The Faithful Departed (All Souls' Day) at Our Lady of Good Counsel Chapel, 52 North Broadway, White Plains.

Please join us as we remember all of our deceased parishioners and family members of our areas churches who have died in the past year as well as those we have served this past decade. This is a special time when family members gather to pray for their dead and to receive comfort and consolation. If you lost a family member, whether served by Ballard-Durand or not, save this date and grace us with your presence.

Special remembrances will include a Memorial Video Tribute of photographs of those we are remembering, the reading of the names of the Faithful Departed, the lighting of candles by family members and friends of the deceased and spiritually uplifting music.



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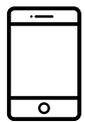
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11/03	Jefferson Valley Mall, Community Room–Yorktown Heights	12:00–1:00 pm
11/03	Jefferson Valley Mall, Community Room–SmartFund (MSA)	1:30–2:30 pm
11/09	Greenburgh Public Library–Elmsford	11:00 am–12:00 pm
11/09	Greenburgh Public Library–Elmsford–SmartFund (MSA)	12:30–1:30 pm
11/15	Grinton I. Will Public Library–Yonkers	12:30–1:30 pm
11/16	303 South Broadway, 3rd Floor–Tarrytown	12:00–1:00 pm
11/16	Jefferson Valley Mall, Community Room–Yorktown Heights	2:00–3:00 pm
11/17	Riverfront Public Library–Yonkers	1:00–2:00 pm

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Eastview Middle School Celebrates the Country's Military

By William McQuinn

As October draws to a close the White Plains Eastview Middle School students and staff are preparing to honor our veterans and our active military personnel in multiple ways. Each year on Veterans Day the school's music director Mr. Matt Hommez orchestrates an elaborate ceremony celebrating the service of the many military veterans here in White Plains. Local veterans from the Army, Navy, Air Force and Marines are all invited as honored guests and given the opportunity to speak about their military service. The band, the chorus, and the orchestra all perform a concert of military themed songs, which is followed by a moving video salute to our veterans. The students all



Eastview Middle School students celebrate with song the achievements and service of local military at last year's Veteran's Day concert.

contribute photos and videos of family members and friends who have served in the military. Mr. Hommez then weaves them all together into a video montage, which is set to music and is sure to tug at your heart-strings.

Also in preparation at this time is the school's Adopt-A-Soldier Program. Each

year Mrs. Pastore, the school's director of Teaching Assistants, organizes a drive to provide a specific soldier and his squad all the essentials they might be missing from home. Once the soldier is chosen, the children learn all about his background, his hometown, his age, his rank and duties, etc. Students then donate items ranging from letters, to toothpaste to magazines to cookies. The items are boxed up and shipped to the soldier and his men, who invariably send letters of thanks back to the students. Last year's drive totaled eleven boxes of donated items. The goal this year is to do even better.

Anyone wishing to attend the Veterans Day Ceremony can contact Mr. Cloherty the school's principal.

Westchester Libraries Help Seniors Receive Medicare Enrollment Info

By Martin Wilbur

Decisions regarding Medicare and health care coverage for seniors can be a daunting challenge. Complex rules and myriad choices could overwhelm even the most conscientious and studious citizen. Fortunately in Westchester, there is a free resource where people can turn for help.

Westchester Seniors Out Speaking (WSOS), a volunteer group of the Westchester Library System, offers several kinds of programs to help people understand how their health insurance works.

Once again this fall, WSOS has been

hosting a series of workshops called Demystifying Medicare, roughly two-and-a-half hour sessions throughout the county that coincide with the 2016 Medicare Open Enrollment period, Oct. 15 through Dec. 7, when people can make changes to healthcare coverage.

The seminars tackle topics such as original Medicare, Medicare Advantage, prescription drug plans (Medicare Part D), supplemental coverage plans and various cost-saving programs such as EPIC.

Julie Woodward, who leads the Demystifying Medicare seminars, said that for

most seniors there is no need to act during the Medicare enrollment period. But some may be dissatisfied with their coverage, or there has been a change in their medical situation that cannot be addressed during a special enrollment period.

Seniors who are prepared to retire or who are contemplating retirement may also need help understanding the basics of Medicare and how it interacts with other healthcare insurance, particularly if they don't have access to a union or retiree plan from their employer, Woodward said.

If either or both spouses are working

and still have coverage through an employer plan, it is important to understand how the plan works with Medicare when one of them turns 65. WSOS strongly recommends people to consult with their human resources department on whether to enroll in Part B, as in some cases it may not be necessary.

"Another reason they may seek counseling is because they don't understand why the costs have jumped higher all of a sudden, which sometimes is a billing error because of coding," Woodward said.

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Obituaries

Bernard Barsotti

Bernard Charles Barsotti died peacefully on October 20 in White Plains at the age of 77.

Bernard was born on September 18, 1939 in New York, NY to Bernard and Margaret. He graduated from Evander Childs High School in the Bronx in 1957. From 1964 to 1966, he was stationed at Fort Bragg, NC in the U.S. Army MP unit and remained part of the USAR until 1968. He graduated from New York University in 1969 with a degree in Civil Engineering. Bernard was married to his beloved Irene in 1974. He was a civil engineer for Con Edison, where he spent the majority of his 30-plus year career before retiring. He resided in Hartsdale.

Bernard is survived by his wife, Irene, his son, Ian, his daughter-in-law, Elisa, and his two grandchildren, Isabel and Benjamin.

He was an avid reader and a lover of his

wife's home cooked meals. He liked to play tennis, golf, and chess, enjoyed the opera, seeing Broadway shows, and attending the symphony. Bernard also loved to travel to Europe, especially to Italy.

A visitation is scheduled from 5 to 9 p.m. on Tuesday, October 25 at Ballard Durand-Funeral Home in White Plains and a funeral service is scheduled for 9:30 a.m. on Wednesday, October 26 at Sacred Heart in Hartsdale.

All are welcome to attend and celebrate Bernard's life. He will always be loved and missed greatly.

In Lieu of flowers, donations may be made to the American Cancer Society in Bernard's name.

Gerard Fredella

Gerard J. Fredella, a resident of Boca Raton, Florida, died following a brief illness

on October 17 at the age of 62. He was born March 17, 1954 in Sant' Agata di Puglia, Italy to the late Giuseppina and Michele Fredella.

Gerard graduated St. John's University in Minnesota, attending on a hockey scholarship. He was fluent in English, Italian and Spanish. He worked for the last 25 years as a District Sales Representative for Sysco Foods and Fontanini Foods of Chicago. His territory included the U.S., Central America, and the Caribbean. Before that he was owner/manager of Fredella's Restaurant in Lantana, Florida. He was an active parishioner at St. Jude's Roman Catholic Church in Boca Raton and was famous for his "spaghetti dinners" and generosity.

Gerard is survived by his beloved son, Andrew, of Boca Raton, his brothers Franco Fredella of White Plains, Blaise and his wife Kathi Fredella of New Rochelle, Anthony Fredella and his wife Judge Jo

Ann Friia of White Plains, and his sister Maria and her husband Agostino Colotti of Rye Brook. Also surviving are his nieces and nephews, Jeannie (Matthew) Wolpert, Diana (Matthew) Hardtke, Ross Fredella, Austin and Michael Colotti, his godson Matthew Colotti, and his great nieces and nephews, Grace and Blake Hardtke, and Gabriel Wolpert. He also leaves behind many colleagues, friends and business associates. He will be sorely missed and forever remembered with love.

Visitation will be on Sunday October 30 from 2 to 5 p.m. and 7 to 9 p.m. at McMahan, Lyon & Hartnett Funeral Home, White Plains. Mass of Christian Burial will be on Monday Oct. 31 at 10 a.m. at St. Pius X Church in Scarsdale with entombment to follow at Gate of Heaven Cemetery.

In lieu of flowers please make donations to St. Pius X Church.

Letter from Local State Reps to Clean Energy Standard Commission Chair

Dear Chair Zibelman: We received your response to our letter of Sept. 7, 2016 [regarding implementation of a large-scale renewable program and clean energy standard] about the [Energy] Commission's order imposing a statewide electric rate increase to keep the upstate nuclear power plants open. We were surprised by how you characterized many of our concerns, particularly since we clearly expressed our support of the goals of the Clean Energy Standard (CES).

Specifically, you discussed how important it is to preserve the carbon free emissions of the nuclear plants to avoid global warming, how laudable is your goal of increasing the amount of renewable electricity in the State in order to reduce greenhouse gas emissions, and how we misunderstand these issues of fundamental importance. Allow us to restate the initial sentences of our letter to you since you attach such importance to our understanding your goals. "At the outset," we wrote in our Sept.7 letter, "you should know that we support the State's goal of achieving 50% electricity from renewable sources of energy by 2030.... We also understand the necessity of preventing the closure of the nuclear plants to avoid expanded fossil fuel generation and save jobs." Nowhere in our letter did we say the nuclear plants should be closed.

We objected to the Commission order requiring downstate electric customers to pay nearly 60% of the statewide rate increase of \$965 million over two years when the downstate region did not use anywhere near that proportion of the output of the four nuclear units in the Lake Ontario area. You countered that there was a statewide environmental benefit in avoided greenhouse gas emissions. That is true, but that relates to keeping the nuclear plants open and is not a reason to create a regional economic inequity. It should be noted that the renewable energy portion of the CES, requiring the purchase of Renewable Energy Credits (RECs) by load serving entities (LSEs), also provides the statewide benefit of reduced greenhouse gas emissions but is structured more fairly since the ratepayers are paying for the cost of renewable energy purchased to serve their electrical load.

The concrete reality is that the primary economic benefit is the preservation of several thousand local jobs in one region of the State by subsidizing the Exelon corporation, while the primary payers are a group of consumers who live in another region of the State and do not use most of the electricity that they are being required to pay for. The other major economic benefit will be the very local real property taxes that will continue to be collected by the communities

where the nuclear units are located. Once again, we do not begrudge paying the share of the rate increase associated with the portion of the output that we use.

New York City-Westchester Con Edison customers are already paying the highest electric rates in the State and Long Island customers also pay very high rates. A JD Power Associates survey of New York rates taken from the United States Energy Information Administration showed Con Ed's rates averaged 23.5 cents per kw-hr in 2016, the Long Island Power Authority averaged 18.1 cents, while upstate rates were far lower, with Rochester Gas & Electric 12.9 cents/kw-hr, Niagara Mohawk 12.3 cents/kw-hr, and New York State Electric & Gas was 11.7 cents/kw-hr.2 Downstate residents also face higher costs for capacity due to the requirement of in-zone generation (locational minimum installed capacity requirement) for the Long Island, New York City, and newly-created Lower Hudson Valley capacity zones. The residents of these areas, who must bear this high cost, include 71% of the New York State residents living below the poverty line. Given these circumstances, a Commission decision to require the downstate customers to pay for electricity they are not using to help somebody else should carry a very high bar.

We said the Commission should "open the books" on this \$965 million nuclear plant two- year statewide rate increase. Your suggestion that there is no problem with the lack of public access to the cost reviews because any party could participate in the case is without merit, because anyone joining the cost review case was required to sign a confidentiality agreement prohibiting them from disclosure of the information. The Commission has kept the cost review concealed from the public, presumably on the grounds that the costs of the nuclear plants are trade secrets, but the Commission in its Order acknowledged there was little competition involved. "As there are too few owners of the affected nuclear generation facilities to create sufficient competition to determine an accurate price to be paid for ZECs, the price of ZECs would be administratively determined by the Commission."

Too few owners is in fact, an understatement because upon sale of the Fitzpatrick plant, Exelon/Constellation will become nearly the exclusive owner. Accordingly, there is no justification for withholding this information on the basis that the costs are protected trade secrets.

You also claimed that the cost review was irrelevant because the nuclear rate increases have been calculated from the social cost of carbon. But the Commission's Order discussed the staff's cost of service review and even disclosed the rate level (\$49.60 per mw-hr) that Constellation sought in the case. Only opening the books can shed light on the relationship between the nuclear plant's cost of service and the social cost of carbon.

Once again, we ask the Commission to rebalance the rate increase to correlate with usage and publish the basis for its determinations, and "open the books" to allow the public to know the justification for the rate increases.

-Assemblymembers: **Jim Brennan, Jeffrey Dinowitz, Fred Thiele, Jo Anne Simon, Amy Paulin, Steve Englebright, Thomas Abinanti**

Editor's Note: This letter has been edited for print space purposes.

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Police Blotter

Westchester County District Attorney

Gluberman Sentenced 1 to 3 Years in Prison for Stealing from Teacher Fund

Frank Gluberman (DOB 8/16/47) of Congers was sentenced last week to one to three years in state prison after previously pleading guilty to one count of Grand Larceny in the Second Degree, a class "C" Felony. The defendant also paid full restitution to the victims in the amount of \$794,865.19.



Frank Gluberman

Gluberman was the Assistant Principal at Woodlands High School in the Hamlet of Hartsdale and former Treasurer of the Greenburgh Teacher's Federation (GTF) and the Greenburgh Teacher's Welfare Fund.

The GTF Welfare Fund receives taxpayer money, which is negotiated by the GTF, to pay for benefits such as dental, optical and legal services for school teachers and administrators of the school district.

Over a period of seven years, from 2006 to 2013, the defendant wrote checks to himself from the Greenburgh Teacher's Fund checking account and GTF Welfare Fund totaling \$794,865.19.

The defendant forged the signature of

the president of the GTF, as he needed dual signature authorization to make payments.

The checks written by the defendant were to himself, his two daughters, and to pay property taxes on two homes that he owns.

The larceny came to light when in September 2012, the defendant was promoted to Assistant Principal and had to relinquish his position as the treasurer of the union funds.

Greenburgh Police and the District Attorney's office were contacted and initiated an investigation.

The defendant was remanded into the custody of the New York State Department of Corrections.

Assistant District Attorney Brian Conway and Assistant District Attorney Steven Ronco of the Public Integrity Bureau prosecuted the case.

Tuckahoe Man Indicted for Attempted Murder

Hengjun Chao (DOB 12/7/66) of Tuckahoe, was arraigned on an indictment charging him with one count of Attempted Murder in the Second Degree, a class "B" Felony, one count of Criminal Use of a Firearm in the First Degree, a class "B" Felony, and one count of Assault in the First Degree, a class "B" Felony in the shooting of Dr. Dennis Charney.

On August 29, 2016 at approximately

7:56 a.m., the defendant was parked in the Walgreen's parking lot on King Street in Chappaqua. He was waiting for the victim to exit Lange's Deli.



Hengjun Chao

When the victim left the deli, the defendant retrieved a loaded shotgun from the trunk of his car. He walked towards the victim, took aim and fired one shot, hitting him in the shoulder and chest area. The defendant remained there and was subsequently arrested by New Castle Police officers.

The victim was removed by ambulance and was hospitalized for five days.

Subsequent to his arrest, the defendant stated to police that he was the one who shot the victim. The defendant was a research assistant professor at the Icahn School of Medicine at Mount Sinai Hospital in New York City. He was fired in May 2009 by a committee that included Dr. Charney who at the time and currently is the dean of the school.

The defendant pled not guilty. His bail was set at one million dollars. His next court date is November 1, 2016.

The defendant faces a maximum of 25 years in state prison.

Assistant District Attorney Christine

O'Connor of the Superior Court Trial Division is prosecuting the case.

Town of Greenburgh

Student Hit by Car Walking to Edgemont High School

On Monday, Oct. 17 at approximately 8:30 a.m. an Edgemont High School student was struck by a motor vehicle as she crossed the intersection of White Oak Lane and Edgemont Road. The student was walking in a clearly marked pedestrian crosswalk in an easterly direction toward the high school. The driver of the vehicle involved had just dropped off a student at the school, then proceeded West on White Oak Lane and was making a left turn, south onto Edgemont Road. The student was struck while in the crosswalk and sustained injuries that presented as not serious or life threatening. The student was treated at the scene by Greenburgh Police EMS and transported to White Plains Hospital for further evaluation.

The matter was referred to the Greenburgh Police Traffic Unit for review. Recommendations will be made and evaluated relevant to proposed safety improvements for this particular intersection with the goal of improving pedestrian safety and Vehicle and Traffic Law compliance by area residents who drop off and pick up their children from school on a daily basis. In this particular incident, the driver was an Edgemont resident who failed to yield to a pedestrian in a crosswalk.

Recognize a Veteran with a Flag on White Plains' Main Street

The American flag is a symbol of freedom and the bravery of all who have defended this nation throughout the country's history. As a tribute to veterans, past and present, the City of White Plains will create an assemblage of American Flags along Main Street. Additionally, flags representing each branch of The Armed Forces will be displayed at City Hall. Individuals, families and/or businesses are invited to sponsor a flag in honor of a veteran who has served or is presently serving our country. A limited number of flags will be available. Flag sponsor-

ship is \$50. Your honoree and sponsor name will be included in a press release, listed on the city web site and printed in the 2016 City of White Plains Veteran's Day program and the 2017 City of White Plains Memorial Day program. Donations will be utilized to offset the cost of city sponsored Veterans events and programs.

To reserve a flag in the White Plains Row of Honor contact Recreation and Parks Deputy Commissioner Fran Croughan at fcroughan@whiteplainsny.gov or 914-422-1339.

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Don't Mask the Pain, Treat it! #ChoosePT



By Dr. Christopher Genn

October is National Physical Therapy Month, and this year the American Physical Therapy Association (APTA) has focused its vision and created the #ChoosePT campaign.

The campaign is in response to the epidemic of opioid drug addiction and abuse. According to the Centers for Disease Control and Prevention (CDC), in 2014, a record number of people died from drug overdoses, and more than 60 percent of deaths involved opioids, including heroin.

Opioid-induced deaths have more than quadrupled since 1999, as have the number of prescription opioids sold in the United States. These drugs include oxycodone, hydrocodone and methadone, often prescribed for pain relief. The APTA takes this increasingly troubling problem seriously and has been taking this month to educate the public on why physical therapy is a safe, non-opioid management of pain.

Pain presents itself in the body when the equilibrium is disrupted, when something is wrong and needs to be addressed. Management of pain with prescription drugs often masks the problem and cre-

ates a dependency on the drug, never addressing the underlying cause.

Opioids can have an addictive effect, causing dependency on the drug and its effects. Long-term opioid use actually changes cell interaction in the brain, causing the cells to become accustomed to the drug's presence. The problem arises when the patient attempts to cease taking the drug and experiences significant withdrawal symptoms, including increased pain, chills, sweating, body aches and drug cravings. This further fuels the patient's drug dependency, often making the original pain problem worse.

However, when the source of pain is musculoskeletal or neuromuscular, physical therapists are well trained in diagnosing and treating patients to return them to a functional life, void of pain. Don't just mask the pain, treat it!

Physical therapists evaluate and treat many people every day who complain of all types of pain. We use special tests, movement analysis, observation and manual therapy skills to evaluate and determine possible sources. Once determined, there are a wide variety of treatments and interventions available to the therapist to address both anatomical and movement dysfunctions.

Guest Column

Exercise is often avoided by people in pain. However, after proper patient evaluation, exercise is very often included as an important aspect in treatment and healing. Time and time again, exercise has been shown to be a vital part of a healthy lifestyle, aiding both tissue healing and body function. Physical therapists are highly educated in exercise prescription, especially in people with movement dysfunctions and in pain. Not only is movement altered by pain, but movement has the power to alter pain. Through

individualized and specifically directed exercises, physical therapists aim to re-educate the brain-body connection and improve overall movement quality and patient function. Fundamental movement competency is the goal.

Along with exercise, physical therapists use various manual therapy skills to treat pain. A few examples include the Graston Technique®, soft tissue mobilization, myofascial release, joint mobilization and manipulation, dry needling and stretching. These techniques can help achieve improved joint mobility, joint position and integrity during movement, muscle flexibility, consistency throughout soft tissue and fascia and postural alignment to assist in pain management.

One of my favorite aspects of physical

therapy is patient education. Knowledge is powerful. Patients often tell me the worst part of their situation is not knowing why they're experiencing pain or not knowing how to manage it. The moment the source of pain is identified and understood, it empowers the patient. The educated patient has ownership of the pain and the treatment. It changes everything.

It gets even better. Educating the patient on the reasoning behind each intervention further helps in the psychological aspect of pain management and healing. This understanding allows the patient to continue treatment and pain management outside of the therapy room and helps avoid future injury.

Physical therapy does not present risks and dangers like opioid or excessive prescription drug use. Physical therapists are well equipped to evaluate, diagnose and treat pain of musculoskeletal and neuromuscular origins. Therefore, physical therapy is an excellent alternative to prescription drugs in the management of pain.

Don't just mask the pain, treat it! #ChoosePT

Dr. Christopher Genn is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic, practicing in its Pleasantville location (within Athletes Warehouse). He can be reached at 914-202-0700. For more information, visit www.ProClinix.com.

Westchester Libraries Help Seniors Receive Medicare Enrollment Info *continued from page 4*

She urges seniors to get reliable information on health plans through the Senior Benefits Information Center counselors and websites such as www.medicareinteractive.org and avoid relying solely on advertisements, which can be misleading if you don't fully understand how Medicare is delivered.

"If you're not covering yourself with the deductibles and the 20 percent that Medicare doesn't pay for, you will need that supplement," Woodward said. "Or you can enroll in an Advantage Plan, which delivers Parts A, B, and D all in one."

Demystifying Medicare seminars are scheduled for Oct. 27 at the Harrison Public Library, Oct. 29 at the Scarsdale Public Library, Nov. 7 at the Town of Pelham Public Library, and Nov. 19 at the Croton-on-Hudson Municipal Building. Walk-ins are welcome, but pre-registration is requested by calling 914-231-3236.

You can contact WSOS and the Senior Benefits Information Centers for counseling at 914-231-3260 or e-mail them at sbic@wlsmail.org. More about the Medicare Rights Center can be found at www.medicarerights.org, with a helpline at 1-800-333-4114.

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The Parallels in the Life Cycle of Your Child and a Glass of Wine



By Nick Antonaccio

Very few things in life aren't in a constant state of change. Our lives are in perpetual motion as we traverse through numerous life passages, at times in control of our destiny and at other times seemingly at the mercy of the whim of greater forces.

I was ruminating on this recently as I was savoring a 15-year-old glass of fine California Cabernet Sauvignon. I've often stated that wine is one of the few products in nature that changes its physical character and composition in a manner that is somewhat aligned with human development.

As a living, breathing organism, a fine wine's life cycle can span a long period, as it evolves from a basic fruit juice to a complex, nuanced embodiment of the influence of its maker. This evolution in a bottle, if you will, takes place with varying results. Just as human development is impacted by an individual's history and environment, so, too, is it with wine.

Certain wines reach their peak early in

their life cycle, never to improve, while others have an intrinsic potential that evolves and blossoms over time. In many ways this is similar to the developmental stages of a child, who is born into the world with the imprint of his or her genealogy; is nurtured in unique familial surroundings; and ultimately matures as a unique representation of his or her upbringing.

There are certain aspects of winemaking that affect each stage of its life cycle.

One winemaker will nurture a wine, intending it to mature at an early age, with minimal intervention, releasing it into the market to be evaluated on its own merits.

Another winemaker will painstakingly coddle and cuddle a wine in its youth, intending for the bottled wine to continuously evolve, not achieving its true expression for decades, as it interfaces with, and is influenced by, its environment. So, too, with human development.

What are the physical attributes of a bottled wine that allow for such diversity in the end product? What is the physiological

process a wine undergoes in a bottle that determines its level of maturity and superiority? In some respects, they parallel human development.

There are four basic components of wine, each present in varying degrees and exerting varying influences: tannins, acidity, taste and alcohol. The combination of each of these determines the final style and life cycle of wine.

1) Tannins provide longevity. Somewhat harsh and unrefined at first, over time they soften and add a strong backbone and character to wine. Certain winemakers avoid tannins in order to produce a fresh wine that may be enjoyed in its youth. Others seek out high levels of tannins, which while initially harsh tasting, will soften over time and add complexity, sophistication and longevity. So, too, with human development.

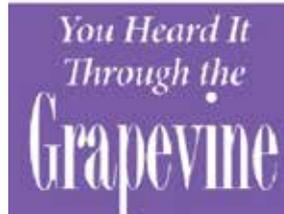
2) The level of acidity and 3) the taste (fruit) in a wine will determine its balance. Too little acidity and the wine may be lush but without any distinction. Too much and the end product may be acerbic and off-putting. As a wine matures, its acidity softens and its taste declines, so that the

end result may be either a bland wine or a well-balanced, nuanced product with deep-rooted complexity. Each winemaker seeks the ideal balance. At times this is immediately evident; other times it may be years before such balance is achieved. So, too, with human development.

The level of alcohol remains constant throughout the life of a wine. Early on, it may create a harsh and unbalanced wine. As a wine matures, the alcohol will tend to mellow its overall character, making it more approachable and pleasant. So, too, with human development.

Just as we observe our fellow humans as they age and mature, developing our own perception of their personality and character, so, too, with wine. But don't over think either. Appreciate and enjoy them for what they are: products of their environments, for better or worse.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.



Does Your Home Have a Name for Itself?

Does your home have its own name? If not, maybe it's worth considering.

More than once, I've heard that attaching a name to a home might actually enhance its value.

I first became aware of homes having names when I was first starting out in the publicity business and did some work in Hollywood. One of my clients was a very senior, world-famous wine expert named Robert Lawrence Balzer, whose house was originally owned by Rudolf Valentino. Named Falcon Lair, the house had quite a history, considering all the famous guests who had visited it. I became fascinated by the prospects of that added dimension a name could bring to a house.

But when you think about it, we've always attached certain attributes to houses by their names.

In movies, how could Scarlett O'Hara's character be defined without her unwavering devotion to Tara? On television, we remember that the Cartwright family was closely identified with Ponderosa and J.R. Ewing got shot at Southfork.

While some homes set the stage with visions of great power and influence – Versailles, Buckingham Palace, the White House – even humble abodes can be named to tell their characters.

Here in Westchester, Bill Wilson, co-founder of Alcoholics Anonymous and its 12-step program, appropriately named his Westchester residence Stepping Stones, and actress Helen Hayes called her Nyack home Pretty Penny to convey its price. For many years, I have lived in The Ebenezer

White House, named for a Revolutionary War physician and early state senator.

Sometimes homes share a double bill. For instance, I was involved in the sale of a property in Yorktown known as the Adams-Bernstein House, now poised for renovation by the buyer. I know the history of those two owners from different centuries, each quite different. The first was a simple farmer from the early 1800s and the second, a sophisticated New York City physician, who bought it in the 1930s.

A home can also play into the ancestral bearings of our life's drama. My wife sometimes likes to remind me that she comes from Lithuanian royalty on her mother's side. When she and her mother visited their native land after the fall of the Iron Curtain, it was very important to them to visit the castle bearing their family name – Masalkis.

At the time, perhaps because of the lack of incentive caused by the former Communist regime, schedules meant very little. Upon arrival, my wife found that the custodian arbitrarily was closing the castle early. Not one to be so easily dispatched, my wife protested in perfect Lithuanian, "But I am a Masalkis!" That shamed the

caretaker into honoring the posted hours while they toured the castle.

And my side of the family, while far from royal, has an interesting ancestral home as well. My dear Aunt Helen, who lived to 99, told me that during World War II the Nazis occupied the Primavera Villa in Chieti, Italy because it was the nicest residence in town. When I learned that, I felt that my character development was kicked up a notch.

Some claim that naming a house gives extra value to it, and there are online sites that offer suggestions for naming. These suggestions might include the style or former use of the structure, such as Orchard Cottage,

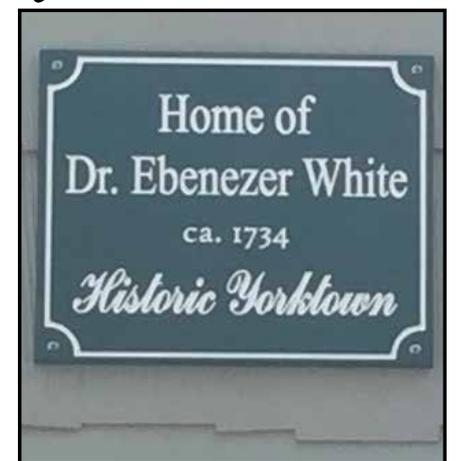
Old School House or The Barn.

The name might reflect the location of the house, such as Hillcrest, Sunnyside, The Breakers or Woodside. A foreign phrase can have that "Ooh, la la" touch, such as Le Petite Maison or El Paradiso. Or it could be as simple as referring to trees or flowers on the property (The Elms, The Pines or Rose Cottage).

Today, whether our homes are manorial or ever so humble, they occupy center stage in our life stories, confirmed by Dorothy Gale's testimonial, after her ex-



By Bill Primavera



BILL PRIMAVERA PHOTO

The Ebenezer White House, named for its original owner, now owned by The Home Guru and on the market in Yorktown Heights.

curtion over the rainbow and back, that "there's no place like home," whether or not it bears a name.

Interestingly, I now live in a building of new condos that wasn't drawing the interest its developer anticipated. But when it made a deal with a certain presidential candidate to lend his brand name to the enterprise, it did much better.

Bill Primavera is a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com, and his blog is www.TheHomeGuru.com. To engage the services of The Home Guru to market your home for sale, call 914-522-2076.



The Restaurant Examiner

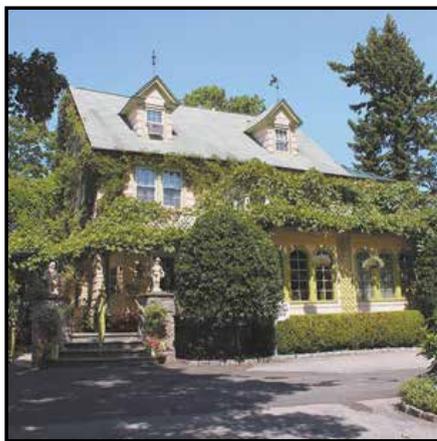


Guide to Choicest Entrées During Hudson Valley Restaurant Week

By Jerry Eimbinder

During the upcoming Hudson Valley Restaurant Week (Nov. 1-13), many participating restaurants offer a limited number of entrées. The most common menu choices are typically chicken breast, grilled salmon and various pastas. In addition, customers are offered entrées based on what's available at reasonable prices from suppliers in the marketplace.

But for the more adventurous eater, many enticing opportunities exist to try



JERRY EIMBINDER PHOTO

La Panetière in Rye.

chefs' specialties and premium dishes.

Augie's Prime Cut in Mohegan Lake offers a choice of four entrees – two of which are chicken breast and salmon. But the other two are the 12-ounce, slow-roasted (for 18 hours) prime rib and a six-ounce filet mignon, without surcharges.

The following guide to superior dinner entrées has been compiled to alert readers to alternate and possibly more captivating possibilities. (Surcharges apply for premium entrées in some cases.)

Gaucha Grill Argentine Steakhouse in White Plains offers nine entrées, but three

carry a \$15 surcharge and a fourth has a \$10 supplementary charge. A three-course lunch costs \$20.95 while a three-course dinner runs \$29.95. These prices do not include tax and gratuity, and in most cases, beverages. Some restaurants may automatically add a 20 percent tip for larger groups, usually eight or more people.

Some restaurants, including Lusardi's in Larchmont, Massa' Coastal in Mamaroneck, Primavera in Croton Falls and The Olde Stone Mill in Tuckahoe, provide complementary coffee and tea service. Sapori in White Plains offers coffee, tea, espresso and cappuccino without additional cost.

More than 200 restaurants in Westchester, Putnam, Dutchess, Orange, Rockland, Sullivan and Ulster counties are participating in Hudson Valley Restaurant Week. Below are some of the best dinner entrées available at restaurants in Westchester, Rockland and Putnam.

Westchester

Briarcliff Manor

Chatterbox 54: Veal Sorrentino

Bronxville

Scalini Osteria: Meatloaf Toscano

Croton Falls

Primavera: Filet mignon

Dobbs Ferry

Half Moon: New York strip steak (\$5 surcharge)

Eastchester

Toscana Ristorante: Quail and risotto

Harrison/West Harrison

273 Kitchen: Lamb tenderloin

Aquario: Brook trout

Delfino's: Filet mignon (\$9 surcharge)

Emilio Ristorante: Pork chop

Trevi Ristorante: Skirt steak

Irvington

Mima Vinoteca: Short ribs

(\$8 surcharge)

Red Hat on the River:

Hanger steak frites

River City Grille: Roast pork tenderloin

Jefferson Valley

Frankie & Augie'Z: Pork chops

Campagnola

Larchmont/Mamaroneck

Il Castello: Veal marsala

La Riserva: Spaghetti caprese

Le Provençal: Bouillabaisse

Lenny's: Prime strip steak

(\$10 surcharge)

Lusardi's: Veal scaloppine

Massa' Coastal: Pork chop

Mohegan Lake

Augie's Prime Cut: Prime rib

Mount Kisco

251 Lex: Lamb tenderloin

Cafe of Love: Rack of lamb

Lexington Square Café: Short ribs

Winston: Hanger steak

New Rochelle

Carlo's: Risotto/lamb chops

Port Chester

Sonora: Sirloin steak

Rye

Frankie & Johnnie's Steakhouse:

Strip steak

La Panetiere: Leg of lamb

Scarsdale

Chat America Grill: Hanger steak

Tarrytown

Cellar 49: Seafood stew

Ruth's Chris: New York

strip steak (\$12.95 surcharge)

RiverMarket: Margherita pizza

Sunset Cove: Red snapper

Thornwood

Risotto: Osso buco over risotto

Tuckahoe

The Olde Stone Mill: Linguine/clams

Mamma Assunta: Tripa alla Romana

White Plains

Benjamin Steakhouse: Filet mignon

(\$7 surcharge)

City Limits: Seafood spaghetti

Gaucha Grill: Seafood paella

(\$15 surcharge)

Mix, Crown Plaza: Short ribs of beef

Morton's: Larger filet mignon

(\$10 surcharge)

Sam's of Gedney Way: Petit filet of beef

Sapori: Filet of lemon sole

The Melting Pot: Add lobster tail

(\$9.95 extra)

Yonkers

Dolphin: Argentinean skirt steak

La Lanterna: Half-rack of lamb

X2O Xaviars: Short ribs of beef

Yorktown Heights

Thyme: Short ribs of beef

Putnam

Cold Spring

Hudson House River Inn: Duck

Mahopac

Char: Filet mignon (\$6 surcharge)

Ramiro's 954: Shredded skirt steak

Rockland

Congers

Restaurant X/Bully Boy: Short ribs

Nyack

8 N. Broadway: Steak frites

(\$10 surcharge)

BV's Grill: Filet mignon

Broadway Bistro: Long Island duck

Prohibition River: Short rib

Sour Kraut: Leg of lamb

Pearl River

AquaTerra: Veal osso buco

Piermont

Pier 701: Short ribs of beef

Sparkill

Sparkill Steakhouse: Filet mignon

Tappan

76 House: Sliced steak

Giulio's: Skirt steak

Visit www.valleytable.com/hvrrw for specific information about menu availability and hours of operation. Hudson Valley Restaurant Week is produced by The Valley Table in Newburgh.

Learn How to Prepare a Chocolate Soufflé at La Panetière

By Jerry Eimbinder

A lesson on how to prepare a chocolate soufflé will be covered in a demonstration scheduled for Jacques Loupiac's La Panetière in Rye this Friday, Oct. 28 at 11:30 a.m. The lesson is the latest event in an ongoing lunchtime cooking series that focuses on French cooking techniques.

A three-course prix fixe luncheon, which includes a glass of house-made, orange-scented wine and chocolate soufflé for dessert, will follow the demonstration. The cost is \$40 per person, not including beverages, tax and gratuities. For customers not participating in the demonstration, the regular luncheon menu will be available.

Chocolate soufflé appears on the newly introduced fall lunch and dinner menus along with two other soufflés – pistachio and Grand Marnier. The soufflés take 15 minutes to prepare and are priced à la carte at \$13 during lunch and \$16 at dinnertime.

La Panetière will also host a prix fixe, wine tasting dinner this Thursday. Wine-maker Guillaume Virsolvy of France's centuries-old Chateau Paul Mas is the guest speaker.

"Chateau Paul Mas makes wines with authenticity and refinement," Loupiac said. "The end result is a family of magnificently charming wines that burst with personality and express unique terroir."

Paul Mas wines are made from grapes

cultivated on vineyards at Domaines de Nicole and Chateau du Conas, estates in the Languedoc region in the south of France.

Here is the wine tasting dinner menu planned for Thursday evening. The all-inclusive cost is \$110 per person.

First course: Assorted canapés accompanied by N.V. Domaine Paul Mas, Côte Mas Crémant de Limoux rosé.

Second course: Pacific prawns with mango, Shiitake mushrooms and hearts of palm coupled with Chateau Paul Mas, Belluguet Blanc (2013).

Third course: Saddle of venison, Poivrade sauce, chestnuts, salsify gratin and rosemary-scented Granny Smith purée with Chateau du Crès Ricards,

Oenothera Terras du Larzac (2013).

Fourth course: Camembert with pistachios, sun-dried tomatoes and truffles paired with Chateau Paul Mas, Clos des Mûres (2011).

Fifth course: Shredded phyllo Napoleon dressed with strawberry and lime crème brûlée with Chateau Paul Mas, Clos des Mûres (2011) or Pinot Gris Vendanges Tardives François Trimbach (2000).

Dessert: Petit Fours.

La Panetière is open for lunch Tuesday through Friday and Sunday; dinner is served seven days a week. It is housed in a charming, cottage-style building at 530 Milton Rd. in Rye. For reservations, call 914-967-8140. For more information, visit www.lapanetiere.com.



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, Oct. 25

Tuesdays at Dorry's. This week Rev. Michelle Lewis Pastor, New Rochelle United Methodist Church will talk about Why All Lives Won't Matter Until Black Lives Matter. Michelle Lewis is a native of the Outer Banks of North Carolina. She had a career as a Federal Law Enforcement Officer before returning to school and answering her call to ministry. She brings to the conversation her background in law enforcement and her work in Christian and Interfaith ministries to foster healthy conversations around Black Lives Matter, and the continuing effects of racism on all of our communities. She is excited about changing the dialogues that are taking place so that people of color and their allies can mobilize communities to move toward a system that really does provide justice for all. Tuesdays@Dorry's gathers conservation partners every Tuesday to share a meal and learn from presenters invited each week. Food ordering starts at 5:30 p.m. presentation 6 to 7 p.m. Dorry's Diner, 468Mamaroneck Ave., White Plains, 914-682-0005.

Wednesday, Oct. 26

Outdoor Farmer's Market. White Plains Farmer's market featuring locally grown and organic produce, specialty items, flowers, gifts and other goods. Open rain or shine from 8 a.m. to 4 p.m. Wednesdays through November 23 at Court Street between Martine Avenue and Main Street, White Plains. Check out the Facebook page for special events and vendor news.

Noonday Getaway Concert. Downtown Music at Grace welcomes Bridgeport Trio, The Music of Bill Evans: Bob Wason piano, Lou Bruno bass, and Albert Montecalvo drums, survey the music of one of the world's most influential jazz pianists. Evans' original compositions will be featured, along with jazz standards that have become signature pieces. A Downtown Music debut. Join us for this wonderful performance of world-class music at beautiful Grace Episcopal Church, 33 Church Street (Main Street at Mamaroneck Avenue), White Plains. The concert begins at 12:10 p.m. and lasts for 30 minutes; admission is free. This concert is made possible with the

generous support of Scarsdale Medical Group.

Changing Faces of the Forest. A unique lecture and creative workshop to help educate and involve attendees in the identification and care of trees while demonstrating fun, creative uses of native elements found in the forests to design attractive seasonal floral wreaths. Participants create their own wreaths to take home and proudly display on their front doors. Westmoreland Sanctuary, 260 Chestnut Ridge Rd., Mount Kisco. 10 a.m. to noon. Info and registration: Visit www.WestmorelandSanctuary.org.

Indoor Pool Party. Sponsored by the Theodore Young Community Center. We're planning a party for new residents, old residents and volunteers from 5:30 to 7:30 p.m. The pool will be open. Our cheerleaders will greet attendees with a welcome cheer. We will showcase our karate program. There will be bingo for seniors and cultural programs (cooking for kids). And we will showcase our acting class, educational computer labs, recreational/wellness programs and aquatics program. And there will be music and food. Greenburgh town officials and department heads will be in attendance to interact with residents and to talk to you about ways we can make Greenburgh a better place. We hope you can join us at our party. RSVP by calling 989-1540 or email pfeiner@greenburghny.com Bring your kids!

Posters, Politics and Power in Communist Cuba: Screening and Discussion of "Wrinkles of the City." Artist-made documentary "Wrinkles of the City" follows JR and José Parlá as they collaborate in Cuba for the Havana Biennale. Elizabeth Guffey, Purchase College professor of art and design history and author of the book "Poster: Paper in the Post-Digital Age," will discuss how JR and Parlá's project builds off the poster tradition in Communist Cuba. Neuberger Museum of Art, 735 Anderson Hill, Rd., Purchase. 12:30 to 2 p.m. \$10. Purchase College students, staff and faculty museum Art Circle Level members: Free. Info: 914-251-6100 or visit www.neuberger.org.

The Great Jack O'Lantern Blaze. See more than 7,000 individually hand-carved, illuminated jack o' lanterns in this elaborate walk-through experience. Meander through an historic 18th-century riverside landscape and discover a breathtaking display. Van Cortlandt Manor, 525 S. Riverside Ave., Croton-on-Hudson. First entry at 7 p.m. Adults (Saturdays): \$25; Adults (all other days):

\$20. Children (3-17): \$16. Children (under 3) and Historic Hudson Valley members: Free. Daily through Oct. 31 and continues Nov. 3-6 and Nov. 10-13. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

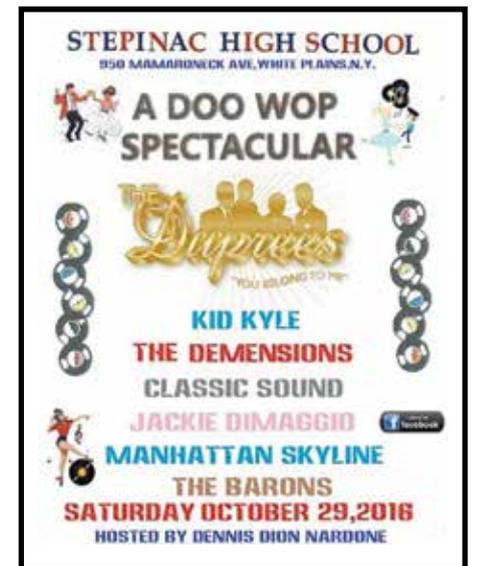
Thursday, Oct. 27

A Reading and Conversation With Alexander Chee and Garth Greenwell. Chee is the author of two novels, "Edinburgh" (2001), which won the Lambda Editor's Choice Prize and the Asian American Writers Workshop Literature Award, and the recently published "The Queen of the Night." Greenwell, a graduate of Purchase College, wrote his first novel, "What Belongs to You," was published this year by Farrar, Straus & Giroux and was long-listed for the 2016 National Book Award in Fiction. Purchase College Library, 735 Anderson Hill Rd., Purchase. 4:30 p.m. Free. Info: 914-251-6550 or visit <http://news.purchase.edu/oct-27-alexander-chee-and-garth-greenwell-readings-and-conversations>.

Battle of the Ballot: The Psychology of the 2016 Election. A public lecture on the 2016 presidential election that will focus on the ways that Donald Trump and Hillary Clinton have attempted to communicate sincerity, understanding and competence to the voters, while trying to undermine each other's messages. Presented by Dr. Daniel McCarthy, associate professor of political science, and Dr. Stephen O'Rourke, associate professor of psychology at the College of New Rochelle. The College of New Rochelle's Sweeny Student Center, 29 Castle Place, New Rochelle. 6:30 p.m. Free. 914-654-5250 or e-mail alum@cnr.edu.

Friday, Oct. 28

"The Road to the White House." An exclusive election preview featuring political leaders, pollsters and reporters covering the presidential election and statewide races. Speakers include State Republican Chairman Ed Cox; state Democratic Party Vice Chair Christine Quinn; state Senate Majority Leader John Flanagan; state Senator and Democratic Conference Leader Andrea Stewart-Cousins; Lane Filler, of the Newsday Editorial Board; Susan DelPercio, Republican strategist and MSNBC political commentator; and Ashley Koning, interim director, Eagleton Center for Public Interest Polling, Eagleton Institute of Polling. Lunch keynote speaker is Politico senior reporter Azi Payabarrah. Includes continental breakfast. Reckson Metro Center, 360 Hamilton, Ave., White



Plains. 9 a.m. to 1:30 p.m. Business Council of Westchester members: \$25. Non-members: \$30. Info and tickets: Contact John Ravitz 914-948-2110 or visit www.thebcw.org.

Halloween Party. Dress up the kids in their Halloween costumes for this party featuring decorated cars with candy for trick-or-treaters, moon bounces to play in and face painting. All welcome. First Baptist Church of White Plains, 456 North St., White Plains. 4 to 7 p.m. Free. Info: Contact Joshalyn Estrada at 914-949-5207 or fbcwp@optonline.net or visit www.firstbaptistwhiteplains.org.

Friday Night Cinema: "Rocky Horror Picture Show." This classic musical/comedy/horror film has been a midnight showing staple ever since Tim Curry stepped out in fishnets and heels as Dr. Frankfurter. Requested by our Friday Night Film Series patrons, the film, also starring Susan Sarandon, Meatloaf and Barry Bostwick, begs you to dress up as your favorite character, call out your favorite lines, sing along and bring props. Adult content. Post-screening discussion led by Professor Valerie Franco. North Castle Public Library, 19 Whipoorwill Rd. East, Armonk. 7 p.m. Free. Info: 914-273-3887.

Saturday, Oct. 29

Halloween Spooktacular. Crafts, a Halloween seek and find, plus other fun activities, including a costume contest and parade. Following the parade, guests can try their hand at making apple cider and there will be a showing of "The Nightmare Before Christmas." Rain or shine. John Jay Homestead Historic Site, 400 Jay St. (Route 22), Katonah. 10 a.m. Free. Info: Visit www.johnjayhomestead.org/events.

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LEGAL NOTICES

NOTICE OF FORMATION OF WALK-SPAN, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01/13/2016. Office loc: Westchester. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **221 Hunter Ave., Sleepy Hollow, NY 10591. Purpose: any lawful acts.**

NOTICE OF FORMATION OF PEARL OF ANTILLES, LLC. Arts. of Org. filed with the Secretary of State of NY (SSNY) on 08/25/2016. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **630 East Lincoln Ave., Apt. 2H, Mount Vernon, NY, 10552. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF CRAFT HOSPITALITY GROUP, LLC. Arts. of Org. filed with the Secretary of State of NY (SSNY) on 08/30/2016. Office in Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **630 East Lincoln Ave., Apt. 2H, Mount Vernon, NY, 10552. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF Ben Gelinas Design, LLC Articles of Organization filed with the Secretary of State of NY (SSNY) on 9/01/2016. Office location: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: **18 Orchard Street, Pleasantville, NY 10570. Purpose: any lawful act or activity**

NOTICE OF FORMATION OF OLI PLUS LLC, Articles of Organization filed with Secretary of State of New York (SSNY) on 06/10/2016. Office in West-

chester County SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **Beverly Walker, 16 N Broadway 3f White Plains, NY 10601. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF ROAD G CONSULTING, LLC. Articles of Organization filed with NY Secy of State (SSNY) on 08/01/2016. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. **SSNY shall mail process to: 8 Park Hill Lane, Larchmont, NY 10538. Purpose: any lawful activity.**

NOTICE OF FORMATION OF FOUR STALEYS HOLDING LLC. ARTS OF ORG Filed with Sec'y of State of NY (SSNY) on 7/20/2016. Office loc: Westchester. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **65 Longdale Avenue, White Plains, NY 10607. Purpose: any lawful acts.**

NOTICE OF FORMATION OF WANDERER NEWS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 9/30/2016. Office location: Westchester County. SSNY designated agent upon whom process may be served against LLC to: **7014 13th Avenue, Ste. 202, in Brooklyn, NY, 11228. Principal business address: 255 Huguenot St., Apt. 202, in New Rochelle, NY, 10801. Purpose: any lawful act.**

NOTICE OF FORMATION OF MO-BIGRAM LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on August 17, 2016. Office in Westchester County. SSNY designated as agent upon whom process may be served and shall mail process to the principal business address: **29 Faith Lane, Ardsley, New York 10502. Purpose: any lawful acts.**

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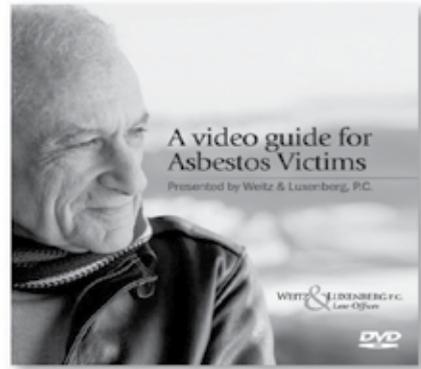
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Happenings

continued from page 11

The Real Wicked Witches of Halloween Hills. Can a young witch apprentice, a skeleton boy and a cat named Pumpkin uncover who is trying to overthrow The Real Wicked Witches of Halloween Hills? A funny and lively one-hour family musical filled with lovable witches and Halloween goblins. Come dressed in your Halloween costumes and meet the performers after the show. Westchester Broadway Theatre, 1 Broadway Plaza, Elmsford. 11 a.m. and 1 and 3 p.m. \$17 (plus tax). Info and tickets: 914-592-2222 or visit www.broadwaytheatre.com.

Halloween Howl. Join ambassador wolves Atka, Alawa, Nikai and Zephyr. Our ambassador wolves don't do tricks but sharing a sunset howl is always a treat. Holiday appropriate goodies will be offered. Guests will also visit critically endangered red wolves and Mexican gray wolves, too. Costumes are strongly encouraged. Wolf Conservation Center, South Salem. 5:30 p.m. Adults: \$16. Children (under 12): \$13. Pre-registration required. Info and pre-registration: www.nywolf.org.



Sunday, Oct. 30

Howlin' Halloween. An exciting and spooky Halloween experience for the whole family. Take a walk through the woods and find more than 100 carved and lit pumpkins lining the trails. Also find scarecrows and a few surprises along the way. Costumes are encouraged. Walks will be self-guided. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 4:30 to 7:30 pm. Early registration (before Oct. 30): Members--\$5. Non-members--\$10. Day of registration: Members--\$8. Non-members--\$15. Info and registration: Info: 914-723-3470 or visit www.greenburghnaturecenter.org.

#WeWalkTogether. Testaments of Love in Our Faith Traditions is an Inspirational Multi-faith Service with Joyful Music and Prayers from 3 to 5 p.m. with a "Beloved Community Dinner" potluck at 5 p.m. Congregation Emanu-El of Westchester, 2125 Westchester Avenue East, Rye, NY 10580. MLK Institute is one of the organizers for this event and will be facilitating the Beloved Community Potluck Dinner and Conversation. We will learn how to have Dialogue with those who love, believe and think differently than us. RSVP requested.

Tuesday, Nov. 1

Tuesdays at Dorry's. This week a Conversation about Next Week's Elections. Join us to share your insights and concerns as we evaluate where the country is as we approach the vote for two houses of Congress and for the Presidency. Furthermore, what are the stakes in local and state elections? What do we know, and what should we be alert to? Michael Hackett will facilitate. Tuesdays@Dorry's gathers conservation partners every Tuesday to share a meal and learn from presenters invited each week. Food ordering starts at 5:30 p.m. presentation 6 to 7 p.m. Dorry's Diner, 468 Mamaroneck Ave., White Plains, 914-682-0005.

Wednesday, Nov. 2

Noonday Getaway Concert. Downtown Music at Grace welcomes the musicians of the Westchester Philharmonic - Melanie Feld oboe, Alan Kay clarinet and Frank Morelli bassoon, play works of Milhaud, Canteloube, and more. A Downtown Music debut. Join us for this wonderful performance of world-class music at beautiful Grace Episcopal Church, 33 Church Street (Main Street at Mamaroneck Avenue), White Plains. The concert begins at 12:10 p.m. and lasts for

30 minutes; admission is free. This concert is made possible with the generous support of the Brian Wallach Agency, White Plains, New York. Personal and Commercial Insurance since 1949.

Friday, Nov. 4

WPHS Sports Hall of Fame. The White Plains High School Athletics Hall of Fame will conduct its second annual Induction Ceremony in the Media Center at the school, beginning at 6 p.m. All family, friends and interested persons are encouraged to attend, free of charge. Plaque presentations and acceptances will take place involving the honorees or their representatives. Information is available on the district and high school web sites. For further information contact 914-428-6111 or chstogel@aol.com.



EXAMINER SPORTS

O'Donnell Revered at Westchester Sports Hall of Fame Induction Ceremony

By Albert Coqueran

The 2016 Class of the Westchester County Sports Hall of Fame included Stepinac High School Athletic Director and Head Football Coach Michael O'Donnell, Ossining High School Head Girl's Basketball Coach Dan Ricci, former Ardsley High School Head Baseball Coach Neil Fitzpatrick and legendary Professional Soccer Referee Gino D'Ippolito.

This year's Westchester Sports Hall of Fame inductees were introduced at the 49th Annual Westchester Sports Hall of Fame Induction Ceremony at the Westchester County Center, on Thursday, Oct. 20. The event was sponsored by the Westchester County Parks, Westchester Parks Foundation and Homestyle Caterers.

Westchester Parks Commissioner Kathy O'Connor, Westchester County Sports Hall of Fame Director Neil Squillante, Secretary Kevin Cook and the Sports Hall of Fame Selection Committee hosted the event, which brings the total members to the Westchester Sports Hall of Fame to 247.

Deputy Westchester County Executive Kevin Plunkett attended the event, representing County Executive Rob Astorino, who had a previously scheduled



Mike O'Donnell (left), a 2016 Westchester County Sports Hall of Fame Inductee, received the telephone call to announce his induction from longtime friend and 1986 Westchester Sports Hall of Fame Inductee Bob Hyland. Hyland (right) is a 1963 graduate of Stepinac, who played 11 seasons in the NFL and is the Proprietor of the Sports Page Pub & Grill, on Hamilton Avenue, in White Plains.

commitment. Plunkett distinguished all four Hall of Fame Inductees with Proclamations from the County of Westchester, proclaiming Thursday, Oct. 20, 2016 as "Westchester County Sports Hall of Fame Inductees Day."

The 2016 Westchester Sports Hall of Fame Inductees names were scrolled on the Westchester County Center Marquee throughout the day in honor of this year's



ALBERT COQUERAN PHOTOS

Stepinac Athletic Director and Head Football Coach Mike O'Donnell (standing left) was joined by his family to celebrate his induction into the Westchester County Sports Hall of Fame on Thursday at the Westchester County Center. (L-r seated), Debbie O'Donnell (sister-in-law), Navy Captain Brian O'Donnell (brother), Yonkers City Councilman Mike Breen (brother-in-law) and standing [l-r] wife Carla, son Conor, sister Linda Whelan, Mary Anne O'Donnell (sister-in-law), son Liam, sister Patty Breen and his brother John O'Donnell.

Sports Hall of Fame Inductees.

O'Donnell, a White Plains resident, has spent 37 years coaching and building young men into men at Stepinac High School. To best understand his contributions to the Stepinac, White Plains and Westchester County communities, you should hear from some of the people he has been closely associated with during his career caring for young student/athletes.

O'Donnell has been married for 27 years to his wife Carla, who is a teacher in the New York City school system. Carla O'Donnell has shared her husband for all 27 years of their marriage with the young student/athletes at Stepinac. "I am happy for Mike because he spends his time and puts his heart and soul into taking care of and worrying about these children's lives. His only goal in the end is to get these students to college and he takes tremendous pride in doing that," said Carla O'Donnell.

White Plains resident Donnie Simmons, Sr. is the father of Donnie Simmons, Jr. who played two seasons of varsity football under O'Donnell. Simmons, Jr. graduated from Stepinac in 2011 and went on to attend and play football for Syracuse University. He is presently working on his Masters at Syracuse. Simmons, Sr. also has another son Douglas, who is a sophomore at Stepinac and is presently playing varsity football under O'Donnell.

"Michael O'Donnell is humanity, he is authenticity, his love for the student/athletes and his love for what he does is transparent and unmistakable," said Simmons, Sr. "I have witnessed personally where he has gone over and above the call of duty to help young people and you cannot help but admire that," praised Simmons, Sr.

Jonathan Demarco played under

O'Donnell at Stepinac ('91) and has been on the sidelines with him as his Defensive Coordinator for over a decade. "I have known Mike since I was 14 years old and we have always stayed in contact after I graduated from high school. I lost my father Richard right out of college and Coach O'Donnell organized it so a lot of the coaches and players were at my father's wake," remembered Demarco. "Mike never wants recognition. He does not do this for recognition, he does what he is doing because he loves seeing children have an opportunity to be successful in their lives," Demarco said.

Plunkett, the Deputy County Executive, is a Tarrytown resident and 1997 graduate of Stepinac. He is a longtime friend of O'Donnell. "Mike has touched a lot of children's lives and has helped many stu-



The Class of 2016 of the Westchester County Sports Hall of Fame included [l-r] Stepinac Athletic Director and Head Football Coach Mike O'Donnell, legendary Professional Soccer Referee Gino D'Ippolito, legendary former Baseball Coach Neil Fitzpatrick, who coached over 30 years at Ardsley High School and Dan Ricci, the present Head Girls Basketball Coach at Ossining High School.

dents go on to college and learn what the real values in life are all about," acknowledged Plunkett. "This is a great honor for Mike and a great honor for Stepinac and being here tonight on behalf of our County Executive Rob Astorino, this is a great honor for Westchester."

O'Donnell's entire Crusaders football staff attended the Induction Ceremony including, Assistant Coach Kevin Magee, who was just selected to the CHSFL Board of Governors. Stepinac President Father Tom Collins, Paul Thomas, Director of Institutional Advancement, Head Basketball Coach Pat Massaroni, Head Baseball Coach Keith Richardson and Lacrosse Coach James Goldman, were all in attendance to pay tribute to O'Donnell.

Also, Stepinac graduate Eric Ogbogu ('94), who O'Donnell refers to as "one of the best players that I have ever coached at Stepinac," traveled from Maryland to attend the event. Ogbogu, who was inducted into the Westchester Sports Hall of Fame in 2013, attended the University of Maryland and played eight years in the NFL. He is presently an Executive for Under Armour and outfits the Crusaders football team.

The late Joseph Rivero, who died in the WTC attacks of September 11, 2001, was a player and coach under O'Donnell. Rivero was represented at the ceremony by his brother Ralph, mother Teresa and father Dominic. O'Donnell and the Crusaders remember their fallen comrade each season by holding the Joseph R. Rivero Memorial Football Game, at Stepinac High School.

O'Donnell concluded his Westchester County Sports Hall of Fame induction speech by reflecting on his contributions to the youth of Westchester. "I think that I have been a person who has tried to make a difference in children's lives," said O'D.

EXAMINER SPORTS

Good Week for Stepinac-O'D Honored, Senior Day and OT Win!

By Albert Coqueran

Stepinac Head Football Coach Mike O'Donnell was inducted into the Westchester County Sports Hall of Fame, on Thursday, Oct. 20. Then on Saturday, Oct. 22, Crusaders senior Brandon Gasparre celebrated his birthday and "Senior Day" by doing a two-step dance around two St. Peter's defenders and scooting into the end zone to tie the game, 20-20, on a 23-yard pass play from QB Mike Nicosia.

The Gasparre TD culminated a three-play sequence by Stepinac in less than 40 seconds that began at 2:03 in the fourth quarter, which tied the game and sent it into Overtime.

It was a grueling game complicated by blustery weather conditions with rain and 25 mile-per-hour winds. Nonetheless, Stepinac (5-2, 3-2 AAA) overcame the elements and a talented Eagles team (4-3, 2-3 AAA) to beat St. Peter's High School, 27-20 in Overtime and possibly save their home playoff postseason.

A negative gasp went out in the stands from the Crusaders faithful, when Eagles running back Bobby Wing scored his second touchdown of the game at 2:07 in the fourth quarter to make the score 20-13. But a short kickoff by St. Peter's and a good return by sophomore Sean Harris but Stepinac in striking range on their own 47-yard line.

Nicosia went into execution mode and hit Jonathan Gomez with a pass for a six-yard gain, wide receiver Alex Thomas with another pass for a 23-yard gain and then celebrated Gasparre's birthday with a

23-yard strike for a touchdown.

Stepinac got the ball first in overtime on the 20-yard line and QB Nicosia sold a fake to Eagles defenders and hit "Johnny-be-Good" Gomez with a 15-yard touchdown pass. Crusaders steadfast kicker Shane Rafferty made the extra point and the Crusaders led 27-20.

"Coach (Phil) Treglia called the play, we faked the ball to Antonio (Giannico) and Gomez happened to be wide open, so I hit him, I just tried," said Nicosia. Phil Treglia is in his first season as the Crusaders Offensive Coordinator.

Who knew that senior strong-safety Tyger Winston, the transfer from White Plains High School, who just became eligible to play last week, would have such an impact on the Crusaders 2016 season.

But on the Eagles turn from the same 20-yard line in OT, St. Peter's Head Coach Mark DeCristoforo opted to pass rather than utilize his running back Wing, who had been running all over the Crusaders all afternoon.

Waiting for the pass from Eagles QB John Martino in the end zone was the six-foot and three-inch stature of Winston with his outstretched hands. The Crusaders win 27-20, to the amazement of the Crusaders faithful on a Winston game-winning INT.

"This week was dedicated to our parents and Coach O'D stressed that in practice, so I knew I was playing for my Mom Latrisha in the stands and my team behind me. The interception meant everything," said Winston.

Local Boys Lead the Way in Bronx vs. Manhattan Football Game

In High School Football this week the Horace Mann Lions out of the Bronx took on the Tigers from The Dalton School in Manhattan, and a couple of local boys gave the game a real White Plains flavor. Kelvin Smith of White Plains hauled in two of the three touchdown passes delivered on the day by Quarterback Brody McGuinn from Valhalla. During their youth football days, both boys played for rival teams here in White Plains, Smith for the Wolverines and McGuinn for the White Plains Tigers. Kelvin, whose mother is a teacher at the White Plains Middle School, also wreaked havoc on the Dalton offense disrupting play after play from his position on the defensive line. McGuinn used all of his receivers as the Lions compiled nearly 250 yards through the air for the day. On his second touchdown, McGuinn found Smith in the end zone with three defenders hanging on his arms and neck as he crashed to the ground.

With just over a minute to play in the game and Horace Mann down by a



touchdown, the Lions took over at their own 25-yard line. McGuinn, lined up in shot gun, took the snap, looked left for Smith who was covered, came back to his right and lofted a 30-yard pass to Charlie Silberstein who sprinted the remaining 35 yards for the end zone and the final score of the game. As darkness fell and the score knotted at 18, the game concluded and everyone headed home for the night. In spite of the resulting tie, the big comeback was all that was trending and the only thing anyone wanted to talk about.

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